

WISDOM IS THE FOUNTAIN OF LIFE

(LECTURE NOTES 1953)

**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 sources, Moffatt and Eastern Texts:

“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

“WISDOM IS THE FOUNTAIN OF LIFE” (LECTURE NOTES 1953)

The following lectures were given in Pretoria, South Africa, between 3rd February and 23rd June 1953. No further Lectures were given for the rest of year as Murdo undertook a tour visiting several countries giving lectures. The same set of the Lectures that make up this book had also been given earlier in Johannesburg between 9th October 1952 and 9th April 1953). Transcriptions of three of the Johannesburg Lectures have also been included in this book.

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 places great emphasis on discerning your thoughts and the cleansing of the mind of all that is hindering the expression of the true Self. Revealing more of the Inner Teachings of Jesus and the Ancient Ones as given to Murdo by the Masters in Tibet.

NOTES ON THE RECORDED LECTURES

Included in this book are verbatim transcriptions into text taken from the known 14 original ‘wire’ sound recordings from the Pretoria lecture series. Also included is three recordings from the Johannesburg Lecture series. 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. 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 8097-113).

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

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1953

Lecture 1 (3rd February 1953)

**LOVE, WISDOM AND POWER ARE
NOW—THIS IS HEALTH, HAPPINESS
AND ABUNDANCE**

(PROLOGUE)

** . . .the old ones too, which have come through so many different classes, that we have reached that stage where we feel that there is a lot more yet to know. Off course, the new students coming along, will have to come slowly. But if you begin to think deeply and do not try and make up in your minds what I am going to say to you. That is to say, I do not want you to make ideas in your mind of what I want to say to you. I want to clear your mind of all ideas and images, beliefs and so-forth, so that which in Itself, which is Real in Itself will manifest.*

We know perfectly well that if we read many books about this truth. And many people have gotten different ideas about the truth. But you will know that all those ideas about the truth are false. They have no truth in them whatsoever because Truth is not an idea, it is not an image, its not a belief.

Now if your mind is cleansed from all those ideas and beliefs and images about the truth, then you will find that Truth Is. Truth does not have to be, you do not have to create an idea about the truth; to say it is the truth. What you have got to do is eliminate from your mind the ideas you have about the truth. So that the Truth being Itself, something Unknown, because Truth is Unknown and no one knows what the Truth Is—you only know that It Is. And therefore you are Living and that Life is the Truth. Just as the Master said, “I am the Truth, I am the Life.”

Therefore it is necessary that we should begin clearly at first, not to try and create any ideas in the mind about the truth because the Truth is not an idea, it is not an image, it is not a belief. But the Truth is the Livingness. Your own Livingness. But you do not know what Life is, just the same as you do not know what electricity is but never-the-less it is.

Therefore the teaching that I am giving to you, is the Master’s teaching, that take away from the mind of the individual all the various beliefs and ideas about the truth. So that the Truth Itself will manifest in Its glory and Its power because It is Love, Wisdom and Power.

No one knows what Love is but we know that It Is. Wisdom and Love are beyond the mind. What is in the mind is not truth. What you create and

* See page 24

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build up in your own mind is not truth. What you formulate in your mind about the truth is not Truth.

That is the foundation then you must have in these classes, otherwise you will be creating ideas about the truth which will lead you away from the Truth.

Now Lesson One in this series.

LOVE, WISDOM AND POWER ARE NOW—THIS IS HEALTH, HAPPINESS AND ABUNDANCE.

“Consider the lilies of the field, how they grow; they toil not, neither do they spin; and yet I say unto you, that even Solomon in all his glory was not arrayed like one of these.” Matthew 6: 28-29.

Well Jesus was talking about something that was beyond the mind and that was the Creative Principle, that was Creative in Itself.

Solomon was arrayed by his own glory, his clothes, his robes and so forth. But the lilies in the fields were robed with Nature. So it was Nature that Jesus was looking to and to the robes that clothed the man. And it is the same when we realise what Jesus said also in these words, “unless you receive the Kingdom of God as a little child, you shall not enter therein.”

Many people wonder at his words. But it is quite simple to understand his words, he was speaking again about that Unknowable, the Kingdom of God. A little child has no ideas, no images or beliefs about this Kingdom of God. Like the majority of people who try and create various ideas, images and beliefs about the Kingdom of God. But the little child is a little child, creative because the Creator created that little child and therefore the child has not [been] conditioned in anyway by his own intellect. Therefore it was the same words that Jesus used when he said, “consider the lilies in the field, how they grow; they toil not, neither do they spin.” And again the words are clear enough to us, “unless ye receive the Kingdom of God as a little child, ye shall not enter therein.”

How wonderful that Truth is. Because an idea, an image prevents you from entering into that which really IS. Because what you have got in your mind is but an idea of that which is.

But I have dispelled with all those ideas. I know that I AM. I do not know what IT IS but I know that I AM. Therefore free from all ideas of images that limit the expression of that great Infinite Life. When I dispose of all those images and beliefs regarding It, what does it take? It manifests Itself clearly and easily

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without effort. I do not try and force It into a pattern or a mould. Because you cannot force Life into a mould. Life is free and natural.

What mankind wants most in the world is a technique that will give him health, happiness and abundance. Is there such a technique and how can it be used?

There are many books written upon this subject. Health books, books on the mind, and how to obtain abundance etc., but all these books miss the main point, that is, that health, happiness and abundance are Ever-present, otherwise it could never be. *In the beginning it says, "the end is in the beginning, the beginning is in the end." Unless you realise this Truth, then you will know, that that which IS must Be. That which can Ever-Be must Be NOW, otherwise it will never be.*

The Infinite Universe and the Infinite is Complete. There is no outside the Infinite. If there was anything outside the Infinite, the Infinite could not be Infinite. And that the Infinite was not everywhere in every particle and every human being, He could not be Infinite because there would be somewhere where He is not. Therefore it was impossible for Him to be Infinite.

Therefore in the beginning the end is and the end is the beginning. People are taught to run after these things instead of knowing that they are already here. What we must do is to prepare to receive these gifts, *which are waiting to give expression through those who understand.*

The first thing necessary is to love our neighbour as ourselves. *What a wonderful thing that is but the majority of people say it cannot be done, that they cannot love their neighbour. But I am telling you this.* Some will say that this is impossible, then if this is impossible, health, happiness and abundance are also impossible for without Love we cannot receive the great gifts that await us. Therefore we must discern that which is preventing the expression of "Love, Wisdom and Power."

Therefore we have got to look into our own minds and see what is preventing us loving our neighbour. What is it in the mind that causes us all these inhibitions? Is it not fear, hate, envy, jealousy, are all these things that are preventing man from expressing his true nature? If you are caught-up in these things you will not know you are caught-up in them, you just become them, is that not so? As a man thinketh in his heart so is he.

But if you can discern in your own minds, clearly and distinctly and look at these things, not condemning them nor identifying yourselves with them but knowing them for what they are.

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If you identify yourself with hate, with envy, with jealousy, you become that. If you fear those things, if you condemn those things, are you not caught-up in them? You must look upon these things as you look upon a screen, a picture screen, impersonally, unmoved. Then you will know what is made up in your mind and you will be able to dispose of them. It is when you are emotionally caught-up with these things, condemning them, fearing them—you can never escape them.

Good and evil grew out of the same Tree, does it not? It says, “there is the one Tree no matter which good and evil grows.” They grow out of the same Tree, they have the same root. The other Tree is the Tree of Life. But good and evil is what man makes up in his own mind in regards to the truth of what is good and evil.

But he (Jesus) knows that these things are made up in his own mind and he knows that Life Itself is Creative and free from these opposites. He can look upon this Tree and he says, “I shall not eat the fruit thereof, unless I die in my ignorance of that Tree which is Life Itself.” So Love, Wisdom and Power, the Ever-present Life that lead to complete living now.

Not some time in the future where the future does not exist in the Ever-present. The Ever-present is Ever-present. A future is something you make up in your mind. Your past experiences become your memories. If your experiences are difficult you identify yourself with these memories. Will you ever know the Ever-Living Presence if you identify yourself with this memory of the past that is difficult, if its always influencing the present and you always have it before your eyes and in your mind? You must understand it and see it and it will pass away, dissolve into nothingness where it belongs because it only belongs to the mind.

Love, Wisdom and Power is beyond mind. It is Ever-present. It is Living Presence. Therefore the future is made up in the mind. The past is of the mind but the Ever-Living Presence is NOW. I AM that Living Presence. You are that Living Presence. And this is what is so essential to enable to you dispose of the conditions and the conditioning of your own minds by your memories, by your hopes, by your desires, by your experiences. If your experiences are going to affect the expression of the Ever-present Life, dissolve them away. Is the Ever-present Life much more important than your memories or the future?

It is the Ever-present Life, that was the Master Jesus and he was the greatest exponent of the Love, Wisdom and Power that is beyond the mind. But he could not know of it unless he had dissolved everything that was preventing Its true expression.

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We must look into our hearts, not by introspection, but by finding the cause behind the adverse conditioning of our minds and bodies. Then these things will melt away before the rising sun of our Divine Consciousness.

Introspection is a hindrance to the expression of that which is Real. And it is essential that we look into our minds not as introspection but to look to see what is there, how we are conditioned and what has conditioned us.

When our conditioning has dissolved away; Love, Wisdom and Power which are Ever-present will manifest immediately. In this alone is health, happiness and abundance. But the idea of health, happiness and abundance carries with it its opposites all the time. Health carries with it its opposite ill-health. Happiness carries with it its sorrow and abundance carries with it its lack. Why do you want abundance because you lack something. Why do you want happiness because you are in sorrow. Why do you want health because you are in ill-health. Is that not so? Of course it is and you are living in opposites. How can you ever express the Ever-Living Present Life if you are living in opposites continuously.

Many will say it cannot be done, but others have done it and so can we. It has been done by those we call Masters. But Masters are not separate from us for they are expressing the same Life, the only difference is that the conditioning which we have allowed to take place is not present within them.

Jesus was the greatest exponent of Love, Wisdom and Power. *He was that because he dissolved all that was preventing the expression of Love, Wisdom and Power. Do you express power when you are in fear? Can you express health if you are in ill-health? Can you express abundance if you are in lack? Health, happiness and abundance are NOW. They do not have to be created. They are the Living Expression of the Eternal Ever-present. Neither of the past nor the future can influence, unless you allow that influence to take place in your own minds. Now, we do not create Love, Wisdom and Power, they are Ever-present. You do not create anything that is Ever-present. They are Ever-present and wait for us to prepare the way for their true expression.*

When you switch on the light you expect a light and if all things are prepared for it, electricity is then waiting *will* express itself in the form of light. Life, which is Love, Wisdom and Power, is likewise waiting to give expression through those who are prepared to receive It.

And how can you receive It? "Unless you receive the Kingdom of God as a little child, you shall not enter therein."

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Out of that which is formless comes the formed, out of Love, Wisdom and Power come health, happiness and abundance, “I have come that you may have Life and more abundant Life.”

What is preventing the expression of this great abundant Life, is *it not* because our minds are bound by the paralysing suggestions that come from the crude thinking of the race, suggestions that are accepted without question and acted upon, [and] if we are not aware every moment we condition ourselves by *these suggestions*, through our actions and reactions.

Are you aware every moment? Being aware is watching. Knowing that which is false. And when you know that which is false, it does not enter therein. A suggestion that is false will enter into the mind that is not aware, easily and quickly. And that mind is bound by these paralysing suggestions because that mind is not aware. To be aware of the false all the time is the protection against the paralysing suggestions that come from every side.

We fear and worry about the external, but the external has no power of its own. Yet we react *to it* as if it had all power, so we create sickness, unhappiness and lack.

We are always reacting to the external are we not? We give it a power it does not possess. But it is not the external that harms us by any way. It cannot jump up and bite you. It cannot hit you in the nose or the face or the cheek or hit you under the chin. It cannot knock you out. Well what is it that causes all this destruction. It is the way you react, you create it in your own minds. It is a self-created, a self-conditioning process through your reactions to the things external to yourselves giving them a power they have no possession of.

If you live in the Ever-present Life you will know that that Life is all Power. It is Creative. And anything that is created has no power of its own. Only the Uncreated which is Created has that Power.

Modern science has revealed that light and sound are simply different intensities of motion. So are our thoughts.

Matter is mind materialized and consciousness, being creative, acts upon the mind substance underlying all form. As Life alone has consciousness we see how we create conditions through our ignorance of the Truth of our Being, “Being now.” *Not becoming.*

I told you in the last series of Lectures, I dealt with “becoming” very effectively. Because I want you to see the difference of becoming and “Being.” Being is NOW!

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If God is Living in you which He must be, you cannot make God anything else can you? You cannot become anything else can you? That is Being. NOW!

But if you want to become something, you are going away from it. You are going away from Being and you have lost the great and mighty Power of Light. You are trying to force Life into a channel of your own making. A cage in which you imprison yourselves in. A cage of your own making.

Many people are not aware that they are conscious at all, they are only aware of the external and consequently they react in fear, worry, anxiety etc., so creating their own conditioning.

The external does not condition us, it is our reactions that condition us and when we become aware of this we can free ourselves, *and* not before.

When you know that you are conditioning yourselves and you know how you are conditioning yourselves, you can free yourselves.

Our Reality cannot be measured by our present standard of thought, because we cannot conceive the tremendous power that is inherent within us. Jesus gives us the key when he says, “the Kingdom of God is within you.”

The Kingdom of God is within you! What does that mean? To you and to many people it is just a saying, a platitude. To me it is not, it is a Reality. And Jesus knew what he was saying when he said, “the Kingdom of God is within you.”

Even a glimpse into the inner quality of man’s consciousness will reveal that there is nothing impossible when we *realize*¹ the Divine Power of Love, Wisdom and Power that lies behind our consciousness.

Love is Creative. It is the only Creative thing there is. Wisdom is not of man’s mind. Wisdom is beyond man’s mind. What is in man’s mind is intellect, an idea of wisdom, an idea of Love. He says that God is Love. And he praises God because God is Love. Is that any value to him at all by saying God is Love. Of course it is not! But when man realises that he himself is Love, then it is a different thing altogether. He gives expression to it because he will begin to see what is preventing the expression of it.

It is true that thought is the projection of our consciousness, yet our thought is conditioned by our lack of understanding. Thought does not originate by itself, thought mostly originates through our reactions to the external. Without consciousness there could be no thought at all, what the consciousness is aware of is the cause of thought.² *And you will know that thought then is the expression of*

1-2. See Notes page 24

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your own feelings. That is why your bodies are so affected by the power of your thought. Therefore understanding determines the quality of our thinking.

To understand ourselves. If I do not understand myself, how can I go further? Can I go any further if I do not understand myself? If I do not understand that I am greedy, that I am envious, I am this and I am that, how can I go beyond it? I will still be envious. I will still be greedy. I will still be this and I will still be that. But if I understand why I am that and how I am conditioned, then I can get beyond it.

I wish I could give you the understanding but you must find it for yourselves. It comes. It's there waiting to give expression to Itself NOW.

Now, we know that Life alone is consciousness, consciousness is Life. Life is God, therefore we can become aware *that* the Life **is**. But if our minds are full of beliefs, reactions and paralyzing suggestions that come from fear of any kind, even a fear of God, we are lost in *our own* conditioning, *the conditioning* of our minds. Our external consciousness will be caught-up in the conditioning, it begins to affect our bodies and circumstances.

And immediately your consciousness becomes caught-up in this conditioning, then your body and your mind must suffer. But to know that health, happiness and abundance are Ever-present. I do not have to create them. It is not an idea of them because if I hold an idea of them I will always have the opposite, waiting to take their place. I will always be afraid of lack. I will be afraid of ill-health. I will be afraid that I will not be happy because I will experience sorrow. But if I experience sorrow I will know why I experience sorrow. If I experience lack I will know why I do so. And if I experience ill-health then I will know that I am conditioned and how I have been conditioned.

But that which IS is not conditioned. It is free. Therefore if I dissolve my conditioning, Life that is free expresses Itself. I Am the Life.

Oh, to look into the mind of Jesus to see the tremendous understanding, the Truth that he knew. But his Truth is your Truth, my Truth and every other Truth because of the one fact, it is the One Life. And when we do as he did, we find that same Life, that same Power, that same Love, that same abundance that is Ever-present.

Therefore it is useless reading books about how you can acquire Life, how you can acquire Love, Wisdom and abundance if you do not understand the fundamental principles.

When Consciousness knows its own creative power, thought becomes the spearhead of our creativeness because we begin to understand its Laws, just

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as we begin to understand the laws of electricity. Man has not yet touched the fringe of what electricity can do. Neither have we touched the fringe of what Life can do until we give it free expression, and free expression can only come when we have prepared for it.

It is by diligent observation and awareness of what we are doing that enables us to discard the cause that prevents Life's full expression. In verse 15 Mark 10, Jesus says, "verily, I say unto you, whosoever shall not receive the Kingdom of God as a little child, [he] shall not enter therein."

Unless the mind is free from beliefs, images, ideas, confusion, conflict of opposition, tradition, dogmas, creeds or anything that separates man from man, he cannot enter into the Kingdom nor can the Kingdom express Itself through such a conditioned mind. *Man separated from man. What separates man from man? His beliefs of course; his ideas, his different religions, his creeds, his dogmas, his traditions, his nationalities, his so-called social structure and so forth. And all the stupid things that man creates for his own downfall.*

Why do we want leaders, because we are confused, that's why? When we are not confused we do not need any leaders. It is only when we are confused we want a leader to show us the way. And our leaders are very often more confused than ourselves, so we are all dragged into the ditch.

How do you get rid of your confusion? By noting that which is false. By discerning that which is in your own mind. By discerning that which is holding man and separating man from man. By discerning all that is false then you shall have confidence. In confidence we do not need any leaders. It is only when you are confused that you need leaders. For is it not so that we think in accordance with our conditioning? Proper understanding of this fact will produce results with invariable exactitude.

"I am the Life" is knowing, but you cannot know *what Life is*. If there is separation in your mind you *will not be able to express Life, because Life is one Whole there is no separation in it. How can Life express Itself through a limited mind, a mind that is conditioned?* If, in any way, you consciously or unconsciously separate yourself from another then you do not understand, for Life is not separated in any way, so you may say *that you are Life a million times* but it will do nothing for you, you only bring the idea into your own conditioning. *Into this cage you have created for yourself.*³

Therefore, you can repeat a million times "I am the Life," it will be of no value to you. It becomes an idea only. If I could tear all those ideas you believe,

3. See notes on page 24

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then you know the grown-up is such stupid people. They accept this and that, they have got various ideas and that all in opposition to one another and they are all confused.

What you formulate in your mind is not truth. What you make up in your mind is not truth. I can see how Jesus wept.

When we learn that Love, Wisdom and Power come from within we will find that we are weak only when we fail to recognise this or when we believe it comes from without or through our "becoming." Love, Wisdom and Power are now, and when we are prepared for It, It expresses Itself in Its perfect Trinity having power over all things, great *or* small. Immediately we comprehend this great fundamental Truth we acquire the attitude of mind that works miracles.

Everything in the Universe is electro-magnetic, Science has proved this to us. Yet the secret of electro-magnetism has not yet been fathomed.

Electro-magnetism is the secret of the Universe. If we had this secret of electro-magnetism we could travel from here to Venus in a few hours. We could travel to Mars and to Jupiter probably in twenty-fours and return. Electro-magnetism is the magnetizing of the ether. And the ether is everywhere, there is nowhere where it is not.

Light travels at the rate of 186,000 miles per second. But it is that particle of light that causes the ether to be affected, it magnetizes the ether.

Sound travels at 750 miles an hour. But I can speak into a radio and my voice will be boosted up to the vibration of light, the speed of a 186,000 miles per second and it will be heard right over the world at the same time. It will be heard up in the stratosphere down the bowels of the earth and across the surface of the earth because ether interpenetrates the earth, the bowels of the earth it goes right through up into the stratosphere, it is everywhere. Therefore you can hear that broadcast all over the world at the same time because ether carries it, it passes through matter. Ether is the basis of this matter and the framework with which it is built.

Vibrations of light pass through these walls because of the fact that ether passes through those walls too and carries the vibration with it. Ether interpenetrates right through into the very walls of the atoms, into the very core of the atoms of your body that makes up the cells of your body.

Thought travels at the same speed as light. Thought also magnetizes the ether and these vibrations pass through the ether into the very cores of the atoms of your body and change and transform the body. It is lucky for

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you that that fundamental principle of Life still exists otherwise you would have blown yourselves sky-high by this time.

But here we have that very power of the Cosmic Ray that comes from the Sun and passes through the most finest of ethers, causing the etherons to change. Therefore the Cosmic Ray causes the etherons to disintegrate matter. It will cause it to create matter and disintegrate matter. It creates the flower, causes the flowers to grow and the flowers to disintegrate. It causes the rain to fall, it takes the water up into the sky. The Cosmic Ray does everything. And within the Cosmic Ray also is a Consciousness, an Intelligence that is out-picturing the Divine Plan and nothing can stop it. Man can interfere and transform his own body in matter but he can never touch the Cosmic Ray. The beginning and the end are one. In the end is the beginning and the beginning is the end.

I have not got time to go into this very interesting question of these particular Rays, but if you have sufficient sense, you will see what I am driving at. You will know what is most important to you, is this, that your own thoughts and feelings have an effect upon the structure of your body and transform the atoms.

If you then understand how your conditioning comes about and why you think because you are conditioned, and how your thoughts are expressed because you are conditioned, if you understand that, then your conditioning will fall away. And Life Itself, the glorious Life that is Perfect in Itself, will express Itself.

Do I look any older than I was last year? I don't think I do, do I? Don't you think I am a little bit younger?

Well, realize the whole Truth, that if you are conditioned, know how you are conditioned. It is quite simple. There is nothing difficult about it. It requires a little bit of courage, sometimes.

Everything in the Universe is electro-magnetic, Science has proved this to us. Yet the secret of electro-magnetism has not been fathomed.

We know that there is only one mind in the whole Universe, out of which all must come, or in which all must exist, therefore electro-magnetism is mind in action. Electricity is derived from the same mind for there can be nothing outside the Divine Mind, being Infinite in nature. Therefore everything is possible in that Mind and we are in It for we cannot be outside It.

Therefore electricity is in that Divine Mind. It is not something apart and distinct from Divine Mind. Because there is nothing outside It.

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I have said before that thought is an electro-magnetic force which causes a change to take place in the atoms of matter, when we fully comprehend this we will have a power beyond measure. But this power will remain dormant until we are aware of the Law upon which it works, just as electricity remained dormant until we learned the laws upon which it acted.

Jesus said, "all power is given unto me in heaven and on earth." Why? Because he was aware of that which in Itself was everything and the Law upon which it worked was simple, for he said, "thy faith hath made thee whole." *Now this is very difficult to understand. These words seem words to you. But to me they are different. Jesus knew that the power was within and his consciousness was the ruling factor. He walked upon the water. He healed as easy as breathing. He fed the multitude. He did all these things, why? Because he was not conditioned, in anyway whatsoever, he was free. In that freedom, Life which is Itself continually expressing Itself, Consciousness then creates electro-magnetic flow or activity that causes matter to transform into something else. Therefore he changed water into wine as simple as you breathe. I can see, I can understand the Master's mind. I can see how grand it was and how easy and simple he put it in these words, "thy faith hath made thee whole." Can you grasp it now. He knew the action of this power and the means by which it could be put into operation.*

Jesus said these words, "with man it is impossible, but not with God! For with God all things are possible." *What a wonderful Truth.* He was the Son of God, not by choice but through understanding, that is why he said, in other words, all things are possible with God, but without God nothing is possible. According to our understanding so it will be unto us.

We have not yet tapped a millionth part of the power of God within us, yet He is there waiting to express Himself when we make a place for Him, we do not have to create Him for He is Creator in and through us, when we understand that "the Father who ever *remains* within me is performing His own deeds."

Therefore through understanding we establish the Eternal Truth of our Being that we are not separate from God nor are we separate from our neighbour.

Because God is our neighbour and He made ourselves. That is to say unless you love your neighbour as yourself, then you cannot have that happiness, that peace that comes with Love, with understanding.

What we see in our neighbour we see within ourselves, for there can be no other place where we can become conscious of what we see. *Everything*

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you see you must become conscious of it within yourself. It cannot become conscious outside yourself. Therefore what you see in your neighbour is in yourself, you create it in your own mind, you build it up in your own mind and it is in your own mind, is it not?

Light is but a vibration that the eye receives. It passes through the optic centre, into the various portions of the brain, these centres that cause [and] give it dimension and interpretation and so forth. And you build up the picture according to your experience, according to your memory cells and you build up a picture of what you see. Where do you build it up, not outside yourself, do you? You build it up in yourselves and what you see in your neighbour is in yourselves.

So Jesus knew that perfectly well when he said clearly, “take the plank out of your own eye you hypocrite and then you will see better how to take the splinter out of your brother’s eye. In truth our neighbour reveals us to ourselves, if we are wise enough to discover it. It may take a long time for some to become aware of this Truth but the sooner they understand this the sooner will they discard that which is preventing Love, Wisdom and Power from manifesting now, for it is immediate when we “clear the way for the Lord.”

It does not come by time. How can the Timeless come into operation through time? The Timeless is NOW and that is immediate. The very Expression of God is immediate NOW. Put away your conditioning then and you will experience that which is Ever-present.

I have often drawn the simile that there are millions of lights in the city but only one electricity, so without electricity there could be no lights. In the same way we see the one Life within each individual. When Jesus said, “I am the Light of the world,” he knew this great and mighty Truth. But he could not have known *it* until he had dissolved all that was false.

It is essential to know this for ourselves through experience, and not just through ideas which are merely intellectual. We can talk about truth till doomsday but it avails us nothing, we must experience truth before it becomes a conscious Reality, and we can only experience Truth as Jesus said; we must receive the Kingdom of God as a little child, free from the mental conditioning of ideas, beliefs, creeds and the like which separate man from man, for in the Kingdom of God there is no division, *and there is no separation.*

This state of consciousness becomes the awareness of our Being, which means that we experience Life here and now to the full. According to our understanding so will it be unto us.

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“Therefore all things whatsoever ye would that men should do to you do even so unto them.” Matt. 7:12 (Old version)

BENEDICTION

O Fountain of Love, Wisdom and Power make us discern all that is preventing our hearts from being flooded by Thy Omnipresence.

O Mighty Source of all things, we were lost in the sands of short-lived sense satisfaction and forgot that Thou alone *existed* forever.

Through our cravings we have been swept through the lowland rivers of passion and strife torn by the jutting rocks of opposites.

O Omnipresent Love, we have at last discerned the cause and now we merge in the ocean of all fulfilment in Thee.

Now we no longer feel the drought of dreary selfishness that came from our sense of separation . . . (*Break*) . . . [for we have found the source of all things, 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 3rd February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. In the Lecture Notes the word is ‘release.’ The sentence would then read: [*Even a glimpse into the inner quality of man’s consciousness will reveal that there is nothing impossible when we release the Divine Power of Love, Wisdom and Power that lies behind our consciousness.*]
2. The next sentence in the Lecture Notes is missing from the sound recording. The full paragraph would read: [It is true that thought is the projection of our consciousness, yet our thought is conditioned by our lack of understanding. Thought does not originate by itself, thought mostly originates through our reactions to the external. Without consciousness there could be no thought at all, what the consciousness is aware of is the cause of thought. *Yet outer man cannot be more than his thought.* Therefore understanding determines the quality of our thinking.]
3. Sections of this paragraph in the Lecture Notes are missing from the recording. The full paragraph would read: [“I am the Life” is knowing, but you cannot know *you are Life* if there is separation in your mind *you, nor can you express It for consciousness is Life.* If, in any way, you consciously or unconsciously separate yourself from another then you do not understand, for Life is not separated in any way, so you may say you are Life a million times but it will do nothing for you, you *can* only bring the idea into your own conditioning.]

Lecture 2 (10th February 1953)

OUR THOUGHTS AND WORDS GO FORTH TO PRODUCE THEMSELVES*

‘Heaven and Earth will pass away, but my words never.’ Luke 21: 33.

We must learn the art of Divine reasoning, yet we have to go beyond it, for reasoning is of the mind, yet that which is **Real** is not of the mind although the mind is the vehicle through which it functions when the mind is cleansed of all that hinders it.

Now we know that Divine reasoning is a means whereby you are able to reason things out for yourselves. Divine reason enables you to reason spiritually. And for instance, if I would say to you this, “God must be Infinite.” Yes, well He must be Infinite in nature otherwise He could not exist.

“There is no time.” Time does not exist at all in the Universe, it is only made up in man’s mind. Man measures time according to the movement of the Planets, the Sun and the Moon, and so-forth and therefore he counts the hours, the days, and the minutes and the years. But in time there is no time, in fact, it is timeless. There is no beginning, therefore if there was a beginning something would have to begin that, and therefore something would have to begin that. And you reason and you say, well that is true. And you can go back ad-infinitum and you will find that something must have been that never had a beginning.

Then you come to conclusion that God must be Infinite in nature. And there cannot be anything outside Him, if there was anything outside Him, He could not be Infinite. That is true, that is Divine reasoning.

Therefore you say again, well if He is Infinite He must be everywhere, there cannot be anywhere where He is not. That is true too, that is Divine reason. And then you come to the conclusion, well, Jesus said that, now when I remember it, I read it somewhere and he said, “no ye not that I am in the Father and the Father is in me.” Extraordinary. Then you see that Jesus knew all about it, before you see. Therefore you come to the conclusion that it is a Truth. That if you come to a conclusion about anything it means to say that you have closed

* See page 37

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your mind regarding it. The mind must be free. Divine reasoning must go to the very beyond, yet it is not the beyond. Because what you are doing is you are using your mind to reason Divinely.

But that which is Truth is beyond your mind, you do not know what it is. But it leads you to that particular barrier, as it were, and when the mind begins to cease thinking and reasoning, you find that there is no barrier at all.

That which Is, is Ever-present, always was, it is timeless, Infinite, therefore it IS. Therefore It cannot be made up in your mind, what It is because you do not know what It is. You only make things up in your mind that you know something about but you cannot create an idea of that which you do not know.

The Infinite then and this Reality is beyond your mind. If you try to make an idea of it, an image of it, you have lost it. But that which IS, is yourself, that Creativeness within man. That Creativeness that is the Livingness in you, that is that which is Eternal and Ever-present. It cannot be anything else.

Therefore it is when the mind ceases to think that you reach that which is beyond the mind.

I have often been in that particular state when I have ceased to think. And I have found then, at that particular time, that I could not think at all. My mind was in that state of complete quiescence. Nothing could move It. It was as calm as the lake surface, without the single breeze that would ruffle the surface. So silent was the surface, I could not think, and there in that silence I knew. There was that knowing. Not thinking or creating in my mind something about It, but that which was, really IS and is Eternal and Ever-present, was there. And I knew that I was IT. That is then the state of mind when it is quiet, silent, then Reality IS.

Now you try, don't you, to build an idea in your mind about what Reality is. But I have told you so often, I am not going to give some idea about Reality, I am going to take all your ideas of reality away from you and by doing so then you will find Reality. But if I give you another idea, no matter how great the idea could be, most elevated idea, so elevated that it is beyond anything you had ever thought of, it would still be an idea but it would keep you from knowing what Reality is. Keep you from experiencing Reality as it is Itself—Life.

Therefore I am speaking in relative terms and I have got to speak in these words because there is no other means how we can communicate. But I speak those words to show you what is relative; to show you what the mind is, how it reasons, how it creates ideas, and it does all these various things. I am showing you that that is not truth.

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The mind of man is steadily unfolding the knowledge of the world of things, this is a process that we must understand, for without understanding this process we are caught up in it, and the same prevents that which is Real from expressing its true nature in us.

Knowledge can become binding unless we are aware of this fact. Wisdom alone is freedom, but Wisdom is of the Spirit. Knowledge is of the mind.

We must be able to understand by discerning our thought-action, and we will find that *it moves from within, outwards, then we will find that we are identical in this nature with the first Principle of the Universe. Because everything works from within, outwards.* It is important for us to know this, yet if there is no understanding of the mind which is yourself/myself, the question as to whether there is Reality or not has very little meaning if we are caught-up in our mental reactions, *beliefs etc.*

Therefore it does not matter, one iota, to the mind that is caught-up in ideas, whether Reality exists or not. And if one is caught-up in our beliefs it does not matter to that individual whether Reality exists or not because he is living in his belief.

The world is living in beliefs today, that is the cause of all our misery. If we got rid of our beliefs, our different opinions, ideologies and all these things that separate man from man, we would have goodwill between man and man, then we would have no misery at all. But we have so many beliefs and ideas in the mind that everyone is quarrelling about whether their idea is right or wrong. And the fact is, that they will die for their belief, their idea, when it is entirely a false thing altogether, a thing self-created made up in the mind, when it is not Reality or God as they think it is.

The heathen is an individual who is nearer to God than many of the individuals who follow a religion. For the simple reason, that he to a great extent does not believe in any of the beliefs that people have, their ideas. He is not caught-up in them therefore he does not fight and quarrel about his belief.

An atheist is much about the same. He says, "there is no God, there is no such thing as a God." He does not believe there is anything in the world such as a God. Of course, naturally, he has been caught-up in the idea of the material things and he has seen material things everywhere. And he sees some form of activity everywhere and he says, "there can be no God," because he sees various activities in the Universe, in [the] mind of man, in ideas, in ideologies, in religions and so-forth. But he sees people quarrelling and fighting and killing each other because of them.

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Now all the misery in the world today is created out of man's mind. Man creates the misery. Man is responsible for the misery and man alone is responsible for the ending of that misery.

The principle of combustion is the same whether it is a large or small fire and so it is with the Creative Power that first created the Universe and that which is individualized in us. *This individualization is not separation.* But if we are caught-up in our thinking how can we know that which is thinking—that which is creating. *What do you do when you think? Are you caught-up in your thinking and your thoughts? If you can discern your thinking, discern your thought-action, discern the movements in your mind, then you will know what your thinking is. You will know how your mind is made up. But if you are caught-up in your thinking, you will never know that which IS thinking. You will never come to know that It is. You will never know what It is but you will come to know that IT IS.* If we are caught-up in our creating or our creations how can we know that which is Creative.

The problem is vast and complex. It lies in you and me and no one can solve it for us. No teacher can solve it, no saviour can solve it, no organised compulsion can solve it, only yourself, myself, for therein lies the Essence Itself *in you and me* and not outside us. *You look to the outside for the solving of your problems. You look to a leader for that solving of your problems. But you are the individual that can only solve the problem because you are the problem. There is no other problem except the individual. The individual is the problem. The problem is not outside the individual because the individual is the problem. If you are caught-up in your beliefs and your greeds and your cravings and all those sort of things that is a problem, therefore you are the problem. Therefore you have got to know yourself. And by knowing yourself you dissolve all these things that are hindering the expression of that which is Real in Itself, that which is Creative. That which Itself is Love and Wisdom. That which is, in Itself is, goodwill and peace.*

You cannot have peace outside yourself until you have peace within you. And to have peace you must have peace within yourselves before you have peace in the world, because you are the problem. You are the cause of all the world misery. There is no other cause except the individual but you will blame it on anybody or anything external to yourself because you do not want to pin it upon yourself. But unless we recognise this great Truth, that it is within ourselves all our problems begin and end, we will never get out of the

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misery in which we are in today. Divine reason will lead us toward It and although It does not go contrary to Divine Reason, It goes beyond Divine reason.

My way of teaching is to prevent you from making an image of Reality. If I take away all your images, all your beliefs, all your ideas of Reality then you will know *that* Reality is, but if I only give you another idea of Reality, however more advanced than the one you have, it is still an idea even more subtle and more difficult to get rid of because you *again* become *the* prisoner in your ideal.

So Reality is not an ideal, it is not an idea, it is not made up in your mind and you will never know it until you have ceased creating ideas about it.

Some people will say that I take everything away from you and give you nothing in its place. If I did give you something in its place it would be a limitation, however great it could be. But if I take away from you that which is preventing the expression of Reality which is not an idea nor an image nor a belief, there will be no limitation, for Reality is everything in Itself. *Ever-present. And that which is Ever-present is not made up in your mind.* Yet you are limited by your ideas which is not Reality.

Therefore I can only explain that which is not truth, then that which is Truth will reveal itself to you. It is Ever-present and Eternal, unlimited, unconditioned.

But with your ideas you condition yourself. With your beliefs you condition yourself. And if you can discern how you are conditioning yourselves then your conditioning will cease. But if you cannot discern how your conditioning will cease, it will continue and you will be caught-up in your conditioning. And your thinking and your actions will be according to that conditioning. That is how you think that is how you act. You can easily see how a person acts. What is their conditioning? You can easily know what their conditioning is. If you follow a pattern of any kind you are conditioned.

If you condition *yourself* by making an idea of Reality, an image of It, this will prevent you from truly “knowing.” Therefore Divine reasoning and true discernment of that which is not Reality will lead you to Reality, then the Father will perform His own deeds through you.

And that is why Jesus knew the whole Truth about the thing was, “I of myself am nothing it is the Spirit of the Father Who ever remaineth within me performing His own deeds.” So it is the Father that was ever remaining within him that was performing His own deeds. Because he himself was nothing.

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Now what do you make of yourself? Something. Well then if you make something of yourself, then you are limiting yourself. But if you can dissolve this self that is greedy, that is selfish, that has egotism, that is vanity, that is craving, and all these things, if you can eliminate that self which is a limitation and a hindrance through your conditioning, then that which is not a limitation, that which is Ever-present, that which is Eternal, that which ALL IS and everything there is that will express Itself, through you. Then you will say, "the Father Whoever remaineth within me is performing His own deeds." Thy Will be done not mine.

You cannot comprehend the immensity of the great Universal Intelligence. You cannot comprehend or even create an idea of the greatness and the mightiness of this tremendous mighty Intelligence that is behind all the movement of the Planets, the suns. And also in Its lowliness, It is in Its greatness and in Its greatness It exists in Its lowliness.

Then if you try by your own mind to comprehend and limit that, it would be a limitation. But that which Is can give expression to Itself through the instrument It created for that purpose—and humanity is that instrument.

Why is it then that this mighty Intelligence is not manifesting Itself perfectly reflecting Its own Perfection? Because stupid man has created so many ideas about it; he has created cults, he has created religions and dogmas and creeds, he has created nationalities, he has created a society of divisions here and there, the high and the low. Man has divided himself into many parts. And he quarrels about them, they kill one another about them and they do not know whether they are true or not.

Here is the tremendous state of man today. Then man is the evil in the world. The only evil that ever came into the world, came out of man's mind. It did not come out of that Infinite Perfect Expression of the Intelligence of the Universe. It is the error-will, the antagonisms, the greed, the selfishness, the nationalities, the divisions, is the foundation of the evil in the world. Separation is that evil.

When man begins to throw away his ideas, his beliefs, his creeds, his dogmas, his nationalities, and reaches to that which in Itself is the only Living Creative Essence in the whole of humanity. Then when he sees the Wholeness of All-things, harmony will be established and man will be at peace. But that peace must be established within himself before it will be outside himself.

When we become aware of our thoughts and reactions to ideas, to beliefs, to all internal and external sensations and know what they are, we

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will not be caught up in the paralyzing suggestions that come from the crude thinking of the race. We will understand disease, worry, disability, therefore it will not be registered in the consciousness as a Reality. Neither will *it be in* the subconscious mind *nor will the subconscious mind* accept it, to be expressed again when the opportunity arises.

Are we not always looking for something outside ourselves to give us [the] power to accomplish? We are deluding ourselves, creating images of something that does not exist, looking for Truth from some outside source, *that will only blind you to the Truth itself.*

A person said to me the other day, “is it necessary for me to go to church to find God?” And I replied, “if you go to church God goes with you, if you go to a theatre God goes with you, for where you are God is and where God is you are.” *It makes no difference.*

If you believe in hell and you think there is a place in hell and you want to go there, well God will be there with you. Because there cannot be any hell except in God because He is Infinite and there is nothing outside Him. And He being Infinite must be everywhere therefore He must be in hell too if hell is a place at all. And He must be the Devil too because God is Infinite in nature.

God cannot divide Himself into one thing or another. He cannot be the Devil and God at the same time. One is and the other is not. So if God is, the Devil is not. But it is the non-existence of the Devil that makes up the Devil. So he was the liar from the beginning, as Jesus called him, the liar from the beginning. And the Devil is the relative world, that is the Devil in man's world. The world that man has made for himself and that is hell too.

So it is not a matter of finding God, but a matter of searching your own mind to find that which is preventing the Father from working in you and through you. It is not a matter of place or time for there is no such thing, except in your mind. God-Reality must be Ever-present everywhere being Infinite. In the light of this *Truth, then* Truth will reveal Itself to you. Read these words again! “Do you not understand? When you have seen me you have seen the Father. What do you mean by saying show us the Father? Do you not believe that I am in the Father and the Father is in me and the words I speak to you all I do not speak of my own accord, it is the Father who ever remains in me who is performing His own deeds.”

It does not matter how often you hear these words or say them, they will mean nothing to you if you make a mental image of them or if you imagine

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someone else, even Jesus, saying them. They must be alive in yourself to be Real. *It must be a Living thing in yourself, the Real, not outside yourself. It is not that someone else says it that makes it a Reality to you. But you know that it is true to yourself that makes it a Reality to you.* When the son of man realizes he is the Son of God, the Father reveals Himself to the Son. The Son knows that he and the Father are one, so the Father expresses Himself through the Son, this comes when the Divine Love in the Son transcends all else.

Nothing else except Its Love. Above everything It exists. Above everything, remember! Therefore then search in your own minds and see if that Love is above everything in your world, in your lives.

True expression is always assured when Love rules our lives, when our minds *are* free from possessiveness, free from greed, free from envy, hate, free from separation, which includes nationalities, creeds etc., then never a word can be out of place because you will not be conditioned, therefore your thought and speech will be pure this was the state of the Master. The same can be for us also for the same Life runs through all.

And the great wonderful Truth that the Master showed us was this, that he was not different to ourselves. I in you and you in me and we in them, all One. There are other folds I must go to and bring them in too so that there will be only one fold and one shepherd. That is to say that there are many different types of beliefs in the world. Many nationalities of the world who are separate folds but they themselves have separated themselves, made themselves separate folds. And the Masters words were clear and distinct, "I must go and bring so that there will be one fold and one shepherd."

I am making you conscious of a state that perhaps has not been revealed to you before. **As we think so we speak and our thoughts and words go forth to reproduce themselves in our lives and in the lives of others.** Sir James Jeans said these words, "the whole Universe is a mental phenomenon." Yet consciousness is not a product of [the] mind but a directing power within the mind itself. Thought is governed by Law and the reason why we have so little faith is because we lack understanding of this fact. When we know that everything works according to Divine Law we begin to know and feel the meaning of faith, "thy faith hath made thee whole," so simple is the rule when we understand.

Wholeness is Ever-present, it is not something you have to create. Won't you be as Wholeness is now. You do not create Wholeness—It is. It exists at that

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very moment. It exists Eternally. You can have that Wholeness and Completeness NOW. If Wholeness was not now it could never be. An utter impossibility.

Faith is feeling in thought. The knowledge that the thought will bring about just what it is itself is understanding faith. But when faith and fear are linked together in ignorance we have a confusion of duality in which there is chaos and lack of confidence in ourselves. *Faith and fear. One is uppermost and the other is down. When faith is up, fear is down. When fear is up, faith is down. These two are linked in the mind, they are mental creations, they are not Reality. They are not the faith that Jesus said, "thy faith hath made thee whole."* So in our belief in duality we pray in our confusion without result. *So if your mind is confused and you pray, how can you get any results with a mind confused? The first thing you do is to get rid of the confusion through understanding. If you live in opposites such as good and evil, success and failure, health—ill-health, and all the rest of dualities, you are in confusion are you not? And if you know that you are living in opposites you will get rid of these opposites. Unless your eye be single.* If we do not understand this we will continue to condition ourselves and then rebel against this conditioning, thereby intensifying our troubles because we live in opposites which is a belief in the reality of our troubles.

Everything works in accordance with the Divine Law, *that* the Law of thought is as definite as the Law of Mathematics. when we realize that ill-health, unhappiness, lack and every condition is the result of our **conditioned thought**, consciously or unconsciously, we will agree immediately that a working knowledge of the law governing our thought-world is vitally important. It has been proved that thought takes root in the mind and produces fruit after its kind.

Our thought then goes forth according to our conditioning. How are you conditioned? Look into your minds and you will see how you are conditioned.

To improve on our living in this world of ours we must first improve ourselves through *our* discernment of our thought-feeling-reactions, for if we are caught up in them they will show in our lives and environment. To be ignorant of this is to be like a child playing with fire.

We have already learned that mind is one whole substance, quiescent in nature, underlying all things, and forms into ponderable substance—into effects—which become visible to us. These effects are just mind in action. The cause is hidden from the ignorant who only see the effects which they react to. So these reactions help to sustain these effects in our lives whether we like them or not. *That is the truth of the matter.*

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Everything *seen* is effect, and as mind is the foundation of all effects and the only substance out of which *things* are created, we must know that the cause is within, for the outer is always giving expression to the inner, whether it be a Universe, a planet, a man, a beast in the Infinite mind or a conditioning in the mind of man.¹

Man not knowing himself becomes afraid. He fears this and he fears that. Why? He does not understand himself.

There is no use of saying, I have courage, if your heart is full of fear. But if you discern why you are afraid then you will know and your fears will pass away, you will understand why you are afraid. And you will see that these things are made up in your mind, things self-created, a belief in fear, a belief in something that will do you harm...

(A possible bad break occurs here)

This Spirit is perfect, it is Creative. In Itself it is Life. Nothing has touched it, nothing can touch you. Consciousness and Life are synonymous.

When then you discern all the relative world and see it for what it is, you will see effects. You will see Creation but Creation has no power of its own, it is only the Uncreated that has the Power. Nothing can touch then the Uncreated. Life Itself creates but it remains Uncreated, it remains Eternal and Ever-present. Your consciousness is the self, the same, seek and you shall find It. But your consciousness is still creative, always remains creative. But in your ignorance if you are caught-up in your creations, in your fears through misunderstanding them, then you will have fear. And in your fears you are lost.

Oh, to have that which would give you the knowledge that I want you to have, but I cannot do it. No one can do it. There is no teacher can give it to you. You must be lead to it and there you must drink from the fountain Itself. You alone must drink from that fountain. That is what I have found, that is what you shall find also.

It is imperative and immediate that we discern every thought-feeling-reaction that enters the mind, whether it be from within or from without we must become aware of it. This is not so easy at first because of our habit of spontaneous reaction. *We are reacting spontaneously because we are caught-up in fear.* We must discern without judgment without comparison, without feeling, so that we can free ourselves. *If you are caught-up in your judgement, if you are caught-up in your discernment, then you will not be free. You see, if you look upon these things impersonally, as you look upon a screen or a picture, then you will know what*

1. See Notes page 37

OUR THOUGHTS AND WORDS GO FORTH

is in your mind. You will know that it is your own creations. You will know it has no power except the power you give it, then you will be no longer afraid of it. And after all your own creations has been seen and dissolved, that which is Eternal and Ever-present being present, takes Its place. For if we are caught-up in the discernment we are still bound, our thoughts will still perpetuate what we think and feel. In other words, we will be forever conditioning ourselves. In this is the beginning of self-knowledge which is the beginning of freedom.

So if you are caught-up in your discernment, if you fear that you judge, you look upon good and bad, you're then caught-up, you will still be conditioning yourselves.

The Spirit is free. Oh, my God, to know that wonderful Truth that the Spirit is free. It is no longer tainted in any way whatsoever, it is free, completely free. It is Love and Wisdom, nothing can touch It. It is only when you enter into the relative world and are caught-up in the relative world, you are conditioned. But if you discern how you are conditioned, you can free yourself.

The vast scheme of Nature is lavish wherever we look. The process of creation and recreation is forever in operation. We have not yet realized the universality of all substance, that consciousness and mind are the active principles which set cause into *effect* and thus we are related to all that exists.

The first thing I do to a sick person is to show him or her what mind in action means, and they will realize themselves that *the conditioning is of the mind and the body has no power of its own. So the conditioning is of the mind, the mind is conditioned and therefore you have your troubles. Look into your mind and see how its been conditioned. But if you are caught-up in your conditioning you will never know it. So the body is just a sounding board for our thought-feeling-reactions. Life built the body for its own self-expression. It is the temple of the Living God, Divinely created.*

If the patient will learn to understand that is not real, Reality Itself will manifest according to the understanding of the cause of the condition. The sick are generally reacting to old suggestions *and suggestions* that arise from the crude thinking of the race which *has become* habitual. It is *the* habit that can be eliminated only by understanding the cause, then awakening comes that Divine Nature is not subject to sickness, etc.

It is by patience *and* diligent observation of all that is false that we become aware of the Ever-present Reality. "I and the Father are one" means "I am the Life."

If we live in opposites we will see that we create both favourable and unfavourable conditions, this is the law of mind in action. We blame others for

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our lack, *for* our limitations, for our weaknesses, for our ill-health. We dwell upon both fear and faith, good and evil because we do not discern that these impostors are both the same, the product of our minds caught up in duality, **this is the great problem**. Get rid of the idea of good and you will get rid of the idea of evil, *they are both creations of the mind*.

In Reality there is Perfectness. There is neither good nor evil in Love and Wisdom. They are beyond all creations of man's mind.

The discovery of the oneness of Truth in which there is no duality, brings happiness and to discover Truth there must be the understanding of *the self* through an enquiring mind. A mind that is alertly aware without condemnation, without identification or justification. Such an awareness brings an immediate release from the problem. Therefore the search is not for an answer to the problem, but an understanding of the problem itself.² *And that is you, that is me. The understanding the self, solves the problem.* It is only at the moment when your reactions arise that you can understand them. If you discipline your reactions to a particular pattern or follow a particular rule of conduct then you cannot discern your reactions. Freedom comes from the release from the reactions not the disciplining of the reaction.

So without understanding the inner, merely to change the pattern or to put a positive in *the* place of a negative, has very little meaning or release *of* the problem. To bring lasting reorganisation in the outer we must begin with the self, and the ways of the self. The outer will then be transformed with intelligence, then you will know yourself TO BE, NOW, free from all conditioning. *When you discern how you are conditioned and why.*

“Take heed to yourselves. If your brother sins, check him; [and] if he repents forgive him. Even if he sins against you seven times in one day and turns to you seven times saying, ‘I repent,’ you must forgive him.” Luke 17; 3-4.

That is to say, that you must have nothing and hold nothing against your brother. Because your brother is yourself. “Love your neighbour as yourself.

BENEDICTION

O Mighty One, Thou art all that exists, I have no place outside Thee and time does not separate us, for we are one in Thy Timeless State.

Thy Omnipresence frees *us* from all my conditioning when I can see the cause within my mind.

Thy Omnipotence gives me all power in heaven and on earth because we are one. Thy Omniscience gives me Thy Wisdom and Knowledge to work in harmony with Thy creation.

Thy Love is Thy perfection in me, O Beautiful One. Hide from my eyes, O Lovely One, all that seem unkind in others, so that Thy Love alone shall remain forever in me, O Beloved One.

(Epilogue)

Think that then we can hide all that is unkind in others. It can be dissolved away immediately so that Love that is Eternal and Ever-present would always remain in us. That then is the peace which we have within ourselves, that is the peace then that the world will have because we are the world.

* 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 10th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next paragraph in the Lecture Notes is missing from the recording. [*Thought is the product of the consciousness which works through the mind. Therefore man has the power within himself, for he creates in his own life that which he thinks. Therefore it is the immediate task of man to discern his thought-feeling-reaction, to understand himself and the cause of his conditioning.*]

2. The next sentence in the Lecture Notes is missing from the recording. The full paragraph in the Lecture Notes reads: [The discovery of the oneness of Truth in which there is no duality, brings happiness and to discover Truth there must be the understanding of ourselves through an enquiring mind. A mind that is alertly aware without condemnation, without identification or justification. Such an awareness brings an immediate release from the problem. Therefore the search is not for an answer to the problem, but an understanding of the problem itself. *The problem is not outside you, the problem is yourself for you are the creator of the problem.* It is only at the moment when your reactions arise that you can understand them. But if you discipline your reactions to a particular pattern or follow a particular rule of conduct then you cannot discern your reactions. Freedom comes only from the release from the reactions not the disciplining of the reaction.]

**DIVINE REASONING AND KNOWING
THE SELF LEADS US TO REALITY**

* “That all men should honour the Son, even as they honour the Father. He that honoureth not the Son honoureth not the Father which hath sent him.” John 5: 23.

Let us follow up *the* last lecture in the threefold way that reveals our Reality, this is shown through Divine reasoning, the knowing the self, and the realization of our Oneness, Wholeness. In this way we free ourselves from all that binds us, and this freedom will lead us to that which in Itself is Wholeness, Completeness, where we express Love, Wisdom and Power.

I have told you so often before, that just the realization of your Oneness only is an idea in your mind because you have not discovered your self. And if your self which is generally caught-up in the external, in your ideas, in your beliefs, in your various emotions, it is a prison in which you have put yourself in. Therefore you only bring your idea of God into your prison.

Now unless you then discern yourself and the ways of the self, it is useless trying to, as it were, realize the Truth because you are still caught-up in the things that are hiding the expression of the Truth.

Therefore Divine reason is essential but above all is the knowing of the self. Then when the three work in harmony with one another; Divine reasoning, knowing the self and the Realization of your Oneness, Wholeness, then you have found that which is Real in Itself. It begins to express Itself of its own accord because it is not made up in the mind. Your ideas no matter how great they are, how small they may be, how magnificent they are, they are made up in the mind. They are your own creations, they are made up in your mind. Do you understand what I am saying? They are made up by yourself in your minds. Therefore they are not Reality. They are made up in your mind and they are not Reality. Reality is not made up in your mind, Reality IS. Reality is Eternal and Ever-present, it is not made up in your minds!

* See page 54

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There is no other way, for if we are caught up in the outer we will wander into chaos and separation through ignorance, which is destructive.

So let us continue in our reasoning Divinely at the same time let us discern our thoughts, motives, reactions etc., so that we will come to know ourselves for what we are, then we will know the false from the Real.

After due consideration we will arrive at the fact that the Infinite Mind is the only Mind out of which anything can come because there is nothing outside It. We will find that the Universal Mind is a substance more real than anything we will ever know. In this Mind we live and move and have our "Being." *And this Mind is always expressing Itself when It has the opportunity of doing so. Man-woman has been given the same Life as the Father hath Life in Himself, so He grants man-woman to have the same Life in themselves. It is the same Life that is functioning continuously. Life is Consciousness and Intelligence. An Intelligence that knows how. Life has built the body. It brought together all the various electrons, atoms and built the organism out of the Mind-Substance Itself. The Intelligence is the Active Principle of Life that is continually acting through your body. It is continually harmonizing all your nerves centres in the brain, throughout the whole of the nervous system in the body, organising every cell in the organs.*

Therefore there is an Intelligence continuously acting through you, that is the Mother, the Mother Principle of Life. The Consciousness is the directing Power. The Consciousness is that which becomes aware. It is a Conscious Awareness and whatever the Consciousness is aware of, this Intelligence will manifest.

And we see clearly, that man given Life, Consciousness and Intelligence which is the Father-Mother Love and Wisdom which co-operate continuously throughout the body, tending to create harmony and peace everywhere.

Now we will say, as people have said to me so often, "but I cannot understand why this should happen to me." "You know I am a good person." "I go to church every Sunday and I don't think that I have done anybody any harm." And all these things. I says, "the very talk about it shows what you are."

You see you are building on yourself. And it is not being good. If you realize that if you can get rid of the good, you will get rid of the evil too because good and evil exist in the mind, they are made up in your own minds.

But Reality is neither good nor evil. It is not made up of good and evil, it has neither. It is like electricity. Is electricity made up of good and evil?

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Electricity is a force, a power. It is intelligence itself otherwise you could not have light. It drives dynamos, it is intelligence in itself because you could not have a dynamo moving. A dynamo thing is a dead thing, it has no power of its own. But when electricity moves into it it begins to spin. But light does not come on until you use the switch but the electricity is always waiting to give expression to itself.

Life is the same, it is always waiting to give expression to Itself through you, providing you know. And that knowing is beginning to know yourself, what you are, what is preventing Life from manifesting through you.

If then something went wrong with the dynamo, what would you do? You would have to have some knowledge about the dynamo, wherefore you would put the dynamo in order and then you find the electricity will flow through it and the dynamo will spin again.

Exactly the same thing with you people. It is neither whether you are a good person or anything else because I am telling you this; Life in Itself is beyond the perfection of mans mind.

The perfection of mans mind is something that is made up in his mind. He judges and compares. That comparison is odious, it is useless, and you cannot arrive at Reality from comparisons. You can only arrive at Reality when you have discovered yourselves, knowing yourselves, utterly knowing yourselves. Then by doing so you will find all the false things passing away, duality and opposites pass away too, and therefore Life Itself remains as It is, Eternal and gives expression to Itself. It is not made up in your minds. Consciousness and Intelligence are partners we can call it if you like Father-Mother-God, Consciousness being the ruling factor—the directing power in all Creation as it is in man himself, the Intelligence expresses what the Consciousness directs, because Intelligence knows how.

Therefore there is an Intelligence in your body that knows how to digest your food. You do not jump inside your stomach, do you and then try to digest your own food? Neither do you carry it to the various portions of your body, that is done by the Intelligence, an Intelligence that is active. But you do not see this Intelligence. It is not visible to you. You only see the manifestation of an Intelligence.

Just as you have never seen electricity. No one has ever seen electricity. But you see the manifestation of electricity. No one knows what electricity is.

I told you before the story about when I was in University, we had a fellow called Brownlee. He was a wonderful athlete but a very poor student.

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So he got plenty of privileges because he was tops in cricket and tops in football and tops in rowing and tops in everything but as far as his schooling was concerned, he was a dud.

So one day they had the examination and the Professor pulled him out and said, "Brownlee, stand up."

So Brownlee stood up. And he said, "this is the most atrocious paper I have ever read." So he said to Brownlee, "I'll ask you one or two questions, Brownlee." So he said, "what is electricity, Brownlee?"

So Brownlee thought he would be smart, so he said, "well sir, I knew what it was just before breakfast but since then I have forgotten it."

So the Professor said, "that is wonderful, Brownlee, wonderful." "You know there are only two in the whole Universe that knows what electricity is, yourself and God, and you have forgotten all about it."

You see that we do not create these principles of *Consciousness and Intelligence*. We do not create these principles of Creation but by them and through them we create in heaven and on earth. Therefore out of the Universal Mind comes everything even the bread we eat, the clothes we wear, everything that we use or can ever use comes from this source. It is the Universal supply, the foundation of everything.

We then come to realize that this substance resolves Itself into form, not separate from Itself but in Itself. This can only be done by conscious action, our thoughts are expressed in this way, creating form.

Therefore everything is resolved, this Mind-Substance, which is the only substance underlying everything, resolves Itself into form but the form remains in the Mind. And the Mind supports the form and interpenetrates it.

Now we have been told by Science that there is a substance known to Science as ether. And Science says, that the ether of space is everywhere, there is nowhere where it is not. The ether of space is a product of the Universal Mind. The Universal Mind is behind it. Therefore the Universal Mind interpenetrates everything as well as ether, as ether interpenetrates every object.

Now ether is a substance that carries vibrations everywhere. It carries vibrations, electro-magnetic vibrations which is the activity of the Divine Mind, are the Thought (your own thoughts are electro-magnetic), these electro-magnetic vibrations have the power of passing through the atoms because they are carried by the ether that interpenetrates every atom. And as the ether carries the atoms and interpenetrates atoms, these electro-magnetic vibrations interpenetrate the very walls of the atoms and transforms them.

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That is why, to a great extent, your bodies and other things get wrong because of your fears, your emotions. Why? Because you have not discerned them, you have not realized what you are doing, therefore you are caught-up in your thoughts, in your emotions, and you do not know yourself. How then can that which in Itself is free from duality, free from these things, express Itself when you are a bundle of these things; emotions, reactions, fears, and so forth. Do not you see then that you are continually creating these electro-magnetic vibrations which interpenetrate the cell structure of your body.

Now Nature, of course, is continually trying to balance everything. And if it does it endeavours to balance everything and under the circumstances if you give it an opportunity, it will balance it.

Now, healing is a thing that is not made up in your mind. Healing and Wholeness is something that exists. The Completeness and the Wholeness of your Being exists NOW. When Jesus said to the woman, "thy faith made thee whole." The Wholeness existed all the time, it was an Eternal thing and it is an Eternal thing NOW. And if Wholeness did not exist, the woman could not be made whole.

Therefore you see this, that immediately this three-way; of Divine reason, knowing the self, and the Realisation of your Wholeness, enables you to eliminate from your minds, the things that are preventing the expression of that Wholeness that exists NOW.

Wholeness is not made up in your mind. You do not have to create Wholeness, you cannot anyhow because you do not what It is. But as it is already waiting to give expression to Itself, once that you dissolve all that is false and preventing It, It manifests of Its own accord, that is the simplicity of it.

Everyone knows now that matter is not solid as it was thought to be, just as the Earth is round and not flat as it was thought to be although there are a few fatheads who still cling to these outmoded ideas.

We must go further now and see that ideas are the product of man's mind. They are our own creations and to find that which is behind our ideas, however great or small they may be, we must go beyond them. But to get to that which is beyond we must see clearly all that is of the mind, so that we will not be lost or caught-up in our ideas, thoughts or creations.

All the time there is a changing of mans ideas. The old idea of the earth being flat. The old idea of matter being solid. These ideas are long ago been broken to pieces. But there are a few stupid asses that still hang on to these

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old outmoded ideas, preventing the expression of new ideas that come along. But no matter how great an idea is, how new it is, it is still an idea.

It is a way of knowledge but knowledge is binding. Wisdom is not binding. Wisdom is releasing. Wisdom is freedom but knowledge is binding. You see then how an idea can be binding, such as matter being solid, such as the world being flat and many, many, many other ideas that are outmoded long ago. But they have taken root, crystallized, in the minds of individuals and they are bound by them. Therefore you see, the difference between Wisdom and knowledge. And unless you see the difference between Wisdom and knowledge, you will still be caught-up and bound by knowledge.

So Science has been a great help to us in removing the ideas of the solidity of matter, for science has shown that matter is porous and changeable, because it is made up of a combination of atoms that change and form into new combinations thus changing the form itself.

In our further search in the relative or outer structure we find that the atom is a vortex of energy, the power of which staggers the imagination. But this vortex of energy is nothing compared to the force that is behind it, the force that created it. The force that created it is electro-magnetic in nature being the action of the Father-Mother-God. *Just as the Father-Mother-God is inherent in you, the same mode of action exists in the Universe as exists within yourselves. Therefore you see, God made you in His Own image and likeness. And because there cannot be two Consciousness, there cannot be Life that has been divided in Itself, having one Life here and another Life there. Life being Indivisible is expressing Itself through you and me. Your consciousness can be none other than the Consciousness of God, God being Infinite in nature. If your consciousness was derived from some other source, then God could not be Infinite, and that would be ridiculous!*

So we have to use Divine reasoning in our way along. And as we use Divine reasoning on our way along, coupled with what I have told you, in knowledge of the self and the Realization of our Wholeness, that which is not made up in the mind, we reach that which in Itself is Eternal and Ever-present. Consciousness and Intelligence in action, for everything in the Universe is electro-magnetic, the secret of this force will give us power to traverse the Universe itself.

You have heard me say before, that energy encased in its smallest space has the greatest intensity and as science further develops along this line of

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action we will reach the source of all energy, which is One Whole and not separated from anything. We will reach point and behind point is the potential energy behind all creation—the Universal Mind.

I say point, because point is everywhere and there is nowhere where point is not. Point is, if you can see it clearly, is the very smallest, the very tiniest, beyond the capability of mans thought, from which energy begins to move outward to create atoms, cells and forms.

If I do a line. If I had this, say for instance, here was the Universal Energy total, in that board which is a very poor imitation and idea of it, just because I am just trying to give you an idea now, but I do not want to give you an idea really of that Energy because we do not know what it is. But to preclude my point, that is point, that is point, that is point, that is point, that is point. Now point is everywhere in that Universal Mind, is It not? Therefore point is where that Universal Mind begins to act outwardly to create energy, in the relative, such as creating atoms. Creating, we call, etherons. From the etherons then into the atoms. From the atoms into the molecules. From the molecules into the cells, the cells into the organs. Here is an Intelligence that follows energy itself being Intelligence in action. Mind being Intelligence having within Itself Consciousness and Intelligence being that Itself. Then begins to express Itself, carrying with Itself, its potentialities of Consciousness and Intelligence.*

Therefore energy is Intelligence in action. You have seen it in your bodies, everywhere.

I am only giving to you what I have been taught by the Masters, myself. Perhaps should not be given to you anyway but I am giving it to you now. But the point is this, that if you can grasp what I am telling you, you have found something that will enable you to reason Divinely. So that you will find that which is beyond reason. Reason is of the mind but that which is Real is beyond the mind. But Divine reason leads you up to it and it is essential that you should understand.

I am condensing into a word-picture what the Masters know in relation to cause and effect. Therefore the outer shell we call matter consists of masses of atoms and electrons which form various combinations through electro-magnetic vibrations. This is mind in action.

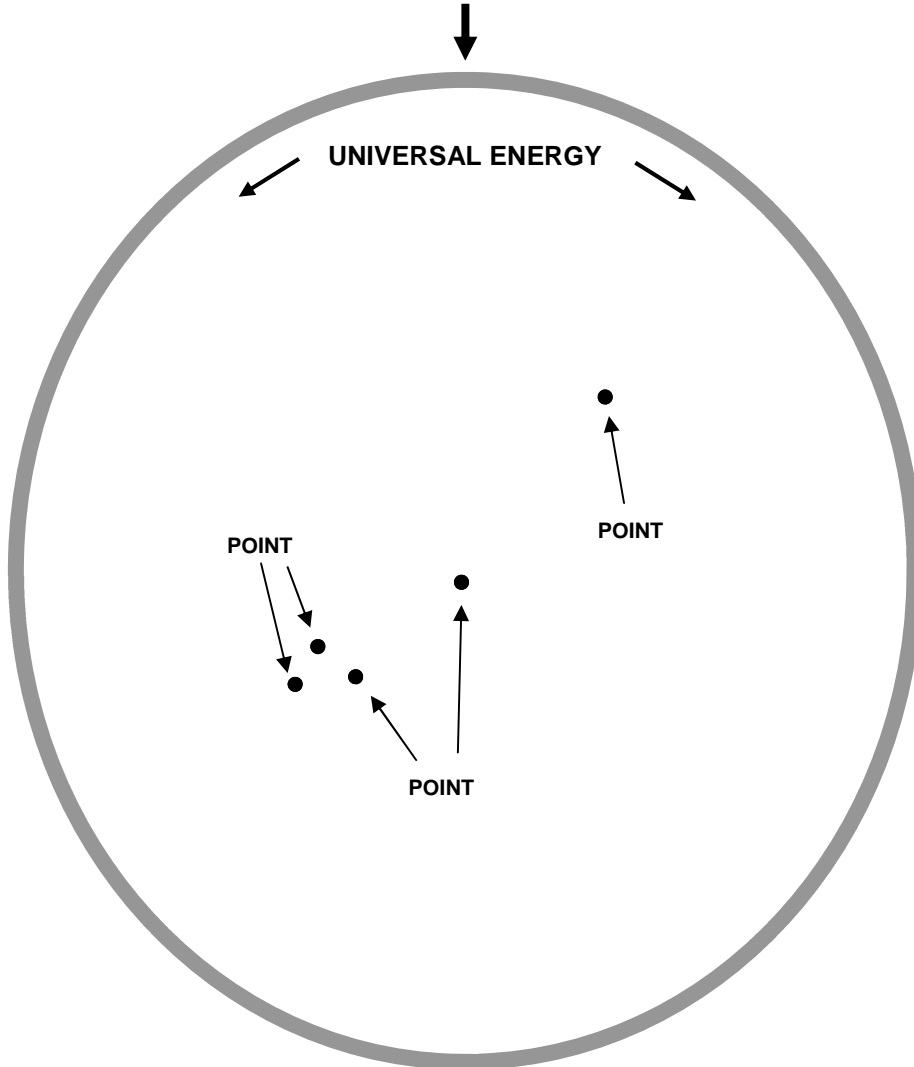
All form changes *and* dissolves back to their original elements, this change we call death. The ignorant say, this or that thing is dead, a person *or* an animal is dead, but there cannot be a dead particle in the whole living Universe,

* See Diagram on page 46

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UNIVERSAL MIND

("Point" is everywhere in the Universal Mind)



UNIVERSAL ENERGY & "POINT"

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so death becomes a real thing to those who do not know the Real Truth. It is hard for those who stick to beliefs and ideas to realize that there is no death because they are caught up in their beliefs, which is separation.

How terrible it is, that even those who should know something about this, the greatest knowledge that is possible to enable man to reason Divinely, that these people are still caught-up in ignorance of their beliefs and still hindering the progress of humanity.

There has been more bloodshed throughout the world and more misery and cruelty through religious beliefs. Read your history and you will see that these words of mine are true. More misery and more cruelty exist in the religious beliefs throughout the world than in anything else. You can prove it with your own history, I do not have to go into the details of it.

Therefore a knowledge of the Universal and a knowledge of the self must go hand in hand with Divine reasoning. We then arrive at the Birthless and Deathless state of Reality which is the essence within ourselves.

In the general way the majority of people practice a meditation that is a form of becoming, a building up in the mind, of a series of images which leads away from Reality. *That is what I am trying to show you. In your meditations what are you doing? You are building up ideas in your mind, images and so-forth, which leads you away from Reality. Real meditation is a breaking down of these images and eliminating them, so that which is Real can give expression to Itself. So they deny, imitate, concentrate all in one, which is a mental process narrowing down thought-feeling instead of understanding it, They try to cultivate virtue by trying to focus their wandering attention on a saint, or a teacher or an idea. And that is the sum total of their virtue. Their virtue is an imitation it is not a Reality. They are trying to imitate a teacher of two-thousand years ago or five-thousand years ago, whatever the case maybe. That is not virtue. Virtue is understanding the self, what is in the mind, what is preventing Reality from expressing Itself, because Reality is virtue Itself. They use various techniques, so they become slaves to their ideas which must eventually end in illusion. They seek an end and the end is the illusion, it never comes so they are caught-up in their endless ideas, mantrams and the like, so what they really seek is never found. Reality is "Being" now. So they are always trying to become something and not knowing that Being is NOW. Being is now, and comes into Being when you have discerned all that is preventing Its Presence now.*

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Meditation, with the majority who do not understand, is merely craving to become or not to become, (*they crave not to become evil and they crave to become good, so there is a continual conflict in the mind*), It is a subtle form of self-expansion and self-assertiveness, so it becomes a series of struggles within the pattern of duality, within the pattern of opposites. No matter how high or how low *you* may go in ones meditation there is no end to the conflict. Only with the cessation of craving is there peace and knowing, that is beyond the pattern of duality or opposites.

So if you crave for a material thing or you crave for a spiritual thing, it is just the same, you are going away from both. The craving for a material thing is a belief that you have not got it. A craving for a spiritual thing is exactly the same.

Therefore you are being torn one way and the other. You think then that material things are evil and spiritual things are good. Therefore you want to cling onto your material things, yet you want to discard them. You want to bring in the spiritual things into your life but you are afraid because you have material things, so you are still in conflict again. But a material thing and a spiritual thing is one and the same. There is no division between the material and the spiritual. That which you see is the manifestation of the Spirit, it cannot be anything else.

It is what you use, how you use a thing, how you think, how you react. Therefore the thing does not hurt you. Its your reactions to those things; how you react, how your emotions and conditions. And if you discern your reactions, if you can discern your cravings, if you can discern your motives, then you will understand yourself. Then you will understand, not only that but you will understand that Being is NOW, and that spiritual and material things are one and the same. One is the Inner and the other is the outer, it cannot be otherwise. Otherwise God could not be Infinite in nature.

Don't you see now, that matter is not a solid thing, it is a something that is built up. It is a combination of atoms and electrons, etherons, which come about by electro-magnetic vibrations, built up and expresses itself in the form held in the mind.

Hope to God, you can understand me. If you can, you have found something that is priceless!

I know perfectly well, that I had to think deeply when I was in the Himalayas, when I was taught all these things. When it was brought to the

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surface, brought to me clearly, but I had to think it out for myself. And what I am saying to you, now, you have to find and think it out for yourselves too and you will find the Truth.

So if you do not know yourself, your meditation is of little value, in fact your meditation becomes a hindrance. If I do not understand myself, my cravings, *my* motives, my contradictions, how can I arrive at that which is beyond,¹ I do not create Reality, It is now, comes into being when I understand myself.

If I do not understand that I am greedy, antagonistic, envious, jealous living in opposites, my meditation only strengthens my self-enclosing process. *That self-enclosing process which is these things that I have not yet understood.* Without self-knowledge my thought-feeling cannot transcend itself, for the mind will be caught up in it.

Is it not so that many who practise meditation and talk about brotherly love condone *and* participate in separatism, in war which is organised murder. This kind of meditation only strengthens their narrowness, ill-will and ignorance.

I told you before that true meditation is not trying to control your wandering thoughts, you must become aware of them. Think-out, feel-out, every thought, comprehend its significance however pleasant or unpleasant, trying to understand each thought-feeling. Each thought-feeling thus pursued will yield its meaning and as the mind comprehends its own repetitive wandering thoughts, it becomes emptied of its own formulations.

So the thing is always repeating itself. Why is a thought always rising to the surface and troubling you? Why is your mind always troubled by a particular form of thought? It rises and rises again and repeats itself. This repetitive process of a thought is because you have not dealt with it, you have not read it, you do not understand it. Therefore it rises again because you are troubled by it. And the more you are troubled by a thought, the more it will rise. If you try then to pacify your thought without understanding it or relegate it to some subterranean channel of your brain, it will change its course, it will hide its self, hide its head. But the energy, the emotion attached to it will rise up through your system and bring about some other devastating affair in your system because you do not understand it. But immediately you begin to discern your thoughts as they arise, all these hidden ones will raise their head also and you will be able to discern them clearly and distinctly, and you will be free. They are false anyhow, so why be afraid of them?

1. See Notes on page 54

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A memory. Are you afraid of a memory which is something that has happened which has relegated itself to a cell in your brain, are you afraid if it? But you are afraid of your memories, you do not like the unpleasant things. You like to think of the pleasant things but not the unpleasant. But you have to see them equally alike and without any particular identification. Without, as it were, condemnation.

If you condemn yourself because of your thought rising to yourself, then you have lost yourself, you are caught-up again in your condemnation.

You must see these things so clearly so that you will understand your thought-feeling, the feeling you have in regard to it. And when you understand the feeling in regard to it, it passes away. You see that it has no power of its own except the power you give it.

Your mind is burdened with the past, a storehouse of the many contradictory values, it is ever-gathering, ever-becoming. So we must be aware of these accumulations and understand them as they arise.

Your meditation should be like a person who has stored up many letters in a drawer for years, who now begins to read them one after another. Keeping some, discarding others, what you keep re-read again and again, *until* you discard them all, then your drawer will be empty.

If your thoughts arise again and again it is because you have not understood them, you have not read them. Just as the drawer can only be useful when it is empty, so must your mind be empty before wisdom and love *can* manifest. *And if you have fears, ideas of limitation, if you have hatreds, if you have antagonisms, if you have jealousies, you must discern them and understand the cause, and you will see the self is the cause. And when you understand the self, you will see the self lives in a falsehood. It has no existence in Reality whatsoever because Reality is the Real You. Therefore when you have done away with imitations and fears and limitations, that which is Real in Itself will give expression to Itself. When you have done away with opposites and duality, that which is not duality, Who does not live in opposites, Who is not contradictory in Itself, will give expression to Itself. But if you live in contradiction, if you live in opposites, you will express them according to your conditioning. And that is what you are doing everyday, you are expressing your own thoughts, according to your conditioning. And who has conditioned you? Yourself, of course. You will blame it on other people, naturally you would, you will always put the blame on someone else. Oh, yes that is the finest thing in the world, to try*

DIVINE REASONING AND KNOWING THE SELF

an escape, but there is no escape. You mean to say, that if you put the blame on someone else you are going to escape from your own reaction. The mind must be open to wisdom and the ecstasy of the Real to receive It, It comes into being only in the awareness of understanding.

So we see that without wisdom, knowledge can become binding which leads to illusion and chaos. When the mind is clear, right thinking is possible, but with a mind full of concepts, beliefs, ideals, this prevents right thinking. Wisdom leads to the right use of things which brings happiness, while knowledge alone can lead to the wrong use of things which brings misery.

And we are seeing that very, very much today. We are seeing knowledge today used without Wisdom. We see all the destructive weapons that can be brought about into the world by knowledge being used for the destruction of humanity.

We see knowledge everywhere but it is not tempered with Wisdom. Wisdom is absent and so is Love. The two foundations, the two fundamental pillars of Creation, is missing and everything else is false. When these two are missing everything else is false, I tell you! And if you read in your own mind, you will see how false it is.

All form will dissolve into the substance from which it arose, yet the basis of all form still remains the same from which other forms can be created. *Just like a drop of the ocean. Take a drop from the ocean, analyze it, no matter how small it may be but it is the same constituency as the whole ocean. And when that drop passes into the ocean, it becomes the ocean.* Therefore the Creative Power that, in the first place, created the world and all that is in it, remains within us as the Eternal Uncreated, the formless for in the uncreated alone exists the Creative Power of God and Man, *and not in the created.*

The created has no power of its own it is created. Paul says, "things are not made out of things that were created but that which is not created." And as it tells you, your creativeness exists in the Uncreated and not in the created.

And your Wholeness and Completeness, the Real You, is held completely in that Wholeness, in that Uncreated. And if it is not in the Uncreated then it has no creativeness whatsoever because you are caught-up in the outer; you are caught-up in the created. The created can give you no power. It is only that which is hidden within, that Uncreated, the un-formless, the things that are not formed.

Life is **Creative**, Life is not created, *Life is not made up*, Life then is the Father-Mother-God who *created* man-woman to have the same Life.

WISDOM IS THE FOUNTAIN OF LIFE

Thus the “Father and I are one.” This is the Tree of Life that the prophet revealed to the soul of man, when understood becomes a Spring of Living Water rising up to Eternal Life.

Is it not so that most people are looking for the good and the evil at the same time, *is it not so that they preach* about the evil and the good at the same time? Thus the mind will produce what it sees, *good and evil*. If you are desiring the good and fearing the evil at the same time, you live in ignorance of your creative power, because you are caught up in opposites. Jesus said, “*resist not evil.*” “Do unto others what you would have them do unto you.” “Condemn not lest ye be condemned.”

So, what you see, what you look upon, so it is unto you. What the consciousness sees as a reality, so it is a reality unto you, whether it is a false thing or not. So therefore you have to discern that which is false so that the consciousness will not make a reality out of it.

Nothing exists to you at all unless you are conscious of it, is not that so? Well you have got to discern what is false, so that your consciousness will not make it a reality of a false thing.

It is not so difficult to do because it is quite easy. And I am going to show you the secret of it. Discern what is made up in your mind and you will know that it is not Reality because Reality is not made up in your mind. It is not an idea or an image or a belief. And as soon as you grasp that Truth it will lead you to that which is not made up, Uncreated, that which is not form.

We are not born of the blood or the flesh of man nor by the will of man, but born of the Spirit of God. “Call no man your Father on earth for one is your Father who is in heaven.” God being infinite Spirit, we must also be Spirit, Infinite, Creative.

You cannot get outside Infinity. Always was within the Infinite and there is nothing outside the Infinite.

So therefore we begin to see through our Divine reasoning, through understanding ourselves, we see how clearly we can reach at that which is in Itself All-Power, Wisdom and Love. You do not have to create Power, Wisdom and Love—you have got to open yourself to It.

We are Spirit individualized, not separated but one and it is only when the mind is clear of confusion can this be comprehended, and not as an idea or a belief, but as our livingness. There can be no unity of man and God in a belief because belief is of the mind and there are many beliefs and many theories.

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When the many ideas and beliefs are at variance with each other how then can there be peace and goodwill? When the mind is in contradiction, when the mind is caught up in duality, in separation, in opposites, how can there be a realization of that which is not a contradiction, that which does not exist in duality or opposites.

Are we not giving expression to our conditions instead of understanding them. We must become aware of our relation to people and things, discerning our thought-feeling-reaction, how and where it is moving. Is it unconsciously moving in ignorance towards chaos and misery, or can we discern it and dissolve it so that the mind can be free to express wisdom and love, which alone is Real and is not made up in the mind?

All your books, everyone you read, is a matter of something that is made up in the mind. But you will notice that my teachings from the very beginning, which some of you are beginning to see now, my teachings were to eliminate the ideas and images you created about reality. And I was trying to prevent you from getting another idea of what reality is. Otherwise I would be only giving you probably an extended or a wonderful greater idea which would be just be a prison exactly the same as you were before but perhaps a finer prison, one you liked a little bit better but it was just a prison.

But if I do not give you an idea of reality. If I take all your ideas and beliefs and ideas of reality from your mind, and I leave you with nothing at all, then you will have Reality because It is not an idea and not an image, not a belief, It is a Livingness. It is the expression of God, NOW, because you are alive and Living. You are Life. And as Jesus said, "I Am the Life," it was the greatest Truth that was ever expressed through the mouth of man.

When we are dependent upon people and things we are bound, limited. Our freedom comes from self-reliance and this is obtained through understanding our limitations knowing what they are, and the realization of our oneness with all there is created and Uncreated, yet we must understand the difference between the created and the Uncreated, for all things exist in the Divine Mind and all are created there for there is no outside. Therefore It is the Father who ever remaineth within who is performing His own deeds. With this understanding there is no separation, for we work together as one, the Father being greater than I. When you have seen me you have seen the Father, the Uncreated and the created are one, with this difference that one is Creative while the other is not.

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That is why Jesus said these words, "I of myself am nothing, it is the Spirit of the Father within me that doeth these things." And unless you can comprehend this then you are caught-up in the created and you have lost that which is Real in Itself.

“But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up *unto Eternal Life.*” John 4: 14.

BENEDICTION

Divine Father-Mother, Thou art all seen and unseen, created and Uncreated. Within Thy bosom I exist and do give expression to Thy Love and Wisdom when I understand myself.

I have found through Thy wisdom that the Uncreated alone is Creative and the created is Thy word gone forth to fulfil Thy will within Thy Self, O Mighty One.

When Thy son Jesus said, “when you have seen me you have seen the Father” I found the key to Thy treasure which was also mine.

Thy Wisdom was gained when I knew that It was Thee alone who lived in me.

Thy Love manifested in me when I found that within *my* neighbour I saw Thee there also.

Now I am crowned with Thy Holy Presence, when all my limitations are swept away by Thy Eternal Word of Power, invested in me, “O Eternal Father-Mother of Mine.”

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 17th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The phrase in the sentence in the Lecture Notes is missing from the sound recording. The full paragraph would then read: [So if you do not know yourself your meditation is of little value, in fact your meditation becomes a hindrance. If I do not understand myself, my cravings, motives, my contradictions, how can I arrive at that which is beyond, *which is Reality?* I do not create Reality, It is now, comes into being when I understand myself.]

THE CONTINUOUS RENEWAL OF THE EVER-PRESENT*

“Jesus noticed her and called to her, ‘woman, you are released from your weakness.’ He laid his hands on her, and instantly she became erect and glorified God.” (Luke 13: 12-13.)

Now there is a tremendous message in these words because it shows at once, that the person was released from a condition. And that condition was weakness. And immediately he told her that she was released from the weakness, she instantly became erect and glorified God.

Well we see clearly now, these words mean this, the continuous renewal of the Ever-present. The Ever-present is always renewing Itself in you and me, every moment. That moment, now, is the Living Ever-present. It is a Living presence, it is not a dead presence, it is not something you create in your mind, an idea of the presence or a belief in the presence. It is a Living Expression of the Presence Itself and that is why these words are put to show definitely, the continuous renewal of the Ever-present.

Most people cannot realize the continuous renewal of the Ever-present. And it is when we begin to see the cause of our troubles and to know that they are self-created. To know that they have no power of their own except the power we give them. And as we discern these things so they dissolve away, they pass away, and then the continuous renewal of the Ever-present is there NOW. You do not create It, IT IS.

So that is the secret of the great and mighty Truth that the Master knew was, he himself was the Ever-present Life. And he knew it that every other individual had It too. And immediately he saw the weakness he said, “you are released from your weakness.” Knowing that the Ever-present Life would express Itself immediately the weakness disappeared.

Total freedom is possible only when we use the Divine Consciousness as we would use a surgeon’s knife to cut out the things that bind us.

In our *relationship* with people and things we are able to free ourselves from our thought-feeling-reaction when we discern deeply that relationship. If

* See page 67

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we are greedy, possessive, envious, jealous, dependent on people and things and if we do not become aware of this relationship our freedom is impossible for we will be caught up in the conflict we ourselves create and thus we create the very conditions we abhor.

So we have got to be watchful continuously to see how we are conditioning ourselves and in our thought-feeling-reaction towards our neighbour. Whoever is your neighbour is the one who is nearest to you. Well you will find out what you are doing and how you are thinking and how you are reacting. And when you begin to discern these reactions then you begin to free yourself because you see how stupid they are. But if you are caught-up in them you do not see how stupid you are because you are caught-up in these conditions. But immediately you discern these conditions then you begin to realize the great Truth of the continuous renewal of the Ever-present.

So you look at a picture, perhaps, and look at the painting and begin to scratch part of that painting off and underneath you begin to see there is another painting here. So you begin to clean the whole of the paint off this picture that is underneath and reveals the great masterpiece. Now the masterpiece was there all the time and it was necessary that you had take off the paint that covered it.

It is the same with the individual, you have got to take off these things that cover the great masterpiece of the continuous renewal of the Ever-present in our lives.

It is because of this unconscious conditioning existing in our mind that the effects we produce are not understood. But if we understood the cause we would also understand the effects.

Is it not therefore of primary importance to us to know what we make up in our minds? *Your thought-feeling-reaction is making something up in your mind. If you discern what you are making up in your mind through your thought-feeling-reaction to your neighbour or the one who is nearest to you, that is your relationship, then you will know what is made up in your mind. And if you know what is made up in your mind, you will know the cause of the effects. And if you have any effects you will realize the cause of them are within yourselves. Because the continuous renewal of the Ever-present is always a perfect expression of Life Itself.*

If the globe breaks you do not destroy electricity. Electricity is not affected if the motor breaks down. Life is not affected if your body breaks down or something goes wrong with your body or your condition yourself. Life is not affected by

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that conditioning. Just as like, electricity is not affected because the globe is broken. If we do not understand this how can we ever realize that which is not made up in our minds—the unlimited power to act, to do? “What we see the Father do.”

So Jesus said these words, “what I see the Father do I do also.”

“All power is given unto me in heaven and on earth” was not an idea made up in the Master’s mind for he was speaking from the Christ Consciousness. He was speaking from a complete awareness of the Truth, that he was truly the Son of God. And being the Son of God he was the Son of Life. And being Life, “I Am the Life.” He knew that he could not be destroyed in anyway whatsoever, even if it destroyed the body, Life remained intact. We know that mental efficiency is dependent upon the power of attention, yet attention is not something that is created, it is a quality of mind itself, when the mind is free from conflict. You will clearly see that confusion in the mind can only produce confusion in your thought and in your environment.

Attention is a quality of the mind itself when the mind is peaceful and quiet, when there is no confusion and no conflict in it. When there is no opposition. When there is no duality. When there is no conflict of opposites.

In your meditation, I am sure that you have found that your mind is not quiet. You try continuously to suppress the thoughts that rise to the surface and you think by doing so that you can meditate. But what are you mediating on?

You cannot meditate upon something you do not know. Therefore your meditation should be the elimination from the mind of all conflict so that the mind becomes peaceful and quiet. And in that quiet peaceful there is attention.

To attend to one thing at a time is a great help to the individual. When the mind is caught-up in a particular thing, all the various ideas belong to that particular thing flows into the consciousness as the mind is dwelling upon it. And information regarding that thing would rise to the consciousness, scraps of information that you know nothing at all about that have been hidden away in the recesses of your mind.

And consequently attention means to a great extent gathering together all these scraps of information, building them together; and as they rise to the consciousness, you find them all tied together by a line of association which is the easiest form of bringing things to the consciousness.

But a mind that is free from conflict, a mind that is free from irritations, is the mind that has attention. Therefore it is to free the mind from all conflict because attention is a quality of the mind that itself is free.

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The great secret most people are looking for is how to eliminate confusion. But if you do not know how confusion comes about how can you eliminate *confusion*? Let us look at what is happening in our minds and we will see clearly the cause of confusion.

The surface mind deals with things we see, hear and feel through the senses. We have already dealt with this subject, showing that what the mind receives through the senses is vibration and as the result of these vibrations we build up in our minds mental pictures of what these vibrations represent to us through experience and memory.

So what we see and feel and touch are vibrations that we receive, that enter into our minds through the various channels of our brain. The various dissecting centres through which we build those pictures from the sensations of the vibrations we receive from light, sound and touch. And through experience and memory we are able to say, that is water, that is a glass, that is a tray, and we will look at and we will see, is it silver or is it not silver. You see what I mean, therefore through your experience, your memory, you are able to say what a thing is through the sight, feeling and touch, through your experience and memory. But if your experience and your memory is going to hinder the expression of that ever-renewal, that continuous renewal of the Ever-present, then it is a hindrance. But if your memory and experience can be a means and a ladder through which you can rise out of the conditions you are in, then it becomes an asset. But to the majority of the people, their beliefs, their memories, their conclusions become a hindrance to the expression of new knowledge and wisdom.

It is the subjective mental activity that feeds upon what the surface mind gives to it. It is in the subjective mind that these pictures are made up. *Not on the objective mind because the objective mind is always absorbing things coming from the outside.* The subjective mind is the reflector so that the consciousness can become aware of that which is made up, so the consciousness makes it an apparent reality to you. *Therefore if you are not conscious of the picture at all there is nothing to it. Even if the vibrations passed into your eye, the ear, whatever the case maybe and you are oblivious to these vibrations and sensations, the consciousness would not then give it a reality and it would not exist to you at all. Now you will see what I am driving at in a few minutes, as I draw the whole picture, so that you can see what consciousness really is. And you will see that without a conscious realization of anything, it cannot exist at all to you.*

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But if the consciousness is not aware of what is taking place it is caught-up in the things that are made up in the mind and therefore cannot become aware of that which is not made up *in the mind*. That is why Jesus said, “I do what I see the Father do,” showing that he was aware that what was made up in *his* mind was not a Reality.

He knew that what he made up in his own mind was his own creation. But the great thing to him was the continuous renewal of the Ever-present Life, that was always present, that was Eternal, that was the only Creativeness. Therefore he and the Father were One.

We therefore create causes through our acceptance of what is made up in the mind as being a reality. These we will call secondary causes which create secondary effects, some of which are pleasant and some unpleasant, but they both come from the same source—*the mind*.

Just as you will see, that your ideas in your mind of health—ill-health, success—failure, follow a leader and so-forth are all of your mind. They come from the same source but you think they are different. You put one there and the other there and you separate them but they are both in your mind, created by yourself.

Good and evil is just the same thing. And when we can begin to see the opposites and understand the opposites, then they will have no effect upon us, we will see that they are made up in our mind. Just as the two Trees people fail to see, that the Tree of Life is one tree and the Tree of Good and Evil is another tree. It is not two trees. They are not two things good and evil, they are on the one tree. They grow out of mans mind, they have one source.

So you have the pleasant and the unpleasant thing. The pleasant you will call good and the unpleasant you will call bad. But they arise from within yourselves. If you do not see that, then you will never know and experience the continuous renewal of the Ever-present Life. Because you will be hanging onto the Tree of Knowledge of Good and Evil and you will be eating of the fruit thereof. But the prophet said, “take hold of the Tree of Life and It will be a Spring of Living Water rising up to Eternal Life, it will be your Salvation. So clear is the understanding.

Primary causes are perfect creations of the Divine Mind and are not made up in the individual mind *at all*. What is made up in the individual mind no matter how magnificent it is, it is still a limitation therefore it is not perfect. Paul says, “when the Perfect comes, the imperfect will disappear.”

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The imperfect will be superseded. But Divine Creations are beyond the idea of our perfection. The perfection we make up in our minds is brought about from comparison. We see a thing here and we say it is perfect and we see another thing and we say it is not perfect. Therefore we compare the two. Our comparisons are our perfections. But we cannot compare something that we do not know the Perfection of because the Perfection of that Divine Creation is beyond comparison of the individual mind. But if you are stupid enough, you say it is perfect. So the idea of our perfection which is made up from comparison, but comparison is made up from things we know. The Divine Mind is not limited therefore Divine Creations are not limited like those of the individual mind.

And we have come then to the realization that you and I are the Divine Creation. And it is the ever-renewal, is the continuous renewal of the Ever-present, that is the Perfect Creation of man of woman.

You cannot destroy the Spirit. You cannot destroy the Life, no matter if you hack the body to pieces. Just as you cannot destroy electricity if you smash the light. The Life is one Whole, it is not individual life at all, it is Whole Life individualized. It is the Wholeness individualized. It is not the individual in the whole but the Whole in the individual. Therefore the individual itself have no consequent whatsoever. And as soon as you see that, you will come to the realization, of the words of Jesus, when he said, "I of mine own self am nothing, it is the Spirit of the Father within me that doeth these things."

Therefore he got rid of the self because it was an illusion. The self is a bundle of wants, a bundle of reactions, a bundle of cravings, a bundle of falseness. And unless you begin to discern the self and this first thing to do, is self-knowledge. And with self-knowledge then there is the clearing of the mind, of what's made up in the mind. Then when we see what is made up in the mind is our own creations and behind and beyond there Is the Divine Creation, that is beyond comparison, beyond ideas, beyond images, beyond beliefs, IT IS.

If we had no beliefs, no ideas and no images of the Divine Creation, we would be the continuous renewal of the Ever-present Life.

What I am trying to do is to show you that which is made up in your mind is not a reality, therefore is limited and imperfect, not that you can compare your own creations with that of the Divine because the Divine is beyond your mind, therefore there can be no comparison, for comparison is of the mind itself. Yet the Divine Creativeness exists in us all, yet it is not made up in our

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minds. Therefore what you make up in your mind about the Divine Creativeness is but an image, an idea, a belief, which is not the Divine Creativeness.

Are you still caught-up in your ideas and your images of this Divine Creativeness or are you beginning to see that the elimination of these ideas and beliefs allow the Divine Creativeness Itself to manifest? I of mine own self am nothing it is the Spirit of the Father within me that doeth these things.

I think it is becoming clearer and clearer to your minds, that without the clarity of your own images and beliefs, the clarity of seeing and knowing what is made up in the mind, the clarity of knowing that which is false, then you will never know that which is Truth. Unless you then become aware of that, which in itself is made up in your mind which is not a real thing, when that comes about it drops away from you, the mind becomes free from its own conditioning and there is the continuous renewal of the Ever-present, every moment.

You may experience that in the quietness of your mind for a second and then you begin to think again and you have lost it. You try to recapture that moment of bliss but that moment of bliss is past, it is but a memory now, and you can never recapture that. If you try to recapture the moment of bliss that has passed, it is past but memory, it is nothing. But if you continually know that it is but a memory and the Ever-present is still every moment, then as the mind clears again, as it frees itself from memory, from experience, from identifying itself from all these things, then there is a freedom comes and in that quietness, which is attention itself, attention beyond attention, it is an experiencing of the Ever-present. So simple is this that it cannot be put into words.

If man does not know the difference between the false and the Real he is lost in error, nearly all minds are caught-up in both so-called truth and error *the* so-called truth is then faith in the good, while fearing the evil. If this is not confusion then what is it? Don't you see that both these are made up in your minds, your faith in *the* good and your *fearing the* evil, both are of the mind but truth is beyond your mind? That which is in your mind then is not truth but an idea of it, a belief, a theory which is made up and what is made up is not truth. *Because Truth is not made up at all.*

Truth is Love and Wisdom. And if you will see and you will see clearly that these things are not made up in your mind. They are the expression of Truth Itself. And when all that is false is dissolved away then Love and Wisdom is there. A great and mighty wonderful Truth. Love and Wisdom, the Perfectness

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behind all Creation. The created is not Creative. That which is Creative is not created. It is only the Uncreated that is Creative. Life remains always Uncreated while it creates and remains in Its own creation as It was in the beginning.

Just as electricity remains electricity even through the light it remains electricity. And the energy that flows from the light passes back in vibration, out into the atmosphere and is caught-up again in the movement, and the atomic movement of the atoms is absorbed again into the great atomic structure of the ether. Moulded again back into electricity once more, which it was and always will be. So is Life. The very vibrations of my voice is Life. The Spirit alone has Voice. And when you know that the Spirit alone has Voice, you know the Spirit in the Voice gives it tone in the sound of the Spirit, and you begin to understand.

When you begin to see this confusion of the mind it will drop from you and your freedom that always existed comes into Being, and there is no better words than these to lead you beyond the mind, “it is the Father who ever remains within me is performing His own deeds.” Now do not try to make an idea of the Father working in you for then you will be caught-up in your idea again which has no power because it is self-created. *And when I say these words to you, you immediately create an idea of the Father working within you. But it is an idea, it not a Living Reality. Oh, could I give you this but I cannot. You must find it out for yourselves. I can point the way but you must travel that way yourselves.* But if you keep your mind open free from confusion, the Real which is Love, Wisdom and Power will manifest then you can say the Father is performing His own deeds. *When you discern then the false, you will see that the false will fall away, then you will find that Love and Wisdom begins to work in your own lives. It cannot help Itself it must do because It Is, IT IS the continuous renewal of the Ever-present.* And whatever the result will be, you will know that all is well.

You will not question. You will not ask. You will not say, I wonder if it is right or wrong. You will not question when you have dissolved from your mind all that is false, you will know that the Father is working in you. You will say as the Master said, “not my will but Thy Will be done.”

Your consciousness will be one with the Divine Consciousness in action, you will become aware of the Divine Creativeness which is not caught-up in the effects of secondary causes even if your consciousness is caught-up in your own mental creation which is limited according to your own conditioning.

And if you will examine your own thoughts and your thinking and your talk, you will see how you are conditioned. If you are not aware of your own

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thoughts, your own talk, your own actions, you will not be aware of how you are conditioned. But if you become aware of your own actions, your thought-feeling-reaction, then you will be aware of your conditioning. Then they will fall away from you because you will see how false it is. But if you are caught-up in it you will not see it at all, therefore you will continue to be conditioned.

When we begin to enquire, really enquire, we find that we are connected to the outside world by our surface [or] objective mind, the brain is the organ of *the* objective mind. The cerebro-spinal system and nerves put us in touch with every part of the body. *The* system responds to sensation or vibrations received through the senses, in the form of vibrations of light, sound, taste, smell, hearing and feeling. These vibrations are then interpreted in the mind, and according to our experiences we give them a place in the mind *and* the consciousness giving them an apparent reality. When we are aware of what is taking place and how we arrive at our conclusions we see how erroneous they can be.

It is said, things are not as they seem to be. And that is very true. And it only needs a little examination of your own minds to find out how true it is. You come to your conclusions through the vibrations of the senses; of hearing, seeing, touching, smelling, tasting and so-forth. But your conclusions are very often erroneous. To come to a conclusion about anything is erroneous, it prevents further understanding. If I condemn you and you condemn me, you will never understand me. If you resist anything you will not understand it either. Resistance puts an ending to understanding. Condemning and blaming puts an ending to understanding.

There must be no resistance whatsoever. If there is any resistance there can be no understanding of any kind. Even if you resist a thought in your own mind and try to suppress it, there can be no understanding at all.

This teaching is the very opposite of what you have been taught by the so-called psychologists who think we are living in the mind in opposites. And they say, you must suppress that thought and put another in its place.

A woman came to me yesterday and she was in a terrible turmoil. I never saw a person in such a turmoil. And she said to me, "I don't know what's wrong with me," but she said, "I am terribly agitated and in terrible turmoil, I'm depressed and everything."

And I said to her, "you have been repeating mantrams, haven't you?"

She said, "I repeat them from morning until night."

I said, "well your subconscious has got caught-up on you."

She says, "what do you mean by that."

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Well I said, "what happens to you, is this. Every time you say a mantram about the opposite of what was troubling you. You only increased the opposite in your subconscious because you were afraid of it. Therefore you said a mantram to overcome it. But the subconscious does not act on don't and not's, it only acts according to your feeling. Therefore I say, your subconscious is caught-up in you now and you are living in a world of opposites." I said, "But the opposite is growing further than the one that you would like to have therefore the bad is atop of you and the good is underneath you. Now do you see what I mean now?"

And immediately she began to see the truth.

I said, "don't you see the falseness now of all your mantrams and all the things that you are doing?" And it fell away from her.

I took a chair for Sir Paul Dukes,¹ last night, at the Salban Hall. And I saw the woman who sent her to me.

"Good gracious me," she said, "I have never seen such a change in the woman, in all my life." She said, "this morning and during several weeks or months, she was in a terrible turmoil, she couldn't do anything." "Now," she said, "she came back this afternoon, a new woman, completely cleared. I have never seen anything like it!"

Well, what happened? She dropped the whole business. It was like a tray full of china, she broke in pieces and it all disappeared. And that is the cause of a good many other people in their troubles today. Their subconscious is catching up on them.

You cannot put a positive in place of a negative, the negative will still be there. And will increase its intensity as quick as you make a mantram in the opposite direction.

I do not know how people are so stupid. I say, damn stupid because really it is, to see how people are doing, repeating mantrams. . . . then they want to meditate and keep going. . . . they close their eyes and meditate. . . . before they know something jumps up in their mind. . . . and say, "why I can't meditate, can't meditate." . . . they run over and take another book and read a little bit of it and so-forth. . . . oh yes, that is so and so and so and so. . . . Well isn't that it! Living in opposites. I think we give the opposites a few kicks in the pants we will get rid of it.

A story I told you some time ago. A Parson met a chap. And the chap looked at the Parson and he said, "where in hell have I met you before." So the Parson said to him, "well what part of hell do you come from?"

1. See Notes page 67

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But it is true that we can send constructive impulses as well as destructive impulses through *the* nervous system creating pleasant or unpleasant sensations, and it is possible that we can be benefited by our constructive impulses and adversely affected by our destructive impulses. But to be wide awake with understanding we can become aware of both these impulses arising from the same source within ourselves. We will know that both come about through our reactions to people and things *and* when this is discerned we will arrive at that which in Itself has no reaction, that which does not react, being Divine in nature having all power in heaven and on earth. Therefore all creations from this source are Divine, created through the Christ Consciousness, this is the door leading to the Father which is always open when we understand ourselves.

Therefore there is always the Oneness between the Father and the Son. The Father hath Life in Himself and He granted the Son to have the same Life in himself.

Good gracious the Master's words are as plain pipe staff, it is absolutely plain. I cannot see why people cannot see it properly. They make it a mantram or a repeatable and so-forth and it is nothing to them but an idea.

So we see that if the mind is seeking a result however noble and worthy it is concerned with becoming therefore ceases to be infinitely pliable. It must be as the Unknown to receive the unknowable, it must be utterly tranquil for the "Being" of the Eternal.

So the mind must understand every value it has accumulated and in this process the many layers of consciousness both open and hidden are uncovered and understood. The more there is an awareness of the conscious layers the more the hidden layers come to the surface. If the conscious layers are confused [and] distorted then the deeper layers of consciousness cannot project themselves into the consciousness except through dreams. It is the hidden layers of consciousness that convey their significance through dreams and symbols. If every thought-feeling is thought out, felt out, as fully and deeply as possible without condemnation [or] comparison, acceptance or identification, then the hidden layers of consciousness will reveal themselves *and dreaming will cease.*

Therefore through constant awareness the dreamer ceases to dream, for through alert and passive awareness every movement of thought-feeling of the open and hidden layers of consciousness is being understood. But if you do not think-out, feel-out, every thought completely then you begin to dream.

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It is the suppression of thoughts, the conflict, the fears, the duplication, the duality, the formulations of your own thoughts in fear, anxiety and so-forth are then brought into the dream world. And there they appear as symbols.

Therefore meditation can only be effective when freeing the mind-heart from its self-enclosing process. *When the mind-heart, the thought-feeling, can free itself from its own self-enclosing process, that is meditation. Not trying to suppress or to, as it were, concentrate upon a saint, to think that you will become like that saint. How can you become like that saint if your whole mind is caught-up and conditioned? If you are conditioned and you do not know how you are conditioned, are you going to escape that conditioning? Meditation can only be effected when freeing the mind-heart or thought-feeling from its self-enclosing process.* The open and hidden layers of consciousness are the result of the past, of accumulation, of centuries of education and certainly such an educated conditioned mind cannot be sensitive to the Real.

Ask a bishop if he knows anything about Reality and he will tell you, no, he does not know anything about Reality because of his own conditioned mind. Listen over the radio, one day, and you listen to the stuff that goes over and you will soon find how conditioned the people are. Read your newspaper and see how the whole world is conditioned.

Anything that separates man from man, conditions man. Anything that separates man from man is not true it is false. The basis of whole humanity is unity. Anything that separates, destroys that unity is false. A belief in any religion, a belief in any political party, a belief in anything whatsoever that separates man from man, is a falsehood.

Now as soon as you realize that and learn that and realize it to be true and see it for yourselves—Truth, the sooner these things will fall away from you.

The world today is broken up because of these various beliefs, ideals and so-forth.

[In] the still silence after the storm of conflict and pain there comes inexpressible beauty and joy. It is not the result of the storm but the cessation of conflict. *People think that storm is the cause of the trouble after the storm is over, it is nothing of the sort. The storm will come again because the conflict has not been dealt with.* The mind-heart must be passively still for the Creative Being of Reality.

Therefore there must be a constant renewal of the present. If the present is burdened with experience of yesterday there can be no renewal. Renewal is not the action of birth and death, it is beyond opposites only freedom from

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the accumulation of memory brings renewal *of the present* and there is no understanding except in the present.

Mind can understand only if it does not compare [or] judge. The desire to alter or condemn the present without understanding gives *a continuity* to the past. Only in comprehending the reflection of the past in the mirror of the present without distortion is there renewal.

Without fear, without condemnation, without comparison, you will see then what is made up in the mind. Impersonally you will view it, without being affected in anyway whatsoever, then you will know what is false. Then the Truth Itself will reveal Itself.

Continuous renewal of the Ever-present in the present is freedom. Now, freedom is not of the mind, you cannot picture it for it is beyond mind, yet it is Ever-present now in you and me, present everywhere. This is the Eternal joy that wells up as a Spring of Living Water, renewing the soul and body, for it created both for its own self-expression.

“Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the Sabbath day?” Luke 14: 5.

BENEDICTION

Thou art Ever-present in the present always, O Eternal One.

When I was caught up in the past in memories, in experiences, the present was clouded and I could not feel Thy Omnipresence.

When I saw that all that I had created about Thee in my mind was my own creation it fell away from me and I knew Thou always existed in me, O Eternal One.

Then I comprehended the reflection of the past in the mirror of the present without distortion and I began to live in Thee and I saw what was false, then I knew that Thy Reality was Ever-present in me now and that we are one, O Divine Creator of Mine.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 24th February 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. Sir Paul Dukes KBE (1889-1967). Was a British Author and MI6 officer. Known as the “Man of a Hundred Faces,” Dukes continued his use of disguises, which aided him in assuming a number of identities in his work in Russia for British Intelligence. He returned to Britain a distinguished hero and to this day, Dukes is the only person knighted based entirely on his exploits in espionage. He was also a leading figure in introducing yoga to the Western World. He died on 27th August 1967 in Cape Town, South Africa, aged 78.

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INDIVIDUAL ARE ONE***

“All has been handed over to me by my Father: and no one knows the Son except the Father—nor does anyone know the Father except the Son, and he to whom the Son chooses to reveal him” Matthew 11: 27.

Which is proof again where the Universal and the individual are one. But it is the individual that must recognise this Truth before it becomes a Reality to the individual.

And how can the individual, then, realize this Truth? He cannot realize it from ignorance and from error. He could only know that it is true when he has eliminated all that is false from the mind. Because the Father is not created, you do not create Him. You do create the Universal, the Universal always IS, it does not have to Be.

Therefore what we do create in the mind is only a formulation of our own, which we think is real but you will know it is not Real at all, it is a formulation of your own mind as to regard the Universal or the Father. So it is on the intellectual plane.

If it is on the intellectual plane then it is just reaction. A reaction to an idea that I give you or my words, and you create another reaction to those words and becomes an intellectual thing instead of Reality.

A Reality only comes when you have action within yourselves, not reaction. Reaction to what I say is nothing. It is action within yourselves that brings about this Realization of the Eternal and Ever-present.

And that is why the majority of people can never get past the intellectual because they are always reacting to words. They read this and read that and they create another idea in their mind or it creates an idea in their minds in regards what it is and remains there. It does not go any further therefore there can be no action.

Action only comes when the individual begins to see what the intellectual process is and leaves it alone and goes deeper into that which is action in Itself

* See page 84

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which only exists in the present, not in the past or the future but in the present—the Living Present.

Consciousness is the Instrument of Creation, the instrument of all activity from within out. *Yet, you will notice that all things to be known at all we must be conscious of them, even those sensations that arise from within. Therefore all sensations must be interpreted within ourselves before we understand them.*

Consciousness makes things to you an apparent reality. But consciousness Itself is the only Reality but it makes other things an apparent reality but it is not so. There is nothing Real except the Infinite Himself. There is nothing Real except God or the Spirit. There is nothing Real but the Consciousness Itself. But the conscious makes other things apparently real which is not so. Because you create the consciousness by creating an idea in the mind or the idea becomes some concrete idea in the mind that the consciousness takes hold of and makes it a reality. It is not a truth, it is not a Reality.

The only Reality is Life Itself. And how can you know what Life is? You cannot know what Life is, you try to make an idea of Life in your mind. You conjure up an idea of Life and you lose Life Itself.

You do not know what Life is but IT IS. Just the same you do not know what electricity is but it is. You see electricity as a light. Yes it is quite true it is a light, it is a manifestation of electricity. When you have seen me you will also say, it is life. It is so, it is a manifestation of life. That is why Jesus said, “he who have seen me has seen the Father.”

And unless we begin to see clearly, that what is in our mind, is but an idea. The word god is not God. The word love is not Love. But you read in your Bible various things and you come away with it and you say, the Bible says so and so—that is a reaction. But if you begin to see what you are doing and you are only reacting, then you will have action. But action only comes when you know what reaction is.

The subconscious is a name we give to the inner functions of the mind. It is not a separate mind, it is an organism through which we contact the inner world as well as the reflector of what we see, hear and feel.

The solar plexus is the brain of the sympathetic nervous system and works in conjunction with the cerebellum, where all control of the subjective functions is regulated, such as circulation, breathing, glandular secretion, digestion, absorption etc., etc. All emotional reflexes greatly affect this wonderful mechanism.

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So it is the solar plexus and the cerebellum^{D1} or this area here at the back of the head which is automatic in nature, which is controlled directly by the Intelligence. But you can affect it to a great extent by your emotional reflexes.

If you have a pain anywhere in the body you will become anxious about that pain. And then have a feeling about that pain in your mind. The cerebrum comes into operation then and tells you that you have a pain. The feeling of that pain comes from the cerebellum, not from the cerebrum^{D2} here in the front but from the cerebellum.

Therefore you have then an activity that takes place throughout the whole body which affects the solar plexus. The solar plexus being the brain of, what they call, the sympathetic or the subjective mentality. It is even much more important even than your cerebrum, that is, what you see, feel and touch because that deals with the senses.

But your sensations that come from the body and your emotional reflexes have an affect upon this cerebellum, at the back, which affects all these glandular secretions; the digestion, the absorption and breathing etc. And these emotional reflexes, of course, you will see affecting this organism, causes a deterioration in the activity of that particular brain called the cerebellum.

If you could only see what an emotional reflex does to that organism, which throws out of gear much of your automatic activities in the body, especially the glandular secretions.

Man is an¹ expression of the Universal Mind which is also the instrument of the Universal Consciousness, therefore we are bound up with the Universal through our consciousness, that is why I have explained that consciousness alone is Creative, "Consciousness is Cause."

Now, you do not what Consciousness is because you can never analyze your consciousness. You do not know what it is because the consciousness will always be analyzing something external to itself. Therefore when you try to analyze your consciousness you will see that consciousness is analyzing something else. Therefore Consciousness can never be analyzed and can never be known. You cannot tell what Consciousness is just as you cannot tell what Life is.

But Life and Consciousness are synonymous. Without Life you can have no Consciousness. So therefore Consciousness is the instrument of Life Itself, its Creativeness.

To go into the details of the activities of how consciousness works, we will have to deal with that another night.

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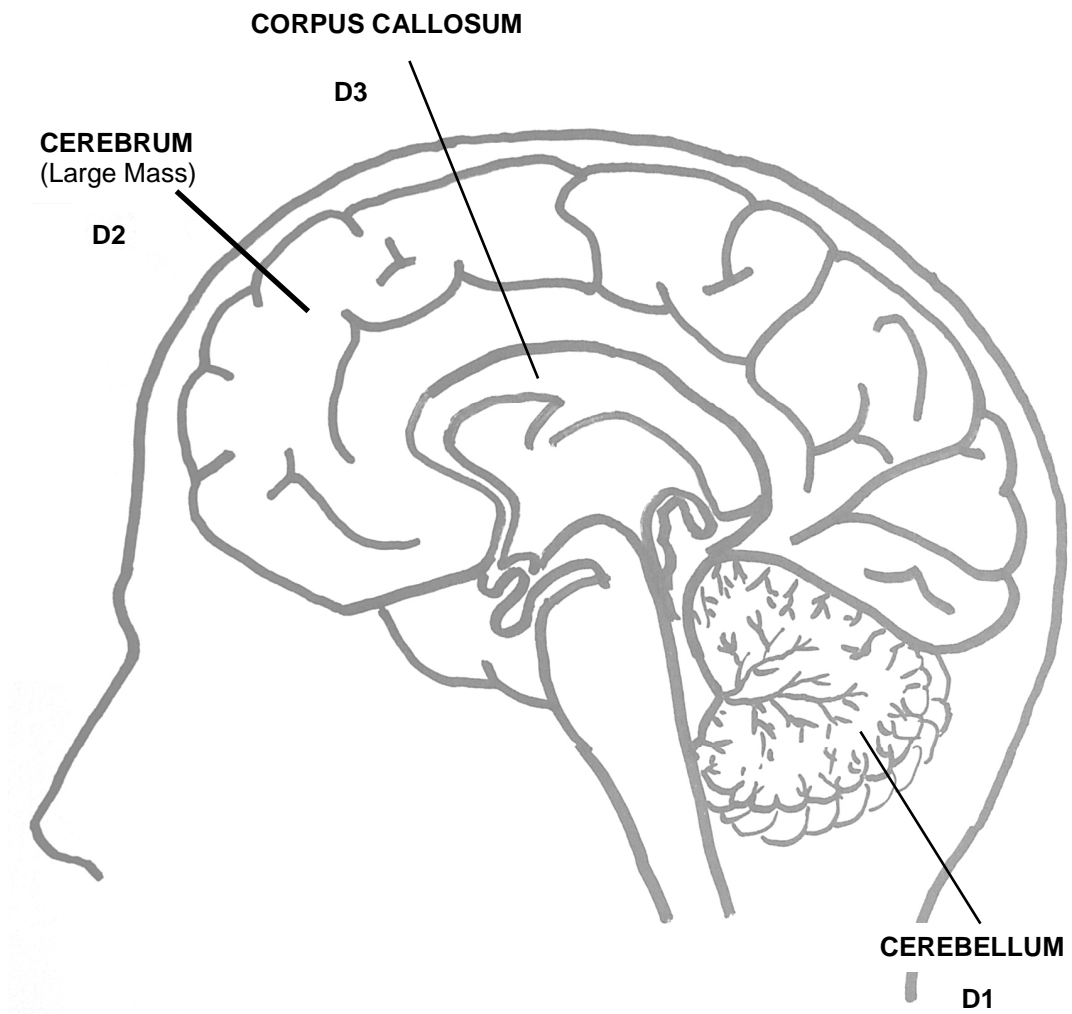


DIAGRAM 1: CEREBELLUM & CEREBRUM

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We can be caught up in both good and bad, health and ill-health, success and failure. It is when we recognise this that we can free ourselves from opposites.

The Universal Mind is impersonal in nature and we are created impersonally in the Universal, *it cannot be otherwise*, for there cannot be any creation outside It. We also must have the qualities of the Impersonal individualized in us. When we understand this we will understand the saying, “as a man thinketh in his heart so is he.”

It is said now often, it is God that is working in and through you, well that is a Truth. But it is to a majority of people just an idea. It is an intellectual idea. It is not a truth to them because they have not found it yet. Then they try to think about it and they say, how can God work through me now. You can find the reason why you think that is because that you want to know. You want to be sure of the fact, that God is working in and through you.

But how can you know if you are caught-up in the various things that hinder the expression of that Life that you can experience. And only through experience, the activity of that life itself, will you know that it is true. You cannot know it is true in your own mind because that can only be an idea. It cannot be a truth at all, you can change it about anyway you like. There can be all sort of formulations regarding to it and there can be a thousand of them. But the idea or the word is not Life. Life Itself is entirely different.

How are you going to experience It then? You are going to experience it only when you discern everything that is in your mind. When you see what you are doing in your mind; how you are reacting, how you receive.

Believing and disbelieving is in the mind. Why do believe something and disbelieve another thing? Well, it is just pure ignorance, that is all. Disbelieving and believing is not understanding.

If you go to a meeting and there you will hear a speaker; and no sooner do you hear the speaker, you agree with him, you shout hurrah! Another speaker comes on and he has a different idea and you disagree with him and you boo! Well, you see, the whole thing is total ignorance, is it not so? Because you do not understand what one person is saying or what the other person has said. You have given it no consideration and you have not examined what he has said. And the reason why you accept a thing and reject a thing is because what is in your own minds. What you believe you accept because what is in your subconscious mind you will accept and what you disbelieve in your subconscious mind you will reject. Therefore you do not understand, you are just ignorant, saying yes and

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no. Now you see, unless you understand this and what is made up in your mind, you will never know what is in your mind. You will only react and reaction is of no use to you whatsoever.

The mind is a most tremendous and wonderful thing but we have got to know it. And we have to get behind and beyond the mind to know Reality and Life Itself.

Therefore if you do not know why you say yes and why you say no, you are just ignorant of the fact. But if you consider and examine the statements of any individual. Once you begin to know the Truth, you will know whether it is true or not. If there is anything in the statement that causes an idea of separation between man and man, then it is a lie, it has no existence in truth at all, it is false.

You will very soon see, that an individual makes statements according to his own mental makeup. And if you are in accordance and your makeup are similar, you will accept those statements. And if your makeup is different you will reject those statements. But you do not know which is right or which is wrong because you are ignorant of both, you are just reacting.

Action comes when you get rid of reaction and understand what reaction is and means. And you will never know what Truth is until you get rid of that.

The Universal Mind must hold all the laws and means of manifestation, "It knows how." You do not have to tell it how to digest your food, it knows how. When a child is born it knows where to go for its milk. The Universal Mind is the vehicle in which God and man resemble each other, the one being the product of the other, "man made in God's likeness."

Through the Universal Creativeness a man, a beast, a tree, a flower etc., are created, all are creations in the Universal Mind yet all are different phases of activity, reproducing their kind according to the seed or idea held in the Universal Mind, for there cannot be any creation outside it being Universal in nature.

A Divine Ideal is Perfect. A Divine Idea is a creation. You and I are Divine Ideas because there can be no flaw in the Divine Idea. When man begins to create his ideas of what a Divine Idea is, he has lost himself. But if you can cleanse the mind freely and the mind becomes peaceful and quiet, and in the silence of that mind, then the Divine Idea will express Itself.

And it is only when you are aware. Awareness is this; be alert, to watch, to pray. To be alert all the time so that you will know whether you are reacting

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to something that is already in your mind. Awareness is consideration and examination. Awareness is a means through which Reality begins to move Itself and manifest. Because awareness does away with all things that hinder the expression of Reality. And to be aware is something that you must learn. Every day of your life you must be aware and not be caught-up; in statements, in things, ideas, beliefs or disbeliefs. Awareness is the spearhead of understanding.

Consciousness alone being creative, we see that Consciousness permeates the whole of the Universal, including man. When man becomes truly aware of this, he becomes impersonal and becomes Master of Nature. This is the great truth the Master revealed and it is *a Truth I am revealing to you so that you will realize that consciousness alone is creative.*

The more impersonal you are, the more the Universal Mind will respond. Therefore the personal *is a hindrance to the expression of the impersonal, the personal is lost in separation between man and man, the impersonal is the unity between man² and man. So think it out, the personal is separation. And when you think about it you will see how true it is. But the impersonal is unity, it is the union between man and man. So therefore you will realize the difference between the two. The one is false created by man and the other is God Himself.*

Very true the prophet said, "you must forsake this Tree of Knowledge of Good and Evil and cling to this Tree of Life, it will be your Salvation." How true he was because you cannot bridge between error and Truth, it is impossible. For one is an error, having no foundation whatsoever, while the other is true and has a foundation. You cannot then bridge the gap between the wind and a building, can you? Can you bridge the gap between nothing and that which is? You must either dispose of the one, leave it alone, and cling to the other. And the prophets knew it and saw it so clearly, that unless you cling to the Tree of Life there you have your Salvation. Then you must let go of the Tree of Knowledge of Good and Evil because it grows out of mans mind. It is mans own creation. Therefore the Law operates for man as it does for God when man knows himself. Knowing the self is much more than is generally understood. "Know thyself," is but a phrase of speech but to know the Self one must understand the self, the ways of the self, otherwise the personal cannot be superseded by the impersonal, for the personal always remains the obstruction.

Get the personal out of the way!

A person sometimes comes and they say a certain thing and I say, "your name is....John so and so?" "Yes." And I say, "well, the only way you can get

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rid of this trouble is to get John so and so out of the way.” You see it is quite clear; then you get John so and so out of the way, then when you get him out of the way, there is Reality Itself. Reality, that which IS, is there.

The personal is always violating the laws of the impersonal through separation, therefore the personal must become aware of what it is doing. *Otherwise it will be still caught-up in falseness in the error of separation.* If the personal sees that it is living in separation this is the first step to the elimination of the obstruction, and following this, there must be the discernment of the mind-heart. This is the only way to arrive at the impersonal. To have an idea only of the impersonal is of little value while the personal is still living in separation, which is chaos.

So if you are still living in separation and in chaos, and you only have an idea of the impersonal, what use is it to you. Is there any use of it at all? Of course there is not because you will never know what the impersonal is when living in the personal in separation. You must understand to know it; that it is false, has no existence in Reality, it is built by the self, it is grown in man and man alone is responsible for its growth, therefore it has no existence outside man himself! Therefore it must be dissolved away.

The Lamb is representative of the impersonal, the lion is representative of the personal. It is said in the Bible that the Lamb overcomes the Lion and they both lie down together as one. *The Christ is the Love, Wisdom and Power. The self is the illusion. So the one will be overcome by the other and it is stated perfectly clearly, that the lamb overcomes the lion, and it is perfectly true.* This is symbolical of the mystery of Life itself. Love, the impersonal, must overcome all things personal, Love being the Eternal Creative Power in the Universe, what is universal in God is individualized in man.

Only in God is there Power. Man by himself is nothing, he struggles to be something but if he only knew he would cease his struggling and he would know. Then he would find that the Power of God would be in him.

You struggle to get it. You struggle to be somebody. You are always trying to become something. What are you trying to become? Don't you see you are going away from Reality. You are going away from the impersonal. But if you know what you are struggling about and you see how futile it is, you will cease struggling, will you not? And when you cease struggling, what is there there? There is peace is not there? There is quietness. And in that quietness there is Reality. It can only express Itself in peace and quietness because in that there is great and mighty Power.

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The law operates universally so that the whole Universe will express harmony. We must understand that the Universal mind will create for the individual just as he thinks and feels. Therefore if we live in opposites we create opposites, if we live in duality it is evident that we do not understand, because we create both good and evil together, within ourselves. Duality then exists only in the mind of man who does not know himself.

When we understand the laws that operate within ourselves we will see that what Paul says is true for us: ‘Love never disappears. As for prophesying, it will be superseded; as for ‘tongues,’ they will cease; as for knowledge, it will be superseded. For we only know bit by bit, and we only prophesy bit by bit; but when the perfect comes, the imperfect will be superseded. *It will just be not there. You will not bother about it. You will not even worry about it.*

This is the Law that man cannot disregard with impunity otherwise he creates for himself all the misery which he suffers, and not until he has *discarded* the ways of the self *and discerned them so that he can discard them, he will create misery continually*; then Love which is the permanent Universal Eternal Creative Power will remain in him³ *when he frees himself from the things of the self.*

When he frees himself from the misery created by the self. When he ceases to struggle. When he begins to see what an error is has no foundation in itself. It does not build up anything.

I have said so often before to my point to you clearly is: an error in a sum has no foundation. When the error is corrected it just disappears, it has no foundation whatsoever. But the sum is based upon the foundation of mathematics. Therefore a sum that is correct is always correct. Because it is based upon the fundamental principle of mathematics.

Misery, therefore, is temporary and transient, a creation of man, not knowing himself. *That is the most wonderful Truth, is it not? Life being perfect in Itself is expressing Itself. It cannot be an idea. The Divine must be peaceful and quiet, then in that quietness—Life, His joy, His power, His healing flows through the whole body. The body becomes charged. Goes out through then out into the atmosphere. Every other person is affected by it. It is the flowing of the Light through the consciousness that is aware of It.* But immediately he becomes aware of the cause of his misery, which is the personal self, the cause will dissolve and with it the effect also, then Reality will manifest immediately for It is Eternal and Ever-present. Therefore individual and world peace begins with us and not outside us.

3. See Notes page 84

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So the extraordinary thing is this, that Reality is immediate, immediately you get rid of the false. Now I am telling you a Truth and you will find it true for yourselves. But you like to cling on to the things of the self because you feel they are a certain sense of security. But there is no security with the self, it is an illusion.

*Creativeness can only exist in the Ever-present. It cannot exist in the future. It cannot exist in the past. Because these are things of the mind. Creativeness is existing **now** which is not of the mind. It is greater than mind, it is beyond mind, it is Ever-present.*

The consciousness that becomes aware of It becomes the point through which it expresses Itself outwardly. It begins to express Itself outwardly. It is the secret that Jesus said, "it is the Father who ever remaineth within me performing His own deeds.

Wisdom guides the proper use of knowledge, as well as knowing what knowledge is. The accumulation of memory is made up from knowledge with its scars of experience, and we are interpreting the present, according to the memory, giving continuity to its own scars and conditioning. Therefore there can be no renewal of the present.⁴

You must be free from the past and the future. If experience is alright, yes, but experiences are limiting and so is knowledge. You learn something. Yes, you learn it the hard way perhaps. You experience also and it costs you a lot too. Because it cost you a lot, you want to keep it, therefore you can not get anything else. But don't you see what a fool you are, you are preventing new and greater experiences. And you are preventing new and greater knowledge because you are trying to hold onto the old knowledge you have. And you think that it is final when it is nothing of the sort, you are hindered by that idea of finality in your own knowledge or your own experiences.

It is not until you are freed from your past and your future. It is not until you free yourself from your own experiences. And not until you free yourself from the knowledge you have, can you go forward. And Wisdom then guides knowledge into greater and greater understanding. For knowledge is always widening but Wisdom is Eternal and Ever-present. Knowledge is always going and widening out to a greater sphere of activity. But Wisdom remains the same forever and ever, It is Eternal and Ever-present. It is the direction of the Infinite Mind.

Our continuity of thought, built upon memory, is time-building,⁵ so there can be no renewal, no rebirth of the Ever-present. But if we have lived an

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experience fully, completely, it leaves no trace behind. When you *begin to understand* the experience it does not give continuity to *its* self-identified memory. *It begins to see that your experiences you see to the very end you understand it completely. It no longer crops up in your mind continuously, to baffle you in which you struggle with.*

Therefore if you discern the experience completely and know it for what it is, it is finished with. When you understand something, its finished with, it no longer troubles you? It is when you do not understand something it will always troubles you. Therefore begin to understand what your experiences are, know them for what they are. But if they are continually creating a disturbance in your mind you are identifying yourselves with them. And what is the experience anyhow, it is a memory is it not? And it is this memory that is holding you back.

You identify yourselves with your memories, with your experiences, with your hurts, with your mistakes, with all the things that are troubling you. And not until time as you see them for what they are. A memory cannot hurt you when you understand what it is. But a memory will always burden you until you do understand it.

Is it not a fact that we consider the present as a means to an end? So the present loses its immense significance. *The present is the Ever-presence. It is continually renewing Itself from moment to moment and you are renewed with It. **The present is the Eternal.*** But how can a mind that is made up of memory, experience, understand that which is not made up, which is beyond all value—the Eternal?

We must understand every experience to be free from the accumulation of memory that blinds the Ever-present, As we do this consciously, the unconscious will come to the surface, so that all the conscious and unconscious accumulation will no longer be a hindrance. *Is it not so that every act you do today is the result of an act that is done yesterday? Is it not so that what you think today is because of the subconscious of yesterday? If you do not understand that then you will be continually giving expression to the subconscious. But if you discern everything you are doing today, now at this moment, you will bring to the surface all the hidden unconscious and it will be dealt with.*

What is the use of searching in your unconscious for something that happened years ago? How stupid it is. You do not know what it is anyhow. You are only chasing an effect. That is an effect of something you do not know. But if you are discerning, if you are a wide awake, if you are aware; what your thoughts,

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your feelings, now in the present, all that is submerged in the subconscious will rise to the surface and will be seen easily and understood because they are all linked together by the chain of association of ideas.

What is in the sub-conscious you are expressing you are expressing in the consciousness now. If you understand that then you will be able to bring everything that is in the subconscious to the surface by discerning your thoughts and your emotions at this very moment. But you would see them without fear. You must not condemn or blame. There must be no condemnation, no blaming, no identifying. They must be seen on the surface clearly to understand them.

If you are afraid of anything you cannot understand it. If you suppress something you cannot understand it. If you are fearful of a thought you cannot understand it. You can only understand it when you look at it impersonally. There must be no resistance whatsoever, as I told you the other night. So that all the conscious and the unconscious accumulation will no longer be a hindrance. It is those uncompleted, not understood, experiences with their recurring memories that blind us to the Ever-present Reality. And if we are blinded to the Ever-present Reality then we will not know what it is. We cling so tenaciously to what we have gathered because we are afraid to be insecure. But security only exists in the present and not in memories.

Security only exists, NOW, at this very moment, not in the past or the future. Security does not exist in memories of the past or experience in the past. So you try to hold onto these things to make yourself secure. But is the present not even greater than that? Is the present not the totality of all things?

Therefore your meditation should be a continual renewal by dying to the past and the dissolving of the desire to become, then the Living Presence is revealed.

I wish I could give it to you like a glass of water but Jesus said, "the water I will give you, you will never thirst anymore, it will be like a Spring of Living Water rising up to Eternal Life." And it is this Eternal Life that he saw so clearly. And when you read him having knowledge and understanding then you will see the beauty of his words.

If you go to the Bible without any knowledge of the Truth, you will be just expressing what is in your mind, your own formulations. You will not understand one word he says. Why? Because the simple reason: you are giving expression to your own conditioning and these words only create a reaction so that you give expression to your own conditioning, that is all. But if you begin to understand and discern clearly then it will reveal wonderful, wonderful Truth.

THE UNIVERSAL AND THE INDIVIDUAL ARE ONE

There is no greater man in all the world to me except that man of Galilee. And I can say this, that every time I read these words I know the meaning behind them in his mind. So great was that mind. Why? Because really he was the Son of God. He expressed the Father in all his ways in his love and his wisdom. And he also said to us, "these I do, greater things shall you do if you will but understand."

It is a great pity that men and women have cast aside the pearl of great price. That is why the world is in the state it is in today and will remain in that state, till such time as they be able to see and understand, cast off the false then they will see the Truth. Therefore your meditation should be a continual renewal by dying to the past and dissolving of the desire to become, then the realization of "Being" in the Ever-present will be established. Only when the mind ceases to recreate its experiences is there true creativeness.

Are you trying to recreate your own experiences? Are you allowing the great Ever-present to create, which is only Creative, to manifest through you now?

Is it not so that we try to eradicate symptoms rather than [the] cause and this applies also to our physical ailments? Love, kindness, goodwill create a harmonious chemicalization of the body, exciting a healthy flow of all the secretions and opening the channels so that Life's forces surge through the organism.

That is why Love and kindness is the cure.

Our psychological tensions, conflicts, maladjustments, produce the major part of our body ailments. Unless there is a radical change in our values that create tension there will and *must* be an ever-increasing disharmony within and without. This radical change can only be brought about through understanding. When we become aware of our tensions and the cause of *our tensions*, without the conflict of opposites then they will begin to disappear, so that that which is Eternal and Ever-present—the All-creativeness—will manifest.

I have often said, yes, in my own mind through certain meditation and cleansing the mind of all that burdens it. Not trying to hold the mind to an idea or trying to hold the mind in subjection to some thought or trying to concentrate on some saint, thinking I might become like that saint. With all this stupid nonsense in my mind? And concentrating on a saint and still do not know what that stupid nonsense is. Unless I know what the stupid nonsense is how can I ever know what is beyond it. There is a time that comes in when you will say, yes, even if the heavens fell in, I am safe. That is the feeling. And that is the feeling you get in the Presence.

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With this understanding you can say, “Divine Life fills me” fills the inner mind and the effects are seen on the outer.

The physical body is a mechanism which is especially adapted for the transmission of the inner into modes of external activity. The whole body is traversed by a network of nerves *which* serve as channels of communication between the indwelling Spirit and the function of the external organ.

Thought is the Spirit’s one mode of action and all is the result of thought. But if your thought arises from your own conditioning it has the effect of creating fear and apprehension, which interferes with the smooth running of *your* organism.

Pure Thinking can only arise when you have discerned all your own formulations which create fear and disturbances. Pure Thinking is the result of awareness of your own thinking and what I should say, thought-feeling-reactions. And your awareness of them, knowing that they are your own creations, they die away. Then Pure Thinking is Spirit’s mode of action. But if you are caught-up in opposites you are conditioned. So you think in opposites so you are still conditioned. Do not you see how stupid it is?

Sometimes I could swear to let go somehow, to think how terribly stupid people are in this world of opposites and how they hang on to them and how they hang onto error and think that they can make a bridge to bridge the gap, it can never be done.

Truth is never found in ignorance. Ignorance has no foundation, so therefore you cannot bridge the gap between the two. That is what everybody is trying to do, unfortunately, with the result that the world is upside down.

The Spirit is complete now. It does not have to become something else. It is Ever-present now and we are renewed moment by moment with Its Completeness. When Jesus said, “be ye perfect as your Father in heaven is perfect,” he knew this Completeness. We must rest in the Eternal, then He shall reveal His glory in and through us.⁶ *Yes, when Jesus said these words, I could imagine the state that he was in. He could see error all about him. He could see this error and he could see how false it was, and as he discerned the falseness of this error that had no foundation, then he knew in his own consciousness the greatness and the purity and the Perfection of the Father. Then his words were words of Truth, “be ye perfect as your Father in heaven is perfect.”*

The Creator—the Thinker—is therefore First Cause, the thought is the Secondary Cause and the manifestation is the effect. Heaven *means* a higher

6. See Notes on page 84

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state of consciousness and earth is the lower. Jesus gave us the key when he said, “the Kingdom of heaven is within you.” There is no separation, Life alone lives, Life is not divided, then the same Life must exist in God and man at the same time, *not at different times. Not tomorrow or the next day or sometime in the future or sometime in the past! Two thousand years ago or sometime in the future two thousand years hence. That Life is Ever-present now. So it exist in God and man at the same time, in the Timeless, the Ever-present. This is the Christ Consciousness.*

In Isaiah 58 (:9), the prophets say, “the Eternal will answer when you call and when you cry He will say, ‘Here am I!’ Is that not significant now.

BENEDICTION

In Thy *Eternal* Abode, I do exist one with Thee, for Thy Eternal Nature is expressed in Thy Word *which* was made flesh.

O Ever-present Eternal Being, when I searched for Thee in my personal self I could not find Thee, but when my personal self died I found I was always one with Thee, never for one moment separated, except in my own ignorance.

Thou art behind my seeing, Thou art behind my hearing, Thou art behind my feeling. Thou art behind my touch.

Now I see Thy beauty in all Thy creation, O Mighty One. Now I hear Thy Voice in all that Thou hast created. Thy Being, Thy Eternal Sweetness lay hidden within me, and when I awoke out of my mortal dream It became my Life, O Eternal One.

Let us go into the Sanctuary of the Silent Healing Power. In this peace, in this understanding.....

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 3rd March 1953, at 7.45 pm. A recording exists of the Johannesburg lecture (see page 257).
1. In the Lecture Notes the sentence reads: [*Man is the expression of the Universal Mind which is also the instrument of the Universal Consciousness, therefore we are bound up with the Universal through our consciousness, that is why I have explained that consciousness alone is Creative, "Consciousness is Cause."*]
 2. In the Lecture Notes the paragraph reads: [*The more impersonal you are the more the Universal Mind will respond. Therefore the personal the hindrance to the expression of the impersonal, the personal is lost in separation between man and man, the impersonal is the unity between God and man. Therefore the Law operates for man as it does with God when man knows himself. Knowing the self is much more than is generally understood. "Know thyself," is but a phrase of speech but to know the Self one must understand the self, the ways of the self, otherwise the personal cannot be superseded by the impersonal, for the personal always remains the obstruction.*]
 3. In the Lecture Notes the paragraph reads: [*This is the Law that man cannot disregard with impunity otherwise he creates for himself all the misery from which he suffers, and not until he has discerned the ways of the self can this misery cease, then Love which is the permanent Universal Eternal Creative Power will remain in him and he will be free.*]
 4. In the Lecture Notes, the sentence reads: [*Therefore there can be no renewal of the present which frees the past.*]
 5. *Time-building*. A mis-read by Murdo. The word should be *time-binding*. The paragraph in the Lecture Notes reads as follows: [*Our continuity of thought, built upon memory, is time-binding, so there can be no renewal, no rebirth of the Ever-present. But if you have lived an experience fully, completely, it leaves no trace behind. When you understand the experience it does not give continuity to the self-identified memory in regard to it.*]
 6. The next sentence/quotation in the Lecture Notes is missing from the recording: [*"Now is the son of man glorified and God glorified in him." John 13: 31 (Old version).*]

Lecture 6 (10th March 1953)

SEE WHAT NATURE HAS DONE

“Bow down thine ear and hear the words of the wise and apply thine heart unto my knowledge.” Proverbs 22: 17

When we realize that we create out of the uncreated and not from the created we begin to take note of our thought-feeling-reaction, for if we ignorantly are caught up in the created there will be no end to the misery we create for ourselves and others.

**. . . .these things external to yourselves that you create within yourselves according to your thought-feelings. And if you can be aware of your thought-feeling-reaction then you will be aware of what you are thinking and how you are feeling and what you are doing.*

It is this awareness of your thought-feeling-reaction that enables you to live in the present to dissolve in the present always those conditions which are conditioning you all the time. If then you are creating in the present, you will see that if your reactions are through fear, through emotions of any kind whatsoever, you will understand them.

It is so difficult for people to try and analyze their thoughts, the things that have happened long, long ago. And it is supposed that you shall clear your mind by analyzing these things that happened to you long ago. But this is a cumbersome method and a method that does not lead to the cleansing of the mind and clearing the consciousness, it only hinders it. You must discern in the present. And when you are discerning your thought-feeling-reactions in the present; those thoughts, images and ideas and experiences of the past will rise up from the deeper layers of consciousness and you will be able to deal with them as you are aware in the present. Because all these things that have in the past affected you are associated with your life today. With your actual living today, these things that have happened in the past are associated with you now. And they rise through the lines of associations to be dealt with now, as long as you are aware of your thought-feeling-reaction. If you are caught-up in these thought-feeling-reactions then you are conditioning yourself while you are ignorant of the fact. And it is these thoughts that move out from your consciousness, unaware that these

* See Notes page 100

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thoughts are moving out through your emotional state, these thoughts become part of yourself. Thoughts that arise unknown to you through your emotional state of fear and of hate. These thoughts you would not consider at any time in your own consciousness because you would say, "I could never have thought such a thing at all, no, that is not me."

This mechanism of the mind, which we will deal with this evening, showing what we call, the subconscious. But the subconscious and the conscious are one mind but we deal with the names of it because you are familiar.

Now the inner mind is the mind that receives those impressions, whether you are aware of these impressions or not. Whether you are aware of the thoughts that you are creating in your own consciousness, while you are in a state of emotion, these enter into this inner mind and become affected there and remain until such time as they rise to the surface. They will rise to the surface sometime and they will try to have an understanding and escape of some kind. Therefore they will rise up to your consciousness and you will feel, no, "I can't think a thought like that, I never did." Therefore you press it down again into the inner mind and you say, "hide yourself, I don't want to see you." Now because you do that and you try to hide and escape from your thoughts that you created yourselves, while in a state of emotion and willingly, you suppress them. But here is a vortex of energy that is part and parcel of your consciousness, what we call, one of the layers of consciousness underneath. And this energy tries to escape in some way or another and you then suppress it again and again. And because you have not allowed it to rise to the surface and you have dealt with it clearly, without identifying yourself with it, without judgement and without condemning, then it will just pass away without leaving any trace. It will be like a flock of birds that cross the windless sky. That come into view, you see them and they pass. That is exactly what happens when you discern in the present.

You will see then clearly, that you are a very involved mechanism. And we will deal with this mechanism, this evening. First of all, I want you to see clearly this, that your only safety is to become aware, NOW, in the present. Not try and analyze the things of the past. Because your present situations are similar to the situations of the past, they are associated in your mind and these things that you have tried to hide and forget will rise to the surface. And as they rise to the surface consciousness you will be able to deal with them, you will be able to read them and understand them. And you will no longer be bothered with them, they will pass away and you will be free. It is the freedom you require and there is only one way of obtaining that freedom.

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No matter how many people will give you ideas about the truth, the Truth is not an idea. And I have told you so often, that what you have made up in your mind about truth is not the Truth. But if you discern what you have made up in your mind about truth, you will find you will be able to reach that which is beyond your mind, which is Real.

The Truth is not made up. The Truth IS, it does not have to be made up. Your ideas about truth is in your mind which you think it is. Therefore all you have of truth is an idea and not the Truth at all. But if I say, you discern your thought-actions and thought-feelings you will be able to see what you are making up in your mind. And you will not be afraid of your own creations that you have in the past, with the result that you have become a nervous wreck. If you then know clearly what I am saying, it is not an escape that you need but an understanding of your own thought-feeling-reaction.

We live and move and have our being in that substance of the Universe we call Universal Mind and out of this substance God created us together with the means to create through the same mode of action by which He created us. When we are not aware we create through our reactions, and the most disastrous effects are those created through fear. Fear is an emotion of great strength and the thought held within its orbit produces its kind according to the intensity of the emotion.

That is the thought that is held within the emotion, it is hidden. And if you discern of course, clearly, you will know those thoughts they are no longer hidden but you discern them now. You do not have to rummage away in your subconscious mind to find the things that are troubling you, you know them now. It is by knowing them now in the present that you are released continuously from moment to moment. Then you have that renewal of that which is Reality Itself.

So it is necessary to have a working knowledge of the mechanism through which our thoughts and feelings move, producing within ourselves pleasant or unpleasant results for we create both within ourselves. We have already learned that the body is the sounding board of our thoughts and emotions.

So we create the pleasant and the unpleasant things within ourselves. It is how you react to conditions. Yes, we may think it is true, the pleasant and the unpleasant things we create within yourself. You create fear and faith within yourself. You create success and failure within yourself. Health and ill-health is just the same. These belong to the world of opposites. And when you try to escape from

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the negative, you try to put a positive in its place, that is how you think you can escape but you cannot. You cannot escape at all because the negative is always there and you are trying to plaster it over with something else. Well you cannot do it because the negative is always there waiting to rise at any moment. And it will rise and take you by the throat. Before you know where you are you are caught-up in the negative again. Then you struggle and you struggle and you put a positive in its place and you keep on struggling. Is not that stupid? I should think it is stupid.

What should you do? Understand the negative and how it arises and it will leave you, it will disappear. Therefore you have no opposites. You will have a knowing an understanding of Reality, that which is that has no opposites. Opposites are created in the mind, that is what you make up in your mind.

My teaching, I assure you, is different to all the teachings you have had before because the other teachings are immature. Because they do not come from the Masters. They are immature because the people do not know the Truth themselves, they are always trying to give you an idea of the truth. And you think you have the truth when you get an idea from a book. And you think that wonderful. But I tell you, you are being caught-up in ideas again.

Read if you like but be careful not to allow it in to your mind. If it pleases you think twice before you accept.

The human body is traversed by a twofold nervous system as a means through which our thoughts and emotions are manifested upon the body and in our circumstances. The effect of our thought-feeling also affects others as well for we surround ourselves with the general tone of our thought-feeling and this can be felt by others.

Our thought-feeling is transferred to the body through our nervous system and tends to produce the replica of the dominating thought which we hold, that is why those who are bound by hate do not attract while those who are free and **natural** do attract.

A hateful person, you can tell them absolutely a mile away. And it is the same, the dominating thought, the dominating characteristic of the individual who does not discern his thought-feeling-reaction, he begins to create an influence upon himself that other people dislike.

You love people who Love, you cannot help it, it is impossible for you to do otherwise. But Love is something you do not know, you do not create Love. Love belongs to the Divine Nature Itself. Love is the expression of the Infinite-Divine Heart.

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Hate is the expression of mans stupidity, his ignorance. And when you discern all hate, anger, jealousy how it is made up and how you react to conditions and created within yourselves. Then you begin to understand yourselves and that is virtue.

Virtue is not, as it is, an idea of trying to concentrate on some saint or some kind of saint and you think by concentrating on this saint that you will obtain the virtue of that saint. As a matter of fact, the only way you can obtain virtue is to understand yourself. And when you understand yourself you will find that is virtue. Virtue comes from the realization of what you are, yourself and not what you want to be while you do not know what you are. So if you do not know you are greedy, if you do not know you are selfish, if you do not know you are jealous, if you do not know you have all these negative, so-called things in you, and then you try to concentrate on some saint to make yourself virtuous then you are a fool, and that is the whole story about it. It is impossible for you to obtain virtue in that way. But when you discern all your own qualities, so-called qualities which I call these personal qualities that most people have; hate, jealousy, anger and so forth, when you discern these things they will drop away from you. And then after you have discerned all these things, you will know yourself and self-knowledge is the beginning of virtue.

The nervous system is dual in nature, one system is known as the sympathetic nervous system and is the channel for all the activities of Nature herself. These activities are not consciously directed by the mind of man, nor are they directed through our will, but manifest according to the Intelligence that built the body. Nevertheless this system is thrown out of gear by our fear thoughts etc., call it thought-feeling if you like for more comprehensive understanding.

This system is naturally called involuntary, which directs the process of digestion, circulation, building and repairing of the body tissue, and the excretory system through which we get rid of the waste matter. It also controls the heart, lungs liver, spleen, kidneys, bowels, glands etc. In fact it has a multitude of different activities in the performance of the control and direction of body functions. It is only when we realize what it does do we begin to respect it, thereby leaving it to carry on its work unhindered.

So Nature has created a mechanism for its own expression. It is an Intelligence that is still working and continues to work through the whole

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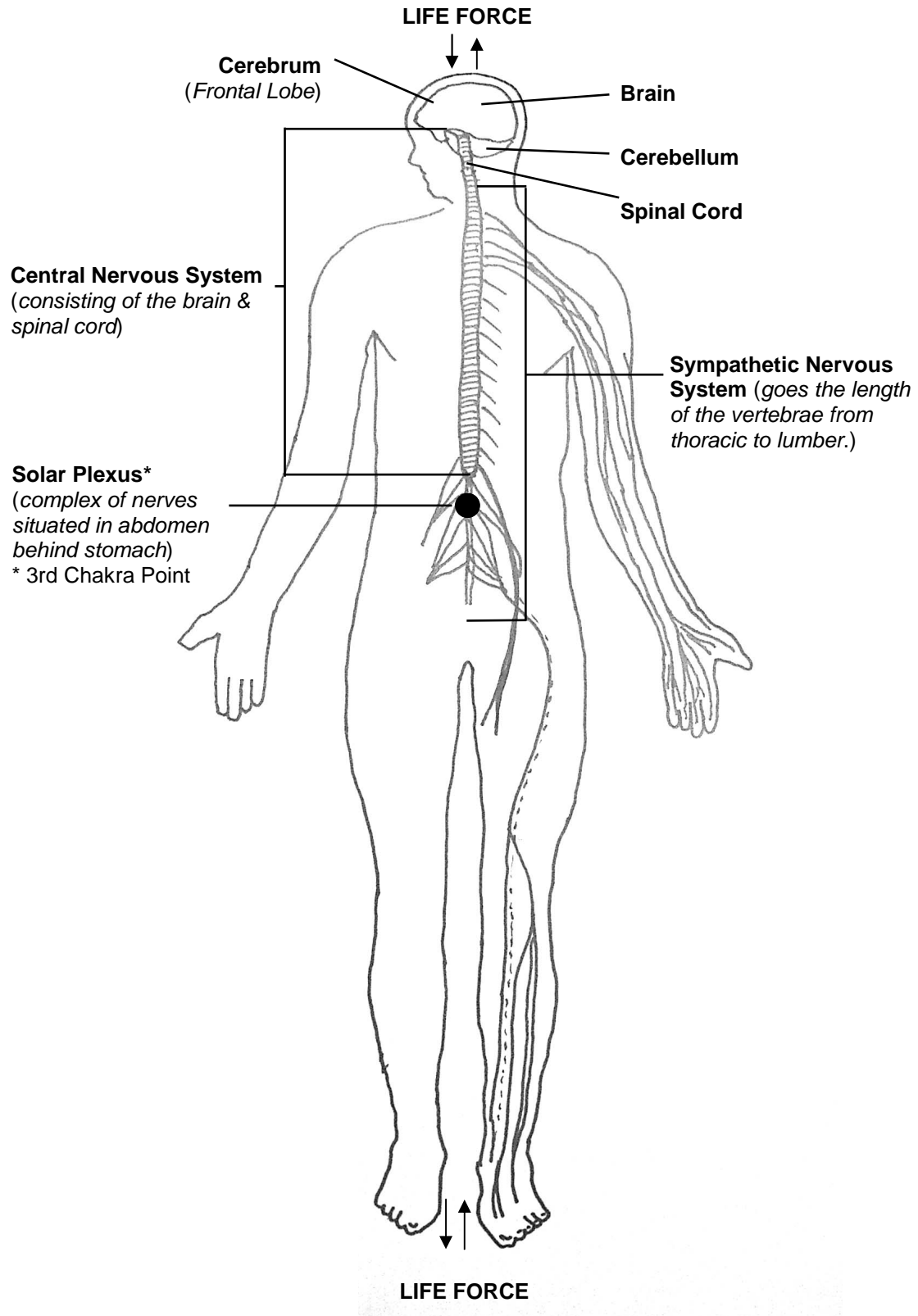


DIAGRAM 2: THE NERVOUS SYSTEM

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organism. This Intelligence is God in action. "When you have seen me, you have seen the Father;" Jesus said. And that is a very great Truth. Because no-one could create you or me, except God Himself.

And there is only one Life and God being the only Living Being there is, my living is proof of His Living in me. And as the Master said, "I am in the Father and the Father is in me." It is a Truth for you and me as well because it could not be otherwise, God being Infinite in nature.

The cerebro-spinal system is that system which is under the control of the conscious will. It enables the body to move from place to place. Through it we receive impressions through the senses, we build these impressions into mind pictures which we believe to be true according to our experiences and memories. This centre is in the frontal brain connected with the centre of individuality, where man feels himself to be a separate individual. There is no time or space to go into [all] the details of the function of this cerebro-spinal system at present. What I am aiming at, is to show you how your thoughts and emotions are transferred to your body and beyond your body.

I have given you already a short résumé of conscious and unconscious activities and although I may be repeating something of what I have said before it is so important that it warrants this repetition.

The sympathetic nervous system* has its centre in that ganglionic mass at the back of the stomach known as the solar plexus,¹ *situated right at the back connected with the spine but it is inside at the back of the stomach. It is a brain that is made up of the same tissue as your brain, here is, exactly the same. Now the nervous system is the elongation of the brain. And the nerve tissue along the whole trunk of the nerve is made up of an exact same material as your brain is made up of. And your brain being just the root of the nervous system, its branches have its ramifications right through the whole of the organism, just as a tree has its roots in the ground. Therefore the tree trunk and its branches are made of the same material, so is the same happen to be your nervous system as well.*

But you will notice that your head is up in that way the root is at the top and not in the ground. For the simple reason, that you, we are living in ether. In a ethereal world we exist. And it is the magnetism that passes down from above, it enters in through the top of the head, which gives us the Life Forces that passes down the whole of the body, through the brain, through the nervous system right into the ground and back from the ground again into the body and back out into the atmosphere once more. There is a continual flow all

* See Diagram on page 90
1. See Notes on page 100

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the time of this Life Force, in out through the body and passes out through your skin and out into the atmosphere, known as the invisible evaporation.

If your skin was totally prevented from giving off this invisible evaporation, you could not live. If you ringed your skin from top to bottom or burnt completely then there is a danger of you living upon this earth, you will probably leave it. Just as you ring bark a tree so the tree dies, so will you also, if you were ring barked in the same way.

In the olden times that was some of the hideous things that they used to do. They used to make a band and tear the skin off so that the person would die in agony but they did not last very long, that was one thing sure. But the main thing is this, the body is an instrument and your consciousness is the ruling factor not only on this plane here but in all planes right through into the Spiritual because Consciousness is God's instrument of Creation. And He has granted the same Life in us as He has in Himself. And through the same mode of action and by the same means He created us, so by this means, we create also because we are made in His image and likeness.

We can say that the cerebro-spinal system is the organism of the conscious mind and the sympathetic system is the organism of the subconscious. These two are joined through the lower brain called the cerebellum, which is at the back, which is responsive to our thoughts and emotions. And it is also responsive to body tensions because when the body talks back, it talks to the cerebellum. The cerebellum feels what is taking place in the body and carries the information back to the cerebrum, so that the cerebrum becomes conscious of the fact of what is taking place.

Now, if then you react in such a way as to fear that certain thing that happened in the body, you intensify it by your struggle. And as you struggle and struggle then the struggle causes the misery you have and you feel in the body. If you do not struggle and you know, the consciousness becomes aware of what it is and also conscious of its own power being the Consciousness of God, the only Creative faculty you will ever have and creates out of the Uncreated, you will know then immediately you have this power of disposing of these things without any struggle. It is the struggle you put up that causes the misery.

Do I struggle with life? Do I struggle with age? I should think not. If I struggled with age I would be dead long ago. You do not struggle with any of these things. The body will eventually dissolve away but the fact that you are conscious of Life tends to keep the body in health and strong even for many

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years more than it would in the ordinary way. Consciousness is Life. Life is Consciousness. Consciousness uses both the conscious and sub-conscious as a vehicle of expression.

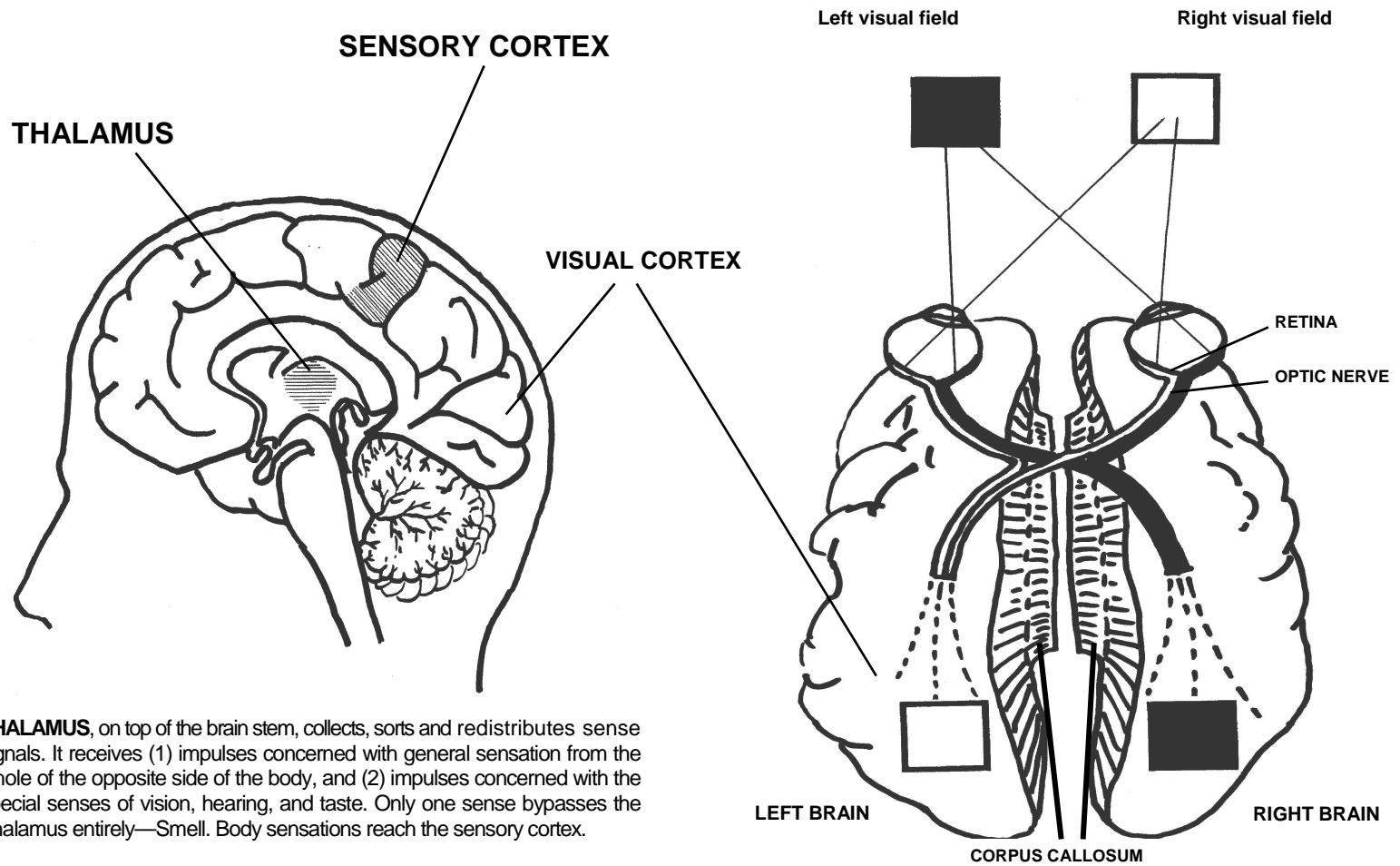
When we are conscious of anything that makes us afraid, our heart beats faster, we breathe faster, we create a stimulation in the nervous system to resist what we fear [etc.], thoughts are created unconsciously, which become a powerful factor in our emotional life. If there was no link between the two systems there would be no physical reaction.

Further, there is a portion of the brain that is called the corpus callosum^{D3} which anatomists have not yet found [what] its real function is, for the simple reason that it is the inspirational centre situated at the top of the head. It is the centre of our sixth sense, through which inspiration comes, otherwise knowledge beyond that obtained by the five senses. *You see through reading, you read through sight. You hear through sound. You feel through touch. And you have these senses, now these give you vibrations, vibrations only you receive. You are receiving the very sound of the vibrations of my voice that pass to your ear. Those vibrations pass back into your brain. Through the various centres to your brain and they pass to the centres, where these centres can place these words and picture them forth as what I am saying. What you see is a light vibration, that light vibration strikes the retina of your eye, passes through the nerve also just carrying those vibrations to the optic centre. The optic thalamus* to the optic centre then through the various centres of recognition, bringing in the cells of memory and experience and you out-picture what you see. Now, don't you see all is this, everything is made up in yourselves.*

It is like two people walking down the street. One is blind he does not see and the other man sees. And going round the corner, this tiger coming bounding round the street. The man who sees takes to his heels and the man who does not see does not move at all, he does not see it he is not affected by it. What happens with the other fellow he runs for his life. One has seen the vibration, created the picture of what he sees then he passes. The other fellow does not see it at all which proves the fact, that he has got to make the picture up in himself. And all your fears and everything are built up within yourselves. All your pictures are built up within yourselves. Your good and your evil is built up within yourself, your fear and your faith. But the half of you do not know it. You are just walking around, wondering what you see, what you feel and what you hear. If you become wide-awake you will know, you will understand.

D3. See Diagram page 72

* See Diagram page 94



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

DIAGRAM 3: THALAMUS AND OPTIC NERVES

SEE WHAT NATURE HAS DONE

Further, there is a portion of the brain that is called the corpus callosum. It is the centre of our sixth sense, through which inspiration comes, otherwise knowledge beyond that obtained by the five senses. The conscious mind lays hold of these vibrations and transforms them into thought-action similar to those vibrations received through the senses yet vastly superior in nature.

The conscious and the subconscious require an interaction so that orders can be carried out, a correspondence between the two nerve centres is necessary and this is performed by the motor and sensory nerves which connect all the way down the spine, also the vagus nerves which come direct from the brain passing down each side of the neck.

From the brain to the sympathetic nerve flexes and they are joined together making the individual one conscious being. Where the cerebro-spinal activities are joined with the sympathetic nervous system making you a single unit.

This nerve has ramifications throughout the thoracic area culminating all over the abdomen where its fibres connect with the ganglionic mass of the sympathetic system uniting the two systems as one.

So we find that our conscious thought-feeling is passed on to the sympathetic nervous system to influence it. Thus our nervous system is the organ through which the body becomes the sounding board for our thoughts and emotions. *Because it is the elongation of the brain.*

The inspirational centre, the corpus callosum, is developed through the understanding of the self and what is made up in the self by the self, so that the higher vibrations of the Spiritual world are perceived. Their effect on our nature, when those unformed vibrations are formed into a more definite shape, is uplifting. Thus they can be of inestimable value to ourselves and mankind in general.

Although Nature has created the system through which she can work unhindered, man can interrupt this work through his fears, hates etc. Yet Nature has provided this wonderful centre, the corpus callosum, as a means of inspirations. When the consciousness lays hold upon the vibrations that comes through this sixth sense, similar currents are induced in the involuntary nervous system, giving it encouragement to function with greater efficiency, thereby prolonging life on earth with greater happiness and peace in the mind and body.

Here is an instrument that God has created that man can by his own volition find the way beyond the physical body and he finds it through the way that God and that great inspirational power reaches through the physical body.

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You have various centres in the body, have you not? When you to sleep at night, you probably leave your body. But you leave your body through a centre on the spleen on the left-hand side here. (Murdo demonstrates) You lie probably just asleep, just as your body sleeps, you are not awoken because you have not yet awoken. But some of you are, I think awoken, so you leave your body and you go through the astral world. And you go to many places, you go to help people, you do many things.

But when you pass out of the physical body eventually never to return to it, you pass through the top of the head. And it is through the top of the head you escape the physical body, carrying with it the ethereal body which forms again into the same shape as the physical body because it interpenetrates the physical body and is an exact form.

And that interpenetration of the physical body has the counterpart, a ethereal counterpart, which lives in the ethereal world, and you will find that there is a second death. But the second death which comes quite easily to the individual who knows. The first death comes to me and to those who know, just as Jesus knew the first death—he did not die. The first death and the second death are of a similar nature.

I could tell you all about stories that I have passed out through the physical body. When I was laid out, in no-mans land for four days, carried in with the dead. On the edge of the ground to be buried. I did not know I was lying four days in this lorry with other corpses, waiting to be put in the ground. But I just came to in the moment I was just being put in the ground. But during that time I was not dead, I was alive. I was more interested in what I was seeing before, around me and beyond. And I then became conscious of a wound that gave me pain. And that consciousness alone gives me pain because people groan and then I heard the words said, “there’s a live one here somewhere.” So when I heard that I came to my senses and I find out I had to make big business if I wanted to live in this plane. And here I stand today but that experience gives me more than all the books and whatever I tell you about it.

Through the senses we create opposites, through inspiration we dispense with them. Every mental action causes molecular action in the brain and in the two-fold nervous system which controls every cell in the body.

Now that we are convinced we can reach the subjective system and know that it is controlled by the Intelligence that created it, we are aware, without creating opposites, that the Divine Life is active in and through us,

SEE WHAT NATURE HAS DONE

for there can be no division between God and man, thus all tension can be taken off the mind and body, and Nature can do her work, unhindered.

That is when struggle ceases. Therefore when struggling ceases the mischief ceases.

Life organises the tissue structure from the elements around us, and from the substance of mind in which we live and move and have our being. The Life within created the body for its own self-expression and I am that Life, my consciousness is in Life and Life is in my consciousness. In other words, I am in the Father and the Father is in me. I and the Father are one.

And it cannot be otherwise. It could not be otherwise, otherwise God could not be Infinite. He could not be Infinite at all—if He and I were not One. Because I would be outside It and there would be something outside the Infinite therefore He could not be Infinite. And if my life was different to His Life he could not be Infinite either because I would be alike apart from Him and therefore He could not be Infinite.

But we must go beyond Divine reason but yet we must go beyond this into that which IS, beyond mind. And how do you get beyond mind? By knowing what you make up in your mind. Then you will find there is something that you cannot make up in your mind.

You will know everything you make up in your mind and then you know that your self that made it up. But you will know that this self remains Complete in Itself and It cannot be made up in your mind because you do not know what IT IS. You do not know what your consciousness IS. That is Reality, we do not know what IT IS, you know only that IT IS. And when you open yourself to it, that the totality of this great and mighty power expresses Itself through you because It is its Wholeness.

You are not a bit of Life or a bit of Truth. People say you are a flame, you are a light. Stupid nonsense. These are ideas and images you try to create in your mind. That is externalizing everything, making everything relative and making truth relative. Truth is not relative, it is not a thing you can see external to yourself. And what you see is not Truth.

And as soon as you realize that the better. If you are caught-up in those sort of things, I would advise you to leave them immediately. Because they are of no value to you, they are destructive and prevent the Reality, the Real Truth from manifesting.

When we see ourselves separate, we pray to a God we make up in our minds, a God that is separate from us, a God outside ourselves. We receive

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not because we ask amiss. God is Spirit and we must worship Him in Spirit and Reality. "The Kingdom of Heaven is within you."

A God that is made up in your mind is but an "image" of your own making. But God is not an image, He is Real now and we are one with Him now. Most of us are trying to become something; God knows what!! Yet only with the death of becoming is there "Being." *Being NOW.*

God does not have to become something! If I and the Father are one, which I must be, why do I have to become something else? Am I not NOW?

In moments of great creativeness, in moments of great beauty there is utter tranquillity, undisturbed unmoved silence and peace. In these moments there is complete absence of the self with all its conflicts. In this state of self-denial is the highest form of thinking-feeling, that is essential for Creative Being.

These moments are rare with most of us, the moment when the thinker and his thoughts are transcended. These moments happen unexpectedly, but the self soon returns. Having once experienced this living stillness, thought-feeling clings to its memory, thus preventing further experience of Reality.

The moment, the split-second that, this Reality that has passed, that becomes a memory. It passed. Past is in the mind, the future is in the mind, the Ever-present is always renewing Itself in you and me. If we can then catch that renewal every second and not try and make it a memory but the experience then becomes a memory, and you try to recapture that memory. Do you think that you can ever get another moment, that split-second of Reality, while you are trying to remember that which has passed? Reality is NOW. It is not something that you have got to get in the past or the future. You are all living in the future or the past somewhere or another and yet you miss the great and mighty Ever-present Reality.

The cultivation of memory is effort directed along wrong channels resulting in the strengthening of the self with its opposites, conflicts and pain. But if we are completely and deeply aware of our problem and conflicts and try to understand them instead of trying to escape from them, then the cultivation of this self-knowledge will bring about an alert passive state which induces tranquillity. Then in this living silence, *this living silence*, when all the noise of conflicts and opposites *have* died, there is Reality. Only in utter simplicity, when all craving has ceased, is the bliss of [the] Eternal Reality.

And craving for spiritual things and craving for material things are just the same, it is craving. Craving goes away from Reality, which IS. Craving goes away from the centre of complete supply. Craving from the physical and

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craving from the spiritual takes you away from that which is Ever-present NOW. That which you want now. That which you seek, you lose because of your craving, you want to become something.

And if I can only bring it in into your mind, that becoming is going away from Reality, Being is Reality.

In this tranquil state, all tension is released from mind and body. When this happens Nature expresses herself, this is “Being.”

The soul is the ethereal vehicle of the Deathless Immortal Creative Spirit. Spirit is the immortal part of the human constitution. It never knows death nor sickness, neither does It exist in opposites.

It is the only consciousness we will ever have. “Be ye perfect as your Father in heaven is perfect,” means when the Divine Consciousness is freed from the opposites and conflict of the self.

Then the Perfect shall reveal Itself. It is hidden by the conflicts you have within yourself.

God is the head of the Universe,
He is right here to stay,
In fact He always has been,
He has never been away.
It was in man's own mind
Where separation began,
The Father and I are one
Has always been the plan.
In unity there is strength,
Separation is broken reeds
Man **alone** is a failure,
But with God he has all he needs.

“For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.” Prov. 23: 7.

That is where you see the self. And when you see the self here as you think in your heart, so is he. And when you say, “eat and drink,” But his heart is not with thee or the self, the self is separate.

And when you discern the self and all its ways of separation, then separation will pass away. Because it only exists in the self, it does not exist in Reality. Reality is one Whole.

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O Great Eternal Spirit, Thou hast created my soul and body in which Thou liveth. Hence I can say, “this is Thy Holy Temple in which I live with Thee.”

I am Thy Self, I know I am, for in my soul and body Thy nature is revealed.

Every sound that I make, let it be the vibration of Thy Voice.

Every thought *that* I think let it be saturated with the consciousness of Thy Presence.

Let every feeling I have, glow with Thy Love.

Let every act of mine be guided with Thy Wisdom, then my life will be the ornament of Thy Creation, O Divine Mother of mine.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 10th March 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next part of the sentence in the Lecture Notes is missing from the recording. The full sentence reads: [*The sympathetic nervous system has its centre in that ganglionic mass at the back of the stomach known as the solar plexus, sometimes called the abdominal brain, and is of equal importance to the brain itself.*]

**OUR CAPABILITIES MUST BE DIRECTED INTO
THE RIGHT CHANNELS IF THEY ARE TO BE
OF REAL VALUE TO MANKIND**

“So if you are not faithful with dishonest mammon, how can you ever be trusted with true Riches?” Luke 16: 11.

We need much enlightenment in the ways of knowing the self so that the nature of Reality can manifest. If we are caught up in the self, the Real will be hidden behind confusion and ignorance. This is quite obvious to those who know the stupidity of the self.

The idea held in the mind of many people in regard to the Deity is an angry old man with all the human frailties, disgusted with His own handiwork. To abandon this idol is scarcely a loss.

Yet in recent times and with many truth students, this God is replaced by that of a God of Love. This idea is indeed more in harmony with the modern mind, but still retains the conception that God is a personal being, separate from man. To abandon this idea may be a disappointment to many, but the fact remains that the idea has also to be abandoned before we can advance very far. For in the idea we still retain separation which is an impossibility, because it cannot exist in Reality.

Not until we have discovered that all ideas are made up in the mind will they be discarded. We are merely speculating about God when we retain our separate nationalities, our separate religions, our separate groups, our traditions, for anything that separates man from man must be a lie for it does not exist in Reality,—the Truth of the “One” is Wholeness. The One exists in the many and the many in the One.

We have already seen that the objective self reflects in the form of thought, what the senses reveal to it. But this thought is reflected as a belief and a belief changes according to the change observed by the senses. Surely it is obvious that this is not Reality for the intellect is a very inaccurate thing.

This is how so many people get lost in their belief even when their belief is entirely false.

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They must first of all be convinced of the falsity of their beliefs and given the reason why. But when a new belief is given the second state is the same as the first, it is just a belief. Even a conception of yourself as Infinite unconditioned pure living Spirit, not hampered by any condition of any sort, yet retaining the self with all its contradictions and opposites . . . how can the one be reconciled with the other? No, the self must first of all be understood so that all the opposites and conflicts will dissolve away, then you do not have to create a conception of yourself or a belief about yourself, you just **are** now, “Being,” shorn of all falsities.

The individual who does not understand the self, who is not aware of the ways of the self, reacts to conditions and circumstances which the individual perceives, with the result that he is further conditioned by his beliefs, until he understands the cause and removes it.

Now, the subjective mind is full of these beliefs and it is difficult to get rid of them, for when the subjective mind accepts, it holds on to a lie as well as a truth with equal tenacity and you do not know what is true and what is not. In fact, it does not matter very much whether it is true or not.

“To be” is to be related, for you cannot exist in isolation except in your mind, for in Reality there can be no isolation. So without self-knowledge you become a danger to your neighbour and yourself. If you begin to see what is the barrier to relationship, then you will know what is true and what is not true.

Do we not think of our capabilities as something to be admired? But what is the use of our capabilities if our improving and rearranging all leads to the destruction of man. Most people are merely interested in fulfilling their particular capacity while disregarding the wider issues of Life, then their capabilities are meaningless. Only in relation to the ultimate Reality is our capacity significant.

If we are interested only in self-expression which is the common cry of the so-called truth student, then we are contributing to the conflict, confusion and antagonism of man. Without first sounding out the meaning of Life, mere self-expression however gratifying, will only bring misery. But with self-knowledge self-fulfilment is transformed. The craving for fulfilment brings its own frustration and disillusionment, for the desire for self-fulfilment arises from ignorance. It arises from the idea of becoming.

Is it not so that in the midst of cruelty we desire to find Love? Is it not so that we justify murder on a colossal scale and in the very act we try to find

OUR CAPABILITIES MUST BE DIRECTED

Love? Is it not so that we create a society built upon the value of the senses, on greed, on acquisitiveness which breeds fear, so we need protection? So protection leads to aggression and aggression leads to conflict.

We justly condone murder because we want to acquire, at the same time we hope to find God-Love. Without fundamentally altering the structure of our thought-feeling the Real cannot be found. We are ignorant, envious and greedy and we want to be peaceful, loving and wise. It is this contradiction that must be understood. You cannot have both. You cannot justify ignorance and still have enlightenment.

Only when thought-feeling discerns its own opposing desire can there be freedom. This freedom with its joy comes with the deep awareness of the conflict of craving. The joy of the Real only comes when we are aware of the dual process of desire, this joy is not a product of the will or of time.

We cannot escape from ignorance at any time, it can only be dispelled through our own awakening and this must be done by oneself, for another cannot do it, he can only show the way. Only through one's own awareness of the ways of the self does the problem of one's own making cease to be. Being aware, in any human problem, has three stages. Firstly, being aware of the cause and the effect of the problem. Secondly, being aware of its dual or contradictory process and thinking. Thirdly, being aware of the self and experiencing the thinker and his thought as one. When this is accomplished freedom comes because you begin to understand.

For instance the problem of anger may arise from nervous tension, from fear etc., but these are secondary causes, one has still to become more aware of the cause and the effect. Many of us are aware of the conflict of opposites, but because we suffer we seek to get rid of the pain. We are concerned only with getting rid of the struggle rather than understanding it.

This desire to get rid of the conflict gives strength to its continuity and so maintains contradiction. It is the desire that must be understood.

The conflict cannot be got rid of through an act of will, it can only be transcended when choice ceases. No problem can be solved on its own plane, it can only be solved lastingly when the thinker has ceased to become, then there is Being.

In many cases first attempts are not successful, it is because we have been holding on to false beliefs, this is the primary cause of your condition and this conditioning has existed since childhood.

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Within each one of us is the Divine Spirit and when we begin to see what is preventing its true expression we will not perpetuate the present slavery of the race.

As we become more aware of our ways we will dispose of those that are hindering the expression of the Real. We will acquire a knowledge of Being. As this knowledge is not in everyone, the world is suffering from false beliefs.

In healing, the one with the knowledge of Being influences the consciousness of the afflicted, and in many cases unites with the subconscious realm instantly, transforming it.

Now the question arises, does the healer substitute his own consciousness for that of the patient? This is a most enlightening point to consider.

Our ordinary conception of ourselves is that we are separate individuals, that the two personalities are entirely separate. This is the great error. There is no such thing as separation or boundaries between one and another in Reality. Only in the self does this false belief exist. This self-imposed barrier of the mind must be lifted through understanding.

This was the secret of the Master, and the secret of the Magi, and the secret of the ancient therapeuti of ancient Egypt. These secrets have now become yours. He who has ears to hear let him hear.

“The message of the Eternal: Listen to this, you who are old, hear this, all you inhabitants of the land. Has the like of it ever been heard in your day or in the days of your fathers? Tell it to your children and your children to their children and their children to the coming generations. Thus it shall be that I pour my Spirit on all.” (Joel 1: 1-3, Moffatt Translation)

Here we see the Divine Law of the impersonal must benefit every person who will co-operate. But we cannot get from the Divine Mind unless we fulfil the Divine Law.

What we have already learned shows us that, to attempt to profit by the ignorance or weakness of another, to operate to one's own advantage will bring no good.

The reason for this is plain, because the individual is not separate from the Universal and the Universal cannot operate contrary to the welfare of Itself, thus the law operates against those who operate against the Universal, which is in the individual.

The Divine Mind is constantly operating in the individual, expressing Its bounties, and we can only experience this expression when we free ourselves

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from the conflict of separation through the understanding that we are one with the Divine Mind. The Master's words fit perfectly, "**All I have is thine.**"

The affirmation of this will prove wonderful when we are working with the Divine not separate from other selves, but as one. Then there will be no opposing forces to hinder Its expression. But when this affirmation is made, ignorant of the Law of Wholeness, it is useless. We will be like a person talking with his tongue in his cheek.

When the Law is in action, the affirmation becomes the "Word" that does not return unto me void but performs that which it is sent forth to do.

The word must contain the germ of the Divine Nature otherwise it will fade and die.

Know yourself to Be and your mind, body and circumstances will respond. You are Master of every situation. There can be no "can't" about the "I am" because it is one with the Divine and the only Cause behind all creation and nothing is impossible to It.

"It is easier for heaven and earth to pass than one tittle* of the Law to fail." Luke 16: 17.

BENEDICTION

O Divine Nature, through the door of true meditation Thy Omnipresence was released.

As I watched, It spread its wings over Infinite space. All who listened felt the joy of Its Presence, and all burdens fell away.

Then again the bird of heaven remembered its little cage of past memories, and the habits of the self. It folded its wings and lodged itself behind the bars of Time.

O Divine Eternity, the bars that bound Thee within my soul have now dissolved away. The torturing cage of self-imposed misery has been turned into joy, as I find myself everywhere one with Thee, O Eternal Divinity.

* Particle.

THE REAL CAN ONLY BE EXPERIENCED IN FREEDOM

“I am giving you wise directions and leading you aright; when you walk, you will never be hindered, when you run, you will not slip. Hold fast to my instructions, never let them go, keep them—they are life to you.” Prov. 4: 11-13.

Many people, in fact the majority of people, think that the images of saints and masters help to free them. But freedom does not come through concentration on any saint or master or any external object of adoration. In fact, it brings the opposite.

Freedom is not formulated, freedom is not a product of the mind as most of us think. Freedom comes when all formulations are understood. A belief is a formulation of the mind, it is not a truth. We cannot find freedom in the mind for the mind is bound by suggestions, even a belief is a suggestion that binds us.

We are free from the beginning and only when there is freedom from self-identifying memory is this freedom realized. Then ask yourself what is it that binds you. Is it not what you formulate in your mind? And what you formulate you believe and your belief binds you. If your beliefs bind you then how can concentration on a belief free you?

Are not our thoughts the result of the past and if we do not understand how we are conditioned by our thought-feeling how can we go beyond it? Therefore our thought-feeling enslaves us to its creation, to its own power of illusion, if we are unaware of its ways. Only when we cease to formulate out of our thought-feeling is there freedom, which is creative.

If we wish to go towards the sun why turn our backs on it? If we want freedom why become slaves? Is it necessary to know that you are sober through drunkenness? Is it necessary to enslave ourselves to know freedom?

If meditation is of the highest importance to us then we must approach it rightly from the very beginning. Right meditation will bring right thinking. If the means is correct then the end will also be correct, for the beginning is in

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the end, is it not? If we are ignorantly engaged in wrong meditation it will never bring about right meditation.

By killing another how can you bring about tolerance and love? Only understanding will bring about freedom and only right meditation will bring about right understanding. It is not the object of your meditation you must understand, but you who is the meditator.

Without understanding yourself your meditation becomes a process of self-hypnosis inducing experiences according to your conditioning, according to your belief, which is binding and slavery. Therefore right meditation is a process of freeing oneself. Wrong meditation is the process of illusion.

Is it not so that we all want to understand our dreams, while the opposite is the case? The dreamer must understand himself not his dreams. When he awakens from his self-hypnotic state he will put an end to his dreams.

If you seek to become something, if you seek an end through your meditation, then you will hypnotise yourself by your desire. Wrong meditation, you will now readily see, is a process of self-hypnosis. It may produce certain desired results but such meditation does not bring enlightenment and freedom.

Images may help you to concentrate, to focus your attention but such concentration is not meditation. Concentration can be acquired but what of it? Do you know yourself any better than before? You have acquired a new faculty, a new means through which you can do more harm if you do not know yourself. So of what value is concentration if it brings more misery in its wake?

I am not saying that concentration should not be acquired, but right concentration comes when the mind is not formulating, and when you understand the formulations of the mind they will cease, then concentration comes without effort. But to merely acquire concentration without understanding is stupid.

You will see now that mere concentration narrows the mind-heart which only strengthens its conditioning, with the result that you will still do harm to yourself and others. You will still create enmity and confusion, you will still be obstinate and bound by your formulations, your beliefs.

Before you learn to concentrate you should understand the whole structure of your being, not merely a part of it. The most difficult part to understand are the formulations of the mind and how they have come about, then you will begin to understand yourself. Your thought-feeling-reactions are mostly the result of your formulations, your beliefs, are they not? Search yourself and see if

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this is not true? To tell yourself that you are free under these conditions is not only foolish but dangerous.

To be watchful of the self brings self-knowledge and right thinking, because you will see what the mind is made up of. This must be done without apprehension, without judgment or condemning or identification. Then the mind will drop its cherished illusions, its conflicts, its contradictions, its opposites, its hates, its beliefs and all its stupid formulations that are conditioning you. Then this self-awareness creates its own concentration and such concentration is enduring and effective and not self-imposed through trying to become while retaining all these unruly inhabitants of the mind.

When you understand your motives, your thought-feeling, this understanding ever widens and deepens into a more comprehensive awareness. This awareness is essential for right meditation and right meditation leads to freedom, and the Real can only be experienced through freedom. Freedom is “Being” now and not “becoming.”

Why do most of us seek something outside ourselves to inspire us, an image of some kind or another? Is it not because we have become so mechanical through our conditioning, our lives became empty and dull? So we seek inspiration from some outside source which becomes a necessity, a necessity that enslaves us. Being enslaved we have to free ourselves from our enslavement to discover the Real, for the Real can only be found in freedom.

Is it not so that we seek any form of distraction because we are not interested in understanding ourselves? We seek outside ourselves for our inspiration, because we have not discovered ourselves. Trying to “become” prevents the flowing of self-knowledge.

The search in itself is devotion, it is in itself Inspiration. The search must be impersonal, free from identifying, free from comparing or judging. For a mind that is caught up in this conditioning soon wearies and needs distraction. Therefore so-called inspiration, all distraction, noble or otherwise, is idolatrous. For that which you worship prevents your freedom. “You worship something you do not know, but we ‘worship’ something we do know.”

If thought is caught up in the conditioned layer of consciousness how can it go above and beyond it? Only through self-knowledge can this be done. We must begin to understand ourselves, then our meditation has great significance. Meditation then is “Being” which has Its own Eternal movement, It is Creation Itself for the meditator ceases to be. “I of myself am nothing, It is the Spirit of the Father within me that doeth the work.”

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When this is understood, meditation is not the cultivation of the becomer, but through self-knowledge the meditator—the becomer ceases, then the Real expresses Itself in Being now in the Ever-present.

What is in the mind is memory, experience. Formulations are based on these. What is made up, formulated, is the known and what is known is ever in the past. This is the burden that prevents the discovery of the Timeless. Freedom from the past is necessary to experience that which is Ever-present. To be in the Ever-present is to be with the Timeless.

Memory is indispensable for we could not communicate with each other without memory, but ever so much of our memory and experiences are binding and prevent understanding. It is this accumulated memory which becomes rigid and binding, facts which we hold on to which create antagonisms and division.

When you see the binding process of the accumulated memory which gives continuity to the self, then you can get rid of the self, for the self is but the accumulation of memory and experience. The Real is not the result of memory or experience, it is beyond this conditioned layer of consciousness.

Unless you understand the conditioned self how can you get beyond it? It is this accumulating memory, this self that must come to an end. As long as thought-feeling is identifying itself with the memories of yesterday, it will ever be in conflict and sorrow. As long as thought-feeling is ever-becoming it cannot experience the bliss of the Real.

Love does not flourish through conditioned thought-feeling but through freedom. Love cannot be conditioned because it is beyond conditioning. Therefore what is Real is not the continuation of accumulating identifying memory. It is to this accumulation that one dies before Love—the Real can manifest.

What is the world today? Is it not living in the accumulated memory of the past with all its misery and conflict. It is this confusion and conflict that is preventing the Ever-present Love-Life from manifesting now. Love-Life does not need to become, neither have we to create It. It is in the immediate now when we die to the past through understanding.

The educated conditioned consciousness cannot comprehend that which is not a result, therefore it must die to itself. Otherwise it is creating barriers, results, that are ever-enslaving itself. Only through self-awareness does this come to an end.

You will come to know that the world without is the expression of the world within. The world without is the effect, the world within is the cause.

THE REAL CAN ONLY BE EXPERIENCED IN FREEDOM

This is the meaning of the words, “All power is given unto me in heaven and on earth.”

This is not a mere statement for the purpose of confirming an idea, but is proclaiming the truth. It is not the product of the imagination nor can it be the product of the mind. It is substantial, and stands as the foundation upon which the whole Universe rests and is the foundation of your life and mine.

God created man in His own image and likeness, this is our “Being” now, then let It manifest now for It is Ever-present. It is the Christ Consciousness which is Eternal and Ever-present.

“The Eternal formed me first of his creation, first of all his works in days of old; I was fashioned in the earliest ages, from the very first, when earth began; I was born when there were no abysses, when there were no fountains full of water; ere he sunk the bases of the mountains, ere the hills existed, I was born, when earth and fields were not created, nor the very first clods of the world. When he set the heavens up, I was there, when he drew the Vault o’er the abyss, when he made the clouds firm overhead, when he fixed the fountains of the deep, when he set the boundaries of the sea, when he laid foundations for the earth; I was with him then, his foster-child, I was his delight day after day, playing in his presence constantly, playing here and there over his world, finding my delight in human-kind.” Prov. 8: 22-31.

BENEDICTION

O Eternal One, Thou hast formed me within Thy bosom, Thy Love-Life to manifest through me.

In my Reality I was with Thee while Thou formed the earth and the heavens.

Thy word filled me with joy for Thou didst express Thyself, O Holy One.

As I worked with Thee in the vineyard of souls I perceived the straying of the self that was made up of beliefs.

At first I was sad, O Perfect One, but when I perceived that Thou alone was Eternal and Ever-present I dissolved away the unreal and then again I was as Thou created me as Thy Self, O Eternal One.

Lecture 9 (31st March 1953)

SECURITY OF THE EXTERNAL IS AN ILLUSION

“The ear that heareth the reproof of Life abideth among the wise. He that refuseth instruction despiseth his own soul: but he that heareth reproof getteth understanding.” Prov. 15: 31-32

Divine Reasoning coupled with true discernment of the false enables us to think purely. When our thoughts arise from our conditioned state of memory and experience, we think according to our conditioning, Divine Reasoning is also relative but it arises from our contemplation upon the ways of the Creative Life Principle in action.

Divine Reasoning is the highest activity of the mind of man, yet it is not Truth. Because Truth is Ever-present and Eternal and beyond reason, we do not have to reason It into operation, It is always operating although we may not be aware of Its action. It is only when we become aware of everything we make up in our minds as relative, do we arrive at that which is not relative, having no beginning and no ending, being Ever-present and Eternal and beyond reason, although not contrary to Divine Reason.

There are certain observations which we are able to make in regard to the action of Life. In the first place, we must be endowed with the Divine qualities of our Creator, His Life being inherent within us and these qualities must be unchangeable, being Infinite in nature.

Having been given Life-Consciousness we often use that consciousness in a way that is not in accordance with our Divine Nature because of our conditioning.

The highest conception of man’s mind is of a Father-Mother-God, Creator of All, Who must be in all His Creation and all His Creations must be in Him otherwise He could not be Infinite in Nature, our Divine Reasoning reveals this. Yet when I am reasoning Divinely I make God a relative God, something I am reasoning about in my mind. But God is not separate from myself so I must go beyond mind and its reason, yet my Divine Reason does not hinder the expression of that which is beyond reason.

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When my consciousness is reasoning about something it is reasoning about something external to itself, so the great question is how can the consciousness become aware of itself? Only when the Consciousness realizes that itself and its thoughts are one, for the one cannot be separate from the other. When I become aware of all my thoughts as relative, then I find that I am the Creator of my thought.

If I am conditioned by my thought then I am not free. Is that not so? But if I become aware of my thoughts and know them for what they are I am not affected by them. If you will look into your own mind you will see what is made up, what thought is. Then you will arrive at that which is the Real Self which is creative.

Then I know myself to “Be” because I cannot create consciousness, I am consciousness. It is Eternal and Ever-present and therefore creative.

Yes, these are words, words, words, but we must observe that words are the expression of that something else and are not of themselves creative. Yet they contain an inherent power to manifest in the inner and the outer. Jesus said, “my word shall not return unto me void but shall accomplish that which it was sent forth to do.” He was aware that his words were the expression of that which was Eternal and Ever-present, not something apart from himself but that very Life which he was himself. “The Father hath Life in Himself and grants the Son to have the same Life in himself.”

To be free we must begin each day anew. We must be able, each day, to revalue the ideals and patterns that we have thought into being. Life can be deeply and truly understood only as it exists in each one. You are that Life, I am that Life, and without knowing “I am **that** I am” there can be no enduring joy and tranquillity.

But what do we do? We constantly struggle for a lasting security based upon things, and relationships with others, so we crave for those things that we think will give us that security. Now without understanding the problem of our insecurity there can be no security. So if we seek security in these things we will never find it. This search for security in the relative brings its own destruction because the whole outlook of the consciousness is insecurity and unless we can understand the problem of insecurity there can be no security. Security only comes when insecurity is not the opposite of security.

The mind that is anchored, which feels safe in some outside refuge, can never know Reality of “Being” because being caught up in refuge it cannot look beyond it. Being caught up in the created it cannot know that which is creative.

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Being inwardly uncreative, empty, destructive, we use our needs as a means of escape. So our needs assume a greater significance, they become all important. So we crave for things which create the illusion of security, but what it brings is only conflict, confusion and antagonism.

A mind that is seeking the security of things is ever in fear, it can never be joyous, it can never know “Creative Being.” Our intention to acquire much or little without understanding our inner passions, fears, envies will only cause more confusion.

The determined effort to possess little or to possess much is of no value, neither will this bring contentment and joy. Only by understanding our relative action, our thought-feeling will we reach that which in Itself is Creative. Right thinking only comes when craving ceases.

So in our Divine Reasoning we observe that the Creative Principle is the Father-Mother-God. The Father—the Consciousness, and the Mother—the Intelligence; one directs, the other knows how to manifest that direction. Intelligence is automatic in nature and brings forth what the consciousness directs. The substance of mind is the vehicle in which Consciousness and Intelligence form their own Creation.

The great majority of people have therefore not observed the great truth of the Christ Power.

The Christ Power within is the Reality in each and every one of us, is the combination of the Father-Mother-God. The Christ is the son or expression of the Father-Mother-God—the Consciousness and Intelligence acting as one. So when pure thought exists free from all conditioning it is the product of the Divine Creation within which alone is creativeness.

When we observe that our thoughts are the externalisation of our state of consciousness we will learn the immutable law of our creative faculty. Then how can you create effectively with a consciousness that is caught up in opposites, a consciousness caught-up in fear, a consciousness caught up in craving? Unless we understand these things now then can we be free from them?

We can understand now how Jesus turned the water into wine. He transmuted the natural law into the Divine Law and by-passing all the necessary action of the growth of the vine, the preparation of the winepress, etc., and with the elements at his disposal he changed the water into wine. This is a state of “Being” not a state of becoming, otherwise he could never have performed that Divine feat. That is why the Christ is proclaimed the Completeness of everything in the individual.

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We need much more instruction in observing what the mind is made up of, than mere meditation upon an image of the Master we create in our minds. Is it not so that most of us think by meditating on the Master we might become like him? Is this not a state of becoming which will never eventuate? Because we have not found our own state of “Being.” Only by observing what is preventing this state of being that is Ever-present, waiting to express itself will it manifest, then “I and the Father are one” is not a mere platitude but an actual reality to those who know. “Know ye not that ye are the temple of the Living God, not made with hands?”

We must observe with constant awareness so that the secret power, the key to all things, will be revealed. It was when Jesus commenced his ministry that he showed his Divine Power. It is only when we commence our ministry in life in acting out our “Being” that we show our “faith.” What I mean by this is just to know is not enough, there must be action of our “faith and understanding” now, to make it a Living Reality.

When this knowing is established the desire for security disappears because you have that which is greater than all things created. You have “Being”—creativity. We then become channels through which the Christ of God can express His Divine Power.

God is waiting to express Himself through all humanity because He created humanity for this purpose, and He seeks the channels where He can be of greatest service to man himself by His Love and Wisdom. Yet most of us are spiritually bankrupt, we are insolvent because we look to the external for our security and by doing so we create confusion and conflict.

We all want to put an end to the conflict, confusion and misery with which we are confronted everywhere. Where are we to begin? Are we to begin from the outer and try to arrange its values while maintaining our own separate nationalities, our own separate creeds and dogmas and the like? We must begin with ourselves to eliminate drastically those causes that produce conflict and sorrow.

If we are able to set aside the passion for worldliness on which the present culture is built, then we will experience the Eternal which is never within the framework of any conference, legislation or government. Then you will be able to help others free themselves from bondage.

But what do we do? We try to combine the Eternal with a whole series of values that lead to antagonisms, conflict and misery. Our leaders are what we are ourselves. But now we must become responsible to ourselves for

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within us is the cause and the solution of all conflict and sorrow. We created it and we alone can free ourselves. Another cannot save us.

Therefore our first duty is to find the Real which alone can bring peace and joy. In the Real alone is there enduring unity of mankind. In the Real alone can conflict and sorrow cease. In the Real alone is there “Creative Being.” Without this inward treasure of the Christ made manifest can the outward organisation of law and economic planning be of value to the world which is ourselves. Then the outer and the inner will cease to be separate. They are one in Reality now, then let us be aware of that which is preventing this Divine Creation from manifesting in the present. Then our leaders will be as we are ourselves, provided we continue to realize this truth. This is no idle dream, put into practice what I say and you will find how true it is.

“And make the Almighty Himself your treasure, sound wisdom your wealth, then the Almighty shall be a joy to you, and you can raise your eyes to God; when you pray, he will answer you, and then you can fulfil your vows to him; whatever you plan shall prosper, and you shall live in sunshine; . . .”
Job 22: 25-28.

BENEDICTION

O Divine Father-Mother of Mine, Thy Divine Nature I took with me to earth.

But when I arrived here I found others created like me, did not know me and treated me like a stranger.

I cried in vain for recognition among my own but no one recognised me.

I grew up in their ways and when others came in Thy name I did not recognize them either, for I was caught up in my struggle for security in worldliness.

Then the Christ within called me in Thy Name and I awakened to my folly and saw my craving for security was an illusion.

I became again as Thou didst create me like unto Thy Nature and my struggle ceased for I knew my self to “Be”—Thy image and likeness.

Then I saw myself in all my brothers and sisters here, and recognised those who came after me.

And now I have found Joy and peace in the Eternal security of Thy Creativeness that Thou gavest to me from the very beginning, O Glorious Eternal Father-Mother-of-Mine.

Lecture 10 (7th April 1953)

HE WHO CLINGS TO AUTHORITY IS EVER IN DOUBT*

“What a fathomless wealth lies in the Wisdom and Knowledge of God. How inscrutable His judgements! How mysterious His methods! All comes from Him, all lives by Him, all ends in Him. Glory to Him for ever, Amen!” Romans 11: 33-36 (Moffatt)

Is it not so that the great majority, even those who profess Christ, have closed the avenue to the Christ Love, Wisdom and Power? In our conferences is it not so that those who partake in them are filled with the ideals of separatism in religion, in nationality, in tradition and the like with the idea of getting as much as they can for themselves which all leads to enmity and conflict?

To have peace in the home as well as in the conference room, all must dwell in the Consciousness of that oneness with all. There are some who believe *that* this oneness is obtained by living in sackcloth and ashes, that they must live on the smell of an oily rag or that they must sit on a hilltop to concentrate and dream dreams.

You see, it is impossible to live in isolation. And to know Reality you must have relationship. And you must have true relationship and in your relationship then you understand yourselves. But if you separate yourselves, live in some faraway place, and think by doing so you are going to obtain the ultimate, you are making a great mistake. What you are concentrating on is probably an idea only, an idea or an image or a belief. The belief that you may become something by concentrating on an image of a Master or whatever the case maybe. That never brings you anywhere at all, you only hypnotize yourselves.

What is really necessary is the discernment of the thoughts and emotions and motives so that the mind can be cleansed, then you have true relationship. You have a Oneness and in that Oneness, that Reality, then gives expression to Itself because It is Love and Wisdom.

There is an Intelligence that built the body. An Intelligence that is working through the whole of the Universe. An Intelligence working through the mineral, the vegetable, the animal and the human being, the Angelic Life and greater beyond,

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that we can hardly realize, therefore It is the same Intelligence. Now this is the Intelligence that can manifest through man too. It created the brain and the nervous system through which this Intelligence can manifest.

But what happens to man? He thinks himself separate from his neighbour and consequently he creates a self, a separate self. That separate self is the illusion. And not until some time as we get rid of the separate self can we find that which is the same Self in every other self. That is the great Truth that Jesus saw completely, when he realized that he and the Father were One. Then he told his disciples, "I am in you and you are in me and we are in the Father." They all were One. He tried to show them in words something of the Oneness of everything. And yet even the disciples could not understand. Why? Because when you read in words, Jesus tried to give them the impression of this Oneness. And I am sure that he often tried to show them the Self. Because he said these words, "he who seeks to retain his life will lose it and he who gives up his life will retain It. Meaning to say, that you must lose the self, that life of the self, then you will lose that life but you will retain your Life, you will retain the Life that is Eternal.

And although we do not see it in words in the Bible, I am sure, that he did try to show them how to eliminate all from the mind, that which is preventing the expression of Reality. Because there is other way. It is impossible to have found another way. How can you then be free from the self and all its accumulations, unless you understand what those accumulations are and how they come about? How can you free yourselves then if you have accumulations, even if you say, the Father and I are one, yet your mind is filled up with those accumulations; your memories, your hates, your desires, your hopes and all these things which are of the mind?

The Intelligence in a life has no hopes, has no memories, has no experience, it is expressing Itself entirely now, It's Intelligence. And it is when we give up these accumulations we find this Intelligence expressing Itself in its Wholeness and Completeness. I have found that to be true. I have tried all the other methods.

Before I went to Tibet, I am sure I tried very much to find Reality. In fact, I used to go way up into the mountains and the hills everywhere and I knew there was something but I could never find it. I could concentrate and dream dreams and think of the Master and do all those things but I still retained the self with all its stupidity, with all its cravings and all the things that belonged to the self. And yet I could not get rid of them, even if I tried to, I could not get rid of them because they always sprung up again and again. I tried to suppress

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them, and there, the suppression of them only created further experiences and further troubles and further accumulations. So therefore I was baulked again. And not until I came to the true nature of the self, showing the self what it was and understand it, that it began to dissolve away into nothingness. And when that had cleared away it disappeared.

A matter of fact, I was among some friends on Sunday night and I said, "bugger it." So everyone said, "Doctor, don't lose your temper." I said, "no, I didn't lose my temper, I just said 'bugger' to save myself, you understand." So you see, for some people they think that they are religious and that the word is going to destroy them but when they saw the whole nature of the thing, that a person was free from the injury of anything. You see they were caught-up in the whole story and I could see how they were caught-up. They were all shaken by the fact that I would say such a word as that. "I can say worse than that," I said, "don't you agree with that?"

And you have often said it too, under your breath but you never let it out, you are probably afraid of doing so, therefore you are caught-up in it. But you see the wonderful thing that freedom gives you. It gives you freedom, it gives you that freedom, that Completeness, Life Itself. It is magnificent and I tell you, you will find how wonderful it is too.

The real knower's do not isolate themselves from their fellows but become *one* with them, for there is no such thing as isolation in Reality. The Real knower's are active builders, receiving; and giving, giving and receiving.

Happiness can only come from knowing the self, so that the self can be transcended. I am sure that Jesus knew this when he said, "He who seeks to retain his life will lose it but he who gives up his life for my sake will retain it." He saw clearly the ways of the self, that the self was caught-up in the illusion of disease, craving, enmity, separation, which prevented true happiness which *alone* came from and when the self had given up *that* life. Then we would have the life of the true self which is everlasting.¹

And unless we can see that Self that is in every other self we will never find true happiness because you will always be separated from each other. And it is in this environment when the whole thing comes right, an environment.

Now, it is an extraordinary thing, some person said to me on Monday afternoon when I left this place I was at. Well he said, "there has never been such a happy feeling in the family, until you came down here." Now, I did not know there was a happy feeling only I was happy myself. So you see the

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whole story was happiness. Happiness was freedom. Therefore if you are free you are happy, aren't you? But if you are not free, you are not happy are you? Because you are caught-up somewhere.

Now, if you know where you are caught-up you can eliminate this conditioning through which you are caught-up, therefore you have freedom. In that freedom is happiness.

But if you are not free you will not be happy. You will be wondering about this and that, what you are going to say and wonder will this help this person or help that person. Is this person religious, do you think I should say this and I should say that. Do not you see that you are caught-up in the self. The self is the trouble. Get rid of that self and have this freedom. Because that Self is your self

When the true self is manifest we know that there is no separation, therefore we become joint heirs to all that is God's because we cannot be apart from Him except in our ignorance.

Pure thought is freedom, but pure thought only comes when we have seen clearly what is preventing it. Our creative power exists in the unlimited state of our Divine Consciousness. Every thought is limited by the concept it is sent forth to embody. No matter how great that concept may be it is still a limitation. We must become aware of "Being" which is Ever-present and beyond mental concepts to be truly creative.

So you see, what you have, is it not in your mind at this present moment a concept of your reality. If it is only a concept of your reality you have no Reality at all, you have created an idea in your mind of reality. But that is not Reality.

Now think in your own minds and clear your mind of these concepts. And then when these concepts are cleared away, there is an awareness that is beyond mind, something that the mind cannot fathom. Something that the mind does not know because what is known is not the Unknown. And the Unknown alone is Creative, the known is not creative. Yet what a fathomless wealth lies in the Wisdom and Knowledge of God.

And it is beyond that we find this fathomless Wisdom, fathomless Knowledge, fathomless wealth that lies in the Wisdom of God.

Now, if God is Infinite in nature, which He must be, we cannot be separated from Him, it is an utter impossibility. Therefore if He is Infinite in nature there can only be one Substance, One Mind—there cannot be two. If He is

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Infinite in nature then there could only be Creator—there cannot be two. Therefore the Creator is the Creator, and His Creation must be One with Himself, it cannot be separate from Him.

And because He is Infinite in nature, we see clearly then, that He is the Creator and His Creation are One and I am that Creation and He is the Creator within me. You are the same. When I look at you then, I know that the Father created you just as He created me, so I have the same Father. Your Father and my Father is the same. Jesus said to his disciples very clearly, “call no man on earth your father for one is your Father Who is in heaven.

Pure thought is freedom, but pure thought only comes when we have cleared what is preventing it. Our creative power exists in the unlimited state of our Divine Consciousness.

The mind that dwells upon a wider conception based upon an enlarged conception of the truth will produce corresponding results, but even this you will come to realize is also a limitation. Because the individual is only giving expression to his own idea and conception of the truth. Some great writers and some great truth writers, and you will read their books and you will see many of these things of which they say are utterly untrue. They stopped halfway, they finish but it is not Truth.

I remember when I was in Los Angeles, in America, I listened to a great speaker there, he has written several books. So I went this Sunday morning to listen to him talking and he got to a certain distance, he could not get any further. Went back again and back again and I was trying to urge him in my own mind, ‘oh my God can’t you get through that point. Freedom, get through that particular thing. These ideas and images you are creating, can’t you get above them.’ No, he could not. He still retained that particular way, down.

And it was only when I spoke to him later on and I said, “well I enjoyed your talk very much but I was dissatisfied.”

He said, “why?”

“Well, all you dealt with was concepts and ideas and beliefs. You were giving the people ideas and beliefs and concepts of a truth that you know nothing at all about. Very nice language and beautifully spoken and perfectly put together and all that and it was nice to listen to. The ordinary person would take it nicely but for me it was nothing. Because I knew that your concepts were all of the mind and were not true. They were mental creations and they were not Truth, they were not Reality.”

So he started to think and then he said, “I begin to see your point.”

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I said, “no, you will never see my point. The only way you can see my point is this; you must cleanse your mind of all your images, all your beliefs, all your concepts and then you will know that which is beyond because that Itself will reveal Itself. But it can never reveal Itself while your mind is accumulations of ideas and concepts.”

And it is the same for you, exactly the same, there is no difference between you and him. And although he was one of the best speakers in the United States, he still was behind that thing. He was still limited and caught-up in his concepts which was a limitation.

So, therefore the mind that dwells upon a wider conception based upon an enlarged conception of the truth will produce corresponding results, but even this he will come to realize is also a limitation. This is self-evident for when we enter into the highest riches through our realization of our oneness with God and man, we go beyond limitation into that which is in Itself Eternal and Ever-present and the only Reality.

And you cannot reach that through a conception or an idea because you will still remain in your idea.

Are we not the creators of our own images and concepts *and* thereby held bound in them? This is limitation! But if you realize that you and your concepts or images are one, while knowing the true self to BE, there is no such limitation for Life which creates is beyond mind. What is in the mind is created and can be discerned, but that which is not created is beyond mind and cannot be discerned. This is the only Reality.

The known can never be the Reality. The known can never be the Unknown and what is known is not Reality. What is known is in the mind. What is Unknown is beyond the mind.

You do not know what your consciousness is, you only know the idea you create.

If we try to find ourselves in the concept we create we will find it an impossibility, because we are only creating a concept of ourselves in the mind. Yet there is the you—the consciousness that creates the image, this is the paradoxical truth that eludes those who live in beliefs and images. The consciousness must become aware of the image otherwise it could not exist, yet the consciousness must become aware of Itself and the image as one then that which is creative will reveal Itself to be Eternal and Ever-present.

If I know myself and I know my creations, I am no longer afraid of them nor fear them.

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But all your creations you think they are external to yourselves therefore you look upon them as something external to yourselves and you are afraid of them. Freedom only comes when you know that you and your creation are one. When you and the idea and the image you create or the fear you create are one, that you are not separate. And when you know that you are the creator of it therefore it falls away, it dissolves away. And what happens then when it dissolves away, what is there? The Consciousness, of course, which is Unknowable. That is the great and wonderful Truth, the Consciousness that is Unknowable when all thinking has ceased, then there is peace.

No thought must pass through the mind. The mind must at complete and perfect peace. There must be no ripple upon the surface of the mind. There must be complete calm and in that calmness Reality is realized.

We do not create the Creator, that which is beyond mind, we do not create Truth, It already Is, Truth Eternal and Ever-present. We only create a concept of the truth in our minds. I am the Truth! *I do not* create my Real Self. I *could* only create the illusion, the outer self. When you can see this then you will give up making concepts of Truth. Truth is not an idea or an image. God is, therefore I am. Again I am caught up in words, while trying to make you see the illusion. I only know that I am, but I do not know what "I am," I only know I AM.²

Therefore I know I am that I am, but I do not know what I am and you do not know what you are either; you only know that you are. If you are content with that discern then all your concepts and ideas, then there is the revealing of something that is tremendous, Wholeness and Completeness. The whole Universe, the great Oneness and Wholeness expressing Itself through you. There is a feeling of tremendous force. You cannot understand It but you know that It is giving expression to Itself, the mind at peace.

Just as we cannot see the electricity behind the light, nether can we see the Life behind the personality, this is the highest teaching of the Master himself. No one has ever seen God, but you have seen the Son of God and he who sees me sees the Father. These are Jesus' words put in another setting to make plain his true meaning of, "he who receives me receives Him who sent me."

He was never in anyway separated from the Father. He was completely in that union. Not a union which he has to make, a mental union, which you try to make, a mental union with the Father but that is a separation. You try to

2. See Notes on page 132

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identify yourself with God such as a separation. How can you identify yourself with God? If you do you make God separate to you.

You identify yourself with your own images and beliefs, that is where your trouble is. But God IS. He is the Living Expression Himself. And when you say, you identify yourself with God, you make God a relative god somewhere else. That you have the audacity to say, "I identify myself with God." What a lot of rubbish! Don't you see, that it is all in your mind, it is nothing more than but an image an idea of truth.

When the mind is in perfect repose, when all that is made up in the mind is discerned, in this state the Real is known to "Be"—your Real Self, not the self that is made up in the mind—the illusion of the Real. We are told that God is this and that, so we make up an image in our minds of what He is like. Is this not the teaching of the present day? Therefore beware of those who tell you they know, for they do not know.

When we find the source of our Being we can become aware of the thought going forth to accomplish *that* it is sent forth to do. Wishful thinking is then done away with. It has no place in the Master's mind. Is it not so that most of us wish, yet all the time we think it impossible? Is this not the height of contradiction?

But that is not the Master; the Master does not wish. The Master never says, "I wish this." You never saw one word when he mentioned I wished this or wished that. His thought was the direct expression of his Completeness of the Father that was working within him and through him. That is why his word did not return unto him void but accomplished that which he sent it forth to do. He never doubted anything. That was fear because you are living in your mind, without.

His word was Creative. His word was the force of his Creative Power and that was God Himself. So the Christ is God and God is Christ. Jesus revealed this Christ but no one could understand. And who could understand today? You are just a handful of understanding people. Go to the masses and see how they understand. No wonder Jesus had only twelve disciples

Spirit has no opposition. Mind is the substance that is transformed into form and there is no opposition to its transformation. Search in your own minds and see how you create and you will see how you live in opposites. If you know this you can create what you think because you and your thought are one, providing you follow the Law upon which it operates. When the thought accomplishes what it is sent forth to do it is no longer needed, yet

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you [who] create the thought *and* still remain eternally to create, *and* this is true creativeness.

You create, but that creativeness does not cease with the thought that goes forth. The creativeness still remains in you and that is the Eternal. That Is the Eternal. That Is has always been the Eternal. Jesus did it every moment of his life. He was Creative everywhere but he did not lose his Creativeness. He did not praise himself that he did anything. But a lot of people do. They say, "you know, see what I have manifested, I wanted something you know and I manifested it and look what I have done." And when they cannot do it how they are frustrated and how difficult it is for them to live up to their manifestations again. That is ignorance.

All is Spirit, for nothing can come from any other source. But a mind that is full of fear produces what it fears. Therefore you create your own conditions, then you react to *these* conditions and create the vicious circle. This is the manner of your thinking daily, is it not?

But all is Spirit for nothing can come from any other source. But the mind that is full of fear produces what it fears. Therefore you create your own conditions. Then you react to those conditions and create the vicious circle. This is the manner of your thinking daily. Now just examine your own minds and see if that is not true.

Your troubles are paramount and you fill your mind with the images you make up in regard to them. You create images of ill-health, unhappiness, limitation, lack, fears, your past influences, the future when all the time you should be living in the Living Presence, that is alone creative and is your home. Understanding releases Life, ignorance is frustration and death.

So are you not always living in these fears, these limitations and these lacks, these past influences, your fears, your hates, your envies, your beliefs in the future and so forth? And what about the Living Presence? What about the only thing that is created? The Living Presence, The Eternal.

Thought is Spirit's *mode of action*, mode of motion and is governed by law. Its greatest vitality is given by Love, for this is the fruit of the Spiritual I. Release the "I," the real you, from all your own conditioning through understanding your conditioning. Then "I am" will be the Divine Spiritual Creative Power that has no opposition.

I am. I am that I am. That is the great wonderful Truth that the prophets saw. And so did Paul also see the same thing. And so did Moses see the same thing as he wrote what he saw. He saw the burning bush. The bush was burning

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yet it was not consumed in the fire. And out of the bush spoke the words "I AM" "I am the Lord Thy God and the I am shall be my name for all time, go and tell my people." The bush of course was the body. The Life was the fire that did not consume the body. But the Life Itself spoke, was the only thing It could speak and say, "I AM." That was the name of God and was the name in man, "I am." That is the name of God. And the word of Truth is in the lips of every individual, every day, yet he does not recognise It.

So I say, "I am," you say, "I am," everyone says, "I am." Therefore there is but one God, "I am that I am."

Feeling is necessary, for thought has *no* power without feeling.³ You feel my feeling while you listen to words. If I skimmed over my words without feeling what they meant it would be like listening to a gramophone, would it not? Behind the thought there must be feeling, this is the power that gives my words form. You must have the awareness that brings out feeling into your thought and action then you will know what creativeness means. It means expressing the Truth of "Being." "Being" is feeling beyond thought, for thought is the product not the creator. Thought is the product of Its Creator. I cannot create for you, you must create for yourselves.

From all over the world, when I am receiving letters about the new book. It is seem to taken a fire in every country, we receive letters every day from people who have read it. And I have a letter here to read to you, it came from, Clifford House, Yupperry road, Sherwood Rise, Nottingham:

"Dear Dr. MacDonald-Bayne. I received your Monthly Letter, announcing 'Divine Healing of Mind and Body.' As it happens I had already purchased several copies and shall buy more, to distribute to my friends. I have read many books on religion and philosophy and I want to say, that this book is truly the greatest I have yet read. Your first book 'The Higher Power' had a profound wonderful effect on me and lifted me into a higher consciousness. But this your latest book must be the best yet given to man. I used to think that the 'Aquarian Gospel,'⁴ one the greatest books but it is not to be compared with Divine Healing of Mind and Body." His name is Alexander Bach.

So we have hundreds of these letters coming in recently from all over the world and I am very pleased to see what this book is doing. It is helping thousands of people everywhere. These books have been sold all round the world.

The mind will produce what the thought engenders. The mind is prone to habit, therefore the habitual creative thought will mould the mind. Those who fail have established the habit of weak and wishful thinking, which is

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ineffectual and contradictory. This is the ego at work, the mind is continuously engaged in the activities of the ego with its identifications. If you pursue this activity further you will find the deep-seated self-interest of the ego.

It is the ego that identifies itself with all these things. And it is necessary that you should see and understand what these things are. The self must be discerned and understood so that you can get rid of it.

The mind is continually taken up with the needs of daily life, your role in society and so on, all of which build up a structure of the ego. When we are aware whether or not we desire to nourish the ego or not we will know our intentions and according to our intentions we will act. These intentions are mostly hidden under a layer of psychological conditioning which requires deep discernment.

And it takes a little time before you get deep, that discernment must be always present. No use looking into the past for it. No use looking into your mind and seeing what is the cause of this and what is the cause of that, you are wasting your time.

Discernment is now, at this very moment, how you are thinking and how you are acting. What your emotions, what thoughts, what your feelings are. That is discernment now. And all that is in the past will rise to the surface and can be dealt with without difficulty. But if you cannot discern what is happening now and understand your thoughts now, how the devil can you understand the things that are past. It is impossible. A lot of rubbish and nonsense.

Unfortunately, the western world is not so enlightened as the eastern world on the great mental structure of man. Psychology is an infantile thing to the western world. And they have taken one dark little portion of the mind and they have tried to explain the totality of mind from that little dark portion which they know very little about.

We know how the ego-self is built up and strengthened through opposites, through the pleasure and pain principle, through memory, through identification and so on, this process is the cause of conflict and sorrow. The question then is do we earnestly seek to put an end to the cause of sorrow?

Ask yourself that question?

The cause of wishful wishy-washy thinking is that we are caught up in craving to be something through name, family, achievement, through the identification of the me and the mine, this nourishes the ego-self with the result

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that we create strife, confusion, antagonisms, ever-spreading ever-engulfing. How are we ever to transcend strife and sorrow? Is this not what you are trying to do? If it is must we not find the answer?

If we are nourishing the ego then let us understand it. Our social system is based on aggrandisement of the self, is it not? In this process there is ever conflict, sorrow and antagonism, no matter in what degree, it is there. *No matter in what degree from the very lowest to the very highest and the higher you get, the worse it is.* Now, we can discover Truth only when we do not depend upon another for the Truth, no specialist can give you the right answer, for each one has to find the right answer for him/herself.

The answer is within you and not outside. I wish I could give it to you, like taking this drink of water, it would give me great pleasure.

But when you talk to people, if you are aware, if you can discern your own thoughts and you talk to people and you hear them talking, you can see how conditioned they are. They are conditioned by their talk, their very words give themselves away.

Expansion of the ego-self is the cause of misery because the state of mind is one of becoming. So we must discern the habitual ways of the ego-self before liberation comes. *What is the habit of the ego? What is the habit of your ego? If you discern the habit of your ego, you can get rid of the habit. But you cannot get rid of the habit if you only try and suppress the habit.* It is the knowledge of the hindrance that is the liberating factor *and* not the attempt to be free from the hindrance. *You want to be free all the time from the hindrance. And you pray to be free from the hindrance. And you pray to some God somewhere to be free from the hindrance. Does that free you from the hindrance? You believe that it does but it does not. But if you have an understanding of the hindrance and what the hindrance is then that is the liberating factor.* For it is Truth alone that liberates thought from its own enclosing process.

Doubt always arises when we follow another. We accept what another says, then we doubt. Why should doubt ever arise at all?

When we follow another's authority, another's experiences, is this not a search for an authority? We blame and criticize the once accepted authority, the leader, the teacher. But we never examine our own craving for an authority who can direct our conduct. Once we understand this craving we shall comprehend the cause of doubt.

Once you understand what doubt is and how doubt is brought about, then doubt will disappear. So always doubt comes from a authority of another,

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the belief of another. And I tell you to doubt the belief of another so that you will be able to realize what is true and what is not true.

But to doubt Reality or doubt that which is Real in Itself comes from when you doubt the authority of another or which you crave for an authority and when you have an authority then you have doubt because you cannot have freedom. Freedom alone eliminates doubt and freedom comes when you understand yourself.

The deep-rooted tendency in human nature is to seek direction, to accept authority. This urge arises from our own uncertainty from our own incapacity to know what is true at all times. We want another to chart our sea for us, the sea of self-knowledge. We desire to be secure, we desire a safe refuge, so we follow *another* who will direct us.

So that is very foolish because there is no such thing as a safe refuge. That is but an idea an illusion

Uncertainty and fear always seek guidance and compel obedience and worship of authority. But through obedience or worship freedom cannot be known. Freedom comes through understanding, not through acceptance of authority, nor through imitation.

He who clings to authority, the past, to memory, is ever in conflict and doubt therefore beware of the one who says he knows and asks you to follow. Only when the ego-self is understood with all its cravings for self-expression can there be the bliss of the Real, the Omnipotent, Omniscient and Omnipresent, *can* be experienced. There is no other authority, It can be found only when the ego-self dies to itself, when the ego-self is transcended.

“ . . . But when the perfect comes the imperfect will be superseded.”
1 Cor. 13: 10.

BENEDICTION

O Mighty One, Thou alone existed in the very beginning of Time that fades into the Timeless.

It was Thy word alone that created the earth and the heavens and all that exist therein.

Without Thee no existence came into being, Thy Life made manifest in man.

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This is the Light that shone from the beginning of Time and remains in the Timeless.

Thy Light alone dissolves the darkness and superstition in man's mind.

The darkness and ignorance of man's mind dimmed *the* Light within himself.

Then Thy Light appeared in Thy son Jesus, the Light that enlightens every man who comes into the world of darkness.

Those who saw the Light knew that they were Thy children, Thy offspring.

And now we know we owe our birth to Thee, O Holy One and not to human blood nor to any impulse of the flesh of men, O Eternal Beloved Father of Mine.

That is the last lesson for this series and the beginning of the new series takes place next Tuesday. And the next series I promise you will be better than this series. Isn't every series better than the before it? I am sure it is because you are beginning to understand more and more.

Well that is exactly what I feel the next series will be even greater than this one. Haven't written it yet you know and I don't even know what I am going to say to you. But I am telling you it is going to be better.

Now we will enter into the Sanctuary of the Silent Healing Power.....

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 7th April 1953, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes, the sentence reads: [*He saw clearly the ways of the self; that the self was caught-up in the illusion of disease, craving, enmity, separation, which prevented true happiness which only came when the life of the self was given up. Then we would have the life of the true self which is everlasting.*]
 2. In the Lecture Notes the paragraph reads: [*We do not create the Creator, that which is beyond mind, we do not create Truth, It already Is, Truth Eternal and Ever-present. We only create a concept of the truth in our minds. I am the Truth! Do I create my Real Self? I can only create the illusion, the outer self. When you can see this then you will give up making concepts of Truth. Truth is not an idea or an image. God is, therefore I am. Again I am caught up in words, while trying to make you see the illusion. I only know that I am, but I do not know what "I am," I only know I AM.*]
 3. In the Lecture Notes the sentence reads: [*Feeling is necessary, for no thought has power without feeling.*]
 4. *The Aquarian Gospel of Jesus the Christ*. Full title: *The Aquarian Age Gospel of Jesus, the Christ of the Piscean Age*. First published in 1908. A book written by Levi H. Dowling (1844-1911). An American preacher. He claimed it was a true story, transcribed from the Akashic Records, of the life of Jesus, including "the 'lost' eighteen years silent in the New Testament."