

THE SPRING OF LIVING WATER

(LECTURE NOTES 1954)

**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 two other sources, Moffatt and Eastern Texts:

- (1) “A New Translation of the Bible containing the Old and New Testaments.” James Moffat (translator), revised, 1935. Harper & Brothers, New York, 1935.
- (2) “Holy Bible: From the Ancient Eastern Text.” George M. Lamsa’s Translations from the Aramaic of the Peshitta. A.J. Holman Company, Philadelphia, 1933.

PUBLISHERS NOTES ON
“*THE SPRING OF LIVING WATER*”
(*LECTURE NOTES 1954*)

The following final set of lectures were given in Pretoria, South Africa, between 2nd February and 15th June 1954. No further Lectures were given for the rest of year as Murdo undertook his final tour visiting several countries giving lectures before undertaking his final tour in England and giving his final lecture in London before passing over on 26th February 1955. The same set of the Lectures that make up this book had also been given earlier in Johannesburg between 14th April 1953 and 8th April 1954). Transcriptions of three of the Johannesburg Lectures have also been included in this book.

Also included is the final set of Lectures Notes given only in Johannesburg between 15th April and 17th June 1954. No recordings exist of these lectures.

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 18 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 final 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 15 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 9114-131).

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

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

1954

Lecture 1 (2nd February 1954)

HAPPINESS

*“Then said he, ‘unto what is the Kingdom of God like? And whereunto shall I resemble it?’” Luke 13: 18

Now these words are words of a man that lived 2000 years ago.

I recently read a book, quite a controversial book, of the history of ages past and where various passages have been obtained from records. For any man to live and leave a record behind, no matter who he is, must be some man at least to have lived for 2000 years. That record has lived for 2000 years after he existed. I can say that man was truly a great man. And I know this from own experience that the words reveal, that no matter who wrote them, the words revealed as being said by this man, there are no truer words ever written or spoken. And they contain the essence of Truth to those who can understand them.

And it does not matter very much, the human being is only the instrument, but it is that Life, that Intelligence that is able to express Itself through the human being, that gives colour; that gives Truth. A Truth that can exist for 2000 years and yet be new and fresh. And it is as fresh today as it was the very moment it was spoken because his words are true. And it is only those who actually know the Truth, at least they can see what the Truth means. They can realize the importance of those words.

Now the majority of people take their conditioning to the Bible. As a matter of fact I get many, many letters from people all over the world, discussing the Bible. I have had just about three or four letters this week, asking why it is that the Bible contradicts itself and all this sort of thing. So I write clearly, I said the Bible was written by man.

Moses was a leader of the Jews at that time. The history of Moses and the prophets were men who understood the tribes of Israel, and had to treat them accordingly according to their development. Samuel was a great spiritualist, he had quite a number of visions.

We go through the Bible and come to the New Testament then and you will see that there are certain Gospels; Matthew, Mark, Luke and John. And you will see quite a number of discrepancies if you like to look through these

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Gospels. And you will see how really true these discrepancies are, they are really discrepancies but in fact, they do not coincide with one another. But these books were written by man some many years after Jesus died on the cross. And the Christian religion has been based upon this but the Christian religion alone, the revealing of the Truth as Jesus reveals, comes from ages past. The Truth was the same. It was the same before Jesus was born and it is the same after you are dead and gone beyond this earth plane. And it is the same a thousand years after this, it will be the same Truth.

But according to your conditioning you are conditioned yourselves. Now when you call a book a holy book, there are so many holy books in the world today that people do not know where they are. One holy book contradicts the other: You have the Mohammedan's—the Koran, you have the Hindu's—the Gita, and you have the Bible. And you have all these different books but each of them contain the Truth, certain particles of the Truth. But the Truth really cannot be found in any book. For Jesus said, "you search the scriptures and you think you have found Eternal Life, you make a mistake."

Everyone reads the Bible according to their own conditioning. Turn over the page and say now, "that's what I want." According to their conditioning they read the Bible and they say, "that relieves me now, I feel better after I have read it." Why? It is because you are conditioned and you read the Bible and satisfy your conditioning.

The fact is this, that it does not matter who lives upon the earth at all from the point of view of individuality or personality, it makes no difference. The Truth will remain the Truth. And that is what I want you to see. You may read a book that will cause contradiction in your mind. You will read certain books that will cause various things to happen in your mind. Because Why? Because you are conditioned. You have certain beliefs, certain standards you hold to. Certain traditions that you must hold to. If anything disturbs these conditions, you put aside, you get a whirlwind in your mind. You are carried off your feet, why? Because you are conditioned. Because you have no stability in yourself. You have numbed that particular step, realization of the Truth that you are the Living Truth. Therefore it is within yourselves to find this Truth and not outside yourselves.

Remember this, that all religions, no matter what they are, are man made. That is the Truth. God never made a religion. God is beyond the personal self. God is Life. God is Life and He is beyond any individuality. He is beyond any personality because He is entirely Impersonal.

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Therefore the Truth is not in your mind. What is in your mind is not Truth. What is in your mind is an idea of Truth, an image of Truth, a belief of Truth. And if your truth is in your mind then you will be swept off your feet every time you read a book that contradicts your own conditioning.

You must have that foundation of Realization of your own Livingness. That Livingness that is beyond mind. A Livingness that you cannot make an idea of. A Livingness that you cannot make a belief of. A Livingness that you only know Is but you do not know what It is. But the Completeness in the Silence of the mind that is free from conditioning. In that Silence that Livingness is revealed to you. That is God and that is Truth.

The words I have read that had been spoken by Jesus, these words contain the essence of Truth and if you will study them, cleansing your mind of all beliefs and realizing the deepness of the Truth that is revealed in those words, freed from your conditioning then you will find that all religions, no matter what they are, are man made. Only the Truth is not man made.

The Truth alone is not made by man nor can it be made up in the mind by man. A Truth is a Livingness that is beyond the mind. But what is in the mind is your own formulations regarding the Truth and it is not the Truth.

But the great truth is that we breathe now not in the past or in the future, when we realize this we know that our Livingness is from moment to moment.

The enraptured feeling attained from the fact (not an idea of the fact). You see there is a fact. But you can have an idea of the fact but an idea of the fact is not a fact. But most of you have that, is all you have regarding a fact, only the idea of a fact, did you not know. Search your minds and you will see what I am telling you is true. But the fact that we draw our every breath from God, in this knowledge we have no past memories of rights or wrongs, only filled with the great Love-Life which is expressing Itself in the Ever-present.

So therefore you do not create Life.

Now when I relax a person completely, in a complete state of relaxation? And able to pass into that complete state of relaxation. They do not do anything. You do not do anything when you are completely relaxed. Everything is done for you. The Intelligence does it. Then is when God does His work. When you take the brakes off, when you give up, then God does the work.

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So therefore relaxation in its completeness, in its perfect state is where the Intelligence comes into your life. An Intelligence that built the brain, the nervous system and the body for its own self-expression. And in this complete state of relaxation when the mind is silenced. The mind must be silenced through understanding. If you are confused then you are living in opposites. And you repeat mantrams or sayings to overcome the opposite that is troubling you. The opposite that you have in your mind is the thing that is troubling you. Then you repeat a mantram in the opposite to that which is troubling you, you are further confused. There is no possibility of you having a silent mind under those circumstances. It's an impossibility.

Therefore if you read my book "How to Relax and Revitalise Yourself" but read it carefully and when you come to that portion 'outcropping.' Outcropping the mind, allowing everything to pass before your mind; your formulations, your ideas, the things that worried you of the past, all these things will come up but you must look upon them as you would look upon a screen or a picture, entirely impersonal. Not with judgment, without fear, without condemning in anyway whatsoever because Life does not consider that. Life is not bothered with these things at all, it's your mind that is caught-up in these things.

Life is not affected by these things, its you, the self. In the mind is the formulation of your beliefs, your ideas, your rights and your wrongs and all these things that are troubling you.

I said to a person the other day, she said, "I have pain."

I said, "yes, what kind of faith have you? Now let us examine what kind of faith you have. From where does your faith arise? You're afraid of this thing this condition you have, you're afraid of it, you're fearful."

"Yes I am afraid, I know it, I am fearful."

I said, "now, your faith arise from your fear." "It is only the opposite of fear, in fact, it is fear." That's not faith. That is not the faith I know, I want you to know."

But when the mind is cleansed, when the mind is freed, when the mind becomes silent. And in that perfect state of relaxation when God is freed from your formulations, the formulations you have created in regard to Him. When He is freed from these things then He can do the work for you, that's faith. In that complete state of relaxation, where the mind is silent and peaceful, when you have given up everything, then God does the work—that is faith.

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The faith that arises from fear is no faith at all, with no value, it's your living in opposites.

Some will say that this is impossible in our daily lives, but the fact is that you can only live by the breath of God and not by any other means.¹

When we understand this there is no death; Life and death are one, for there cannot be one dead particle in the whole living Universe. What the ignorant see is death, what the enlightened see is transition.

But it is change all the time taking place in the Universe. The seasons are a matter of change, there is no death in the seasons. Every particle of the whole Universe is a living particle. It is a transition from one stage to another. The atoms in that particular substance, that you say is decaying, is sometimes more active in that substance than it is in your body, which seems to be in a healthy state. But the atomic structure is energy in action. And energy in action is the direction of an Intelligence. An Intelligence beyond all criticism, all condemnation, and no matter what you have created in your mind is beyond it altogether.

But according to your own thoughts and your emotions and your conditioning, so you are expressing your conditioning through your own thinking. And by the power of your own consciousness you create a disturbance in these particular atoms of your body.

But if you can know this; God being Infinite in nature, there is not an atom of space where He is not. And being Infinite in nature there is nothing outside Him, it cannot be, otherwise He could not be Infinite in nature.

When the consciousness has grasped that, the consciousness being supreme, the consciousness being the power behind thinking, the consciousness being the only creative force you have, the consciousness is freed from your own conditioning; from your mind, from your beliefs, from your ideas, from your fears and all the rest that the consciousness is freed. And when the consciousness is freed then it is active and it's creative.

In your mind you are really reacting. You're not acting at all, you are only reacting. But reaction is not action. You maybe sitting here and you may be listening but how are you listening? Are you merely reacting to what I am saying? Or is there action taking place within you? Is there transformation taking place within? If you are merely reacting, you are wasting your time. But if there is action. If there is transformation taking place now then you are being freed from your own conditioning that is preventing the expression of Life in its own Eternity.

1. See Notes on page 25

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If we would understand Life we must avoid the narrowness of conformity and free ourselves from the dictates of others, religious or otherwise, however learned they may be. Truth cannot be found in any book or in words. Jesus said, “ye read the Scriptures and ye think ye have Eternal Life. Ye make a mistake.” Truth can only be found when all these things of the mind are dissolved away. Then you will live by the breath of God, moment to moment with no past or future, giving expression to Love, Wisdom, the Ever-present Now. ***The only Reality is Love and affection.***

Search your minds and see how you are conditioned, how you are reacting. How you react to this person, that person, how you react tomorrow or today, how you react to the things at home, how you react to this and that and you will soon see how you are conditioned. See how you react to your brother, your fellow man. This person, that person how are you reacting to that person. See how you are reacting and then you will know how you are conditioned. But if you do not know how you are conditioned, you will still be conditioned and there is no freedom. Freedom comes when that conditioning is dissolved away. It is false anyhow, it has no existence in Truth.

Life is more important than words or beliefs or dogmas, they are of the mind. We must liberate ourselves from the belief in authority, from tradition etc., for if we are bound by these things we will never know the Ever-present Life, we will merely be expressing the memory of the past with all its conflicts, its sorrows, its rights, its wrongs. *What are you expressing now? Is it not that you are expressing the past? Think now. What are you giving expression to? Is it not your memories of your rights and wrongs, the things that people did to you, so forth and so forth and all the rest of it? I want my students to rise above all these things. To enter into that state of Realization that the Life Itself is not affected by any of these things. Therefore when you de-condition yourselves you can de-condition every person else. And see each and everyone as a child of God, then you have true relationship with one another. But you can only do it at the moment, Living moment to moment.* How can we express the Love-Life in the now when our minds are burdened with the accumulations of the past?

Answer that one.

How can we express the Ever-present if the past is hiding It? Are we not living in the prison of our own conditioning? And no matter what we think about God or what we say we only create other ideas which help to build our prison walls.

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So our ideas of God will not help you in the slightest if you are living in that prison you have created for yourselves. Because you will merely bring the idea of God into your prison and you will not be free.

An idea of God does not free you. A belief in God does not free you. People who have a so-called belief in God all through the world today. People call for Allah, some call for Buddha, some call for Christ. But how is the world today? Has it benefited the world that these people call for these through those religions and pray? I think not. Why? Because they have not yet discerned their own conditioning and see why their own formulations and see how false they are to themselves and others.

They are hiding the Reality. Reality cannot express Itself where there is a memory of right and wrong. Here we have conferences everywhere. Just watch what I am saying to you now. Nothing will come out of those conferences but confusion, distrust. Because everyone is conditioned, they go to these conferences conditioned by their own selfishness. And not until they understand how they are conditioned can man free himself.

Man is free now at this moment because every moment is freedom. It's the past blocks out this moment. That past which conditions you blocks out this moment of Reality, you can never express that Reality. You are only expressing your conditioning moment to moment and not expressing Reality.

What I am saying to you is not a new doctrine, nor am I forcing upon you any new or old authority, for this would just be another limitation, only when we free ourselves from all these limitations can we free others by helping them to free themselves by discerning the false.

Now this is not easy for we have to question the things that we hold dear and precious. *We have to doubt those things that we hold dear and precious, we have to doubt them. And only by doubting these things can you free yourselves from them. Because if you are caught-up in a belief in them, then you are not free. I am the Life. How can I say, "I am the Life," if I am conditioned in some way whatsoever that is ever preventing the Life from expressing Itself.* In the first place, we have to invite doubt so that we can separate the real from the unreal, then only that which is of Eternal value will remain.

The hundreds of letters I get from all over the world and the answers that I write to them, you would be amazed to see some of them. And the answers to these letters that I send out to a person who is confused. The answer is a

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wonderful answer, it clears away the dross, it enables them to think for themselves and to see what their formulations are, what their beliefs are.

When I read those words of Jesus, mind you, and no one can ever deny that those words are not Truth because I have been with the Masters myself, and I know these words of Truth and I know what he is getting at. "I of mine own self are nothing." And when you know yourself to be nothing then Reality begins to express Itself.

The ecstasy of liberation and true happiness does not exist away from us in some far away Kingdom, neither is it obtained through isolation in some far away place on the mountains or by the sea.

This liberation, this happiness is freedom from all authority, from all beliefs, no matter what they may be, for only through liberation comes true happiness. In this liberation you give expression to the Love-Life that is Ever-present, with no memory of past rights or wrongs.

The person who has got an ideal, a belief in the ideal. An ideal of goodness, there is no Love in that at all. What do we see? We see them persecuting others who they think are more evil than themselves. But who is the evil one? Who is the greatest sinner? Who is the greatest murderer?

The man who is given a gun to go out and shoot somebody he has never seen before, it does not matter who he is or what he is, he is some mother's son. Then he shoots down many of them, hundreds of them, he is given a medal and he is paraded through the streets as a hero.

Another man in the heat of hot blood and anger, he kills a man but he gets a rope for it. One gets a medal and the other gets a rope but both are murderers. There is not anything surer than that, thou shall not kill. But no one sees it because you are blind to it, you are conditioned. Conditioned by your beliefs, your nationality, in your patriotism, in your nations, in your ideals. Therefore you have got to kill, you have got to be murderers to hold your ideals.

I am talking sense. Anyone who can think can see how really true it is.

But if we realized what nationality was. If we realize what separation was. Realize what an idea was, what a belief is, what a separate religion is we would see how we are separated. We would see how we are antagonistic to one another. We would see how we kill one another. These things would fall away. The conditioning would pass and man would see himself and his

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brother freed from conditioning. Then he has true relationship and not till then. There is no true relationship until man is freed from his conditioning.

When a mind is freed from all fears there comes a peace beyond our understanding because it is not a peace we gain through mental gymnastics but peace that comes through discerning all that is false, that which is preventing the expression of the Love-Life now. In this alone lies the Love, *the* Wisdom and *the* Power of God.

The question that some will ask is how can one be in love with Life if Life is a burden, or how can one learn to have no fear, for is not fear born in us?

The answer is quite clear. Immediately you begin to understand your burden it will begin to disappear. The moment we accept the fact that we are afraid, not of Reality, but of ourselves, fear will begin to disappear also.

You are not afraid of Reality. Why should I be afraid of that Livingness, that Life that is Perfect in Itself? Why should I be afraid of the Love that is Eternal and Ever-present? Only the self can be afraid. You are afraid of the other self because you are conditioned. You are wondering what the other person would think about you. You are wondering what he is saying about you. And he is doing the same about you. He is thinking the same as you. But you do not know, you do not understand yourselves therefore you do not understand the other fellow. You must understand yourself first then you will understand other people. But when you understand yourself you will free yourself. Then you can free the other person because you can see how he is conditioned. Therefore you will not condemn neither will you criticise.

If I say I have no burden, that I have no fear, I am deceiving myself and I am caught up in the net of both, my deception *and* my conditioning. *So if I am conditioned I am afraid, I have fear because I am conditioned. But if I know what my fear is and how it comes about, it will pass away.* But as soon as I know myself and my burden and my fears, then they begin to disappear. Then only will I realize that which in Itself has no fear, no burden, *but is Ever-present.*²

Oh the freedom. The freedom of that Life. The don't care attitude you have towards the self. The don't care attitude you have towards the things, conditions, formulations, beliefs. You are not caught-up in these things, the freedom of it is tremendous. It is a freedom of Life for Life begins to act and express Itself freely. That was Jesus.

2. See Notes page 25

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That was the man Jesus, no matter what they said about him, whether they strung him up to a tree, they hanged him or whatever they did to him, that is what he found—the pearl of great price.

If we are not in Love with Life we will be in sorrow and conflict. *That is true now, isn't it? If you are not in Love with this Life, that is Eternal and Ever-present, you will be in sorrow and conflict, we cannot be anything else.* To be in love with Life is to live every moment of Life. This frees us from the pains of the past, from the fear of the future. If I do not love Life I will wander into deep waters so that I will have to struggle, but when I understand myself my struggling will cease.

Struggling? This struggle, this continuous struggle, oh what a struggle. How I see the people that come to me, how they are struggling. How I would like to lift that struggle away from them but their minds are closed. I have been very careful indeed how to approach them. I have to ask them various questions to find how they are conditioned and what their beliefs are.

But immediately I begin, if I had poured cold water on their beliefs, straight off the Real, it would be of no value. I could not do them any good, they would close up like an oyster; I could not help them at all. I have got to lead a way, in a way, that enables them to think clearly first and then to wake up to the fact themselves that their beliefs are but an idea. A belief that is not a real thing, it's a mental thing, it is in the mind.

Know the Truth Is Life, the Livingness of Life, the mightiness of Life

When I understand myself the self will disappear, then the self alone is the cause of my fears and my burdens. Jesus said in other words, “cast the burden upon me my yoke is light and easy to bear,” so we must cast the burden of the self before we can continue in the Ever-present Love-Life, giving expression to It every moment, and this can only be done by being constantly aware every moment. Then I will love Life as Life loves me. I must love Life in Its entirety because it is not divided. Jesus said, “love your neighbour as yourself,” I must do this to free myself from the past and *from* the future. To Love God I must love my neighbour first.

The only way that you can Love God is to express His nature to your neighbour. But if you are conditioned you cannot do it, that's all about it, that's the finish of it. And you will still go on again expressing your own conditioning. Because, Why? You will not discern how you are conditioned.

HAPPINESS

The Creator and His Creation are one, and cannot be otherwise, therefore if I love my Creator I must love His creations too, for they are one. "When you have seen me you have seen the Father."

Life is not divided, but we divide Life into Spirit and matter. Life has no problems, only man is in bondage of his own making. Therefore happiness can be translated into the physical. Any other happiness in some distant place is but a fantasy and is not worth having.

If that happiness is not now, we will never have it. Because now is the only time, there is no other time but NOW. This is the Timeless. Looking for it tomorrow will never come

If we say we will be happy when we die we will always be postponing that which is ours now. *You know it makes me laugh when we sing, 'we will be happy when we die, we will be happy in glorious,' and then people are always in sorrow.* Happiness through freedom can be achieved here and now in the activities of our daily life, through understanding.

Because we have divided Spirit and matter we imagine that Spirit dwells in some far off unknown locality and in this locality only can there be happiness. But this is truly ignorance of the Ever-present Life-Love now.

Because that is Ever-present and there is nowhere where it is not, it is Ever-present everywhere.

When we get beyond these ideas and beliefs that hide the Ever-present Love-Life, we will know It to Be, now, and this Being is our Being now, not in some far distant time or place, for is this not denying the timeless, *this* Ever-present Reality? If this is properly understood happiness can be attained immediately.

If it is not immediate then it is of no value to you. Tomorrow it makes no difference you will still have sorrow, you will still have trouble because you will still be conditioned. There is no happiness through conditioning.

It is not by transcending the world that we can help the world, which is at present in bondage of **our own** making, *that we made the world what it is.* As long as Life is held in the bondage of ignorance so will there be imperfection. Therefore to neglect the material as we try to do, we will never solve the problems of the world which is our problem, for we are the world.

We are looking for some pacific thing somewhere to come and solve the problems of the world, it cannot be done because you are the problem. You and I are the problem, we are the problem. There is no other problem. And if you looked into it properly you will see there is no other problem.

THE SPRING OF LIVING WATER IS WITHIN

It would be useless for me to talk to you about happiness if you have no desire for happiness. You could never know affection, if your heart did not respond to Love. Neither would you understand if your heart did not ache, neither can I give you a pill to swallow that can give you understanding.

Because if your heart did not ache you would never know what happiness could be. Neither will you understand what I am saying if your heart did not ache. But if you couldn't know desire for happiness it is useless for me to talk to you. But if you are in sorrow, if you are in difficulty you do want happiness. You do want freedom, in freedom there is happiness. And it this freedom that I am trying to show you.

You would never know sorrow unless you have suffered. It would be useless for me to try and teach you if you have not suffered. Freedom only comes through understanding, and understanding comes when you have a strong desire to discover Life, when you are really suffering, really searching, when you are intelligently in revolt at limitation.

Not when you are in revolt at limitation but intelligently in revolt at limitation. Everyone is in revolt at limitation but where does that get them.

If you are content to stagnate in conformity, in tradition and the like, you will never know freedom, which is living in the Ever-present Love-Life and which is true happiness.

Life is "One" for we cannot divide Life. *There is nothing that can divide it. Can you tell me anything that can divide Life?* There is no ordinary or extraordinary in Life, *there is no human or superhuman person*, this is but an attempt to divide Life. Immediately we do this we are caught up in limitation, *because we see division. Oh if I could only give you the Oneness and the Wholeness of this thing. But it comes to you. You free yourself through your Realization of your own conditioning and understanding it.*

Life which has no form expresses Itself in form. But that which is created in form returns to that which has no form. Life takes on form in order to function, but Life is not limited by the form it creates. This is the realm of *the Absolute Peace, the Kingdom of Happiness.*

Happiness does not exist in the form. Happiness exists in the Wholeness of Life. When you see separation you are in limitation.

The Creator and His Creation are one, yet He is not limited by His Creation. Jesus said, "the flesh has no say in the matter," neither has it when you begin to understand. No truer words could the prophet have said, in

HAPPINESS

other words, Wisdom is greater than silver and gold, and that no treasure was like unto Her.

Science tells us that matter *separated* from energy does not exist. Energy is Intelligence in action. There is but one Substance underlying all form and all form must be of that Substance. Therefore we are surely intelligent enough to realize *that* we cannot divide that which is manifesting and that which is manifested. Nor can we divide the inner from the outer or the outer from the inner, nor can we separate the visible from the invisible, nor can we separate cause from effect, *they are One*.

When we understand this we are free and freedom is creative, without limitation. The Bible says God is all there is and there is none other but He and by Him and through Him all is created.

To accept the outer and disregard the inner, or to accept the inner and disregard the outer, we divide ourselves. Yet the flesh has no say in the matter.

How often I have told you, Life created the body for Its own Self-Expression. It organized the atoms, the cells, the organs of the body for Its own Self-Expression. Life organized everything for Its own Self-Expression. Life Itself is Real, Reality. Life is Intelligence. That Intelligence is expressing Itself by forming the whole body; to see, to hear, to feel, to all the senses yet there is a higher sense you have not yet realized—the sixth sense of man, which is a Consciousness. The others are senses through which you obtained through your mind; your feeling, your touching, and you create ideas, images through the senses. But the sixth sense is beyond mind. Its an Awareness. An Awareness is of the Consciousness not of the mind. An Awareness is of the Consciousness, is Creative.

You actually feel the Creativeness. You feel the Awareness. You do not feel anything in mind, you do not feel an ideal in your mind. What you create in your mind you do not feel it. You do not feel them under your senses. You do not feel these things in the way you do when you are creative, when you are aware. Awareness is beyond mind.

Awareness. To remain in that state of Awareness all the time, for days if you like, and that Awareness is Reality. And only through Awareness does Reality manifest Itself. Because you are Living moment to moment, there is no past or future, there is a Livingness that is NOW, moment to moment.

Form alone is not Reality, Reality is behind and within the form and *out of* Reality. Therefore to attain the power of our Creative faculty we must

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not seek that which is formed, but realize the Life that is behind and in all form and the cause of form. *And there is your Awareness. In Life alone there is Awareness! And in nothing else, it cannot be in your mind. Life is Awareness.* “Things are not made out of that which is seen but out of that which *are* not seen,” Paul says.³

When this freedom is reached we will rejoice that we are not merely physical but Spiritual. The souls that have perceived something of that Light behind and within all men have been over-whelmed by the knowledge of their possibilities. They have come to the understanding of the Omnipresence that fills boundless space, knowing nothing of *the* past or future but Eternal Present *is* the Everlasting Love-Life now. *Not some time in the future, not tomorrow. They only Live now, now, now at this very moment, can you realize this? Can you make it up, a complete awareness of It?* The whole human race must eventually come to this understanding before the world’s problems can be solved.

“And the scribe said unto him, ‘well, Master, thou hast said the truth: for there is *but* one God; and there is none other but He: and to love Him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbour as himself, is more than all whole burnt offerings and sacrifices.’ And when Jesus saw that he answered discreetly, he said *to* him, ‘thou art not far from the Kingdom of God. And no *one* after that durst ask him any question.’ [St. Mark 12: 32-34.]

BENEDICTION

O Beloved “One,” in Thee there is no division, no separation. When I discovered that Thou didst create me within Thy Self and Thy Self alone is my Love-Life I was freed from all limitation.

In this freedom I found true happiness for I saw Thee everywhere, and was no longer afraid.

In my mind arose the seed of separation through the desire for power of the self which was the great illusion.

In my ignorance of my true being I pursued a state of isolation contrary to Thy will.

3. See Notes on page 25

HAPPINESS

O Beloved One, when Thou sent Thy son into the world to reveal Thy Love-Life within man himself man did not heed him because man was caught up in the ignorance of Thy Ever-present Love-Life.

The words spoken through Thy son have penetrated my mind and now all that hinders the expression of Thy Love-Life has faded away into nothingness.

Now Thy Creative Consciousness beams through me for I know it is Thee alone who worketh in me, O Blessed Creator of Mine.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 2nd February 1954, at 7.45 pm. A recording exists of the Johannesburg lecture (see page.....).

1. The next sentence in the Lecture Notes is missing from the sound recording. The full paragraph reads: [Some say that this is impossible in our daily lives, but the fact is you can only live by the breath of God and not by any other means. *Jesus said, "you do not live by bread alone but by the very word that flows from the mouth of God."*]
2. The full paragraph in the Lecture Notes reads: [*If I say I have no burden, that I have no fear, I am deceiving myself and I am caught up in the net of both, my deception is my conditioning. But as soon as I know myself and my burden and my fears, then they begin to disappear. Then only will I realize that which in Itself has no fear, no burden, being Ever-present.*]
3. The full paragraph in the Lecture Notes reads: [*Form alone is not Reality, Reality is behind and within the form and no form can come into being except through Reality. Therefore to attain the power of our Creative faculty we must not seek that which is formed, but realize the Life that is behind and in all form and the cause of form. This is our Creative Faculty. "Things are not made out of that which is seen but out of that which is not seen," Paul says.*]

Lecture 2 (9th February 1954)

WE GIVE EXPRESSION TO THE ABSOLUTE THROUGH FREEDOM*

In Proverbs 24: 4 “Take dross from silver, and the silver shines out pure; . . .”

That is exactly the same with the spirit of man. It means to say, that when you take out the dross from the soul of man, the soul shines out pure.

When we are caught up in our own creations we lose our creativeness. Real Creativeness is feeling *One with* the Omnipresence within. Although we live in the manifested world, the realization of *our Oneness with* the Eternal Presence makes all things relative.

All the relative world is nothing compared to the Creativeness within. They say in the outer world, we see Creation, but Creation cannot speak to you at all. It cannot turn round and it cannot say anything to you, it is only the Creativeness that does that. That which is Creative is Eternal and Ever-present. That which is Creative is formless. Creativeness creates form but It is not subject to the form. Jesus says, “that flesh has no say in the matter.” That is to say, the form has no say in the matter. What is created, is created by the Spirit which is created and remains entirely and completely Creative Eternally, while that which is relative is known. That which is known is not the Unknown, is not the Creativeness. That which is known can never be the Unknown and only the Unknown is Creative.

Therefore when we see clearly this fact. You begin to analyze or to discern your own thoughts, discern your own mental formulations. Look upon your own creations and you will see they are relative to something that is not relative. Something that is Creative and stands behind and is not discernable. You do not know what it is. The Truth is not known, the Truth is Unknown. You will never know what the Truth is, you can only see the manifestation of the Truth. But when you see that manifestation of the Truth you will know that the Truth has manifested. And that is to say, “when you have seen me, you have seen the Father.”

It is a tremendous question that troubles most minds. And everybody is trying to find out what the Truth is but that is an impossibility. What is known is

* See page 41

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not the Truth. No matter how you can create in your mind or build up in your mind ideas of the Truth, try to prove the Truth, you can never do so because the Truth is beyond the mind. But once we see this and once we know that we are the Living Truth, then the Truth is not something abstract. It is not an abstraction, something that is away and is not present. But it is the Livingness, the Life, the Livingness that you are now at this very moment, then you will know that you are the Truth and only in that Livingness is there Creativeness.

The majority of people know only the objective world, a world that formulates laws, regulations, creeds, dogmas etc., that cause separation. These people are not aware of the “One” Life that is creative yet formless, a life that is Eternal and Ever-present in Its Omnipresence, *which is our Livingness*. It is this one Life that we must realize, a Life that is free from all conditioning and which is our Life.

Life Itself is not conditioned, It is freed. Life stands beyond everything. It is Eternal and Ever-present, it is like electricity.

Electricity is free in itself in its natural state. When we bring electricity into activity we make it relative. It is only then when we make it relative that it is dangerous to us. It is the same when we live in the relative world, the relative world is the only thing that is dangerous to us. And that relative world cannot be dangerous when we know the Truth of our own Creativeness. But if we are caught-up in that relative world then we find that our minds are torn hither and thither through our experiences, through our beliefs, through our dogmas, through our own creations, through our laws (mental laws and human laws are made).

Laws that are made for what? We build up an ideal in our minds and we try to bring that ideal into being. So to bring that ideal into being we have got to create laws and regulations, and with that regulation we create suppression. Eventually we find that that suppression makes steam. In compressed portion, no matter how small or how large it may be, it will eventually escape in some way or another.

So we find that we are living in a world that is relative.

When we are aware of the “One” Life which is also our Life, service becomes a joy for then we will be expressing Life—translating Life into our daily living. Without this we will be continually expressing our conditioning and from which there is no escape except through understanding how it comes

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about. When we understand our conditioning and how it comes about, it falls away from us, then freedom comes.

Freedom is living *in the Omnipresence*, in the Ever-present. *What we mean by Omnipresence is that It is Present everywhere, there is nowhere where It is not. And that Omnipresence is Ever-present, there is no time when It does not exist. It is Timeless in Its existence. And to realize this we must get beyond the mind, we must understand what the relative world means. We must understand what our own creations mean and we must understand how they come about. We will see that within ourselves there is this Livingness that is Creative. And in this Livingness is Consciousness. And in this Consciousness must become aware of Itself. Aware of Itself, not what It is but aware of that It IS. And in that Awareness there is Creativeness. But you must also become aware of that which is hindering the expression of this complete Awareness or freedom, which we know to be free when we ourselves discern all that hinders the expression of this Life.*

Jesus was the greatest exponent of that freedom. He went about freely. His mind was freed from all conditions. His mind was freed from the relative, that is why he could control the relative and direct it. When his mind was freed from the relative and was not caught-up in the relative, then he had the Power of Creation.

Now what did you do? I will tell you what you did. Being caught-up in the relative you want something and begin to pray for that thing. But being caught-up in the relative you feel that you haven't got it therefore you pray to have it. But in one portion of your mind you have the idea that you have not got it and on the other portion of your mind you are praying for it, you believe you may get it. Now that is living in opposition is it not? You are living in contradiction therefore you do not know because you are caught-up in the relative. What I am trying to show you tonight is this, if you are caught-up in your own creations, if you are caught-up in the relative you have no power over the relative. But if you are not caught-up in the relative you can be free and in that freedom you have Creativeness.

The majority of people are caught-up in their bodies. They have feelings. Immediately they have that feeling they try to get rid of it. They struggle with it but they are caught-up in it. They don't realize that the fact is being caught-up in this thing is the cause of their trouble. That the struggle is the cause and is the disease. Immediately you begin to struggle with that portion of your body that

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feels disease, then you are giving it a power it does not possess because you are caught-up in it. It is relative, it has nothing at all to do with Life. Life is free and Consciousness is Life. And in that freedom of the Consciousness then there is the complete Awareness. And in that Awareness every atom of your body becomes charged with Life.

It is the Christ Principle that is bearing through the whole body and every cell becomes alive with this Christ Spirit. Well what is the Christ Spirit? The Christ Spirit is none other than the Spirit of God Himself Living in man.

Therefore I say this Livingness and this Spirit, this Truth, this aliveness you may call it, whatever name you like to give it, it makes no difference because its alive and Living. And this Livingness you know to Be, "I am," in that then is the Truth, is the Power. And the whole body must respond because it is relative to the Creativeness that is Eternal and Ever-present, and is not subject to the body because the flesh has no say in the matter. But if you are caught-up in those things your consciousness becomes bound in a prison because it is caught-up in you, the relative.

Now you will see, that the only way you can release yourself from the relative is to discern it, to know it for what it is, to fall away and there the Consciousness is freed, and in that freedom you have Creativeness. I cannot give it to you like a drink of water, you have got to find it out for yourselves but I know that is the Truth. So freedom is Living in the Ever-present. This is living in Reality and not being caught up in the past or the future or the relative world, which we think is Real, when it is but the manifestation and has no creativeness of its own.

When Jesus said, "Lazarus, come forth" he was speaking from the Ever-present Life in which there could be no limitation. If we do not understand this we will be limited by the physical form in which we exist temporarily.

Now you know that Life in you exists in this body temporarily. And one day you will shed this body. And when you are freed from this body you will no longer be troubled with the conditions of the body. You will just be as you are completely freed from those conditions. Therefore why are you conditioned now in your own consciousness, when the flesh has no say in the matter?

I often wish that I could tell people what It Is. I often wish I could give it to everybody. But when I try to explain that which is unexplainable, indescribable, they look with a faraway look, shake their heads and say,

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“I do not understand.” Because they have made no effort to understand themselves, or their thoughts, their emotions, their feelings and how they come about.

If you then are caught-up in your feelings, in your emotions, in your thoughts, you are caught-up in your bodies, in your troubles, then what happens to you, is not your consciousness bound up in those things? You are no longer aware are you? There is not this Awareness in Life that is totally and completely free. Oh no! It's the body, now the flesh, that has the say. But Jesus said, “that flesh had no say in the matter.” And I know that to be true.

As Jesus spoke from the unlimited state of his own consciousness, we must do the same, realizing the Ever-present Eternal Life now, moment to moment, I am the Life not in the past *nor* in the future but now in the Ever-present.

So everybody thinks they have got to wait till they die till they free themselves from their conditions. When they escape from their body or when they escape from the world, they will be free. That is a hideous idea because freedom exists now. And if it does not exist now, it never will exist because of the Ever-present Life. Freedom means you Live freely in the Ever-present Life.

I look to Jesus, no matter what people say about him, no matter what they have written about him, I know that every word he said was true. And I will tell you this also, as I told you before, that although these words were spoken 2000 years ago, they were the expression of a Truth that existed Eternally. And that same Truth will exist also Eternally because it Lives Eternally and Ever-present. Jesus was giving expression to a Truth that although they know the Truth, know that it is true. And that is why those words of his will remain forever and ever.

Great prophets have existed in the times past, we know Moses, Elijah and all the prophets we read of but there was no one who had freedom, that freedom from the relative. When you read those words you will see clearly what Jesus said when he came upon the world of man after his forty days and forty nights. I can imagine him then too, clearly saying, “I am the Son of God. I am freed from all the relative. I have freed myself from the mind. From all the relative world as we see it for what it is, now I know my own Livingness. I know that the Father and I are one.” And that Awareness was not an idea or a belief but an actual Living Reality. A conscious Awareness of that Livingness. He is given the Creative Power to say, “Lazarus, come forth.” Because Life had no limitation when freed from the relative.

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Can you speak those words then? Seek in your mind and see how you are caught-up in the relative. It is quite easy to find out. There is no difficulty in finding out wither you are caught-up in the relative or not. Don't think it is difficult, remember, it is not difficult. It is quite easy when you realize that these things have no power of their own except the power that you give them.

When we are caught up in the past, in the future, in opposites, in good and evil, which we think are realities, while in themselves they are nothing but the product of our own minds, in reaction to our own conditioning, we live in limitation and confusion.

Yes, we see evil all over the world, we see murder, we see all sorts of things. But what is the greatest evil in the world today? Is it not mans hate for his brother? Is it not so that hate brings destruction to the human family? And why does one hate his brother? Because he is taught to hate his brother from the time he was born; he is conditioned by his nationality, he is conditioned by his religion, he is conditioned by his parents, he is conditioned by his environment and he grows up with the hideous idea of hate instead of Love.

The blind lead the blind and they all fall into the ditch. What a wonderful Truth that is.

Life alone is creative and to "Be" "I am" is to create, "becoming" can never be creative. *That is to say, you come here with the idea that you can become something. That you can become creative and you are looking to the future for this creativeness, it will never come, never. Because becoming is going away from Reality. Reality is NOW, you do not create it, it is a Livingness that is NOW. I wish I could give you this Realization of the Livingness, that I know to be true. But it is a Truth. It is a Livingness that is Creative. And in that freedom of that Livingness that is Love and affection. Which is the only Reality there is, there is no other Reality in the whole world but Love and affection. And without it the human family is doomed to destruction. We find a lull at the present time in the world of affairs, we see conferences here and conferences there. Is there any affection in these conferences? Is there any understanding in these conferences? No, there is nothing but political junk. And politics as I see it is the danger in further community throughout the whole world.*

Politics divides a nation into sections. Where one says, this for this party is the opposition and so forth and this is the government, and they must have an opposition. How can you ever have harmony when you have got

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opposites. Everyone trying to tear down what is being built up. Throughout the whole world we see politics. In every nation there is politics. And what is that politics—division. Division in a nation, division in the world which brings cruelty and hate. You have only got to look around you and you will see how stupid the whole thing is. Eventually, perhaps, and not until some great catastrophe comes upon the people of the world will they listen to the Truth—the Fatherhood of God and the brotherhood of man. Unless we understand this we will forever live in limitation, in opposites. When we are caught-up in our own ignorance we lose the creativeness that can speak the word, “Lazarus, come forth.”

When we have discerned all these hindrances there will arise an awareness which is an expression of Reality Itself. Then we will know that there is no such thing as limitation in Reality, but Reality expressing Itself in which there is no limitation. When we experience this we will know the meaning of, “When you have seen me you have seen the Father.”

You know it seems impossible that the mind of man can grasp the mind of that man called Jesus. It seems impossible that we can grasp that mind but I see no reason why we cannot grasp that mind. I can see clearly that it is possible to grasp that mind. And the only way possible is to discern the self; its ways, its cravings, its hates and all these things that are preventing the Realization of this mind because that mind was freed from opposites, freed from hates, freed from all these things that we have in our minds today. But if you look into your mind and you discern these things, they dissolve away. You begin to understand yourself. Aye, the great thing is to know oneself.

In my world of form, Reality breathes without limitation. *That is in this world of form, this body—Reality breathes without limitation. It is the same Life in the body, it is the same Life beyond the body. There is only one LIFE and it is not divided in the body. God is not divided. Life is indivisible, wither in the body or outside the body, there can be no division in LIFE.* But if I am caught up in the form this is my limitation. Jesus said, “the flesh has no say in the matter.” This we find to be true when we are not limited by the form in which we exist.

Are you limited by the form in which you exist? If it is so, then the form is ruling you.

The Absolute to me is no longer some remote abstraction. *Reality to me is a Livingness which is myself, my Real Self, my Livingness, my Consciousness.*

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That is what Reality is to me, a Livingness of which “I am,” myself. There is no separation between that which is manifest and the un-manifested—the uncreated, yet the uncreated is alone creative, this is “I am that I am.”

The Created cannot speak for itself for it has no say in the Matter. When you have found this out from within yourself then you are free. It cannot be my word or a word of another, for then it would be but a belief and this is but a mental formulation, you can never experience Truth through an image or a belief *or a mental formulation.*

It is impossible for you to realize the Truth through any formulation or through a belief of any kind or through an idea. You can only experience it in the Livingness, which you are, that aliveness that is Consciousness, that is Awareness. The whole thing is so simple, yet how is it that you are always caught-up in the form? Because the form rules you. The Creative can not speak for Itself, for it has no say in the matter:

Creativeness is within all of us and we all are expressing our Creativeness in different ways. Yet It is the same Creativeness. There can be no other for there is only “One.” But if we are caught up in the creation we are no longer Creative, so we crave and we desire, we covet our neighbour’s goods. We battle, we struggle, we create strife, conflict and misery.

Because we struggle in the relative. To know that you are in the relative, to know that you live in the relative, to know what the relative is—frees you from it.

The people will say, “pray to God.” You will say, “oh God, take this away from me.” And if they believe that God will take it away from me. It is a bit of an illusion they have created in their own minds in opposition to the thing they are suffering from.

But if you know that you are Spirit. If you know that you are Creative. If you know that you are the Father and you are One, that you are definitely Spirit. And that God is not some abstract being in some away distant in the mountains or in hills or behind or in the sky or in the heavens. But is the very Livingness that lives in you and which gives you consciousness, then you have found the means of cleansing the body, by being Aware.

So please take it from me, that God is not some remote abstraction. For Jesus would have never said those words, “I and the Father are One.” He had found that Livingness which was God and is Reality and is the only Reality, there is none other.

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But you make a reality out of the relative, you make a reality out of your conditions, and therefore you struggle with that reality because you believe it to be a reality, therefore you struggle with it when it is not necessary.

If you could only know the Peace that comes into the mind and the heart. But when that Completeness, that Wholeness comes. If you could only understand the Peace that comes. Aye, yes I can know what Jesus said, "the Peace I give you is not that the world gives it peace."

If we could but realize that we can give shape to creative ideas in which there is no separation, no limitation, for that which is working in us is that which is manifesting in the manifested Universe, then we would be free.

But the same Life that is manifesting in us now is manifesting throughout the whole Universe and there is no division and there is no separation. When you come to this Completeness, this Awareness of this Truth, you feel that the whole Universe is yourself.

I can remember when I experienced that. I was sitting in the Himalayas, in a particular part of the Himalayas, and I was looking at the top of another mountain covered with snow, the peak of Kangchenjunga,¹ it was. I was at that, meditating in the way we should meditate, not trying to control the mind and control the thoughts but discerning everything that was relative. And all of a sudden I was actually on the peak of the mountain looking at the snow. That there was no separation between that point and me. I knew then that the Universe was one in which I could move and have my Being, and there was nothing to stop me. Here was a conscious Realization of the soul moving in space and the Spirit was the animating power, the Awareness. The Awareness, the aliveness, that give me the Awareness of that Truth, that fact.

You would think that that be a moment. No it was for longer than the moment. But I realized at that time because I had known already to try and recapture that moment was a useless thing, that that experience would be only in my mind. But the Principle, the Life and the Consciousness and the ways and means were always present therefore it was possible always.

Life remains Itself, no matter in what form it is expressing Itself. When this is understood to the full, the release of the Creativeness from within takes place and finds full expression in *the* form. The form is the Living Energy in manifestation. Pluck a flower and It is there. In a handful of earth you hold it in your hand. The world about us is no longer a prison-house, as the air and sky reveal Its Presence, *that Livingness.*

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Reality has ceased to become a stranger, something afar off, for we become conscious of Its Presence from which we cannot be separated.

That is the whole thing to become Conscious in that Presence in which there is no separation.

You know the saying of, “do not let your left hand know what your right hand does.” I know that is true. It is most essential that we do not let the left hand know what our right hand does. But most people are always saying what they have done and so-forth. There is sometimes as a lesson that we should realize that although we do things, that we give and give and give but we do not say what we do. Because when we do that we have had our reward. The fact is, when you begin to give, the great Giver makes a channel of you so that He can serve through joyful Living and serve through understanding.

I had the experience several times and there isn't a day goes by that I have not some experience in this way. And although I have probably in my pocket many cheques that have passed long, long ago, that have been given to me as IOU's they have never been cashed because of the fact, that it was a gift. Now I know that these things come into your life but the fact is, I have found this, that the more I give the more I get to give, that is the most wonderful thing that comes into ones life.

The other night, my sister and I was going to the theatre, it was last night in fact, and a woman with a baby came up to the car. She was a young woman with a baby in her arms. I looked at her and I knew she was perfectly sober, and she came up and spoke to us. She told a story. When I told her what to do. She had no where to go.

So Flora said to me, “you must give her a few shillings.”

I said, “a few shillings is no good to a woman who has to have a bed and shelter for the night, she needs pounds.” Then I give her what was sufficient to keep her for the weekend. I never knew her from a bar of soap and I told her, “go to the police station and tell them your story and tell them that a Doctor sent you there, and they have got to see that you have accommodation for the weekend. Then on Monday we will go to the court and you will get what you need.”

Well, of course, streams of tears flowed down from her eyes. I say clearly that the woman was genuine and she was a genuine case. Now when Flora said to me, “why did you give her all that money?”

I said this way to her, “whatsoever you do unto the least of these, so you have done unto me.” That is the great thing, is to know that there is no

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separation. To know that here is trouble, here is difficulties. And as Jesus said, "a drink of water even, whatever you do unto the least of these so you have done unto me."

I think those words are the greatest words that have ever been spoken because they contain the essence of affection and Love. They contain that essence of affection and Love that makes us human and Divine at the same time. But the whole world (if) they realized the importance of those words, a wonderful change would take place.

I am looking forward and because of the fact, although it exists at the very moment today, the brotherhood of man and the Fatherhood of God exists now at this very moment if man would only take hold of it and make it a Reality.

The time will come when it must be so. When man begins to advance and understand his own mind and that which is hindering the expression of that great Truth. We may not see it in our lives but it will come, there is no doubt about it.

The Christ's work will not be finished until all those flocks; the various flocks, the various nations, the various groups are all brought together under one shepherd and then there will be one shepherd and one flock.

Although we are discussing on the intellectual level, it is most essential that we experience what is said, for it to merely remain on the intellectual level is of little value, We must experience in the deeper state of consciousness a Livingness that is not a limitation or a mental formulation, this comes as we clear the mind of all hindrances and this is done automatically as we see what is false *and* what the mind is made up of.

So if we are at this very moment what we are really doing, we are discussing on the intellectual level. But if it merely remains on the intellectual, if there is nothing, there is no transformation. If you remain on the intellectual level you are only reacting and not acting.

Acting comes through transformation in the deeper levels of the consciousness, where that Livingness that really IS comes to the consciousness and frees Itself from all that hinders It. That is a transformation. That is the Livingness that is God in you, that is the Christ, the Living Christ. Not a dead Christ but a Living Christ that is Conscious in you now at this very moment. And that aliveness is the Christ in you. When that is discerned and completely understood, man will free himself.

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When we see that our mental formulations regarding matter are problematical we will cease to regard solidity as something to be carried, something to stumble over. When we realize that it is the manifestation of the Unmanifest we will free ourselves from these mental formulations that burden and limit us. We will know freedom in a free Universe when formerly there was nothing but burdens and limitations.

So when you see that your mental formulations regarding matter are merely problematical and change according to the investigations of science. And we regard matter as a solid substance, the solidity of matter prevents us from doing this and that. When we begin to realize that it is not so, that matter is not a solid substance but is porous and is the manifestation of the Unmanifest.

Then we can reach that state of consciousness of the Master in which the Creative Life works with effortless spontaneity to achieve the perfection of which It Itself is.

We will realize that the “One Life” is creating within us, with that effortless perfection as it is manifesting throughout the whole Universe, for there can be no separation between the Life in us and the Life *in* that *Universe* in Its Omnipresence. Wherever there is perfection there the Absolute has found release through the mind that has been freed from its own conditioning. The Absolute has found release through Its own Creation, the Creator and His Creation become one as they always were from the very beginning.

The only thing that prevents the Realization of this is mans own conditions. The Creator and His Creation are one. Can you understand what I am saying?

When the mind is freed from its own conditioning, its beliefs, its images, its ideas there comes a Silence beyond time in which you become conscious of the Truth of your “Being.” Then there is freedom and in this freedom there is the releasing of the Creative Energy in all Its own perfection. *Your body becomes strong and virile. Things that worried you will pass away. “It is the Father who ever remaineth within me He is performing His own deeds.”*

Now, don't say to me now that these things crowd in upon you and you cannot overcome them. That is all a story. That is because you will not look at the things truly and freely, impersonally, without being caught-up in the conditions.

In great works, in arts and crafts, in commerce and industry, there is the hand of genius. With freedom and experience we co-operate with *this*

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Creative Genius that which is Life's expression and which amazes all who look upon it. This is the Creativeness within being given free expression through an unconditioned mind. The Unmanifested—the Uncreated Life manifesting in us is given release through freedom, and only through freedom is this realized.

Yes, in great works and in arts and crafts, in commerce and in industry, we see this genius. We see the Intelligence in operation. And the freer the mind is the greater is that genius. The greater amount of Intelligence that is operating throughout the whole Universe, is operating through that mind that has freed itself from that conditioning. It is, "I of my own self am nothing, it is the Spirit of the Father within me that doeth these things.

Let us understand this clearly that man and not God made yesterday and tomorrow. "God is Ever-present Life and to live in the Ever-present Life is freedom. The Spirit of God is the Christ in mankind and is the Ever-present Life that knows no past or future being Ever-present and Eternal.

Look into your own minds and then see if you are living in the past and the future. And if you are living in the past and the future, you will know that you are not Living in the present. And when you know that you are not Living in the Present, it's the first rung on the ladder. You put your foot on the first rung of the ladder and you climb it. And the progress becomes Eternal and Ever-present.

The Christ, the only begotten Son of the Father, that exists in the whole of humanity and does not age or die, ageing and dying are man's mental conditioning. When you have discovered this through your awareness moment to moment, the Eternal Christ is revealed. "As ye know me as I am, so shall you be." The same Christ two thousand years ago is the same Christ today.

The same Christ a million years ago it's the same, there is no time. It is in the Timeless we find this Truth. It is not in time that Truth can be revealed to you because time cannot reveal the Truth. The past or the future can never reveal the Truth. Only the Living Presence can reveal that Truth, that which is Living now. I am that Living Truth.

So therefore, God to me is not some abstract being far away in the distance that I have got to pray and supplicate to. But I know that He will co-operate. As Jesus says, "what I see the Father do, I do likewise." The father and I are one.

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This Truth does not exist in the conditioned mind, yet all must come to the same state as Jesus did in revealing the Christ of God. But it cannot be done while man is caught up in his different beliefs, in his enmity, his antagonisms. While man conforms to a ritual, to a pattern he will be conditioned and all he can do is to express his conditioning. Not until he frees himself from his conditioning can he find the Truth that sets him free.

Man is still eating of the fruit of the Tree of Knowledge of Good and Evil. Not until he becomes aware of what he is doing to himself will he cease *to eat* the fruit of ignorance and cling to the Tree of Life which alone is his salvation.

The prophet saw clearly that that Truth that the Tree of Good and Evil grew out of man's mind. Therefore he was always looking upon it and he was living in opposites, living in confusion. But immediately he saw the Tree of Life and he clung to it, he knew that he was freed. That Love was his freedom, that was his salvation. And when he discerned all these things of the mind, they fell away from him and he was freed from them. They no longer troubled him again. He was freed from them because Love that is Eternal and Ever-present—the Love-Life, the only thing that has affection is Love, is the Christ, the Living Spirit of God in man.

Man must become aware of his oneness with the Ever-present Reality and not something afar off which he can never reach. Man must become aware of the Christ filling the whole Consciousness, then we will cease to be at war with ourselves and others.

Through our true relationship with one another we will find peace and happiness. *But how can you have a relationship with one another? You cannot have a relationship where there is enmity, where there is jealousy, where there is hate, where there is separation. Can you have true relationship with one another when you are in conflict with one another? There is no such thing as true relationship in that way. There is only true relationship when you have de-conditioned yourselves. When you have rid yourselves of all your conditioning. And also rid the other person of his conditioning too by seeing him free from his conditioning. Seeing him clearly as you are yourself—freed. But you cannot see him freed until you are freed yourselves. Because what you see in others is mirrored in yourself. And therefore the conditioning must be understood so it will drop away. Then you can see the other free from his conditioning and you can then have true relationship. Both are then sons and daughters of*

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God, freed from that conditioning that prevents the expression of that Love, that Peace, that harmony. That exists Eternally. You do have to create Peace. We do not have to create Love. Love is a Living Expression of the Christ. And Peace is the Living Expression of God. When we have done away with the things that are hindering the expression of these things, we will have them. They are NOW because we do not create them. In the personal sense there is always pain and conflict. Yet through discerning thoroughly this limitation we will find the Unlimited, the Beloved within ourselves. Then our affection becomes free from attachment, free from possessiveness and glorious in Its expression, for we will know our neighbour as ourselves. “Whatsoever you do unto the least of these so you do unto me.”

“That which is born of the flesh is flesh, that which is born of the Spirit is Spirit.” [John 3: 6.]

BENEDICTION

O Ever-present Life, Thou alone-art Creative. Thou canst not be antagonistic to Thine own Creation in any form.

It was the illusion of separation in my mind while in ignorance of our oneness that created my fear and loneliness.

This illusion of separation was the cause of ill-health, unhappiness and sense of lack.

But in my despair I dimly heard Thy Silent Voice say, “remove from your mind all that hinders my expression in you and We will be one as We always were one.”

Then Thy Light that shone from the beginning shone in every corner of my being. Henceforth, Beloved One, there shall be no more darkness for I shall live in Thy Presence forever, O Eternal Creative 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 9th February 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. *Mt. Kangchenjunga*. Is located on the boundary between Nepal and Sikkim. Kangchenjunga is the third highest mountain in the world with an elevation of 8,586m (28,169ft). First successful ascent to the top occurred in 1955.

**THERE CAN BE NO PERFECT ACTION WHERE
THERE IS A SENSE OF SEPARATION***

Where there is a sense of separation there cannot be the expression of unity. There cannot be the expression of Infinity. It is the Whole that is working, the Whole is active. Infinity must be everywhere otherwise there could be no Infinity whatsoever.

Therefore what I said to you the other night. God to me, Life, is not some abstract Being away in some remote part that we may call heaven or whatever the case maybe. And He is not someone that I will reach tomorrow or sometime hence, and only when I have passed out of the physical body. God to me is a Livingness, that is alive now everywhere, and that Livingness is in me therefore He is not remote. He is not apart nor is He in anyway distant because He is nearer than hands or feet, He is nearer than the breath of man. That is the Livingness that we know to be Infinite.

But you find that after you have discerned all your formulations and your beliefs. You must discern what your beliefs are and how they come about. And you must discern how you are reacting and why you are reacting. You react to protect your conditioning. That's all you do, you react to protect your ignorance. You do not react to protect the Truth.

So I would say to anyone who belongs to a certain faith, I says, "to hell with the Pope!" They would react immediately and that reaction would be very strong but they would not realise why they react. If they could not discern why they react they are still caught-up in their conditioning. They are still caught-up in separation. They were reacting to protect their conditioning, reacting to protect their dignity.

So reaction is always a protection to your conditioning and unless you realize this you will never be free from that conditioning. You must discern it. And it is when you have discerned all your conditioning, your formulations and how these conditions have come about. How they have been built up in your mind through generations past, through conditioning of your childhood and so forth, through your imitations on imitating another person. Unless

* See page 56

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you discern that you will never know how you are conditioned therefore you are reacting to protect your conditioning. You are reacting to protect your ignorance. But it does not matter at all whether it is true or not.

The only Reality is this Infinite Living Being that exists in every person and every soul, and it is everywhere and there is nowhere where He is not. But if that is only a belief to you, you are just the same way as the belief of another individual who believes in a certain religion. Now when you have got all these different religions you believe them to be true.

I have just received an invitation to address the conference, in Japan, of all religious bodies throughout the world. They are going to have a conference and I have been singled out as the one to address them. Well, what would I address them about. The very thing I would address them about is the irreligious part of their religion. I would have to show them that all the different forms of religion are all made up in the mind and the only Reality is the Livingness within each and everyone. I have to show them completely how they could not arrive at the Truth. All the ways they have been trying to arrive at the Truth, they will never arrive at the Truth. Or my address would be, how you cannot arrive at the Truth.

You cannot arrive at the Truth through any organised religion, that is a certainty. You cannot arrive at the Truth through anything external to yourself, that is a certainty. You can only arrive at the Truth when you know all the things that are not true, then you will arrive at the Truth. You will arrive at the Living Truth, that Living Truth that is alive NOW and is Ever-present and is Eternal, and is that Livingness, that Consciousness in man. Unless man becomes aware of that he will never arrive at the Truth because he will be at variance with his brother; through different forms of beliefs, through different nationalities, through different ideologies. He will be at variance with his brother therefore there can be no unity, there can be no Oneness, there can be no Wholeness because there will just be separation.

And when there is this separation, no matter how it comes about. If you look into your own minds you will see it comes about through your own acceptance, your own formulations, your beliefs. It comes into your mind through imitation, through acceptance and through belief because you have not discerned how it has come about, you are caught-up in it and therefore there is no relief. And therefore you will never find that which brings man together as one complete brotherhood of man and the Fatherhood of God.

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No matter how you think, now I will tell you, no matter how you feel about your particular beliefs, you must discern them clearly. You must look into your minds with undeniable honesty and therefore see them clearly, your own formulations and how your beliefs have come about.

The mind must be freed from all that material so that you will come to that point where Life Itself is laid bare before the consciousness. And that Life being everywhere and indivisible is the same in every living being. That is God, that is truly religion in the perfect foundation of the world religion.

But to follow a particular group, to actually be caught-up in these particular separated groups, where you see one person worshipping God, while you worshipping God are antagonistic to the other person who is also worshipping the same God in a different way. When that exists in the mind of the individual there can be no unity, there can be no brotherly Love. If you look into your own minds you will see how true that is. The division is in your minds! It is not in Reality.

“My teaching is not my own but his who sent me.” John 5:
16. (Moffatt)

The Present is the only time there is, I have often spoken to you about this, but I know that the great significance of this truth has not fully dawned upon you.

Starting from the beginning, all know that there is but “One” God and there is none other beside Him, (*that is the beginning of the whole story and the ending of it too*) there is no other “Being,” no other force. There is but one “Being” and this “Being” *must be our “Being” because there can be none other.*

I am reasoning now with you. I am using Divine Reason as a means of lifting you out of your conditioning. But remember Divine Reasoning even how far it may go, will never reveal the Truth. Because the mind must cease to reason, the mind must cease to think and at that time when the mind begins to cease thinking and reasoning then Truth is revealed. Because Truth is not in the mind and you cannot reason it out.

You can reason Divinely to a point where you can go beyond the mind but to keep on reasoning you will still be in the mind. And you will notice that you are formulating certain precepts and these are human precepts. There is no truth in a human precept. There is only Truth in the Livingness, that God that is alive and Living and not a dead God.

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So it must be so, for *there can be no other "Being," God being Infinite.* If there is but one "Being" then we are that "Being," therefore that Being must be you and me for there is only "One."¹

And there cannot be separation in that "One."

If you are troubled with the past or have fears for the future you are not "Being" now. *I will repeat that again because it is most important. If you are troubled with the past or have fears for the future you are not "Being" NOW.* "Being" exists only in the present. *You cannot think in the past or the future.* You can think about the past and think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind, *it cannot be anywhere else. Because only the Presence exists and there is no other time. The Presence is the only time, there is no other Reality. There is no other Real time but the Timeless, that which is present. If you look into your own minds you will see how you have come to bring the past and the future, how you have built it up in your own mind. Then if you live in the past and the future how can you live in the actually present NOW, when the present is the only time.* Pure thinking is creating in the present, not thinking about the past or the future.²

Some people are always harping *about* the "if," "if it had been this or that, things would be different now." It is this "if" of the past that is preventing the present from being what it should be in your life.

Don't you see that you are blocking out the Living Presence. The Presence is a Living thing it is not a dead thing. It is not an idea of the past or the future. The Presence is a Living creating Force and it is Eternal and Ever-present.

That is why I say, Infinity to me is not something in the future or in the past but a Living Expression at this very moment.

You cannot call the Infinite good in the sense that there is evil. Good and evil cannot exist as opposing each other, they exist as opposites only in the mind.

The idea of good and we struggle with evil all the time but you will see that evil was created in mans own mind. Evil is a product of mans mind living in separation. Living in greed. Living in craving. Living away from the Living Presence because anyone who is evil cannot live in the Living Presence, they are either living in the past or the future and they are caught-up in opposites.

So evil is a creation in man's own mind and not a Creation of Infinity because if God is Infinite in nature there is no room for the devil in God.

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But the self of man is the devil. And hell is the mess that the self makes in the life of man himself.

There is no such thing as a negative power which is not of the one All-Originating Power. The negative power does not oppose the All-Originating Power, but is a complement of it just as the North Pole and the South Pole are inter-related to one another to create attraction, the one force creates them both. It is the same in the atom, the electron, the proton *and so forth.*

So you see, there is a Creative Force in the Universe but it is not separated from the creative power in man. Mans creative power is none other than the Creative Power of the whole Universe because there can only be one Creative Power and one Creator.

Similarly, Life is a higher form of action. All energy is the same mode of manifestation of the "One." *All energy must exist from the one source.* It is always making something and in so doing it may unmake something else. What is known as negative force is the operation of the Cosmic Law of transition from one form to *another.* When we understand this we see within ourselves the same Law in operation.

When there is a building process in nature there is always a tearing down of something else in nature but that is change. People look upon this change as death, things are dead. But if you investigate that apparent dead thing you will see it much more active than the thing that seems to be alive because it is disintegrating. The atoms are beginning to separate from one another and are beginning to form new combinations, and these new combinations are going to build up something else in nature.

There is not one dead particle in the whole of the Living Universe. Science will prove that to you. Because there cannot be a dead atom. There cannot be a dead proton. There cannot be a dead nucleus. Therefore there can be nothing dead in the Universe but a change from one particular atomic form to another atomic form. That one group of atoms are making up something else and in doing so is changing over from one group to another. That is exactly what is taking place in the whole of the Universe and in your body at the same time. This process is going on Eternally.

In the ordinary sense in the mind of man, good is that which gives pleasure, bad is that which gives pain, whether outwardly or inwardly, whether inside or outside the skin. That is a fact, is it not?

Pleasure is what you want, so obviously we call it good. What you do not want you call bad. Don't let us fool ourselves and spin a lot of words

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about good and evil or God and the Devil. If God is, the Devil cannot be, therefore it is the non-existence of the Devil that makes up the Devil. God being Infinite *in nature* there can be none other than He.

So as we said clearly in the beginning and you cannot be confused because you must look to the beginning to see the ending. Starting from the beginning there is but one God and there is none other beside Him.

When you have searched your mind and you see how these ideas have crept in, those beliefs have crept in, you will discard them but you must go further than that. You must still go further and dissolve all the formulations in your mind until such time as your mind is completely emptied of all formulations, at least you know what they are, you arrive at a time. You arrive at that Silence, when you become aware of the Real, aware of that which is alive and Living in every living soul. And it cannot be a self that is divided but a Self that exists in every other self.

The Whole must be seen and the Whole must be re-experienced. And in that experience after the mind has been cleansed of all its formulations, there is a Complete Awareness and in that Awareness there is no good nor evil, there is just affection and Love. It cannot be anything else but you will experience it.

There is a feeling that comes then at that time that you Love the whole world, no matter what it is, and everything in the world you could take up in your arms as Infinity does. And you could be as Infinity and in that way nothing could harm you in any way whatsoever.

Experience is essential to your freedom. Through experience you begin to realize what is behind the individual. Without experience you would be dormant, asleep in your limitation; yet experience without discernment and continual adjustment in the present is but a repetition of error, which brings frustration and misery. But through continual adjustment, through experience and understanding, there is *the* freedom.

We say we do not want war, but we encourage all that breeds war. Being conditioned we create a society after our own likeness and having created such a society it turns and exploits us, so it is again the vicious circle *is it not? Why? Because you have not yet understood your own minds, your desires. You have not yet understood your own formulations, your beliefs. You have not understood your cravings. So when you crave, what do you do, you encourage all that breeds war. You believe in certain nationalities. You believe in certain political groups. You believe in certain religions. You believe*

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in all that is separation itself. You breed dissention. You breed the very thing that leads to war. There can only be a sane society when we ourselves are sane, and this goes for all governments and councils, national and international.

For we see the same state of affairs in international and national as we do see in ourselves. Unless we can see this in ourselves there is no use talking about that which is separated in things external to ourselves. In ourselves we have to begin first, that is the beginning and not outside ourselves.

You may laugh, but we are insane! For we are not clear thinking human beings, (so a clear thinking human being is the only sane person, but show me one) we are unbalanced therefore our society is unbalanced. The whole world is caught up in the appalling catastrophe of antagonism and conflict that leads to war and destruction and we are the cause.

The cause is not outside ourselves, do not think that because the cause is within us, and that is the devil. And hell is the mess we make of it.

A sane person does not want to break it up, (he does not come in and break up a fight) he sees the cause of antagonism and conflict, and begins to dissolve it, first in himself. Not until he dissolves it in himself can he help others to do so.

So unless you see the cause of conflict and antagonism within yourselves, how can you expect to guide others to see it in them.

To say it is my country and I must protect it is not finding the cause but adding to the conflict.

So therefore we have to search in our minds to see the cause of this conflict. ³What the matter with us is, that we are caught up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.

So you see, it is the waving of flags, the beating of the drum, the brass bands and the speeches, and all the things about the heroes that starts the desire for war.

You may think that I am a pacifist, I am nothing of the sort. I come with the sword, the sword that has a double edge, that is what I have come with. I have come with this sword to pierce the mind, to see clearly what the mind is made up of.

And it is perfectly clear and true, that if you murder a murderer you are a murderer are you not? You cannot escape it because it says, "thou shall not kill."

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But here we have the contradiction in the mind and you see how stupid it is, the conflict in the mind. We build airplanes to carry the biggest bombs it is possible to build. We build new guns that have a greater firing power. We build ships that will carry the biggest guns possible that will wipe out towns anywhere, from a matter of fifty miles away. Why do we do this? To protect our own conditioning. Because we have conditioned ourselves by some sort of idealism, some sort of nationality, some sort of formulation in the mind that we have created. So everyone becomes one complete item in that idea and therefore you kill. But you are a murderer. You cannot get escape of that you are murderers.

When I was in the First World War, I was in the field, nearly always in the forward dressing stations. And there I saw not only our own soldiers but I went out, yes under shot and shell, and bandaged up the wounded enemy. And there I saw young lads, not more than seventeen or eighteen, and I looked at the innocent faces they had and I said to myself, "some mother's son, what a tragedy."

Now what we do, don't we, we kill people we have never seen before. We are not killing him in the heat of an argument or in heat of anger; we are killing in cold blood. The sniper gets up on his sniping pole and he delights in getting his telescopic sights on this person's head. And he draws the trigger and the bullet flies and he watches the result and he sees this man drop dead. But you are given medals for that. You are praised to the skies for that. The other people are doing the same but no one sees the stupidity of it. Neither side sees the stupidity of it.

But supposing you went down the street there and you did the same thing. You were taught how to shoot, and shot a person, you would be hanged for it in a very short time. So the whole thing is a stupid contradiction.

Why? Because you will not discern in your minds what is made up in your minds, how you are conditioned, how you are imitators and all the things that build up in your mind the tragedy of the human life.

Go back in your own religion, you were burnt at the stake if you did not believe in a certain way. Even now, if it wasn't for the law, people would be killing themselves because they belong to this, a separate religion.

When I was in Glasgow just recently, there were two bands coming down the street. One was coming up and the other was coming down. And they were two different denominations. One was the Catholics and the other was the Orangemen.⁴ Two religious organisations leading bands down the

4. See Notes page 56

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street. But when the bands became close to one another there was something spoken and the others heard about it and before you knew where they were, they were all at each others throats. So the police had to keep them separated. And here was two of these religious organisations and here you have this battle. Don't you think it is dreadful? Don't you see how people are conditioned?

How can we expect a sane society when we are not fully awake, when we are half-alert and unbalanced? If we are in confusion do we not create a society that is confused?

Many people rebel against past experiences; they fight, they struggle and become emotionally upset, this is the way to frustrate the present, so they become confused. If you are not confused you are tranquil, and you will not wait for another to tell you what to do, you will immediately dissolve the cause within yourself.

When we are confused in mind, we are confused in body. Most of our illnesses come from confusion of the mind in one way or another, the body is but the mind materialized.

We concentrate upon our ideas through fear. And by doing so we condense them into concrete form which we see upon the physical body. There is no getting away from it, it's a Truth. And it is necessary that you discern it straight away

When we succumb to conditioning we call the result bad or evil, so we create further conditioning and *fail to see* the good. We create opposites within ourselves through misunderstanding the Oneness of the Spirit in Its complete expression. When we understand the cause of our conditioning it dissolves away and immediately we are free of opposites.

Now when you are living in opposites you are living in confusion. All the time you are living in your mind are you not, in opposites? You are living in one thing; Health and in ill-health. The fact is, that you have an idea of health and you are struggling with ill-health, you are living in opposites if you are living in your mind.

Yet, what you create in the mind is not a Reality. Even if you changed your thoughts from death and disease to life and health it will improve you no doubt but it is not a Truth after all. It is only a formulation in your mind and yet you are living in opposites. You have to discern these things in your mind and know them for what they are, you will see their opposites. The Spirit does not live in opposites. The Spirit is the Livingness NOW, the Infinite

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Expression in me and you at this very moment and it is every moment, and It is a Living Presence. It is not a dead thing in your mind, an idea or a belief.

And even if you change from the negative idea of ill-health and death to one of life and health you are only creating a further formulation in your mind, it will undoubtedly improve your health but at the same time you have not reached the Truth that sets you free of all these things.

You can only reach the Truth when you have discerned what your mind is made up of. And you will see that health is but an idea. And you will see that your life is but an idea, it is not a Living thing, it is just an idea in your mind. The Living thing is alive, it is Life Itself, it is not an idea of Life.

⁵It is the Infinite Life that is always present and is the only power there is, It is Ever-present in the individual and is not separated in another. When this is known through experience and is not merely an intellectual idea, all fear *and* sense of right and wrong, all hates, all that frustrates you in the present is dissolved away. **This is freedom.**

To attain freedom you must see clearly and very definitely what is false, so that it drops away. To discern what is false you must examine deeply and observe everything that you are doing, thinking and feeling. Out of that you will not only discover what is false, but out of that will come a new vitality, a new energy that will make all things *new* in mind, body and circumstances.

If you conform to a pattern you will *live* in limitation, and if your pattern is not unfolding there is frustration.⁶ The Infinite Mind is complete Being now, in which there is no limitation, no pattern to fill; this Being must be our Being, there is none other.

There is no pattern to fill, nothing to follow. For that which is, IS NOW Ever-present.

I said in the beginning that the Present is the only time there is. And I have often spoken to you about this but I know that the great significance of this Truth has not fully dawned upon you.

In Reality there is no finite being as most people think. There is but “One” Being. A *finite being is an idea that man has created in his mind. That there is two particular people, God and something else. There is nothing of the sort. And science will prove one day, if we have not proved it already, that there is only one substance underlying all things. There is only one energy in that substance. There is only one Intelligence behind all Creation. And*

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there can be only one Being, that is the Creator and there cannot be any other. We must tear down our individual existence in the consciousness through discernment of the false and that which is in the mind which separates us from Infinity. In this understanding only lies the purpose of our individual existence. The small "I" loses Itself in the great "I am" and I become "I am that I am," the drop becomes the ocean where and there is no separation, no division and no distinction.

In your present personal state this may seem afar off, but in Reality it is actually a fact now. That is why the present is so important and not the past or the future. If then you can realize the importance of what I am revealing to you, the Present. The Presence that is Eternally Present is a Living Creativeness. And that must be the Creativeness in me and you.

If I am talking to you, I have got no idea, I don't make up what I am going to say to you when I come in here, that would be ridiculous. If I did I would make a mess of the whole thing. I would try to think in my mind what I thought I would say. I would be no inspiration at all, there would be no truth in it. I would be just expressing the formulations of my own mind. But if I come in here knowing that the very words would be put into my mouth at that very moment, not wondering what words will be, then it will be inspiration. Because I know that Life created a body, the brain, the nervous system, the mechanism that enables the tongue, the mouth, the lips, the throat to form certain words. These words are the result of certain activities, certain forces that have come through the brain to formulate those words. The thought then become words. The sound then enters your ears, that sound is carried to your brain, the words are then separated and distinctly apprehended. And you begin to understand my thought or the thought that comes through my mind. Here is a mechanism created by God through which that Spirit can speak for Itself.

Therefore all I have to do is to know is that the Father does the work. That is all, no more, no less.

You may say it is faith but what is faith? True faith is not the result of fear. True faith is not the result of the opposite of faith. True faith is understanding. When you thoroughly understand then there is no fear because it has gone away, it is passed into oblivion, it does not exist. Then faith IS, it does have to be, IT IS. It is the expression of Life Itself in Its true nature, that is faith. All great things that have ever been done by man were done when only the present existed, with nothing to interrupt the Infinite having full expression through the individual that is in no way separate from the whole.

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Great things have been done. The greatest men in the world are men who have humbled. And the humble are great, do you know why? Because by being humble in that way, not a stupid humility, fear and so forth but humble in the presence of the Almighty, in that way the Almighty expresses Himself through the humble.

And what we see before our eyes the great things that are being built up, industries and so forth, are being brought into being by the Intelligence that is working through the brain and the mind that the Intelligence has created for that purpose.

Your whole being is Life's expression. You do not identify yourself with infinite Life for you are Infinite Life. *One person says now, "I identify myself with God." What a stupid statement. I said, "well, you were outside God one time or another then, and you now identify yourself with God. You have a wonderful opinion of yourself if you identify yourself with God." When you identify yourself with anything are you not separate from that thing? When you know you are the expression of that thing, you do not identify yourself with that thing because you know. To identify yourself with Infinite Life is to put Life apart from you. It only becomes an idea which is not Reality. And your identification is but an idea in your mind and there is no such thing as a real Living Infinite Consciousness or Awareness there is but an idea which is made up in the mind. So your identification is but a mental formulation. The Creator and His creation are "One."*

You cannot separate a part from the whole. Separation only exists in the individual consciousness that is not aware. This is the illusion that causes frustration. This is "becoming" and not "Being."

While seeking to "become," there can never be a cessation of this continuous struggle to "become," living apart from Infinity which is an impossibility, for there is no separation in *Infinity*.

But in your mind you are always trying to "become" and naturally becoming is going away from "Being." And it is always tomorrow and tomorrow never comes. You will always becoming and you would never Being.

When the "I" loses itself in Infinity there is no sorrow, no pain, no past, no future, no good, no evil, no birth, no death, there is only the presence of the Omnipresence in spontaneous action. The wall of separation has worn away through the discernment of your own formulations. When this is complete there is no longer any craving for [the] Spiritual or the material, for the scar of individuality in the Consciousness has ceased to be.

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It is the scar of individuality in the Consciousness that is the cause of all struggle, the cause of all craving, the cause of this separate existence, the cause of fear, the cause of hate, the cause of past memories, future hopes and despair.

There can be no perfect action where there is a sense of separation. It is the same mind working through the individual, the same mind that shaped the Universe before it came into Being. There is no difference in kind or quality, for it is the same and there can be no other. With this understanding our thoughts will become the product of that which was in the beginning and will take form and shape as did the Universe, for It is the Father who ever remains within me is performing His own deeds.

As He performs His deeds throughout the Universe He is performing His deeds in me. It is the same Father, the same Life. The same Father that was in Jesus the same Father in me. There cannot be two, there is only One. Our Father who art in heaven. And heaven is within you. It Is the sacred Sanctuary of the Soul, where Life in Its Wholeness and Completeness dwells. It is the Christ, the Spirit of God manifesting in man.

“Truly, truly I tell you, he who listens to my word and believes him who sent me, has eternal Life; he will incur no sentence of judgment, he has already passed from death across to Life.” [John 5: 24 (Moffatt)]

BENEDICTION

O Infinite Being, I was lost in my finite self seeking Thee, afar off.

While I was seeking to “become,” a never ceasing struggle blinded me to Thy Presence.

I gave up the struggle, and, O Infinite Father of Mine, Thou revealed to me that we were one.

Then Thy Peace came in me and in that Peace Thou didst work in and through me.

And as Thou didst fashion the Universe within Thy Being so *do* Thou express Thy Self *in* my Being.

O Mighty One, I am no longer afraid for I see myself as my brother and my sister, for there is but “One,” and now my joy is complete, O Wondrous One.

NOTES

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 16th February 1954, at 7.45 pm. A recording exists of the Johannesburg lecture. (see page....)
1. The Lecture Notes reads [*It must be so, for it cannot be anything else. If there is but one "Being" then we are that "Being," therefore that Being must be you and me for there is only "One."*]
 2. The Lecture Notes reads [*If you are troubled with the past or have fears for the future you are not "Being" now present, which is the only time there is. You can think only in the present, you cannot think in the past or in the future. You can think about the past and think about the future, but is this not conditioned thinking? For the past and the future can only be in the mind. Pure thinking is creating in the present, not thinking about the past or the future.*]
 3. The preceding sentence in the Lecture Notes is missing from the sound recording. The paragraph would then read: [*Therefore it is not a new plan or a new council we require to make us sane, but to know what we are in ourselves. What the matter with us is, that we are caught up in imitation. We wave flags, we listen to speeches which have no real understanding in them. We just become stimulated through imitation which has all the indications of insanity.*]
 4. *Orangemen*. Members of the Orange Institution (Orange Order, the Orange Lodge). Is a Protestant fraternal organisation based in Northern Ireland. Founded in 1796 is a tribute to the Dutch-born Protestant King of England, Ireland and Scotland William of Orange, who defeated the army of Catholic James II at the Battle of the Boyne in 1690.
 5. The preceding paragraph in the Lecture Notes is missing from the sound recording, it reads: [*When all our experiences are dissolved in the present by living in the Presence now, all the forces of our true nature, made in His likeness, come into being. When we live in the past or the future we live in the illusion of separation, and this means struggle and disappointment.*]
 6. The sentence in the Lecture Notes reads: [*If you conform to a pattern you will be in limitation, and if your pattern is not unfolding there is frustration and failure.*]

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["I will speak out what has been hidden since the foundation of the world." Matt. 13: 35 (Moffatt)]

That is now Ever-present. The present is Ever-Present. The Truth is Eternal. There is now time when It was not and It will always be Ever-present. There is a Livingness that is present. There is an Intelligence that is always acting for you as soon as you know that It will do so.

Sometimes we get upset. We lose our faith. We lose that particular state of consciousness that is faith. We think things are always going wrong. Now that is a state of consciousness that you must look to. You must look into that state of consciousness and see that it is in error. Because there is an Intelligence that will aid you and help you in all you do if you accept this Intelligence of the present of the Living Presence. Not something tomorrow or yesterday but the Living Present now. When that moment comes the Living Presence is always there and is active for you. Its an Intelligence that is always active in the present and never in the past or the future. The future and the past are in the mind, cause a disturbance in the consciousness, cause a disturbance in the mind which prevents this peace that you require, this logical peace.

You do not create Peace. Peace Is, It exists now. That Peace exists at this very moment. All you have got to see, is to look with your own consciousness and see how it is disturbed and what it is disturbed about. And immediately you see that it is in error and know then that the Intelligence is always present, always active in your life and will do these things for you as long as you know that It will do so, and It will.

Your Consciousness is supreme. Consciousness and Life are synonymous. Therefore you are Conscious. Therefore you are the Consciousness of Life and Life has Intelligence. It is the Intelligence of Life that is active always and is always out-picturing what the Consciousness is aware of. But that Awareness must come to you clearly and distinctly as you look to your consciousness

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and see how it is disturbed and why it is disturbed. And when you know that things don't matter very much then that disturbance will pass away. Then that which is Ever-present, the Creativeness that exists in the present with all, it is active in you and is through you.

Why is it that some people cannot see? It is entirely because their consciousness is so-called irritated, it is in a state of flux as it were instead of being stable. Therefore if you realize then clearly and distinctly that Consciousness is an attribute of Life, it is Life Itself, and Life is Eternal and Ever-present. And there is no division in Life because Life is Wholeness in Itself. Therefore it is the Wholeness of Life that is expressing Itself through you.

And why do you fear? Why be afraid? There is no need to be afraid. Peace is NOW at this very moment, Peace is. And Peace will remain, provided you will look and watch the consciousness and see how it is caught-up in anything, the past or the future. NOW is Ever-present. Just as the Livingness and at this moment is always NOW. And the moment that comes is always NOW. And the next moment is NOW and NOW and NOW. And it is completely a continuation of the NOW that is Ever-present.

If your consciousness is caught-up in the future how can you be creative NOW? If your consciousness is caught-up in the past, in memory, how can you be creative NOW? The consciousness will always be expressing itself according to the past and the future.

And when you know that if you are Love Itself you cannot go wrong. Its an utter impossibility because Love is God and God is Love. There is nothing surer than that. And It is giving Love because you become an expression of Love. It seems more people are seeking love. But if you give Love you will know that It will return to you a hundredfold. Not that you give to get because that is a wrong idea, giving to get then you are living in the relative. But if the "I," the I itself, the I merges into the great Whole, the I is dissolved in the Whole is it not? The I no longer exists then the Whole IS. And it is the Whole that Is expressing Itself NOW.

But if the I always exists, and there is the trouble, because the I is always externalizing itself. But when the drop becomes the ocean, the ocean becomes the drop. In the drop is all the elements of the ocean. And when that drop is in the ocean it is the ocean. And so it is with the I.

The I is dissolved away in the great I AM and when that comes there is Peace. There is no longer an irritation of the consciousness. The consciousness

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is no longer caught-up in the past or the future but it is stable, still, giving expression to the Wholeness, to that great Intelligence that has created all things, the Universe. That same Intelligence that created the stars and the planets. It is the same Intelligence that is working through you. It is expressing Itself through you at that very moment and it cannot be any other time but NOW. That is why Creativeness is always in the present not in the future or the past. That is why your consciousness can always be at peace because you know, you are no longer afraid, knowing that the Wholeness is now expressing Itself and nothing can go wrong. Because everything is right NOW. There can't be anything wrong in Reality. There cannot be a single thing out of place in Reality. Everything is Perfect NOW in Reality. Everything exists NOW in Reality and tomorrow will be NOW too, when it comes it will be NOW and the only time you can create is in that moment NOW, and that's the Wholeness.

Everything is right NOW. There lies the Peace of Man.

Experience is related to the past whether it is pleasing or not pleasing, but experience is not creative. That which is of the past is not creative, only in the present are we creative.

You can only Love now, you cannot Love tomorrow, you cannot Love yesterday, you can only Love NOW. Look into your own minds, your own hearts and see. And Love always exists in the NOW and never in the past or the future. But Love is God and God is Love.

Now perhaps some of you want a pattern to follow. You want me to show you a pattern how you can follow. But if I give you a pattern you become an imitator. You can no longer be a thinker for yourself. Everybody is giving patterns. And what happens with all these patterns? Is it not a fact that all these patterns become confused and create confusion and disturbances, bring wars and all these sort of things? No! I refuse to give you a pattern to follow. Because If I did, you will never know the Truth. The Truth would never be revealed to you because you would be following a pattern and groove and there you cannot find the Truth.

The Truth can only be found in yourselves when you have discerned your own thoughts, emotions, feelings and what they are and how they come about.

I can see how I was brought-up. I was brought-up in a very strict religious home. And I had to learn a psalm every Sunday. I dare not whistle. There was no dishes washed. There was nothing done. On Sunday there was nothing

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done at all. People just lay around, read the prayers in the morning and in the afternoon and so-forth. Went to Church three times a day. Until such time I got so damn sick of it unless I kicked the bucket. And I refused to learn a psalm every Sunday. I refused to stop whistling on a Sunday. Because I thought if I whistled on Sunday it was as good as whistling on Monday anyway. If I was injuring God, how could I injure Him I could not see how I was injuring because of this whistling.

So I saw the tomfoolery of the whole thing and I was only a youngster at the time. I told my parents too. And when the parson came to me and asked me why I wouldn't come to Sunday school. I said I didn't believe a word he said. Well, I was an outcast.

But you see according then to your influence unless you think for yourselves, you are caught-up in certain grooves, a pattern. And that pattern will following all your life. Supposing then some person comes with another pattern in direct opposite to your pattern and then you argue about the pattern, and you say it was this and it was that. And what happens in the world today, is that not the trouble in the world today? You are given a pattern to follow. Who knows the truth to a pattern? Never. Therefore I refuse to give you a pattern. I can only show you what is not true. And as I show you what is not true then you can find out the Truth yourself and that is the most practical thing that you could do. There is no more practical thing in the whole world today than discerning the false and then know what is true. What is in your mind is not true.

If you create an idea of something it is an idea is it not? It is incomplete. It is not whole, it is incomplete but Wholeness is NOW, It is a Living thing. It is not a dead thing in the mind or an idea. Wholeness is a Living thing at this very moment—NOW. And It is Whole and Complete and Perfect and there is nothing wrong with It, It is completely and always right.

I am not saying that experience is unnecessary, but to depend on our experiences, on our memories, as a guide is denying the Ever-present Creative Intelligence, the All-Knowing.

Therefore we must go beyond experiences. They are above experiences because we know there is an Intelligence that knows how. That Intelligence is my guide. My experience of the past is a memory it makes no difference to me, I know it is in the mind. Because the Living Presence is always present and that is the Truth. The Wholeness always is and It is always right and

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there is nothing wrong with It. And everything is right at this very moment. There cannot be a single particle out of place. There cannot be a single atom out of place in the whole structure of the Universe. There cannot be a single thing [wrong], NOW, in you at this very moment. You depend upon this Intelligence because your consciousness is aware of It, aware that It IS.

I do not know what It IS, I cannot not tell what Truth is. Jesus could not tell what Truth was. They asked Pontius Pilate what is truth, he couldn't tell it. Jesus refused to tell it because he knew perfectly well if he did say what Truth was, it would become an idea in the mind of the individual and therefore there could not be Truth with an idea of it. But he said, "the Kingdom of Heaven is within you, the Kingdom of God." In other words, the Kingdom of the Spirit. The Kingdom of God being Whole and Complete, without a division, without separation and Complete in himself (Jesus) without a flaw, the Kingdom of God is within you. That Wholeness, that Completeness is NOW within you. That is your Peace. There is no other Peace.

Peace does not arise out of the turmoil of the mind. How can you have Peace if you have turmoil too. But if you know the turmoil, if you understand it, it will pass. Then you will have Peace, a beautiful Peace, a Peace that IS. A Peace that is not created but a Peace that is a Living Peace.

Experience through a sense of separation is not the way to true expression. What I call right action is not the result of the past. Right action is an expression of the Ever-present where there is no sense of right or wrong. It is an action that is not the result of the past, the future or the external. *It is the Intelligence that is behind all Creation expressing Itself in freedom and Wholeness NOW.* It is only when you understand what is the past, the future or the external can *the* right action come. If you do not understand *that*, your action will arise from your conditioning and not from the Ever-present Creative Intelligence in which there is no memory, no fear and no separation.

Therefore what arises from you at this very moment is the expression of your conditioning, expression of your fears. Fear you do not understand, this then you will be caught-up in the fact that your conditioning is being expressed. Because that is what you have in your mind. You have not discerned the conditioning.

Spontaneous action is the Intelligence expressing Itself through the individual that is free from effects of the past, free from fear, free from opposites that distort the true expression of the Christ of God in man.

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The Christ of God in man is in every human soul. The Christ of God is the Livingness, that aliveness that is you, that Real you. Not the outer consciousness that is caught-up in the relative. You will know the relative; you will see it, you will know it, you will understand it, you will see what it is, you will know that it is. But you will no longer be afraid of these things because of the fact, that the Christ has risen and is taking his place in you and the Christ is the Spirit of God. It is the only begotten Son of the Father. Jesus revealed the Christ. He revealed the Christ of God as the Living Son of God, the very Livingness of God. Not an idea but the very Livingness of God in himself. Because he knew that the Life of the Father was expressed in the Son. The Father has Life in Himself and He has granted His Son to have the same Life in himself.

So he was giving expression to the Living God not an idea of God. But most people are trying to do, to give you a pattern, an idea of God.

He never gave you an idea of God but revealed the Livingness of God within himself and that's with the Christ that he revealed in everything he did. In his healing work. In his feeding of the multitude, changing water into wine and all these things were nothing more than the Completeness. Because that was NOW, it could be done at that very moment and that moment it was done. Because there was nothing impossible with God and nothing impossible with the Son of God. It is the complete Realization of this that made him the greatest figure that the world has ever known.

I have read books, tons of books, about him. Some books denying the fact that he ever lived. Other books trying to belittle his teachings. Other books saying this and so forth about him but I know the Living Truth and when I see that expression, when I know what he did and knew how he did it. I knew that it was the Livingness of God that could do it, it was the Christ Living that could do it and no other thing and no other power could do it.

Now he said clearly and distinctly did he not? "These things I do greater things shall you do if you will but understand." If you will but cast aside your limitations, your beliefs in limitation, your images that you worship, your ideas that you hold on to.

He said very clearly and distinctly in the most practical thing he ever said I think was, "you read your scriptures and you think you have Eternal Life, you make a mistake." So they were reading the scriptures, all the time turning over the leaves, going on reading the Bible. Thinking that reading the Bible will give them Eternal Life.

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Reading the Bible is good because it very often relieves your mind. It takes the mind away from the irritation that is in the mind and gives you a sense of peace. I suggest you read the Bible. I suggest you read the New Testament. I suggest that you do it now as soon as you go home take up the New Testament and read a bit of it. I suggest that it is very good. I know that it is good. I know that it can relieve the tension in your mind. I know that you can sleep better afterward. I know that it will give you a sense of peace. But it is not the peace that I want you to have. The Peace that I want you to have is the Peace that is NOW, The Living Peace. That is not the result of any effort that is not created, but the thing, the Livingness, that comes into being in you immediately you discern the fact that the Wholeness and Completeness of the Livingness of the Christ that is in you NOW at this very moment.

If you will understand the Man of Galilee you will discern the fact that he only acted from the Ever-present and not from the past nor from memory *nor for fear*, for he knew no fear, no separation, because he lived in the Ever-present *Life*. “*The Father and I are One.*”

Don't make an idea of this now but try and find the transformation within yourself. Because only through transformation within yourself does he arrive at the Completeness of the Christ that is alive and Living in you. What is it that hinders It? What is it that hides It then? Is it not because your consciousness is caught-up in yesterday and tomorrow, and is not alive and Living in the Present which is the only Creative moment?

You will probably say, as a means of escape, that he was different, but he himself said the things I do, greater things shall you do, if you will but believe (understand). He never acted from effects.

The Ever-present is not an effect or a result of something else. You cannot say that the Ever-present is the result of the past because the Ever-present knows no past being External and timeless. It is only when we live in time that there is a past and the future.

Living in the Ever-present there is neither the forgiver nor the forgiven for in the Ever-present Love-Life there is neither right nor wrong, it is only in your mind that this exists.

The Ever-present is Eternal Love. *Eternal Love, Eternal Love, always in the present. There is nothing else, there could only be Love in the present. And because there is no other time but the present. Love must remain always in the present and must be Eternal and Ever-present and is the only Power there*

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is. All else is the illusion; a creation of your own mind, an idea of something, a disturbance in the consciousness. But Love is always present, it lives, it's a Living thing. You cannot tell what Love is, you could only experience it. You can only give expression to It when you Love. And the fact that you can Love is proof that this great Christ Principle is Love.

The "Love your neighbour as yourself" is an expression but it becomes nothing more than a few words to most people and they repeat it parrot fashion. While all the time within themselves they have hatred, they have enmity, they have jealousies, they have antagonism. Are you not living then in your contradictions? Don't you see that you are living in your minds. You are not Living in Reality, you are living in your mind. You are living amongst your own ideas, your beliefs, your antagonisms, your ideas, your fears, you are living among them, you're living in them, you're caught-up in them, they surround you. Can't you immediately see then that they have no power except the power you give them! And by knowing that they have no power you give them, they fall away. But you do not take the trouble to look at them because you are caught-up in them. And when you see them, the bogeys that they are, they will fall from you and you will Live. You will Live, Live I tell you, LIVE! To talk of forgiving is when there is the injured and injurer. Perfect Love-Life knows none of these for there is no intention to hurt.

If we were in perfect Love there would be no intention to hurt, would there? If there was no intention to hurt there is no need for forgiveness. It is only when you live in separation that this occurs, when you live in the past, in the future [and] when you react to effects, living in time, when memory comes into being.

And that memory is a damn thing, it is. It comes up and strikes you so often and it creates a certain amount of resentment and so forth. And you think and you listen and you think again and you listen and all the time you are living in your memory. Can't you see that a memory is a thing that hurts you through your mind. But if you know that a memory cannot hurt you, if you look at it completely and know what it is, it does not hurt you. There is no longer any hurt because there is no hurt intended. I know people, lots of them, they are looking for hurt, all the time they are looking for hurt and when they are hurt, even the look of love may hurt them because you look a certain way. They say, "why do you look at me that way?" They are hurt, that is supposing you may have love in your heart. That becomes a memory.

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Tomorrow that is still a memory and it will come up again. "You looked at me in a certain way, I knew your thoughts." They never knew my thoughts. They don't know my thoughts, my thoughts were the thoughts of Love. Yet you see what memories damage. You see how people will jump to conclusions. How people can be hurt by so-called ideas.

My words may startle you? If they do, it is because you live in the external, in the past, in memories of right and wrong by which you are conditioned, and your thoughts arise from the self that is conditioned and not from the Ever-present Life.

And if you look into your minds you will see how your thoughts arise from your memory, from your experiences, from your conditioning. Now look into your minds and see, that's the most practical thing you could do. And when you do that you will find how false they are. And also you will see that they have no power at all except the power that you yourself give them.

I am the Life. The Livingness is the Power. God, in the Christ in the man, is the Power. Jesus revealed that Power. To me the greatest man who ever lived was Jesus. I don't care how other people talk about him one way or another. But I know this from my own experiences with this and I say, you can read a million books if you like and I tell you this, that when you experience the Wholeness and Completeness that comes to you once you discern all the things that are not true, there is a Livingness that stands out clear and distinct and remains there every moment. And you can only know It at that moment, not in the past or the future because he is Living Eternally, then he experiences Eternity. And I know that's what the Master did, he experienced Eternity. But he experiences even greater than I could even think about because he went forty days and forty nights in the wilderness and by doing so he recognized all the relative, he saw the whole structure of the Universe. Everything was revealed to him in every respect. And still behind that stood out that Livingness that was Eternal and Ever-present. And that was the Livingness, the Christ, that was the Son of the Living God. And that is the Truth.

And when we can see then all the relative things; all our dogmas, our creeds, our patterns for what they are we will see that men have built them in their own minds and they are not true at all! Because there is no truth in them. The Truth alone lies in the Livingness, in the Christ that is alive and not dead.

¹No matter what the external world may be or whether you are a worker or a manager, your finest work is always done when there is no

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sense of *preparation*² and those who have found this out have the key to all things great and small.

Individual existence is imperfection! And this individual existence is worn down through understanding, constant awareness and adjustment.³ *To be constantly aware; you are aware of your thoughts, you're aware of your emotions, you are aware of these things that irritate the consciousness, you become aware you are not caught-up in them. Immediately you become aware of them you are not caught-up in them, they fall from you. Because you know they have no power of their own except the power you give them. The only Power, the Living Power is the Power of Love. The Living Power of God is Eternal Love. Love is in the moment, there is no time when Love does not exist. It is Eternally existing NOW. It is the only Power there is. Then if that is so and that must be so, then what else. Are other things worthwhile. What is the most worthwhile thing then, is it not that Livingness, that Eternal Love that is always every moment, that is Eternal and Ever-present. But our reality has these other things Ever-present? Of course there're not, they have a beginning and an ending. They come into your mind, they begin in your mind and end in your mind. And that is all the foundation they have, they have no other foundation. I am trying to make it plain to you tonight, I hope I am doing so and show you what is not true.*

⁴When you are concerned only with the present, the past and the future are dissolved away, in that perfect Love-Life that is Ever-present, in which there is no distinction, no high, no low, no friend, no foe, no forgiver *nor* forgiven, for we are one. This is the great Truth that all seek but cannot find.

Because we cannot discern our own thoughts. We cannot discern what is in the mind. We allow our thoughts then to control the consciousness and the consciousness becomes a prisoner in the mind that is confused. If, and we know it is true that God is Love otherwise the Universe would never be sustained, it would fall to pieces. Love is the only power. I cannot tell you what Love is but I know It is a Power that causes everything to be Perfect. And at that moment of extreme Perfect Love, it would protect that moment, each moment, and then that Living moment of Love, that Eternal Love that is existing every moment is expressed through you. There isn't a single particle of your body which would not be perfect. It would be absolutely perfect, that Love is the keynote of Creation, Perfect Creation, and the sustaining Power of the whole Universe.

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I AM THAT I AM is living in the Present and is the secret of happiness because all that is thine is mine, and all that is mine is thine.

You will see that this cannot be reached through theories, cults, creeds etc., for they are the epitome of separation. You will also realize that it matters little whether the self exists or not. *It does matter whether the self exists or not, does it? Think now. It would be very fine and wonderful if the self would just disappear altogether. We would no longer be troubled with the self. We would no longer be craving. We no longer have faith. We no longer have these antagonisms. We no longer have separation. We no longer have all these things that trouble us. If you can see what the self is then the self can disappear. That scar of individuality must disappear through discernment and constant adjustment. And if a flash of thought of hatred rises up into your mind, you must discern it immediately not allow it to control your mind. But you will know if it rises up immediately you discern it, you will see the key to it, and you will find the root of it, comes rising up when you look at the root. You will see it has no foundation whatsoever because it dies. It only has its roots in the self, it has no roots anywhere, it has no formation. You will also realize that it matters little whether the self exists or not, for when the 'I' realizes the great I AM then separation no longer exists. With this realization, struggle ceases as freedom is reached.*

Then when the I no longer exists, the great I AM IS. I AM greater, I am greater, not that I want to be greater because immediately you know the Truth Wisdom comes in and therefore when Wisdom comes there is the desire that is this Completeness. And only in Love does the Completeness come into you. So Love goes to the very depth of the smallest thing, of the flower, the tree, the plants, the animals, everything, the birds of the air. Love is the thing that is created in me and when I feel this terrific urge to Love everything in the Universe. I feel so buoyed, I feel so lucky, I feel so free. It is the secret of the key of Creation. I exist in the Ever-present, not in the past or the future.

So it matters little to you now what appears external to you when the present is realized, because in the present is everything. Cause and effect are understood and with this understanding doubt, worry and fear disappear.

The material world is the revelation of the creative power. Visible things are the representation of the invisible, when you understand this you will understand the cause of the relative world around you and you will no longer be afraid. *The Creator and His Creation becomes One. I cannot be*

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outside God, that is an utter impossibility because there is no outside God. I cannot flee from Him anywhere, can I? I cannot flee from His face. I cannot flee from Him in any part no matter where I go because God will be there because He is Ever-present. And the sooner I realize the better, that I cannot get outside God but He must be within me always and there is nowhere where He is not. Then the Creator and His Creation becomes One and satisfied. Satisfaction. Satisfied, yes and satisfied now, to allow the Intelligence. So the Intelligence Itself can do the work. All I know, that the Intelligence reveals and that Intelligence is the key. My worries are over. I no longer live for tomorrow. I know that that moment everything is just and now it is finished. I become then the expression of the Intelligence fulfilling what the Consciousness is aware of. The same Creative Power that formed the Universe is within all of us, when this is known, we realize, "it is the Father who ever remaineth within me is performing His own deeds."

What a wonderful statement. It's the Life in me, the Father that is alive and Living in me, the Real One, and He is performing His own deeds, He is doing His own work. I am not doing it at all. Spirit alone performs. Spirit created this mechanism through which Voice could speak. Spirit alone has Voice. Oh could we all understand that which is not true. Could we all understand that which we create in our minds and hear it for what it is.

The so-called intellectuals, what is in their minds? They are only a copybook of what they read are they not, what other people have said? They are a mere copybook. They may be well read but what of it? They are conditioned. Conditioned by their own intellectualism and what a tragedy. Not until they begin to see what is in their own minds, it would drop away.

Yes, I saw it too in a moment. I was well read, yes I knew lots of things. I know that my mind was stuffed with all that sort of junk. And when I began to explore, explain all that I knew, and with the patience of the Master listening to me. And after I was done, he said, "my son, it does not matter does it not whether it is true or not?" That was an awful blow to a mind, but immediately I saw, that the mere mind was filled and stuffed with what other people had written; their thoughts, their ideas, I was a mere copycat. I was a mere imitator. Everything I read, I read my own conditioning into it. And all I could take out of it was my own condition. And when I saw that, I realized it. Then I was shown how to search my mind and see all the falseness in it. These were things I had read, the things I had believed. Even my cherished beliefs, I had to look at

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them and doubt them and destroy them because they were hindering the expression of that really, really Real, that was beyond. Otherwise (if) I held onto that I would still be expressing with that conditioning. Even my cherished beliefs would only be the expression in my mind and I would not know this great and mighty thing that is Eternal, Ever-present.

This Eternal Love. This Love that Loves every moment. This Love that is Perfect in Itself. This Love that is Loving any moment. It is the most active thing in the whole world because It is Creative. And can only be Creative in the Present, not in the past or the future because that is in your mind. But this is beyond mind. And only when the mind is freed then the greatness, that wonderful thing is revealed, only then and no other time.

⁵*If death is a great problem for you it cannot be solved through explanations. That is a certainty anyhow and everybody is trying to explain it. And its never been solved through explanations yet. You do not transcend fear through the study of explanations. Everything that is explained to you when you read it in a book it may soothe the mind for a moment. Yes but the soothing will soon cease, the doubt will begin again. The struggle will go on again in your mind. Death will be a problem for you. The fear of death does not come to an end through a belief, (even if you believe that there is no death, the fear of death does not come to an end, look into your minds and you will see that it does not come to an end through a belief, when the belief is in your mind. So is death in your mind) for belief is within the net of the self. Just as death is within the net of the self. The very noise of the self prevents its dissolution. We consult, we analyze, we pray, this incessant activity and noise of the self hinders the bliss of the Real. The noise can only produce more noise, and there is no understanding.*

You may sing all the hymns in the world. You may repeat all the rituals you can think of but does that give you understanding? You may be more caught-up in your beliefs, in your ignorance.

Understanding comes when the whole being is deeply and silently aware, a silent awareness that is not compelled nor induced. In this active stillness the Ever-present is revealed and fear ceases to be.⁶ *A deep awareness. I know what deep awareness is, you must know it too. It is an awareness where every thought in every crevice of the mind is searched. Where every idea is explored. Where every belief is seen and the very root of it must rise to the surface to be understood. Every conception and thing that we conceive in the mind must be seen and understood. Not that you struggle with it or*

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throw it away but understand it. Then you understand it you will know it is not Real, it is not the Christ, that Eternal Being, it is not that Love. It is Living, Eternal, that is to be revealed in the mind that is free from all these things, then there is Truth of the Living Christ rises to the surface and then the Son of God becomes the Living Son of God. Call no one your father on earth for there is one who is your Father who is in heaven who is within yourselves. The Kingdom of God is within you. The Kingdom of God, the Kingdom of Wholeness, the Kingdom of Love, the Kingdom of Perfection is within you.

To be conscious of the great Ever-present we operate upon the Universal Substance as one with the Creator of all things. *That is what Jesus did when feeding the multitude. He operated upon the Universal Substance as one with the Creator of all things because he was not separated from the Creator.* This reveals a greater power than any material possessions, external to the self can give. It was through this means that Jesus changed the water into wine and fed the multitude, which the uninitiated think is a fairy tale only fit for children.

When the material world appears to the onlooker as the reflection of the Spiritual, the material takes on a greater significance. Where at one time the material conveyed only a substance comprised of atoms, it is now seen as an Intelligence in expression, an Intelligence that is Ever-present and responds in exact proportion in the lives of those who live in the present with the mind freed from past *and the future.*

That is the Living Truth.

The more I read of Jesus and his sayings the more I see hidden the great truth of the Ever-present Life and when I take his sayings to any other work like the Gita or the Bible I can make that work live. Without this they are as dead as the dead.

Because of the fact unless this Living Christ is arisen in you then what you read will be false. Because you will only read your own conditioning into any book you read. You read your own conditioning into it and you look to this book and that book for authority. For something to soothe you, to convince you. A book to convince you? You only convince your own conditioning, that is all it can do. It cannot do anything else because it is only the ideas and words of another; you accept them as true. What authority? What a copybook you are.

I do not want you to take anything I say to you as gospel Truth. I want you to doubt it first so it will make you think. And only by thinking will you know what I say because by thinking there is a confirmation taking place.

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Only in the Livingness, is the Christ, is the Truth born in man and no other way. Only will this Love that is Eternal and Ever-present be given birth through mankind when the Christ is risen in man. And the words that Jesus said were true, “as the serpent was raised in the wilderness so must the son of man be raised up.” The son of man must be raised up to become the Son of God. To express the Love that is Ever-present. That Love that is Eternal. That Love that is Perfect in Itself. That Love that is never away, there is no time when it does not exist. You do not create It. Anything you create is not Love. Anything you create is imperfect. You can only be perfect when you realize the Truth of the Livingness of the Christ.

Creativeness exists in the present only and is released through the mind that is free from conditioning. The visible expression is the result of the Absolute Life being given free expression through the individual.

⁷Therefore it is logically true as well as necessary for true happiness, to live only in the present which is perfect Love, loving your neighbour as yourself, then all else will be added unto you for this is the Kingdom of God.

Matthew 16: 5, 8, 9 and 10, “when the disciples reached the opposite side they found they had forgotten to bring any bread When Jesus noted this he said, ‘how little trust you have in me! Why all this talk, because you have brought no bread? Do you not understand even yet? Do you not remember the five loaves of the five thousand, and *the* many baskets you took up? And the seven loaves *and* the four thousand, and how many large baskets you took up?’”

BENEDICTION

O Eternal Ever-present Presence, I lived in the illusion of my separateness until I found that we were “One.”

My body made from the dust of eternity is scattered again to become Infinite once more.**

[My soul’s mortal garment becomes immortal for there is nothing apart from Thee.

My body dust commingles with the dust of Thy feet and my soul merges into Thy Spirit to become the diadem of Thy heart.

** Sound recording stops here.
7. See Notes page 72

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My Life is Thy Cosmic Life, my breath Thy Cosmic Breath, my mind becomes Thy Mind, my will becomes Thy Will.

My hands become Thy Mighty Hand, my feet walk in Thy ways, my brain the instrument of Thy thought, my love Thy Love, to love my neighbour as myself.

After my sojourn in delusion, I come to rest in Thy bosom for evermore, O Eternal Ever-present Presence.]

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 23rd February 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: [*True expression comes from the creativeness that is within and is not separated in the individual. This is often difficult for you to grasp at first, because most of your reactions are made from the external world.*]

2. *Preparation.* In the Lecture Notes the word is [*separation*;].

3. The next sentence in the Lecture Notes is missing from the sound recording. It reads: [*That is why it is necessary to put aside all theories. Through theories your mind is always engaged with the external and can never find Reality, only when the mind is tranquil can Reality be found.*]

4. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: [*If you are caught-up in right and wrong you can never find Reality that knows no right or wrong, knows no past, no future, no separation, no fear, no birth, no death.*]

5. The preceding 4 paragraphs in the Lecture Notes are missing from the sound recording. They read: [*It is when we react to the external in our ignorance that we create fear and condition ourselves. We crave, we divide ourselves into groups, into nationalities. We are caught up in our antagonism so we create strife, war and misery. Yes, we condition ourselves through our ignorance, we live in the past, in the future, we live in separation, so we fear death.*]

[*We are inwardly poor so we desire to achieve, so we are afraid. We try to conquer and what we conquer we have to conquer again and again. Fear comes to an end only through understanding.*]

[*We are afraid of death because we are in the bondage of time. It is because we are dead that we fear death, the Living do not fear death. The dead are burdened with the past, by memory, by time, the Living Present is the Eternal. The self weaves the net of time and thought is caught up in it.*]

[*The insufficiency of the self in separation, with its aching emptiness is the cause of fear of death and of life. Is this fear not always with you in your activities, in your pleasures, in your pains? Being dead you seek Life, but Life is not found through the continuity of the self. The self, the maker of time, must yield to the Timeless.*]

6. The next sentence in this paragraph in the Lecture Notes is missing from the sound recording. It reads: [*In this tranquillity death is dissolved in Life.*]

7. The preceding 5 paragraphs in the Lecture Notes are missing from the sound recording. They read: [*When man begins to see that he is one with the Creator of all things, then through man will come forth into his own life that which will be a joy unto him. But if he fails to understand this he will eventually create in his ignorance a chain of causes and effects that will bring conflict and misery.*

[*Like a vicious circle he will be caught up in the illusion of his separateness and limitation. Not until he is led to the Truth of the Ever-present Omnipresence will he be free. Therefore in the present and not in the past or the future lies the happiness and success of every individual.*

[*As long as thought-feeling is identifying itself with the memories of yesterday it will ever be in conflict and sorrow and can never experience the Real.*

[*The Real is not the continuation of identifying memory, for this is but a limiting and enclosing process. It is to this accumulation that one must die before the Real can be experienced, and the Real can only be experienced in the Ever-present with no memory of rights or wrongs.*

[*To live in the Ever-present there can be no time no past no future. But most people want a past and a future, a past that they can look at with pride or apprehension, and a future which they can look at with hope or despair. This is living in opposites which can only cause confusion.*]

WHY DO WE STRUGGLE?*

“Peace I leave to you, my peace I give to you; I give it not as the world gives its ‘Peace!’ Let not your hearts be disquieted or timid.” John 14: 27.

Jesus talks about the heart, knowing very well that there is something deeper than the mind. He knew what the mind was. He knew that the mind was memory, experience, what people hear, what people read, every idea of others which we accept. So the mind is filled with all these things. But Jesus saw something deeper, he said, “the heart.”

Now the heart is something which we have to realize more than the mind. When you are talking about the heart there is something that the mind cannot make up. The mind must try to make it up but it cannot. There is something that is unexplainable, something that the mind cannot put into words or into an idea—what is in the heart. And that’s the secret of it. It is not an image. It is not a belief. Its not an idea. It is not something that one heard from another. It is not an imitation, it is beyond that, it is something that is beyond the mind. That is why it says, “let not your heart be disquieted or timid.”

When we begin to discern the activities of the mind. That is the first rung on the ladder of overcoming all your difficulties. It is the first rung of the ladder that begins to reduce the struggle. When we begin to discern the activities of the mind, we find that there is a continuous struggle with opposites which means only one thing—frustration.

Look into your minds you will see two things all the time. If you are struggling with ill-health, there is an idea of health. You struggle with ill-health there is the two opposites is there not? Or if you imagine that you are a failure, you are struggling with failure but you have an idea of success. You struggle over evil having an idea of good.

The mind is always in opposites! The mind does not exist except in opposites. But if you understand that the mind is that way, you will see how you

* See page 85

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are confused between one and the other. Now the idea that is dominant in the mind is the idea that will manifest. And it only requires you to look into your mind for a little while and see how it is made up. When you see how the mind is made up you begin to understand yourself and only when you understand it is yourself, does wisdom come.

With most there is a continuous struggle through reactions to conditions and circumstances that surround them. This is common in all shades of life.¹

In my experience throughout the whole world, no matter whether the person is poor, rich, their high or low, they have all got their struggles because they are all living in their minds. A person will have plenty of money, thousands of pounds, but still their mind is miserly. Therefore they are poor in mind yet they may be rich in things. But all the time they live a miserable life while they are surrounded in riches.

I knew several cases. I knew a woman once, she would be about sixty years of age. She lived in a big house with a big wall around about it. She had a number of cats and dogs. She never drove herself out at all. She always wore a hat, even when she went to bed she wore her hat. In fact, I was called in when she was sick, she sent for me. And when she was in bed she had her hat on. Cats were all running round the place. It was filthy dusty about an inch of grease and muck on the floor. Cats mess, dog mess all over the place, it had never been cleaned. And this woman lived in this hideous way. I talked to her about the whole business and I knew perfectly well that she was struggling, looking too thin. She was a very wealthy woman and she lived in rags. The house she lived in was her own, naturally but it had never been cleaned and nobody came into it to clean it. She would not spend a halfpenny on anyone else. Therefore she lived in rags. She used to go round about the place into the dustbins with a bag and pick all the rubbish she could to feed her dogs and her cats. It became very unhealthy, I went to see her. So I talked to her about all this sort of thing.

I said, "now you could live a very happy life. You are struggling with ill-health. You are also struggling with your wealth, you do not want to spend a halfpenny and yet you are dying and you are going to leave it to somebody else. Now what will they do with your money? I tell you what they will do with it, they will squander it, they will spend it and they will say what a damn fool you were."

She began to think for a little while, I don't know how long anyway I must have roused her out of her curiosity. Because in a very short time,

1. See Notes page 85

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I saw some quite lively things taking place in the house. The walls became clean in the house, there was people around about and there was repairs going on.

And the next time I saw her and I asked her, “what is it now that changed your belief, that changed you from what you were to what you are now?”

She said, “when you told me about others squandering my money, I decided to squander it myself.”

So there is the whole story. And it is when we get into the mind and see what we are doing, that is the thing.

Now most of our troubles are brought about in that way. Our minds are caught-up in them. We do not see the duplicity of the mind. We do not see that the mind is doubled. We do not see that the mind has two aspects; the having and the not having, the good and the evil, the health the ill-health, the success and the failure. Now you see that is all in the mind but that's not created. Immediately you are caught-up in these opposites you are no longer created.

Now what is creativeness, that is the point? Creativeness is an Awareness of your Living. Not an awareness of anything else but an Awareness of that Livingness, that is because It is Life, It is God.

Now people are praying, I see placards all the time; ‘the world is going to pray.’ And what are they going to pray about? Who are they going to pray to? I will show you the stupidity of the whole thing. What the inner is, the outer will be. And if you or anyone else does not transform the inner, the outer will remain no matter how much you pray. Do not think that you are not responsible for things that are happening in the other part of the world. The very cause of these effects are rooted in yourselves. Now, how are you going to find out those things? Is it not by discerning what is in your mind so that transformation takes place of its own self. When we see those things as they are, we have got problems, these confusions and conflicts seem to dissolve away into nothingness. And this comes from Awareness of something that is not of the mind—it is of the heart. That which Jesus spoke about, something that is not of the mind but of the heart which he could not explain, which you could not describe, the indescribable.

And immediately you begin to see the cause of the outer because the outer is the reflection of the inner. And no matter how long you pray, no matter how ardent you pray, if you are still caught-up in your conditioning you will be

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expecting that conditioning even if you pray till doomsday. Well the world has not been any better through prayer because everybody is praying all over the world but the world has not improved through prayer. Why? Because the inner, that has not been changed, has not been transformed is expressing itself in the outer and the outer remains, therefore there is no change.

The same thing applies to the individual. Now then, did you look upon the individual as separate from one another? And you are all caught-up in your own troubles? Whatever your troubles may be you are caught-up in them. But everybody else, if you look around, is also caught-up in their troubles. And every person is similar. But the individual says, "I don't care about the world, I am only interested in myself, the world does not matter to me." But the world is you, the fact is, that you made the world what it is. We make the world what it is. Therefore the self has got to actually realize that the self is in itself no longer separate from the rest. And is responsible for what is happening in the other side of the world because the root of the cause of the effects we see in other part of the world is deeply rooted in ourselves. Now how are you going to pray to eliminate those things, that's the thing, that's the point? Are you going to keep on praying while you are conditioned and while the inner is not transformed?

It is impossible. Utterly impossible. You can have all the religions of the world. You can have all the so-called evangelistic meetings in the world, you will see the people with their emotions filled up, but is their conditioning changed? They are the same person after their emotions die down and even worse than they were before.

I have seen and experienced many times in meetings, all over the world, where these emotional outbursts. And I have seen people, so-called healed by them for a moment. In an hour or so their same trouble was back again, they suffered in the same way. Why? Because the outer is the same as the inner. The inner was not changed therefore the outer remains. The emotion does not change the individual. The emotion does not transform the individual. Only discernment of what is in the mind, what is causing the trouble and that transformation causes an inner transformation so that the outer reveals it. Why? Because the body is mind materialized. You cannot separate the body from the mind, the body is mind materialized.

In my experiences throughout the world in healing people, I have always seen these conditions and I have seen it clearly, that the outer is the

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result of the inner because body is mind materialized. And according to the inner so will the outer always be in the individual and in the world.

Now how are we then to arrive at a Realization of this great Truth, if you understand the self? No, you are afraid of the self, I know you are afraid of the self. I know you are even afraid to look at the self because you think the self is a bundle of this and that, good and evil, of course it is. But when you are able to look at the self and see the self what it is; without judgment, without condemning, without criticism, without fear, without any emotion whatsoever, you will discern what it is. But if you fear it what are you fearing, the self? That is all you can fear. You only fear your own thoughts. You only fear your own ideas. You only fear your own creations. You do not fear the life that is the Livingness in yourself.

When you clearly see this and you are not caught-up in your discernment through your emotional reaction. Because if you have reaction to your own thoughts, your feelings, your emotions, your ideas, your images, your beliefs, you are immediately caught-up in them. Reaction is your trap. And unless you recognise what reaction is, you will still be caught-up in that trap.

I have often said to you, have I not, that you must look upon these things in the mind as before your consciousness. Look upon them as you look upon a screen, impersonally. Because unless you are impersonal to them you will still be conditioned by them. That is your reaction.

Action is not conditioning. Transformation is action. Reaction is reacting to your own ideas, images and beliefs, a fear, an emotion. But action is transformation within the individual as you listen. As you listen to me, not from an intellectual point of view but as you listen to me there is a transformation taking place within you. There is this action that is not reaction but an action of transformation where the inner is beginning to change entirely so that the outer becomes what the inner is.

²*We have the idea of health but struggle with ill-health, we have the idea of plenty but struggle with lack. We hold the idea of success while we struggle with failure. We hold the idea of freedom while we struggle with our conditioning, we hold an idea of good while we struggle with evil.*

While this conflict goes on, we create a greater burden. When, one struggle is over another begins. Now look into your minds, think, you had one struggle you are continually struggling with this thing. Immediately you understand it, it begins to pass away but you begin to struggle with something else.

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There is always a struggle. Why, is there always a struggle? Because you do not discern the activities of the mind. You do not see what is happening in the mind therefore you are caught-up in your struggles. When, one struggle is over another begins, our minds are filled with the effects of our struggle and therefore are incapable of true direction. How can this turmoil come to an end? That is the question. But the answer does not come because we are caught up in the struggle.

Now let us reason this out and see how this struggle can come to an end.

I am giving you this Lecture for yourselves tonight, I am giving it to you the same as I did the other night. I am talking to you, heart to heart talk, this I find is better for you than just reading a lecture. And I feel when I am talking to you this way there is a change taking place, the mind becomes freed from those things that bind it.

When we rebel against anything, we struggle. *You rebel against it but rebelling against it does not understand it. Immediately you begin to see and understand that thing, rebelling ceases so does struggle. When you begin to understand anything, struggle ceases, rebelling ceases. There is no longer any reaction, reaction passes away. Reaction is of the mind, always has been and always will be. Reaction belongs to the mind that is in confusion. You react always to protect your conditioning. You react to protect what you think is true. You try to defend the truth, and what truth do you decide you try to defend, your own conditioning of course. You cannot defend the truth because you do not know what the Truth is. Therefore you never quarrel about the Truth, you only quarrel about your beliefs, your ideas, your images, what you think is true, that is what you are quarrelling about. That's what you fight for; your nationality, your political beliefs, your religious beliefs, your ideology.*

If you have a leaning towards the left or a leaning towards the right, if you look into your mind you will see that you have an ideology. And you are separating yourself from your brother because you do not come together and reconcile your ideas and see what your ideas are. What do you do? You are conditioned by your belief or your ideology or your ideas and so if the other person conditioned by his. Therefore you struggle and in your struggle you cannot come to terms, and when you cannot come to terms you butcher each other. Now don't you think when you see the whole thing clearly, it's stupid. Why? Because we will not discern the mind clearly and what ideas

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are, what beliefs are, what our mind is made up of, how it is caught-up in opposites, how it clears its own troubles. And the outer is what the inner is. When the inner is in confusion so is the outer the expression of that confusion. So we react to our conditioning because we are conditioned. Nothing external to us has any power of its own. So the trouble lies within ourselves. We have lost our God-given power of dominion.

On the other hand, if we understood the cause we would not rebel but work from within to remove the cause. The cause can only be removed when we understand ourselves, our cravings, our desires, our antagonisms, our greed, our jealousies and how they come about.

Now, the Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like in the Presence; and the Presence is the only Reality, and all there is.³

Now you cannot think in the Presence, it is impossible for you to think in the Presence. Your mind must be still, actually still, before the Presence is Realized. Because thinking is always relative to the past or the future. And you are always thinking about the past or the future but it cannot think of the present because you do not know what it is. It is only your experiences that you know, your memories that you know, your hopes and your beliefs that is in the mind. But the Presence you do not know therefore you cannot think about it. So therefore in the Presence there must be entire mental Silence. A Silence that is not imposed or compelled. But a Silence that comes into the mind when the mind is discerned, when all the things in the mind is understood; free from emotions, free from feelings of any kind, free from judgements, free from condemnations, free from criticisms.

As the mind becomes free from all these things there is a Silence that comes of its own and in that Silence is the Presence Realized. There is the expression of the Almighty. At that moment if it was caught completely the body and mind is transformed. Because everything in the mind is understood, there is no longer any confusion in the mind, it is all understood. There is no longer any opposites in your mind that causes confusion, it is understood.

And the mind becomes free and the body reflects that freedom of the Intelligence that made the body, that created the body and the brain and the nervous system through which it can think and act through. That is the Christ, that is the Living Christ, the Livingness in you that is a Reality. That is I AM the Life. But not an idea but a Livingness that is known only in the moment. It

3. See Notes page 85

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is not an idea because you don't know what It is, you cannot put It into an idea. You cannot put It into an image. The mind cannot describe It. But at that moment there is the Temple of the Living God and in that Temple is the Living God, and there is nothing to mar It. Nothing to affect It. It has been cleansed. As the prophet said, "make way for the Living God."

You may think its crazy. You may think this teaching is crazy because you never heard it before. But I tell you that it is the only teaching that will ever be because it is the true teaching of the Christ, that revealed the Father in himself. He could not reveal the Father through his mind. He could not reveal through his ideas or his images. But he could only reveal the Father in that action of the Father. "The Father within me is performing his own deeds."

I of mine own self are nothing. I understand myself. I understand what the self says; what it stands for, its cravings, desires and so-forth and all these things that the mind craves for. Because it is limited in nature and does not know the Truth. In the mind there is truth and error together, they co-mingle together, and you do not know what is true and what is not true.

But when the mind is freed, as Jesus freed his mind, and I know how he did it. All Masters know how the mind must be cleared of all its opposites, of these things that are causing all the confusion. And because he was a natural man in everyway because the Power that Jesus had, was a natural Power. It was the Power of Nature, Gods Power. But he was supposed to be an un-natural person, a superhuman being therefore people were afraid of him and because of their fear, because of their conditioning—they killed him.

Now look into your own minds and you will see what the conditioning of the mind of the people were at that time. Think of it, look into your own mind and you will see your own conditioning. You see your hates, your jealousies, your antagonisms, your enmity. If you are brought up in a certain way you have got cherished beliefs, something that you won't part with that you will fight for to the death but it is all in the mind, it is not a truth.

Jesus saw that clearly. He saw there was only one Living Truth, the Livingness that was in himself. The Livingness that was in every other being. That was the final denominator and he dissolved everything to that denominator. And he saw clearly and distinctly in his own healing work, there was nothing to be healed because it was in himself, the Truth and the Truth was made known.

If the mind is cleansed of all conditioning there is a Consciousness of the Truth of Being not of becoming but a Truth of Being NOW. And in that

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*Being is everything, All Power in heaven and on earth is in that Being. Because Being is immediately present, not in the past or the future. But it is a Livingness of God, it's the Father who ever remaineth within me is performing His own deeds. There is no interruption to the Power of God. There is nothing that is preventing the expression of the Almighty. **The Absolute has found freedom through the form He created Himself for that specific purpose.***

The problem then is ourselves. But how can we dispense with this self that is the cause of all this misery? We can only do this by seeing how false the self is, with all its make-up which is illusionary. It is the illusion of the self that must be dissolved through deep discernment of what it is.

There cannot be a separate self once this is understood because when the self is freed and in that freedom there is a complete Wholeness where there is no division and you find that your own self is in every other self. If yourself you are freed from all confusion, from belief that disease is an actuality, that disease is a permanent thing and a reality, when you see that it has no real existence on its own. When the Self sees this completely, not the outer self but I am talking about that Real Self, that Absolute expression of Truth. When the Real Self sees then clearly that these things have no existence apart from the Self. The Truth is known in every other self because every other self is yourself.

You do not yet understand it, perhaps you are trying to make an image of it. But if you try to make an image of it you will lose what I am saying to you. It can only come when the mind is cleared of an idea of what it is so that that Livingness Itself can become a Reality to you. And as a Reality to you it becomes a Reality in every other living soul.

Jesus performed his miracles in that way. And I tell you this, that that is the Healing Power of the Christ.

So when this is accomplished the self dissolves away and we learn the art of pure action from within, which sets in action ways and means without struggle, knowing that there is no opposing force, no other power, therefore the Law fulfils itself according to our understanding.

So pure action alone brings results without struggle, while reaction to things external is always a degree of misunderstanding. When we discover that we are always fighting reactions without understanding what they are, we will begin to wake up to what we are doing, otherwise we hold on to them. This happens whether they are pleasurable or painful.

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It makes no difference, pleasure and pain are the same thing, they belong to the mind. Pleasure and pain is reaction to something. And our reaction is not that joy that comes with Reality. It is not an Eternal value. The joy that is Eternal value only comes to that which is Eternal and not that which are reaction in the mind to something that you get pleasure from or pain from. The joy that is Real comes from the complete Realization of your own Livingness devoid of anything that interferes with the expression of that Livingness. When the mind becomes known to you, when the self is understood. And the self being understood it dissolves away into nothingness where it belongs because it has no other belonging anywhere except the nothingness of the self.

“I of mine own self am nothing, the Spirit of the Father within me that does those things.”

We all generally accept the pleasant and deny the unpleasant. There is very little difference between the one who is seeking pleasure through *an idea of God* (?) and the one who is seeking pleasure through sensate desires. Are they not both seeking pleasure through different planes of consciousness? One is seeking gratification through *an idea* and the other seeks gratification through sensate things.

So both are doing the same thing, they are living in the mind. The idea of God brings pleasure but does the idea of God change the conditioning of that person? Is the conditioning of that person changed because they have an idea of God in their mind? No. Their conditioning becomes more and more violent.

Look back just a few centuries ago, we had the Spanish inquisition. People had an idea of God. But they burnt their brothers and sisters at the stake. They saw them suffering the most awful death. We have an idea of God or we generally have an idea of God but we will go out and kill our brother man in the thousands, we have mass murder. We still have an idea of God but we pray to this God. What God do we pray to?

Do not you see that unless the mind of man understands himself, that unless you understand how the mind is made up you will still be conditioned by your idea. And you will still become more violent with your idea because your idea becomes more important than life. The idea in your mind becomes more important than life itself. So your idea becomes more important than God.

But if you look into your mind you will see that your idea of God is not God. Or a belief in God makes you no better, it even makes you worse

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because you have a different belief. It's your God and my God, your ceremonies, and my ceremonies are superior. So therefore you think that you are superior. Your nationality and my nationality, superior. So we divide ourselves into nationalities, into groups, into religions and before we know where we are we are caught-up in confusion. And because we cannot reconcile our ideas we begin to butcher each other—we still have a belief in God.

It is the most stupid thing I have ever heard and any sensible person who can think and see how stupid it is because the world is caught-up in it. They cannot think because they are imitators.

You listen to a speech, you wave your flag, you shout, "hooray" because you don't think. You are caught-up in your emotions. You listen to a band, you see soldiers walking down the street, you become emotional. You say, "I'll join up now." Little do you know what you are doing because you are going to the very thing, to murder your brother man. Here we have the whole thing completely clearly and distinctly seen because of our ideals.

I was a soldier myself, I know all about it. And I mostly never took life, I always saved life. I was decorated for saving life several times, mentioned in dispatches several times. I can remember when I went out to 'no mans land' to bring in the wounded on my own because I knew that there were wounded there. And yet when I went out into 'no mans land' and carried a red cross flag, I was shot at. Wounded four times while I was doing it. That is the tremendous terrible thing of man caught-up in his conditioning, in his ideals.

Well I never made any difference, the foe and our own people when it came to helping them. They became just the same. But I have seen different things done. I have seen young fellows there, the enemy, left bleeding to death yet they could be saved. I have seen our own people the same way being left by the enemy to bleed to death while they could be saved. But I never did that. If it was possible to save life it was no difference who came first. It was first there and then before my hands, before my eyes, that was the whole story. And I have never gone back since. I have never changed not one iota. All people are the same to me.

And the sooner the world wakes up to the fact, that God alone Lives, He is the only Living Being there is. And when I see you, as Jesus said clearly, "when you have seen me you have seen the Father." Because there can be nothing else, God being Infinite in nature, there can be no other expression but His. Then the false exists only in the mind of man, has no existence on its own, is not a Reality. I have seen that clearly.

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Evil is a misdirection of mankind. The evil we see is the misdirection of man's mind in the world. But the evil is not separated from yourself, it is in the self. That's why Jesus said, "the devil is the father of lies, he's a liar from the beginning." So is the self.

The so-called Spiritual person says, I do not like theatres, cinemas, physical adomment etc., and follows his ideal. He denies the worldly pleasures and follows his ideal that gives him pleasure. But *this* so-called Spiritual man is seeking pleasure, as *so* does the man who seeks pleasure through sensate things.

Both are stupid because they are the cause of struggle and misery, not only within but without. While the one pursues the materialistic struggle, the other follows his belief, a struggle between good and evil and other beliefs. To him terms become *more* important. "Your God" and "my God," "your-ceremonies" and "my ceremonies." "I am a Christian," "you are a Jew," "I am a Mohammedan" and "you are an infidel." Just as one creates havoc in the world so does the other. In fact the so-called Spiritual man does more harm.

It is easier to deal with the sensate desires in which one is pursuing pleasure, than one who is pursuing pleasure through ideation. The latter is much more dangerous, because he is pursuing his pleasure through his ideas that divide *man* more than things.

So the whole world is divided by ideas and ideals. And when I have my ideal then I dwell in the illusion of separation.

⁴It is only when we reach the source of our Creativeness that we can sleep at night undisturbed by our success or failure, our pleasures or pains, by our differences etc. We will sleep peacefully understanding the Law of Creation, and while we sleep the "Lord" is preparing the way. The Higher Intelligence will be active in our affairs.

Man sows the seeds. God then waters the ground, sprinkles it with the sun and the rain and God does the growing while man sleeps. Whatever I ask the Father, the Father will produce providing I know that I do not live in opposites, I understand my mind of having and not having, I understand the opposites in my mind. Then when I ask I receive. Jesus said, "when you pray believe you have received it and you shall have it."

I've done the same with this Lesson that I did with last weeks Lesson. And the time now has come to nine O'clock. It seems like a few minutes since we began.

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Now I'll read from

⁵John 18: 37, "so you are king?" said Pilate. "You!" "Certainly," said Jesus, "I am a king. This is why I was born, this is why I came into the world, to bear testimony to the truth. Everyone who belongs to the truth listens to my voice."

BENEDICTION

O Son of Man, awaken to the Presence that is Eternal and Ever-present within you.

Then, O Son of Man, there will be no more struggle, for Love shall fill your heart.

The Son of Man *you are* the Son of God when *you love your neighbour as yourself*.

The Divine Design within is waiting to express Itself when you see the false you alone have created.

Then you will be the Son of God, O Son of Man.

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 2nd March 1954, at 7.45 pm. Part of a recording exists of the Johannesburg lecture. See page 331.

1. The next sentence in the Lecture Notes is missing from the sound recording. The paragraph would then read: [*With most there is a continuous struggle through reactions to conditions and circumstances that surround them. This is common in all shades of life. the rich, the poor, the educated and the uneducated, the great and the small.*]
2. The preceding paragraph in the Lecture Notes is missing from the sound recording. It reads: [*Some struggle with health and some with ill-health, others with circumstances, others struggle with good and evil, and this struggle goes on incessantly.*]
3. The next two sentences in the Lecture Notes is missing from the recording. The paragraph would then read: [*The Presence is always present and there is no such thing as lack, no evil or ill-health, hate and the like in the Presence; and the Presence is the only Reality, and all there is.* Then how do these things come into being? When this is known struggle ceases.]
4. The preceding 4 paragraphs in the Lecture Notes are missing from the sound recording. They read: [*The Left and the Right are pursuing ideas, not things. If they were pursuing things it would be much easier to come to terms. It is because his ideas are more important than things, and his belief is superior to yours and so on that he lives in separation. The system becomes more important than the distribution of things. It is not things that are dividing men but ideas.*]

5. See Notes page 86

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There is sufficient scientific skill in the world to produce food and things for everybody. But the ideas of nationalities such as the English, the American, the Chinese, the Russians and the many different racial antagonisms are preventing man from making plans for world distribution. Therefore the struggle and misery in the world is increased.

When I begin to understand the material I can proceed step by step to the deeper things. There I can find out what is Real and what is false. But when I assume I am different because of my nationality, because of my belief, I will dwell in the illusion of is separation which brings struggle and misery into the world.

It is only when I come to that point where I can find out the significance of Life, what it really means to love my neighbour as myself and not a dictionary meaning, not a theological or a philosophical meaning for me to follow, when we come to that point we can discuss the dreams of our ideals with goodwill. Therefore the understanding of what is true and what is false gives freedom and therefore happiness.]

5. The preceding 12 paragraphs in the Lecture Notes are missing from the recording due to Murdo skipping over them because of time constraints. They read: [At first you will perhaps not find immediate results, but to be assured that the Presence is always immediately present is sufficient. One must be careful not to make the mind unstable by the conflict of opposites. "Thy faith hath made thee whole," the Master said. It is this understanding faith that you must have, then the Infinite Life will be given free expression.

When you understand that it is the Father who is ever working in you, you will know that results are assured. "Whatsoever I see my Father doing so I do in like manner." If you can understand this then there is pure action, which is creative.

It is difficult for the one who is conditioned to discern the difference between pure action and reaction. We must understand that all things external are relative, and what is relative has no power of its own except the power we give to it. Remember that struggling brings frustration and fear.

When we fear, our faith is on the same yardstick. We measure them both by our success and failures so we fail to see the faith that the master meant, which was the Father within us.

We create ignorantly in fear and faith. What we think in fear and think in faith equally produce because we live in opposites. So there is continual struggle with opposites.

When we are ignorant of the Truth of our Being we hang on the pendulum of both fear and faith, we swing backwards and forwards according to our reactions. But when we know our oneness, our "Being," we see that these impostors are but reactions to our feelings—our state of mind. Therefore we understand the cause of our struggle and our struggle ceases.

As long as we are ignorant of our Being, unaware of the Presence as ourselves, we will never realize that the Creator and His Creation are one. This is the cause of the reverse action that causes struggle.

Within the Presence (the Life) there is everything, therefore the "Presence" (the Life) creates by becoming the things It makes. "I am the Life." "When you have seen me you have seen the Father." This is not merely an idea, but an experience we have when we are "Being" and not becoming.

"The greatest amongst you is the Servant of all." When the Master said this to his disciples, he had been explaining the law. The Servant was the Presence that knows all things, and is the Creativeness in man. You will see that this Creativeness can only come into being when you love your neighbour as yourself, for the Creativeness of the Presence is in your neighbour too.

If we condition ourselves by hate, by jealousy, by fear, etc., we will express our conditioning.

The great Truth should be our experience, as it was with the Master, "I and the Father are one." It made him the greatest figure of all time and it can do the same for us, he told us that the things he did greater things would we do if we would but believe (understand).

The transforming power is within all of us. It transforms our thinking. Our thoughts are turned into projectiles of Love, our faith moving mountains. As we discern all that hinders the "Presence" in us we will give up the struggle. Then the Creative Power of Love will create that which is acceptable to Him who created us in His own image and likeness, then you will be the Son of God,—son of man.

FREEDOM COMES THROUGH THE NOTHINGNESS OF THE SELF*

“The Father said to him ‘my son, you and I are always together all I have is yours.’” Luke 15: 31

Now very few people realize the meaning of that saying. But I can realize what Jesus had in his mind at that time. He saw that there could be no separation between the Father and the Son. It could not be because the Livingness of the Son is the Life of the Father, it could not be anything else. Therefore that Life that created the body existed before time. And the Life in the body is no way separated from the totality of all life in the Universe because Life is not divided. The Life in the body existed before it Created the body for Its own Self-expression. And It will exist also after the body has dissolved back into the Substance from which it was created. The Substance we know is Eternal and Ever-present. Just the same as the Life is Eternal and Ever-present. And the Intelligence, the active Principle of Life is Eternal and Ever-present because all is Infinite in nature. Substance is Infinite in nature, it may change but is still the basic Substance Infinite in nature.

Science has proved that matter itself does not exist apart from energy. And energy does not exist apart from Intelligence because energy moves according to an intelligent activity. Intelligence has no direction of its own unless the Consciousness, which is the directing Power in Life, so Consciousness is the directing Power in man. What the Consciousness is aware of so the Intelligence will act through the body. If the Consciousness is aware of Life Itself, aware that Life Is, aware that God Is, aware that God is Infinite in nature and knows no evil, no sickness, no death, that Consciousness becomes aware of It and the body has no say in the matter, it must respond.

But man has lost himself in the self; the self is bound up in craving, bound up in opposites, bound up in memory, bound up in experiences, bound up in hates, bound up in antagonisms and separations, that's the self. Unless one sees the self that they are still caught-up. But one can see what the self is therefore we understand the self, there is no longer any problem.

* See Notes page 98

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Now Life is Love and Love is Life. But Love is Creative. Love is God and God is Love. So God alone is Creative. God is Creative in man and only God is Creative in man. Man has no Creative ability of his own, none whatsoever. God has granted him the same Life, the same Consciousness.

Love is dynamic! It is Creative without the necessity of an object. It is immortal, It is Life and Life is Creative yet formless, yet all forms are created by It and with It, and there is nowhere where it is not.

So the Substance is formless but every form exists in Substance because you cannot exist outside.

Life is not divided nor is It in one and not in another, It is in all and It is the same Life. To understand Creation we must understand form and through form we arrive at the source of Creation, because we are Creation in form and through form we gain experience to enable us to realize that the Life in form is the same Life that is formless. The Life in the mortal is the same Life, Eternal and immortal *because it cannot be anything else.*

Man realizes what form is, where form is created and how it comes into being. He sees the relative action in form but he knows that there is something behind form. And the formless is the only Real both in Substance and in Life. That is the only Creativeness there is and It is in man too.

Life and Love are synonymous because Love and Life are one. Very few people realize this. But when we see clearly that Life and Love are one, we have risen out of the self into the glory of Life Itself, into that Light that is Eternal and Ever-present. We can be sentimental over Love, but that is not Love. The idea of loving everybody has very little meaning if you do not know how to love **one**. If you do not love one then you cannot love one then loving everybody has very little meaning to that individual. But if you know how to Love one then you will Love all because you will know Love, and Love is Life and Life is Love and Love is God. The moment there is complete Love there is complete communion with another. A moment Love is supreme there is complete union with one another. But if that Love is not there complete in Itself, there is no communion, there is no Real relationship, no Real Love, no Real communion. Communion is Love. It's a force that is beyond time, it existed before the world began. Love is the Power behind all Creation. Therefore Love was behind the creation of man. There is no special way to love, there is no pattern to follow. If you follow a pattern then there is no Love.

Because it is all in the mind you are trying to follow a pattern. Love is something that rises up from the soul to give expression to Life. To give

FREEDOM COMES THROUGH THE NOTHINGNESS OF THE SELF

expression to something that is beyond mind. Love then is the secret behind all Creation and all Peace and all harmony and all perfect communion with one another.

The idea of Cosmic Love, (*the idea, mind you of Cosmic Love because most people have only an idea of Cosmic Love*), loving mankind while there is antagonism, animosity and separation, *this is just talk to cover up the lack of Love for another. It is an easy escape for the reformer, for the moralist, the so-called righteous. But how could they love humanity if they cannot love one, for is not one the whole?*

In one drop of the ocean there is all the elements of the ocean in that drop. It is the same as the whole of the ocean. And when it is in the ocean it becomes the ocean. The drop and the ocean are one, so are you and I one. The same element, the same Life, the same Creativeness and the same Love.

Now, what is it that is preventing the expression of this Love, that is Eternal and Ever-present? We will soon see. It is the self; with its craving, its antagonisms, its separation, its different cults, its different religions, its different nationalities. Your mind is caught-up in conditions of all these things and Love, the greatest thing in the world, is lost.

So you live by your ideas. Your idea to you is more important than God to you. If you look into your minds you will see that your ideal is more important than God Himself. Your ideal is more important than Love, yet Love is God and God is Love. But with your ideals there can be no Love because ideals is the basis of all separation.

When you will know what an ideal is then you will not quarrel with another ideal because you will see that all in the mind—is Love, is Eternal and Ever-present, while an ideal has a beginning and an ending. Anything in the mind has a beginning and an ending but Love is Eternal and Ever-present. And It is this Love that makes man and woman the children of God.

To realize Love-Life It must be stripped of all personal whims, personal viewpoints. You must not be caught up in the opinion of what It is or what it is not.

When you hate, you find *yourself* hating so you say you must love those you hate, thus you create duality because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, *when* you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the idea of something which you are not.¹

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So you say in your mind, you must Love those you hate, you hypocrite. Don't you see how hypocritical it is? How it is not only hypocritical but stupid. And you try to turn your hate into Love, just as people are trying to turn a peace out of war; it cannot be done. Love is God. Love is Eternal and Ever-present. You cannot turn anything into Love. Love is an Eternal Expression of the Father Himself.

You are hateful so you want to become loving which you are not. *Because if you hate one and love another you are not a Loving person, you live in duality. The eternal two conflicts determined by the conflict of duality. You hold an ideal of Love yet you are caught up in hate. When you understand what you are actually now, your mind cannot be distracted by an ideal. Your mind must be free and not thinking in terms of your ideal.*

So if you have an ideal of Love and you hate you are antagonistic, you are living in conflict with yourself. You are living in duality and there can be no Love. There can only be Love when you discern clearly, understand what this antagonism and all these things are and how they come about. And to see what they are, to understand them, they fall away, and then Love is given true expression of Itself. It is the Loving thing in man and woman. It is the Love of God, that perfect communion between two souls and not only that. It is the perfect communion when one knows how to Love one then that one knows how to Love the Whole because the Whole is One and One is the Whole. But if you cannot Love one, well you may as well give up saying anything about how to make Love because you do not know how even to Love God.

The pursuit of an ideal implies the conflict of opposites, the ideal is something which you are not. *So you create an ideal of something you would like to be, you become. An ideal of becoming something. Don't you see you are going away from Reality. You are hateful and you want to become that which is your ideal. Your ideal is an example to follow which means imitation, so your ideal is brought about not by understanding. When you understand you no longer want an ideal, you no longer want to copy nor imitate, which is not understanding, not thinking.²*

If you imitate you cannot think, you are caught-up in the copy, you are caught-up in the imitation.

You may read hundreds of books. You may cram your mind with all sorts of sayings, you may think them grand if you repeat them, some people do. But after all they mean nothing, it doesn't matter if true or not because you

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have no Love. You may have an ideal but you are living in the opposites. But your ideals are of no value to you until you understand what the opposite is and how it is brought about. Then when you understand that which is hindering the expression of Love, you don't have an ideal of Love, you don't need an ideal because you are Love, you are. You don't have to be, you are, therefore becoming is an illusion, Being is Truth—now, Living and Loving NOW.

In your daily life you are full of ideals which means you are not thinking, not understanding but merely imitating. In your desire to become there is imitation and therefore there is no thinking, feeling, living—therefore idealists are the most stupid, thoughtless, brutal and ruthless people. Their systems are more important than people. *Just the same as your ideals are more important than God.*

Hitler was said to be an idealist, in yourself you can see the Truth of this when you pursue an ideal. When you have an ideal of a perfect State either the Right or the Left, you see how ruthless you are bound to be in achieving your ideal. The ideal is the example, is the authority whether it is imposed by another or by yourself inwardly, thus there is a cessation of *understanding—thinking and so there is fear.*

So in both the right and the left is an idea and each are pursuing their ideal. And when the ideals cannot be reconciled there comes a war, destruction. This is the cause of most of our troubles in the world is the fact that we will not discern what ideals are, we will not discern that we are imitators.

As I said, people read books one after another and they come to me and they spout the things off that they have read. You know its laughable. I don't say anything but I know perfectly well how stupid it is. The fact is this, if you are an imitator you cannot think. You may be well read but what of it. What of the fact that you are well read, the fact that you cannot think, the fact that you are an imitator, you accept what other people say, you accept your sayings and yet you cannot think for yourself.

If you have a fixed idea, your ideal and something that comes along that conforms to your ideal you accept. But something that does not conform to your ideal you reject. You squirm and squeal and twist and turn, and you still remain as ignorant as you were before because you cannot think. The lack of thinking and understanding is because of lack of Love.

The greatest ideal you can have is but a limitation. Freedom comes as your consciousness becomes wider through understanding what is hindering

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Reality from expressing Itself. *What is hindering the Love from expressing Itself.* Reality expresses Itself in proportion to your understanding of the false. Then the Life-Love-Reality expresses Itself in Its Wholeness which is beyond the comprehension of the mind of man.

You do not know what Love is. You cannot put your finger on it. Just the same as you cannot put your finger on consciousness, you don't what it is. You do not know what Life is, you can't put your finger on it but you know that it is. You can experience Life. You can experience the Livingness that you are. You can experience the special expression of Love in Its Wholeness and Its beauty, in Its Perfection. You can also discern clearly in your own mind what is hindering the expression of Life, Love, Reality.

When man only creates an idea of Love, while still maintaining his hates, his antagonisms, his greeds and the like he lives in opposites, which is frustration. Our social structure, our education and all our relationships are based upon imitation. Our Judgment, our thought are based upon avoiding the understanding of what is false.

All our judgements are based upon falseness. And our judgements are based upon avoiding the understanding of what is false.

Look at what is happening in society, *in the world*, corruption, degradation and so on. Why do we not tackle all this falsehood directly instead of saying that through an ideal we will become marvellous.

Through an ideal we become wonderful. So you pray to God, you have your ideal of God, an idea in your mind, and you pray to this idol that you create in your mind. And you think by doing so that you are going to be marvellous. How can you be marvellous when you do not know what is hindering the expression of Reality? The world has been praying since doomsday but it hasn't stopped wars, it hasn't stopped hatreds, it hasn't stopped killings. All the prayers in the world will not stop until man begins to see what is hindering the expression of this Love that is Real. The Love that is God. So everything else you create in your mind is much more important to you than God. It is much more important to you than Love. Your stomachs are much more important to you than Love.

When you understand the false you live dangerously, sailing the uncharted seas, being very alert and awake all the time. When you are alert and awake, you are intelligent, you are not exploited by others, nor do you want to exploit others, you cannot be exploited except you belong to the same club.

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Reality expresses itself through the mind that is free. The great Truth is the greatest in the smallest and the smallest in the greatest, the drop and the ocean *are one and the same. The same element I said in the drop as in the ocean. The same element in you and me as in the totality of the whole Universe. The same element in you and me as in Infinity. Your individualization of the Consciousness is a drop in Infinity, yet it is not separated from Infinity because there is no division in Infinity. But when the scar of individuality begins to dissolve away there is Infinity. Then you see that there is no such thing as finality. All is the expression of Infinity, all is Infinity. All else is an idea, think now, you create it in your mind, you think about it, you create an idea about it but you do not know whether it is true or not. So when you see what the mind is made up of; the belief that it is true, your experience, your memories and all other things are wonderful you build up in your mind. But if you look into your mind you will see they are just images you have created. They are in the mind but they are not real. A Reality is something that is unchangeable but your ideas, your images change, your mind changes over from one thing to another. The ideas you had yesterday change after tomorrow, and this goes on incessantly. But Life, Love is Eternal—there is no change. Life is the Perfection in man.*

Jesus said these words or similar, when he saw how relationship is holding back the expression of the Christ said, “unless you forsake your mother, your father, your wife, your husband, your children and even your own life you cannot be a disciple unto me.” Showing that he was seeing beyond the relationship of the relative into that which is Eternal and Ever-present—the Christ. Showing the Christ in each and every one. That was the discipleship that would be requested in each and every one. So no one could become a disciple to him unless he could see beyond that relationship into that true perfect state of the Christ Principle which is the Spirit of God in man. That is the Love that could not change, that nothing could change. The Love that could not be changed by anything external to Itself, It was Complete, It was God in His Own Creation. The Creativeness of God was to Love Him.

Now the Love you see even in the chemical activities, the attraction of the atoms, the building up of form is all done by Love. The Intelligence, the Life that existed before the form came into being, the same Life, the Consciousness existed before the form came into being. Before the brain, the

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nervous system was created through which you could think and act existed before and will exist after the body has dissolved into the substance from which it was created. It is only when we know and see what is in the mind that belief is dead. A belief in life is only a belief. A belief in life and a belief in death you live in opposites, you do not know if one is true or is not true. You do not know whether life is true or death is true, you do not know! Because truth and error mingle together in your mind. But immediately you see what it means, what the mind is, that it is only an idea, then the Livingness comes into being. The Livingness that is Eternal, the Love that is Joy, that is harmony, that is everything, that is that Perfect in you. To feel superior you call yourself a name because you feel the sense of inferiority. So you want to become superior. Superiority is the ideal you want to become, so the more you want to become the greater the conflict, which is thoughtless and stupid.

When we do not understand we feel inferior to something, do we not? We want to “become” because the whole of society is based on becoming something. As long as you are “becoming” you must be inferior, for there is always the you and the other. *There will always be duality, you and the other.* If you know the self to be a nobody you will understand that “becoming” is an illusion. When you accept that you are nothing it is really wonderful. Then you will know what it means to love. You are Love, you are Life, you are Creative.

The reward for this understanding is beyond price and cannot be classified with any effort to “become.” The awareness and mental poise resulting from our understanding is permanently established in us, for nothing in heaven and on earth can deprive us of our birthright. I and the Father are one, through which all is possible to the one who understands the false and dissolves it, then the Real takes its place. *The Real expresses Itself.*

But how can the Real express Itself through the mind that is in confusion? How can Reality which is Eternal and Ever-present ever express Itself through the mind that is always trying to become something? How can that which is now Complete and Whole express Itself through a mind who is superior trying to become something? How can that which in Itself is Love express Itself through a mind in which there is no Love, feels nothing; but hatred, division, separation, antagonisms? How can Love express Itself through a mind full of all these false things? Then what is the remedy? It is very clear is it not?

The remedy is; discern the false, understand the false it will fall away, you will see the nothingness of the self. And when you see the nothingness

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of the self then it is wonderful to be alive because you are free. Then when there is nothingness of the self then you are everything. You are everything.

The Father said to him, “my son you and I are always together, all I have is yours.”

Jesus did not want to become something. *And he was undoubtedly the greatest man who ever lived.* He said, “I of my own self am nothing, it is the Father who ever remains within me He is performing His own deeds.” Paul never expressed a greater truth when he said, “let the mind be in us that was in Jesus Christ.” But before we can have such a mind we must become humble in knowing that the self is nothing.

The fact is that **you are nobody**. *And nobody is anybody. If you look into it clearly, is all a false thing, is all tradition. Every one’s a human being, they come into the world with nothing on, they go out the same way. And when Jesus was asked, “who made up the Kingdom of Heaven?” He took the little child and he put there, he said, “there, such is he make up the Kingdom of Heaven.” They were nobody. He did not want to become anything, he was free. But our society is always wanting to become something, so are you because you are imitators. Everybody’s imitating until they know that they are imitating. And we know they are imitating, what do we do? They just cast it aside, they know. Very few people know that they are imitating. The fact is you are nobody.* Then why not start from there and face facts directly without trying to become somebody? To face your nothingness means to be humble, and to Love. It means that you have no resistance to anyone. *It is only when you be wanting to become somebody that you have resistance to somebody else who wants to become somebody too. So you are always in conflict with one another. So it means that you have no resistance to anyone, no barrier between you and the other, then there is freedom. In Freedom the Real is.*

A person who is arrogant can never find humility however hard he may try to become humble. A person who does not recognise his nothingness, but pursues ideas is like a man who, without even knowing how to sow, ploughs and ploughs and never sows. Behind all his knowledge behind all his degrees, titles and possessions there is nothing. When you really acknowledge that you are nothing you **are everything** because you know *that Love is Real. And you know that Love that is Real.*

You know that Love that is Eternal. You know that Love where there is no separation, there is no division, there is nothing that disturbs It because you are free. We are Love only when we are free.

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You want to know how to Love? If your Love is the opposite of hate, ill-will, it is no longer Love. Then your Love is just an ideal, an imitation, and the person who imitates cannot know Love.

If you are seeking how to Love you do not know love. You do not want to acknowledge that you lack Love, so you have an ideal to become loving. You are deceiving yourselves and cheating others. But if you understand the whole significance of “becoming” it drops away. Then the feeling of nothingness is not the end, it is the beginning of liberation.

It is the beginning of freedom. It is the beginning of the expression of Love, that is Eternal and Ever-present because there is nothing to hinder It. The nothingness of the self as Jesus saw it clearly, was the true expression of the Father, the God in man.

If your Life is filled with fears, apprehension and conflict it is because you want to become something. If you are stupid, cunning, arrogant, be aware of it, this is most essential. To acknowledge and live with what you are is a most difficult thing. But out of that will come real Love because it sweeps away all hypocrisy.

Yes, you may have read many books telling you how to become. *The person who really knows, knows how stupid those books are. But they are mopped up, read, digested and the individual who digests them begins to express them, becomes a real imitator but they are on the wrong track. The self has become more bound.* But you are still as far away as ever till you know yourself. If I could blaze this truth in letters of fire across the heavens I will do so, so important is the realization of this Truth. Trying to become is an illusion.

Only Being is Real. Being is now, not tomorrow or another day. Being is NOW, there can be no other time but now, NOW is the only time. Living in the NOW, you Love. When you are Loving, what happens? The past and the future is gone there is nothing but the NOW. Nothing but the expression of the NOW. Love, and in that Love the Glory of God, the Creativeness of man.

Many who write books on Truth have not yet found the simple Truth themselves that they are nothing and when you are nothing you are free.

If you love **one completely** you will love the whole because one is the Whole.

You will know, you will Love the Whole because one is the Whole.

Now, you want to know what will happen when you feel *that* you are the whole? Feeling as the whole comes later. But first you know you

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are **nothing** and you are not concerned with what will come after. If you are concerned with what is beyond the nothingness of the Self it shows that you are frightened of being nothing.

So you cannot throw away the self because you think it is your security. The self is your security but the self is nothing. And because the self is nothing there is no security in the self. There is only security in the supreme understanding of all that is false and the Livingness, the Creativeness of God in man. It is only realized and experienced when all the false is understood then the Christ of God alone is Creative, that is the Truth that sets you free.

“Be nothing,” then Life is beautiful. Then you will “Be” all there is. The mind is afraid of being nothing, that is having no security. Yet out of nothingness comes Creativeness, because you are free. Then you begin to create, then there is Reality, God or whatever you like to call it.

To really create, there is no fear, there is no opposition because the self is dissolved away. All craving, all desire for becoming something has passed. There is no duality, there is no opposites, there is no opposition. There is only the Creativeness through nothingness of the self.

The grand story of Jesus forty days and forty nights in the wilderness. How I can imagine him, I can see him with his struggle with the relative world with the understanding of what it is. With understanding of everything that was made up in his mind. The understanding of all religions. Then when all was completely cleared to him and he knew it completely and understood it, then came blazing forth the sight of God, the only begotten Son of the Father, Lives in the Father and the Father Lives in the Son. Here was the Glory of the Silence revealed in man.

The only way we can do it is that way too. Not to be an imitator, to follow some outside conglomeration or organization, whether it be religious or political or anything else. Because you cannot be free with the following of any authority no matter how learned they may be.

All ideals are tomfoolery and are of no significance to the thoughtful person. When you set them aside you will find a beautiful and indescribable Love that is not yours or mine but that which is Eternal and Ever-present in Its own Eternity.

God, whatever name you like to call it, It is that which is beyond mind. That which is alive and Living. Is not an idea or a belief but a Livingness NOW.

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Is your belief, is your ideal to you now more important than Love? Is your desire to become something more important to you than God, than Love. Then if it is you are stupid. You are caught-up in your beliefs, in your ideals, in the thoughts and you will never know the Truth.

You may read till doomsday. You may read every book that comes into the world. You may read the Bible over and over again. And Jesus called the people, “you read the scriptures and you think ye have found Eternal Life, you make a mistake.” That can only be found in yourselves and by yourself. Another’s is not yours, it can never be because you will merely be an imitator and all you will have is an idea, an image in the mind. It will not be a real thing, it will merely be an image. And that image will become more important to you than God Himself, than Love, which is God.

“Do you not believe that I am in the Father and the Father is in me? The words I speak to you all I do not speak of my own accord; it is the Father who remains ever in me, who is performing his own deeds.” [John 14: 10.]

BENEDICTION

O Eternal Love, I thought I knew Thee through my ideal. While I hated those who had no ideals.

In my ignorance I held ideals yet I lived in their opposites.

When I understood that I was the creator of them both and saw myself as I really was, full of antagonisms and hate, then transformation took place.

Then I knew I was nobody and my struggle to “become” ceased. I really loved because I was free.

When I loved completely, O Adorable love, I knew I was all and I became Love, one with Thee, O Eternal Love.

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

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 9th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. In the Lecture Notes the paragraph reads: [*When you hate, you find hating painful so you say you must love those you hate, thus you create duality, and because you refuse to understand the full significance of hate, you pursue its opposite. You want to transform hate into Love. You try to become loving, while you refuse to understand hate. This pursuit of an ideal implies the conflict of opposites, the idea of something which you are not.*]
 2. In the Lecture Notes the full sentence reads: [*When you understand you no longer want an ideal, you longer want to copy nor imitate, which is not thinking—understanding; there is merely a desire to become an ideal.*]

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OTHERS FREE TOO***

“John 14: 7, “if you knew me you would know my Father too, you know him now and you have seen him” “I and the Father are one.”

This puzzles a lot of people. You see, Jesus was a man like ourselves. He was not born in any unnatural way, that's all brought about by bringing a religion into operation, to make people believe that there is some means how they could be saved through an organization and the organization is itself was built for that purpose. But there are so many different organizations who all claim the same thing. So each and everyone says, this is the road and that's the road and this is the road. So we all became confused.

But Jesus knew all this because he saw it. He knew it all because he saw in his own life and his own living and his own time. He saw the different religions. He saw the Roman religion based upon the godhead of Caesar. He also saw the religion of the Jews, how the people had to pay into the Synagogue so that the Synagogue could be kept going. He also saw how that the people had to sacrifice lambs and animals and so-forth which they had to pay for, and all this was going on continuously. He saw it himself, he came to the Real State of the Christhood of God. Therefore he said, “if you know me you would know my Father too. You know Him now and you have seen Him. I and the Father are one.”

We do not create anything Spiritual. No one creates anything Spiritual. What we create is a mental thing. Now look into your own minds and you will see that it is; mere ideas you create, mere images, mere beliefs, whatever the case may be you create in your own minds which is mental. You do not create anything Spiritual because you cannot, that is already been created, that is existing now at this very moment. You do not create the Ever-present, you only create the past or the future in your mind. Therefore you do not create anything Spiritual either because it exists now, is Eternal and Ever-present.

Now Jesus saw clearly that the Father-God was Infinite in nature. He saw that there could be nothing outside Him. He saw also that the Life in God

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existed before He created the body for His own Self-expression. When that Life, that Consciousness, would exist after the body had dissolved back into that Substance out of which it had been created. This Substance cannot be other substance but Infinite Substance because God is Infinite in nature. And the body could not be brought out of anything that was outside God or something that was separate from God because it would be an utter impossibility.

So as you see, Jesus saw clearly, that Infinity existed NOW and there was nothing else but Infinity. He saw the very Life that he was himself was God's Life because there could not be any other with God being Infinite in nature. He saw clearly then that the Life that created the body existed before the body was created and he knew that nothing could create it but God. And what the disciples saw before them was the manifestation of the Father. And that is why he said, "and you have seen him. I and the Father are one."

It is so very simple when you see the whole thing clearly. Now in your mind don't you see, you create images and ideas by the millions. You react to conditions but you have conditioned yourselves and naturally you react to protect your conditioning from others who are also conditioned. And because your conditioning and their conditioning is not the same, is very much different then you quarrel over your conditioning but don't you see you are creating something that is mental, you don't create anything Spiritual. You don't quarrel over the Spiritual things, you quarrel over your own mental creations, your own conditioning. If you see it clearly you will see then how your mind is made up. And when you see how your mind is made up you will not react emotionally to any particular revival or that sort of thing and that revival which we see going out throughout the world today, a revival. A revival is emotional reaction to a stimulation in the conditioning of the individual. A revival will stimulate that conditioning but it is all an emotional thing, there is no thinking about it.

Immediately you begin to think, then you must think clearly and not be caught-up in your thoughts, not be caught-up in your conditioning or your own mental creations. And you must not think that what you create in your own mind is real because it cannot be Real, it can only be mental. It cannot be Spiritual because all you create in your mind is mental, it is imagery, illusionary. I want you to see this clearly because it is most important for your own health and your own freedom.

Much of the teaching today, in fact most of what you hear and read place the emphasis on controlling your thoughts. Is this not living in conflict?

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Controlling your thinking is contraction. One may control one's thoughts, yet remain in limitation and separation. Unless you can discern what your thoughts are and how they arise you only put your freedom further away.

Now you are told to control your thoughts. When the thought rises to the surface you try to banish it. And when you try to banish this thought you create opposition. But what is that thought? You think that thought is something that is foreign to your own nature, don't you? But altogether that thought is nothing more than a disturbance in your own mind, a reaction to your experiences, your memories, your beliefs and so-forth that have not been understood. And it is these things then that have been understood that rise to the surface and disturb the surface of your mind. Therefore you try to banish those things but don't you see in this so-called controlling of your thoughts you are only suppressing your own unrecognized and un-understood thoughts on your own creations of the mind, therefore they are mental. They rise to the surface and you fear them. There's a fear rises to the surface in regards to the thought you have created. You may say, "what am I going to do now? I can't sleep, I can't walk, I can't think, I can't do this, I can't do that." But all that is your own inhibitions. You have inhibited yourself or your own thinking and now you say, you want to control that thought, how stupid you are. Don't you see, that you have got to discern yourself clearly and see it is your own mental creation. And by doing so you will understand it and by understanding it, it will not come up to disturb you anymore, you will be free from it.

Controlling your thoughts is not the thing that is required to eliminate confusion and contradiction and opposites from the mind. If one thought rises to the surface I try to banish it and if I can't banish it, I try to create another thought in opposition to it. To superimpose another thought on that one but that is not ridding of that thought that originally risen to the surface to control me or to irritate me or disturb me. You cannot then superimpose a positive thought on a negative thought because the negative will still remain, therefore you create opposites. Therefore controlling your thoughts is of no value whatsoever. You will say, "I must control my thinking now, I must say now, I must not do this, I must not think this way, I must not think that way." "Alright to say now, I must sleep now." And you try to sleep, before you sleep somebody else disturbs your thought. Before you know where you are, you are then caught-up in your conditioning.

Controlling your thoughts is rubbish. People tell you to control your thoughts and you get further and further away from the Real thing. The Real

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thing is hidden underneath the conglomeration of opposites, conglomeration of mental creations, a conglomeration of beliefs. Where there is a belief in your own importance, a belief in your own lack of this or lack of that or whatever the case maybe, that Reality is hidden underneath this. But that Reality exists Eternally it is not something you create. Its Spiritual. You do not create any Spiritual thing. Spirituality is goodwill and Love, peace and harmony. You do not create these things and they do not arise out of chaos. They are not the opposite of chaos. They are existing Eternally. Chaos is created by you but that which is Spiritual existed Eternally and exists NOW and you do not create It.

It is only when you have discerned all these things that are preventing the expression of It. Your thoughts become clear and distinct. You look at them without fear; without being disturbed mentally. And by doing so they begin to dissolve away into their own, making nothing. You were the creator of them. The self is the creator of them and the self is nothing. The self is a bundle of memory, a bundle of experiences, a bundle of beliefs, a bundle of all these things mental. And it does not matter a damn whether they are true or not. And when you look at them clearly, you will see it does not matter a damn whether they are true or not.

And when you see that it does not matter a damn whether they are true or not, then they will begin to fade away from you because you will look upon them without fear; without being disturbed, without condemning, without criticism. You look upon them just as you would look upon a glass of water and you will say, "it is a glass of water and you understood it and it no longer troubles you."

That is the Truth. And it is the Truth that sets you free. This Truth that is above mind. I wish I could put it on a plate and give it to you just as I could give you a glass of water. I know it is difficult because of the people that are caught-up in their own thoughts and their own mental creations, and then they try to control those mental creations they have created. And they fear them because they fear them they want to control them and put them aside. All this sort of stuff is a waste of time, precious time and effort.

Does not most of the Truth literature you read give you instruction on how to make your demonstrations on the physical plane? There is much of this misleading material written and spoken by those who know nothing about themselves. Yet they expound ways and means of how to get things. The advocating of the so called Spiritual Teaching is a worthless imitation of the Real.

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Only when you can discern the false from the real will you free yourselves from that which is deceiving millions through this senseless nonsense.

All the time we create an idea of something. And they say now, you build yourself into your idea before you and you begin to build up your idea. And then you begin to think that your idea will come into operation, well it is a mental creation. It has no power of its own. Now can that ideal fall to the ground then the people will say, "God is Love. God of Love could not do anything like that to me." Because immediately you create an ideal you always create the opposite. And the opposite will always exist in your mind. And the opposite is very often the more stronger, so it is generally the opposite that manifests.

Whatever ideal you create you always create the opposite to it. And is neutralized because of the fear you have whether your ideal will be created or not. And it is not created. If it does not come to fruition then there is a disturbance of the mind, fear enters in. Then you say, when all things are blown to the wind. You say, "my God of Love, my God, He couldn't do that to me." Then [for] some people there is no such thing as God, "I don't believe there is a God at all."

I have had that said to me tons of time where people who have built ideals in their minds and they have all gone up in smoke. That's not creativeness. Creativeness exists after their mind is freed from all opposites, from the power of the opposites, from the power of contradiction, from the power of duality. Then in there is a Silence that comes, not a silence that you create or a silence you enforce but a Silence in which the Creativeness becomes known. I and the Father are one. In that way I look at you, the Power flows through you everywhere. For the simple reason that it is Creative, it is not an idea or an image but it is beyond the mind. The mind does not know what it is, it can only know that it is. The consciousness becomes aware of Itself, not of what it is. But the Consciousness that is Unknown because the Consciousness can never know Itself. You can never turn back on your consciousness and know what it is, It is Unknowable. It is the Unknowable that is Real. And you find this Unknowable in the very heart of yourselves after all other things have passed away and dissolved into nothingness where it belongs, then that Reality, that Creativeness, that IS your Consciousness. The Creativeness, the Unknown, an Awareness that cannot be defined. I cannot give it to you. I cannot tell you what it is. It can only be found by yourselves when the mind is known, when the

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mind is understood. When the self dissolves into nothingness and Wholeness and Completeness which is NOW, expresses Itself without hindrance.

Jesus said, "I and the Father are one." It was not the fact that the Father was limited to one particular man. Because the Christ Consciousness is not limited to one particular man. The Christ Consciousness is beyond man. The Christ Consciousness is beyond mind, beyond the self. The Christ Consciousness IS the Father. The Wholeness, the Spirit of God in the Whole of the mind.

And what do we see?

*You see the world is full of these ignorant people who boast of their manifestation as a proof of the Truth, but let them lose all their possessions and see where they stand. Their foundation is laid upon *the* shifting sands of craving. Then they will tell you that they do not believe in a God any more, they say a God of Love could not do a thing like that to me.*

*Their belief in their outside God destroys the experiencing of Reality. It is most difficult for people to *understand* this because of their conditioning, and their belief gives them a sense of satisfaction.*

But belief is a mental thing. And I cannot impress upon you too strongly what these mental creations are. If you look into your own minds you will see how they have come about. I am going to repeat again, what you have been taught, what you have read from books, what you have been told by others. What you have accepted; your experiences, your memories whether they are good, bad or indifferent, your beliefs, your ideals, all these are the mental make-up and that is the thinker. You do not think on anything else except what you know. You cannot think on something you do not know. You can only speculate on something. But you can only think on your own experiences, your own memories, what you read, what you learnt and some of you read a lot of tommyrot which is cluttering up your mind and you are losing the Real.

I had a man come to me yesterday. He had an inferiority complex apparently and he believed, he read in a book, if you have an inferiority complex you are sure to be important. He turned the book down, he closed it but that entirely got hold of him and he became obsessed with the idea that he was important. A young fellow therefore he became important only because of his idea, of his belief. Now I had to show him all about his mind, how it was created, how he had read it, how he had got it into his mind,

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what his was and so-forth before I could even get him to see that it had no power over him at all except the power he gave to it.

So a lot more people are reading the same lot of rubbish and something else, stuff that does not matter whether it is true or not. Because you only make mental ideas of it. Reality is not a mental creation. You cannot make Reality into a mental creation because it cannot be done! It is an Ever-present existing Livingness that is impossible to create a mental idea of because you do not know what it is. You can only experience It when you know that your mental creation and your beliefs is not it.

So what do people do now?

If they do not find satisfaction in things, in beliefs, they create a super idea of a God. But is their God not a self-made God which they have fabricated in the mind?

But if we would really experience the Unknowable which is not of time, we would not cling to a belief which is but a self-projected image.

Anything that is named is not Real, it is the outcome of memory, of conditioning, and if it is of time then it is still part of the mind for the mind is the result of the past, of the various influences, religions, social and educational environment.

So anything that you name is not a Reality, it is only a creation in your own mind. You must get beyond names because names are separation. Names denote separation and division. Anything that is named is not Real.

If we understand the conditioning [in] which we live and the influences in which we are caught up, that understanding brings about a tranquillity of the mind. Mind is not made still by force, nor can it be made still through control. If your mind could be made still in this way it would be a dead mind.

When you try to make your mind still through discipline it may be superficially still but at the same time it is in a state of agitation like a child put in a corner.

So you also put your mind in a corner when you discipline it and try to make it still but by disciplining your mind you cannot understand your mind. You are forcing your mind into a static state which in itself still maintains its own opposition, and its own cravings, and its contradictions which are not understood.

Only when we understand the whole process of belief, and the search for permanency, when we understand this whole process fully then the mind is quiet.¹ *You always look for a result for man but that something which is Real is*

1. See Notes page 113

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not a result and has no end. It is not the result of something else and there is no end. If you are looking for a result then you are still living in the relative and you are still caught-up in your thoughts because you believe that there is an end, a result. If I can show you that in the Timeless there is no result. There is an Ever-present Reality that is not a result. And that which is Real can be experienced and It is the Eternal Expression of Reality. There is no end. There is no result. You are looking for something then you are caught-up in that something you are looking for. But that something that is Real expresses Itself in Its continuity moment to moment. A continuity of Itself, in Its own Livingness, in Its own Eternity. And that is Love, goodwill, Creativeness in which there is no opposition, no contradiction, no duality. It IS, it does not have to Be. You do not create It. What you create is a mental idea of it but that is not It. It is when you know that, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought and it is this that leads to illusion and fear.

We think we understand people by giving them a name, a German, a Jew, a Russian, an Englishman, a Hindu and so on. But if I do not call you by a name I am not prejudiced, then I can look more closely, and by doing so can understand you. Is it not so that you are already prejudiced when you hear the words Russian, German, Jew, English, Afrikaans and so on? When you understand your prejudice then it drops away and true relationship comes into being.

True relationship is one who is true to himself. Has no conditioning as regards nationality. Who is beyond nationality into that particular state where there is true companionship in true understanding free from conditioning. How can you understand anybody if are prejudiced before you even talk to them.

If you have a belief, are you not prejudiced against another belief no matter how you try to hide the fact? But when you begin to read your mind with all its influences you will see what lies behind your belief. Then you will begin to understand, not only yourself but you will also begin to understand the other.

So to understand anyone you must be unconditioned. And that's how you can also see the other person unconditioned. But if you approach any person with your mind prejudiced to their name whatever nationality it maybe you are already prejudiced and you cannot understand and you will have no relationship.

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True relationship is the secret of happiness. True relationship is Love. Because beneath true relationship is the expression of the Almighty. That something that is created and Creativeness is Love

So to help another I must see the other not belonging to this nationality or belief or to this or that, but see him as he is, free. For if I am myself caught-up in my own petty narrowness, in my nationality, my belief, my society and ridiculous superstitions, my own nonsense, I see him only through my own conditioning, *do I not?*

If I am caught-up in all that rubbish that is how I see the other person, is it not? I can only see that person through my conditioning and in no other way. In fact if I am caught-up in my conditioning I am only expressing my conditioning every day.

To understand one another we must look at each other free from all this stupid nonsense. Then we will have relationship with *another*, then only can we help one another. And this requires an awakened consciousness. *Free from conditioning.*

Do you not see now what is hindering the individual and individuals collectively from that happiness that is theirs, that is now. You can see clearly can you not, that it is the conditioning of the individual either; through education, through parentage, through nationality, through ideologies, through beliefs, through political ideas or religious ideas, it makes no difference they are all mental and yet it's the separation of mankind.

The Ancients says, "the mind is the destroyer of man." And that is a true saying. The mind is the destroyer of man. But when man sees clearly what is destroying him then he drops it. He is no longer caught-up in it, he is free. And in that freedom is Reality. In that freedom is Love because there is no opposition, there is no contradiction, there is no separation, there is no division. There is that which existed from the beginning and it is well spoken in the first chapter of John, "and the Word was with God and the Word was God and the Word was made flesh." But the flesh has no say in the matter. The Word was in the beginning and nothing came into being except through that Word. And the Word was in man, is the Light of man, and that is [how] every man came into the world.

An awakened consciousness is a consciousness that is aware of the false, aware of that which is hiding the Real. We do not create the Real, the Real is experienced only when we understand that which is not real, and

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how it comes into being. *Now* until we have a true recognition of this can we expect to have the Power, Wisdom and Love of Reality. When this is reached we realize that there is no limitation, only an expanding in Infinity in which we exist.

The majority of people talk so superficially about that which is, as something separate from themselves. If you ask what it is they will say "God." But you pursue it further and you will see it is but an image of God, something apart and distinct from themselves. This image is useless for it is made up in the mind and is not Reality.

Millions of people pray to God. Millions of people pray to Allah, which is God too, its only another name, its substituted, another name just as you would pray to God so they pray to Allah or whatever name you like to give it. So they pray to God but two minutes after, are they any different, when they get up from their prayers? In their hearts; their same superstitions, the same hates, the same antagonisms, the same conditioning. Are they any different from their prayers? Is the world any better because people have been praying for a thousand years or two thousand years since Christ came? Is the world any better?

I don't think so, I think it's a damn sight worse. So prayer hasn't added one iota to the betterment of man. Only by discerning clearly what is the cause of preventing the expression of Reality and how to pray. And when you pray, as Jesus said, "if anyone has anything against you, go and make it right with him, then come and pray. Then your Father will hear you in secret."

So you have everything against everybody and you come and you pray with everything against everybody, and you think that your Father is going to hear you in secret when in your heart there is enmity, there is jealousy, there is hate, there is antagonism, your prayers are idolatrous.

A God that is separate from yourself is no God at all. Yet the majority of people, including your religious teachers, are merely at this stage. This is the thing that eludes the intellectuals. Their God is a God they want to comprehend intellectually. So it is just an image, an idol, a creation of the mind. So the Reality of the teaching of Jesus is submerged in a sea of sanctimonious formalities that hide the Real.

I had a man today in Johannesburg. He said, "I am a scientist."

I said, "yes, what's that?"

"Well, a scientist that knows that two and two are four."

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I said, "I know that too. Any fool knows that two and two is four." I said, "What is a scientist? That is the point I want to ask you?" I said, "The only Real scientist in the world was Jesus Christ, that's the only Real Scientist because he found the root of everything. He found the root of Creation and he found the root of Creation within himself. That was the greatest scientist in the world. But your science you read from books. You learnt, you're experimenting yet you don't know whether it is true or not. You're still experimenting but Jesus didn't, he knew what was true and he knew what was false. And he knew the Creativeness within himself." "Now," I said, "you can reason, I hope?"

He said, "yes, I think so."

"Well." I said, "Reason won't give you Reality. Reason wont give you the Real because the Real is beyond your mind. What's in your mind is not true, you don't whether it is true or not. What you learnt you read, experienced, taught. And you call yourself a scientist." So I went on, "alright you can reason, I suppose?"

He said, "yes I can reason."

I said, "But you want to get at this, what Jesus knew, what the Christ is in your mind. But you can reason towards it." So I said, "God is Infinite, is He not?"

"Yes," he said, "God is Infinite, there is no doubt about that."

"Well," I said, "there cannot be anything outside Him if He is Infinite."

He said, "no, that's reasonable."

I said, "also He must be everywhere, there cannot be a particle in the whole Universe where He is not otherwise He could not be Infinite because if there was one particle where He was not, He could not be Infinite could He?"

He said, "no, that's correct."

"Now Jesus said these words, 'know ye not I am in the Father and the Father is in me.' That's the meaning, he put it in a few words. I'm putting it in a long epistle." I went on a little while. I said, "now you're a scientist, what is this substance, what's this?"

He said, "it's a table."

I said, "surely, you know as a scientist its more than a table, what is it?"

"Well its wood," he said, "it comes from a tree."

I said, "a tree grow out of the ground and how does it come about and what is it?" And I said, "you come to that state now where you do not know what it is at all, is that right?"

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He said, "yes, I have come to the state, I don't know what it is at all, I can see that."

"Alright," I said, "you are a scientist, you are supposed to know what it is." Now I said, "the very substance out of which this is created is out of the one Substance because it must be Infinite in nature because there cannot be any other substance. God being Infinite in nature there cannot be a Substance of something else. But a science has proved as far as it will go that matter itself is energy. It is a combination of atoms and electrons which we know to be energy. But energy has a direction which we know it must be Intelligence in action. And it has been formed, you don't create it."

He said, "that's true."

"Words and intelligence existed before you were born. And it was Intelligence that brought you into the world, it knows how all these go."

He said, "yes, I believe it."

"Alright," I said, "now we are getting nearer. Now all you see, you created that in your mind, I have reasoned with you to the Ultimate. But I cannot tell you what the Ultimate is. But after you have got rid of all your beliefs, your ideas, your images, no matter how great they are and your reasoning. Your reasoning must also cease. And when the mind is quiet, in that stillness, then you will know. You will never know the Unknown but you will know that the Unknown is expressing Itself and you will experience that expression."

He said, "I see now. So there is something wrong with the brain."

I said, "now, I know a child where the brain had been completely obliterated practically from the sac. The brain of one child has then contracted, the doctors said it could not live. The body became so thin and emaciated but there was nothing to it. And I said to the mother, 'the Life that created this brain as it is now, that Life is not separate from me, it is the same Life.' Therefore I said, 'in this understanding, the Intelligence will work creating and building up a structure according to the Divine Design. In the one man, in the Christ, the Perfect man, that is the image, the only Son of the Living God—the Christ, the Perfect Man.' Well to the astonishment of every person, the child grew up to be a perfect child and be a normal child, supposed to be dead. Several of them, Mongolian types of children, were retarded probably 250 years back where the brain had not come forward, the features were distorted, no bridge to the nose and all these sort of things, and yet these

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children are now normal. And their parents were asked by their doctors to put them into an institution because they could never be any better than they are. These are not isolated cases, there are hundreds of cases that I could mention to you.” I said, “that was the Real Scientist.” And I said, “that is how you are going to get well too, there is no other way.”

And he said, “I believe you.”

I said, “believe me or not, I don’t care.” I said, “that is the way we have got to get back.”

Now when we see this clearly and you accept it in your own mind, you see when Jesus asked the woman, “wont thou be made whole, are you willing to be made whole?” “How did she touch the garment of mine?” Freed from all things. Knowing that she touched the garment that she would be freed. But she touched a certain way, a certain way that when the whole mind is obliterated and caught-up in one complete fire of faith. Where is Spirit becomes paramount and the consciousness becomes aware, that moment she was healed. So the Master said, “thy faith has made thee whole.” Existed now, the very means of Wholeness exists NOW. You do not create It. The only thing you do is to eliminate the things that are preventing Its expression and that is your own mental creations. That is why many churches today are but semi-political institutions teaching separation, distrust and antagonism. They condemn Sunday sport but engage in the diabolical sport of fostering antagonisms and hatreds. How is it possible to have peace when man’s religious life is saturated with suspicion and superstition.

Matter, we find, is energy solidified in form. Energy is the Intelligence in action and consciousness is the director. Our relation to the Universal Mind is as ice is to water and water is to steam, therefore there is no separation anywhere. The invisible is not separated from the visible, the ice is the water as water is the ice, and water is to steam as steam is to water. With this understanding we realize the Truth of what Jesus said, “All power is given unto me in heaven and on earth.”

It is no different above or below, out of the body or the body. The same power as given to the consciousness that existed before the body was created.

When we understand the cause of our limitations, our feeble efforts will be dropped. Then the consciousness of Life with thought, its messenger, will be clothed in form. It will not be seen as something outside Reality but in Reality Itself. “When you have seen me you have seen the Father.”

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So it is when the inner becomes the outer. Now if the inner is fed on ignorance, ill-will, antagonisms then it expresses itself on the outer both in circumstances and in the body because the body is mind materialized. But when the outer is understood and all the false is understood, then the inner becomes that renewal every moment and moment by moment the Ever-present Life. And as the inner becomes that renewed Life every moment so the outer becomes the same. Life is expressed on the surface and there the Christ is seen. Just as the Christ was saw us proved Jesus and Jesus manifested the Christ. So shall man do so when he has reached that State when he understands his own mental creations and know how false they are.

We must think for ourselves and not allow others to do our thinking for us. But this is what others do not want us to do. As long as you are prevented from thinking for yourself you will be dominated by others.

²Nothing can lead you to the Truth except the understanding of yourself. When you are beginning to see that which is false you are beginning to see that which is true, and that which is true has no division.

There are two sides to a coin, one is the head and the other the tail, both are on the same coin. Good and evil is the same, you cannot separate them, they are both in the mind at the same time, are they not? When you desire the good you fear the evil. When you understand this they both drop from you, and Reality, which is not of the mind, but which is Love, Wisdom and Power, comes into being.

“He who possesses my commands and obeys them is he who loves me, and he who loves me will be loved by my Father, and I will love him and appear to him.” [John 14: 21 (Moffatt)]

BENEDICTION

O Wisdom, Thou art my guide.

O Love, Thou art my Life.

Only when I began to see the false did I begin to see the true.

When I accepted what others said I lost the power to think.

When I believed as I did, I did not know why I believed.

So I was caught up in the net of my own conditioning.

O Wonderful Wisdom, as I opened myself to Thee so didst Thou reveal myself to myself.

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O Wonderful Love, Thou didst flood my heart with Thy sweetness and I saw the beauty of Thy holiness.

Now, O Wisdom I see my brother stripped of all conditioning as I myself have been freed.

Now, O Love, my nature Thou hast made complete with Thy Sweet Holiness, O Divine "ONE."

*Let us enter into the Sanctuary of the Silent healing Power.
In that Peace that passes all understanding.*

How you have craved for that Peace but it has not come. The craving for Peace does not bring Peace. It is only knowing that which is hindering that Peace. Peace was before the world began. The Peace was in the Word in the beginning. Existed because of the Christ the Creator of all things. Therefore I am the Life, the Living Life. The only Living Life, there is no division in It. O my brothers and there is one Father in heaven. Our Father who art in heaven hallow be thy name.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 16th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The next sentence in the Lecture Notes is missing from the recording. The full paragraph reads: [*Only when we understand the whole process of belief, and the search for permanency when we understand this whole process fully then the mind is quiet. You do not have to make it quiet. You are the mind, you are the thinker as well as the thought. When you try to separate yourself from your thought, you then try to control your thought, it is this that leads to illusion and fear.*]

2. The preceding 8 paragraphs in the Lecture Notes are missing from the recording due to Murdo skipping over them because of time constraints. They read: [*The Infinite and His thought are one. In this way the world system is kept in operation. This is Universal Kind in action, and is the Mind that supplies the power to our minds when we dissolve our sense of separation. As electricity supplies the power to the dynamo so does the Universal Mind supply the power to the mind of man. The switch is the consciousness that is aware.*

We are not separated, and in that knowing so does the power act accordingly in the mind of man, and when we realize this we dispense with limitation because we know how we have limited ourselves.

Modern Science has proved that Jesus was the greatest scientist the world has ever known. The methods he used two thousand years ago are proved to be scientific facts of our modern age.

Man is created by God, therefore God and man are one, for there is no outside of God. He could not create anything outside Himself, being Infinite in Nature.

"Do you not know that you are God's Sanctuary and that the Spirit of God is His Home in you?" 1 Cor. 3: 16.

The question that arises is: Can we live without an idea? We can understand this when we understand what an idea is. Surely you have learned by now the process of ideas and how they come into being? They are temporary and changeable and pass away because you know what they are. It is only that which you "do not know" that is Real and Stable, Eternal and Ever-present.

*Now this is not a question of belief. You do **not** have to believe what I say. If you believe what I say it is your misery, not mine. Then you will use me as another authority to take shelter from your own ignorance, and so on you will have another authority and another authority.*

What I am telling you is, that without knowing yourself there can be no real experiencing of the Real. It is not that you must substitute one belief for another or become an atheist, which is but another form of belief. To understand the whole process of believing is the beginning of wisdom.]

IS OUR CIVILIZATION CRUMBLING?

“A man’s ways seem all right to himself but the Eternal has the verdict on his life.” Prov. 16: 2.

Truth is not created in man’s mind, what is created in the mind is but an idea of Truth according to man’s conditioning. What the individual does is to create a civilization that dominates him.

We all try to create the Truth in the mind but we find that it is not true. It is unfortunate that most people cannot see this being caught-up in imitation, in revival of the ignorant. And when they create an idea in the mind they think it is true but they have not discerned what the idea is. Each and everyone has a different idea so therefore it cannot be the Truth because your truth is the same in every individual, so it cannot be an idea. Because if an idea is different in every mind therefore it cannot be the Truth.

If you have an idea of the truth and somebody else has an idea of the truth and somebody else has an idea of the truth and these ideas are all different then you have not got the Truth because you do not know what it is. But the Truth IS because it is not created in man’s mind and you try to create the Truth. But the Truth is the Livingness. The Truth is faith really and faith is Truth.

The faith that Jesus knew was not of the mind. It was something beyond the mind because in the mind there is always fear. And therefore if there is fear and faith together then you cannot have faith. Because faith would be neutralized by fear therefore a mental faith, a faith of the mind, is of no value. But Jesus was different, he had a faith that was entirely different than that

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which is of the mind because he knew all that was in with the mind was not true. He found his own creativeness, that Creativeness when he knew he and the Father were One. In that Oneness was his Creativeness but it wasn't an idea. It was a Living Expression of the Christ Consciousness and that Christ Consciousness was the Truth in man. Because there was no opposition to it, 'I and the Father are One.'

And now, if 'I and the Father are One' is merely an idea to you, then your faith is in the mind. But if you realize what your ideas are and you see what was in your mind, you will see what your mind is built up of, then there is a quietness, a Peace that comes that is beyond the mind. And in that Peace there is an Awareness, a Knowing. But it is not a knowing of the things you know about, it is a Knowing that is beyond the knowing of all things you know about. But if you really know all that is in the mind and know that it is not Real then you will find this Knowing, that is beyond the mind. A Knowing that is of Reality. That's what Jesus had. I can see clearly how he arrived at that complete Knowing.

I can see when he found his own Livingness. That Creativeness within himself was not of his mind, it wasn't a realization of an idea but it was beyond. In that Livingness which he was, he was the Living Expression of the Almighty God—that was the Christ. And the Christ Consciousness was the faith, was the active Principle of Life Itself, knowing no opposition. But if faith is in your mind it has the opposition of fear. So an idea of faith is of no value to you because fear is its opposite. When fear is up faith is down, when faith is up fear is down but they are on the same yardstick. One moment you make it with faith the other moment you the make it with fear. But that is not the same with Jesus. Jesus was the true man who gave us the answer to these things.

I have read a lot of books in my time and I have seen a lot of books in my time. But I don't read them, I look at them and scan them and see them and I can see clearly what they are. I can see immediately that they are the production of a mind, ideas being produced, which may be true or may not be true but it doesn't interest me because it may be true or not be true. But I know one thing that is true, the Living Christ is true. The Living Christ is the active Principle of God Himself in mankind. And that's the only salvation that man has. But if you look outside yourself for salvation then it will never come because you are looking out to some other authority that doesn't know the Truth.

IS OUR CIVILIZATION CRUMBLING?

It is the self that causes all the misery in the world.

Is it not the self that has ambitions to attract social distinction and accumulate power? The individual has his own social distinctions which result in ruthless competition in every way of life.

You will readily see that this selfishness must eventually break down, it is merely a matter of time. Selfishness eats itself away, it begins to rot in itself and die, and its death is not far off.

Jesus came with St. Paul to the same Truth. He saw the whole thing clearly in his own mind, he could see what was happening. When he said, "there would not be a stone left unturned in Jerusalem," he could see what was happening and it was so. In the A.D. 70 that was the Jewish war and the Romans took Jerusalem by storm and destroyed it, the Synagogue and everything in it, not a stone was left unturned.

But the Roman civilization has passed away as the Greek civilization passed away because it has its own rotteness with in it as decay was within itself. Our own civilization is well on the way to that decay too. And the only opportunity it has is to realize what it is doing, where it is heading.

Do we not divide ourselves into groups with social standards which only bring sorrow and conflict, without understanding, so the rot sets in. As long as we hold [on] to our separate groups, our divisions, we will fail to build a lasting civilization.

When civilization is built upon the false foundation of division it cannot last, it must decay and pass away. Have we not seen similar civilizations come and go for that very reason? And is not ours fast crumbling about us at this very hour?

You see many revivals throughout the world. You see revivals in India, you see revivals in London, you see revivals everywhere. But what revivals are these? Is it not revivals of ignorance and not of Truth. Revival of ignorance is of no value because people retain their own divisions, their own groups, their own separation, their own antagonisms and fear. People are no better, not one better. A little while ago I'm in India, thousands of people were trampled to death because of a religious revival. Among them we see the same thing but what happens? People go on the same way, they have their same beliefs, the same ideas, the same antagonisms, the same fears. How is it possible then, that you can have a civilization that will last when you have divisions everywhere?

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There **is** a solid foundation based upon unity, not so-called unity which we speak about, for that is merely an escape from seeing why we are not united. We hold an ideal of unity while we still hold fast to our divisions and separations. We refuse to give up our creeds, *our* nationalities, our political differences, because we will not discern the falseness of them all, they are but the expression of our own conditioning in which we are bound.

So we all have an idea of unity. But how stupid is this idea of unity where we still maintain through our falseness our different divisions. Is it not a fact, that because of our divisions, of our nationalities, of our ideologies that we become murderers, really murderers. Why do we become murderers? Because of our ideals, our beliefs, our nationalities, the things we think we should be. While other people do the same and think these things should be also. And because we cannot reconcile our differences we butcher each other. Now is there any truth in that?

Don't you see, if we then realize what all these things are, then we will no longer become murderers but we are murderers at heart. Even if we don't take part in the murdering, we are murderers in heart. Because we encourage all these things to take place. So the evil arises in man's mind. The butchering, the murdering arises up in man's mind himself. And we say how evil the world is but the world is man himself. But he has not discerned his own self, his own greed, his own cravings, his own divisions therefore he is lost, he is caught-up in these things.

You can only help by understanding the cause and that is by understanding yourself, who is the cause of the rot. Whatever you understand of yourself for the time being that is Truth, that is freedom. By understanding the self you can see the false and when you see the false, no matter in what measure, great or small, it is revealing the Truth. For the Truth is not made up, the Truth does not condition you. You can discover how you are conditioned only in your relationship *to* one another.

So in your relationships with one another you see how you are conditioned. Because you have separate ideas, separate beliefs, separate nationalities, separate groups, separate social standards, all these divisions. Unless you discern these divisions then you will never have any true relationship because there is no relationship in division.

I've come to that conclusion long, long ago. I could see the condition of man. But in that way when you see the conditioning of man you cannot

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condemn or criticise because what you see in another is what is deeply rooted in yourself. Therefore the only virtue criticism has is to be turned upon itself. And when it is turned upon the self, the self sees what it is and it drops all its conditioning and drops all its criticisms. Because it begins to see how rotten it is itself with all its desires, its cravings, its hideous contradictions and everything that is of the mind.

Unless the self is understood there can be no real true relationship with one another. If there is division anywhere there is no relationship. But that relationship in that unity is, it is the foundation of our own being and can only find it when we see all these things that are hindering the expression of it. To have an idea of unity is useless while we maintain our separate states, our nationalities, our beliefs, our antagonisms. Therefore our unity is nothing else but an idea, of no value, just the same as an idea of God to you is of no value.

As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening? *Because you are protecting your own conditioning. Or you are accepting what I say because it suits your conditioning, that's not listening.* But if you listen to find out about yourself, to discover yourself, then there is Truth.¹

To discover what the self is then there is Truth. But if you are conditioned by your background, you can easily see how you are conditioned by your background, because you believe it to be true. But does it matter whether it is true or not when you know it is merely of the mind. Is Life not more, Jesus said, "is Life not more than food and a body more than raiment." Life is greater than all ideas. Therefore ideas must be discerned before you can realize Life in Its Completeness.

I cannot tell you what Truth is, neither can anyone else. The one who says he knows, does not know. But when one knows the self and its ways then the Truth that is Eternal and Ever-present comes into being in you without effort or struggle. How is it possible for individuals to co-operate and work together if they cannot see the falseness of their beliefs, their divisions and all the creations of the mind, good or bad.

Now the majority of people will say that you must meditate to find this peace, to find freedom, *to find Reality.* Meditation is important, *but* we must find out what is right meditation. If we do not know what is right meditation there is no self-knowledge, and without knowing yourself meditation has no meaning.

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If you meditate with still your conditioning, with your beliefs, with your fixed ideas and you are meditating upon your idea, there is no release. There is no release from your conditioning, there cannot be, it's impossible.

Now what is True Meditation? True Meditation is finding out about yourself. So all the content of your mind, your beliefs, your ideas will rise to the surface, there can be discerned, clarified and understood.

To sit in a corner or walk about in the garden and try to meditate on unity has no meaning. Unity will merely be to you an idea. But there can be no transformation of the self through an idea. You are merely concentrating on an idea which is exclusion, and exclusion is not freedom.

So you concentrate upon an idea to the exclusion of all else. That way you become more bigoted than you were before and more narrow. It's a matter of self-hypnosis and that is all.

Meditation is the real way, the true way to understand it. But meditation is not merely self-hypnosis and a matter of trying to quieten the mind, when the mind is in turmoil. Meditation is to enable you to see what is in the mind. So as the mind becomes quiet, not a forced quietness, but a quietness that comes after everything is understood. That is meditation. Then in the quietness of the mind there is Reality, there is the Christ. There is the Christ Consciousness, there is the Truth as Jesus said, "the Creativeness of God in man." Because the Christ of God is the Love of God to be made manifest in the flesh.

As long as we retain our conceptions of individuality with its selfishness there can be no release from the conflict either in or out. Right meditation is first to find out what the false things are. We must also find out what we call meditation.

Are you trying to quieten your mind through concentration? This is generally mistaken for meditation. Do you repeat certain phrases in the hope that you will acquire meditation? This is just a form of self-hypnosis. It is merely a trick of the mind in which there is no understanding.

So the meditation that you know is of little value to you. Now I have explained a little bit of meditation. You see clearly it is of no value to you at all because you still retain all your prejudices, all your conditioning. And therefore your meditation is only creating further narrowness, further bigotry and stupidity. It is a matter of self-hypnosis upon a particular idea or belief or it maybe an idol external to yourself. To concentrate upon the Christ is of no value because you just have an idea upon the Christ and therefore it will be of

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no value to you. But if you know what is in your mind, what is preventing the Christ from manifesting in your life, then that is True Meditation.

So meditation is not devotion to an idea, because things of the mind are idolatrous, the worship of an idol or statue is idolatrous and silly superstition. In fact all things of the mind are idolatrous. To be devoted to an idea, a picture, is not meditation, it is merely an escape from oneself. It is perhaps a comforting escape, but it is still an escape without understanding.

Are we not Spiritual slaves? We have followed, imitated, set up authorities while tradition, beliefs, divisions in society, in nationalities *and religion* have bound the mind. In thought and emotion the individual has merely conformed, while [in] his world of action has built for himself a false security and in pursuing his own security he has no security.

Most people are constantly striving to become virtuous through discipline, but this is not meditation. They are caught up in the process which denies understanding, they struggle with the belief in sin which has no existence outside themselves. God is not sinful, man alone is caught up in his own sin created within himself.

In seeking freedom-self-knowledge we cannot be enclosed by belief, nor hedged by an organised religion or society. When we see that self-knowledge is the beginning of meditation the problem becomes extremely interesting and vital. If there is no self-knowledge we may practise meditation and still be attached to our ideas *and* beliefs, our division, our delusions. True meditation is *the* means through which you end these false things, so without self-knowledge there is no meditation.

How many of you have sat in a corner? How many of you sat quietly in a chair, you say, "I'm now going to meditate"? And what are you going to meditate upon? An idea of God. So you meditate upon an idea about God or the Christ whatever the case maybe. And you are not two minutes meditating when something else flies into your mind and you cannot get rid of it. You try to get rid of it in one go, it still keeps there until such time as you look at it still holding fast to your mind and then come and say, "I can't meditate."

These things of the mind will come up to the surface until such time as you have dealt with them completely and freely. You must see what is in the mind is a relative thing. Life is not affected in anyway by anything. Life is free, it is like electricity, Life is free. But it is Intelligence, It is the body. It built the brain, the nervous system. In Itself it is Consciousness. Itself is

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Creative. It is beyond the mind. It is Creative beyond the mind because It is Intelligence in Itself.

What is in the mind is only intellectual, what you read, what you believe to be true, it may not be true but you want to believe to be true. You read a book, you see a picture, visit your mind you believe it to be true. But is it true? Is it not a mental image, a mere belief? What's the use of it? Does that reveal Reality? Does that reveal the Christ, that Jesus knew? The Christ that Jesus revealed? Oh yes, I know all about it.

People may say lots of things, read books and so-forth and even deny the fact that Jesus ever lived. They may talk about him and all this sort of thing, then they say also that the Gospels were written long after Jesus was crucified, I know all that. I am not concerned whether the Gospels were written a hundred and fifty years after Jesus was born and are written from hearsay, here and there and written from some people who are not concerned with Matthew, Mark, Luke and John. Although Matthew, Mark and Luke and John maybe given the names, these were written by man.

The Bible was written by man, how else could it be written except written by man. There are so many holy books in the world. If you take everything for gospel that you read in that holy book, you cannot read your own Eternal Life into it because you do not know what It is. And when you read the scriptures you think you found Eternal Life but you make a mistake, you cannot find your Eternal Life there.

But in my own heart when I know the Truth, I know what Jesus knew. I know what he knew to be true and what to be false. And he could see clearly the whole signs of our civilization was crumbling and he came to warn mankind and today is it not the same. Man has been warned that his own civilization may crumble around him. What will happen if in a year or two we started now to bombing each other with atomic and hydrogen bombs. What will happen to the world? We will be wiped out only a few will be left. That few may come together if they have understanding and see clearly the real teachings of Jesus and may start a new civilization. But after a new civilization was started then there will be separation. Some person would say, in his idea, a new idea mind you, a new religion he would create. Just the same as every other religion that has been created out of the mind of man. And he create another religion and then he would have a difference and then we would have separation. And then we have separation and we would warn the same thing as we are today.

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I tell you something, when our leaders in the world are immature. Why are they immature? Because they are immature, caught-up in the relative and they do not know what the relative is. They are intellectual naturally but what of it! What if we absorbed every book that was written, what of it! Can you find the the Truth in any book? You can only find Truth within yourselves and not outside yourselves.

So true meditation then is self-knowledge by which not only does the outer layer of the mind become quiet but also the different layers of the hidden mind are revealed. When this takes place the whole content of the mind is revealed. So the mind becomes extremely quiet, the mind is not **made** quiet, nor is it compelled to be quiet, but there is a Silence that really comes into being and is not named. This Silence is not a Christian silence or a Hindu silence or a Jewish silence *or any other kind of silence. It's a Silence that comes after you have discerned all these things. All these things that cause separation, all these things that are false. Then in that quiet, I know what Jesus found, he found the Christ. The only begotten Son of the Father that exists in every human soul. The Christ is born in every baby but Jesus said, "it is such as these that make up the Kingdom of heaven."* But as man grows up he becomes conditioned. Conditioned; by his parents, how his parents lived, what school he goes to, what religion he follows, what social group he belongs to, what nationality he is, what ideologies he agrees with, what political group he follows. And before you know where he is he is completely bound hand and foot and conditioned and he does not know what is true and what is not true. If you follow a path your mind will never be silent. Therefore if we wish to find Reality we must abandon our conditioning, our background completely. In this alone shall we find our true relationship with one another. *You cannot find it otherwise.* We will find that there is only "One" and in that "One" there is all and all is in that "One."

God is Infinite in nature. God is Infinite Love and there is nothing outside It. Love must be the Creative Principle behind all things. Without Love there is no true Creation.

Love is Creating. Without Love anything that is created will dissolve into its native nothingness because it has no foundation, it's a creation of the mind. But Love is not a creation of the mind. Love is beyond mind. Love is God and God alone is Creative.

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If you can grasp my saying then seek beyond the mind and you shall find it. But Love is the secret of true happiness of a Peace that is beyond all understanding.

At present, is not the heart of everyone kept burning with hatreds and prejudices between one religion and another, between one nation and another, between one group and another, between one person and another, with the result that man is caught up in hatreds and separation through ignorance of *what* is false.

In John 15: 1-5 (Moffatt) we read *and suppose* what Jesus *said*, “I am the real Vine, and my Father is the vine-dresser; he cuts away any branch on me which is not bearing fruit, and cleans every branch which does bear fruit, to make it bear richer fruit. You are already clean, by the word I have spoken to you. Remain in me as I remain in you: just as a branch cannot bear fruit by itself, without remaining on the vine, neither can you, unless you remain in me. I am the vine, you are the branches. He who remains in me, as I in him, bears rich fruit (because apart from me you can do nothing).”

What a wonderful Truth.

Here we see what Jesus means, only upon the true foundation of the “One” Life can we bear rich fruit. “I am the true vine,” not only does one nation hang upon the vine but all branches, all nations, all peoples, draw their Life from It. Nothing can exist apart from the one Life, all existence comes from the one Tree of Life which is our salvation.

So as the old saying is, “there are two Trees that grow in the Garden of Eden.” Now what is the Garden of Eden? The Garden of Eden is the Garden of the Soul, the soul of man. The two Trees grow in that soul of man, one is the Tree of Life and the other is the Tree of knowledge of good and evil.

One tree is the Tree of Life which grows from God upon which every single living people takes their life. The other is the Tree of knowledge of good and evil that grows out of man’s mind, that is the intellectual side of the nature of man. What he reads in books. What he reads he doesn’t know whither it is true or not but he builds up in his mind ideas and he creates duality in this Tree of good and evil but you will know that it has only one root and its root is in man’s mind. But it clearly says, “you shall forsake this tree and you will cling to this Tree of Life which alone can be your salvation.

So you must discern clearly what this other tree means, what is. What it is built from; all its dualities, all its opposites, all its cravings of the self and

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everything because you will see how false it is. Then when you see a falseness you will forsake it. And you forsake it you will cling to the Tree of Life and you shall be free. Freedom comes not from forgetfulness but from understanding.

When you understand you are not conditioned. If you forget anything, if your mind is plastered, if your mind is free from antagonisms, from prejudices, from criticism, it can only be so when you understand yourself. But your memory will remain but they will not mean anything to you as it did before. But what your memories do today to you is this, because of your memories you have hates, you have prejudices, you have antagonisms because you do not understand yourself. So therefore if you have antagonisms you have separation, there can be no true relationship if there is antagonisms.

Forgiving to a great extent is of no value until one has seen how they are conditioned. You may forgive another or say you forgive him but still claim you will pass him in the street the next time you see him. Have you forgiven him? Oh yes, you have forgiven him in your mind but you pass him in the street you are still antagonistic. Oh, you think you have forgiven him, you hypocrite.

So it is, I am the true Vine. Not only does one nation hang upon the vine but all branches, all nations, all peoples draw their Life from it. Nothing can exist apart from the One Life. All existence comes from the one Tree of Life in which is our salvation.

Therefore we must see how security cannot be built upon division, why one group fights against another group, we will see why the present structure crumbles, and [all] our achievements without understanding, are but empty heights in human progress in which we find no happiness. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One. *Jesus saw that. He saw how clearly the structure of that civilization will fall. People did not take any heed of him. Why? They did not know, they did not do anything because they hang on a tree for saying so. But his very words are ringing through the world today and these are his words too. It is inevitable that this structure will crumble because it is not built upon the Truth of the One in all and all in One. Then a new structure will arise based upon Reality through self-knowledge, with a Universal basis and not a political one.*

At the present time we have a United Nations but the basis upon which this United Nations stands is a political one, it is not a Universal one.

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We cannot have affection for one another when we live in separation, in perpetuating our separate religions, our separate nationalities, our separate ideals, which create antagonisms and which lead to war, destruction and misery.

Transformation and salvation must surely come only with self-knowledge and not with ideas. Therefore it is necessary to understand oneself before we can bring about transformation inwardly and outwardly. Then we will become conscious of all that is false, and all that is dividing the peoples of the world, which is causing war, strife and misery. We must become conscious of the Presence that is never antagonistic to Itself in any individual, nor is It in opposition to Itself in any individual or group.

And not until the world comes to realize this great wonderful Ever-presence, this Ever-present that is present now it is not somewhere in the future but a Livingness that exists NOW, upon which everyone is common. Yes the world could be now at this moment freed. Don't you see how it could be freed?

We must discern how and why we have been caught up in race thought, in nationalities, in creeds, in politics, disease, ignorance and death. We will see how we have permitted these falsities to rule us, and how we have been incapable of thinking for ourselves. We merely imitated and follow, led to destruction and not to freedom.

I listened to a service, nice service over the radio, a beautiful sing song, nice, everything that was pleasing to the mind. And then came the hypnotization of the ideal. The people could not think, they were caught-up, in fact spellbound because they were hypnotized by their own conditioning. They accept it because of their conditioning. Because they were conditioned that way they accepted it, they lapped it up, they couldn't think. But you do the same. Everybody does the same.

What applies to the individual applies to civilization, they are one and the same. What the individual is so is civilization. Our true happiness is built only upon the Presence that is Ever-present and Eternal and not upon ideas, imitations, conformity or tradition, which is perpetuating the misery of our civilization and which is the *very* essence of its decay.

Mark 3: 24-26 (Moffatt), "if a realm is divided against itself, that realm cannot stand: if a household is divided against itself, that household cannot stand: and if Satan (of the self) has risen against himself and is divided, he cannot stand, he comes to an end."

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When the self sees the self, understands the self, the self comes to an end. And when the self comes to an end then there is Reality. Because the self must dissolve into its nothingness. It has no foundation, it is just memory, experiences, ideals, beliefs, cravings, antagonisms that is the self. But when the self is turned upon the self and sees the self with all its hideous contradictions, all the causes of misery, the cause of selfishness, the cause of division, the cause of separation, then as the self sees itself it will then dissolve away and the Ever-present Life that is Eternal, the Livingness that is in me and you, the only Reality, the only thing that we have in common with one another—is this Life.

Therefore pursue in your mind your ideals, look at them clearly, understand them, how they have arisen, how you have conditioned them yourself. Recognize your background, look at it clearly and honestly, even if it hurts you to part with your most cherished ideals. You will have to do so if it separates you from them, from your brother. And then in that quietness of the mind, the Livingness that the Christ proved—the Christ Consciousness, you become aware then, you have faith. You have faith, you have Creativeness. There is no longer criticism. There is no longer condemnation. As Jesus said, “condemn not lest you be condemned.”

Here we find the true state of man. That true state that will bring happiness and Peace to the world and in no other way. It cannot be done by reviving ignorance. It cannot be brought about by reviving any particular form of religion, wither it is the east or the west because you will still have antagonisms, you will still have your separations, you will still have your divisions. Only in discerning everything that is separating man from man can this come, this Livingness that is in me and in you is the same.

God being Infinite Love that Love alone is created in us. And that Love that is created will remain but all the other things will pass away into its own nothingness. And then clearly and distinctly that which Jesus saw was within himself and within every other person. “Whatsoever you do unto one of these so you do unto me.”

BENEDICTION

O Eternal One, Thou alone art the foundation of our Living.

In my ignorance I held an ideal while unaware of my conditioning, so my conflict remained.

My meditation on Thee was an illusion for I did not know myself.

But when I understood myself my mind revealed all that I had created therein and my conflict ceased.

In the cessation of turmoil the quiet of Thy Eternal Peace was reached and there Thou didst reveal Thyself to me as “One” and “One” only. Then I knew how false was all that separated me from my Brother and Thee, O Eternal “One.”

- * The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women’s Club, 4th floor of the Sanlam Building on Tuesday night of 23rd March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.
1. The full paragraph in the Lecture Notes reads: [*As I talk to you, you listen, but how do you listen? If you are prejudiced, that is you listen, conditioned by your own background, with all your condemnation, prejudices for or against what I say, then you are not listening? If you merely lap up what I say you are not listening you are merely accepting what I say because it suits your conditioning, then there is no relationship. But if you listen to find out about yourself, to discover yourself, then there is Truth.*]

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“John 4: 13-14, “anyone who drinks this water will be thirsty again, but anyone who drinks the water that I shall give him will never thirst anymore; the water that I shall give him will turn into a spring of water welling up to Life Eternal.”

It is a Living water, the Living water of Life.

Now we know perfectly well, that Life existed before it created the body and Life alone is Consciousness. And Consciousness alone is Life. And the Consciousness that existed before and created the body exists in the body now and It will exist after the body has dissolved into the substance out of which it was created.

We all know the term, “know ye not I in the Father and the Father is in me” and the term “I am the Life.” But it is difficult to explain these things to most people because they do not understand them. They accept them as something external to themselves, they accept them as an idea. Accept them because they read them in the Bible and they think the Bible is holy. The Bible being holy could not be wrong but that is a fallacy because you can never read Eternal Life out of the Bible.

You will realize the Bible is paper and printers ink. The majority of people do not know that the Bible is written by man. Therefore they make the Bible holy. The only Holiness that is in the Bible is the Truth that can be revealed from the Bible. But you cannot take out of the Bible that which you haven't got. Therefore it is what you have got yourself that you take out of the Bible. The majority of people only take out of the Bible their own conditioning because they take their conditioning to it.

There is no such thing as any material thing holy. The only Holiness is the Livingness and the Life within oneself. And when you begin to realize that you will see that there is nothing Holy except God, that Livingness that is in mankind. The trouble is that we are caught-up in our beliefs, in our ideas and because we do so we have lost Reality, we have lost that which is Real, “I am the Life.”

* See Notes on page 142

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An idea of "I am the Life" is of no value to you. It becomes an idea in the mind and what's in the mind is not true, it's not Real. It is only when you know what the mind is made up of and you see it all clearly then there comes the Realization, that which is beyond the mind. That which created the body and the mind. It created the soul and body of man, existed before it was created and will exist after it has dissolved away into nothingness, into the substance out of which it was created.

When we understand that material things are made out of a combination of ether and thought, that the world we live in is not separated from our thoughts, for we live amongst our thoughts and emotions, we can see clearly that denying the things that are harmful does not alter them. Only by understanding the cause can we free *ourselves*.

We have been told that nervous conditions exist because we do not control the mind, but in our endeavour to control the mind we are not understanding, we are merely holding the mind in subjection which brings suppression which is the cause of nervousness through fear.

So we say, unless you control the mind you will have your nervous conditions. That's a fallacy. It is a stupid fallacy because those people who advocate these things know nothing at all about it.

If you are holding your thoughts in subjection and trying to implant another one in its place, you think you have got rid of your original thought, the thought which troubled you but you have not. You have not got rid of it by planting another one in its place. You can only get rid of it by understanding it and how it comes about. Therefore itself disappears because it no longer has any power. But if you suppress a thought you suppress it because it troubles you and if it troubles you then it has power over you. But if you then see that it has no power at all except your own creation then it falls away. The trouble is that most nervous conditions are brought about by trying to control your thoughts

Fear comes through not understanding the cause of our thought-reaction. Is it not so that you try to control your mind because you are afraid of what your thoughts will produce? *I remember a person came to me and they were afraid to think. Afraid to think because they believed that whatever they thought would be produced upon them and they were afraid to think. What a dreadful state of affairs going around in this state. But they accepted that from a teacher who thought he knew. The trouble is that he did not know*

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anything at all. He did not know that thoughts were nothing more than the expression of your own memories, your own conditioning, your beliefs, what you absorbed from others. You can only think about that which you know you cannot think about that which you do not know. But when you do see all the things you know are your own creations, you will know how your own thoughts are produced. What is required is an understanding and pliable mind so that there will be an immediate discernment of right values.

So you will see exactly what your thoughts are and what value they are. If you are caught-up in your memories, you're caught-up in your hates, your likes, your dislikes, your beliefs, your imitations, you're conditioned by them and your thoughts will be according to your conditioning, will they not? Course they will. Think now within yourselves and you will see that your thoughts are built upon your condition.

If you are conditioning by a society, conditioning by a religion, conditioned by any particular political idea, your conditioning by the family, you're conditioned by this and conditioned by that, your thoughts will get accordance to your conditioning. Now when a thought rises then into your consciousness, into the physical consciousness, you become afraid of it. You think it is foreign to your nature, you couldn't think such a thing. But you not only thought it, you created it in your own mind. Why, in your anger and your hates and all the rest of the things, you could have stuck a knife into that particular person, you could have murdered that person, yet when any thought rises to the surface with that sort of idea, oh it could not be yours! Oh no its impossible to be yours therefore you try to banish it because you are afraid of it, what it would produce. But if you discern it clearly then you will see it cannot produce anything because you know it is your own creation and you extract the power from it, it has no power at all.

I remember when that person came to me, afraid to think because she thought it out that any thoughts would produce what she was thinking. Fear. Fear of our own thoughts. Fear of our own creations.

Controlling the mind is an unnecessary effort which brings fear and limitation, because the mind is dominated by the idea of an escape from conditioning which you fear. *Think in your own mind the very things that you do fear. I had a friend once his name was John Brennan, he was an Irishman but a wonderful chap. A very kind-hearted fellow, the very best you could ever meet. So I was out to dinner with him one night, it was a Friday.*

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And we had finished dinner, with champagne and all the rest of them drinks, whiskey and so-forth and he was quite happy. Of course we had chicken. And when the dinner was over, he said to me, "Mac" he said, "what day is it?"

I said, "its Friday."

His face went as white as death because it was Friday yet had never had chicken. How he had conditioned himself and I said, "good God, Jack," I said, "it wont hurt you a bit of chicken." I said, "what are you frightened about?"

"Its Friday!"

So when I began to try and get him out of his terrible fear of course. And before he knew where he was, he was in the lavatory, vomiting, sick as a dog. This is what fear had produced. He was conditioned by belief that to eat the chicken on Friday was a terrible sin. It was a sin for some person but not a sin for another, so it could not be a sin. Therefore you see he was conditioned by his belief. There are many people who are conditioned by many beliefs but unless you see how you are conditioned you are caught-up in your belief and you help the fear. Because conditioning brings fear. What happens is when an idea comes into your mind you want to brush it aside so as to escape from its influence. But how can you escape from its influence when it remains because it is not understood.

When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking *you* are caught up in a useless struggle which *should* never be created.¹

This deadly thing. You put your head in your hands and you struggle and you squeeze yourself and you fear in such a way and your blood curdles. You go to bed weeping. The whole story is conditioning. But unless you see it, you are caught-up in it.

And it is to be wide awake, as I said again, there is nothing holy in the world except that which is true, that which is Life Itself, that which is beyond mind. Anything in the mind is not holy. What you read is not holy. The only thing that is Holy is that which is beyond the mind. And when you discern everything that's in the mind then you reach that which is truly Holy and Whole. Because to be Holy it must be Whole and Complete in

1. See Notes page 142

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Itself. There can be no division in Holiness. In Wholeness there is no division. To be Holy then you must be undivided. There must a Realization of that Livingness that is common in every individual. And in that Livingness which is in you and me is the only Reality—that is the Holiness, that is God.

Therefore to think, you are caught-up in your thought. If you do not know your thought and understand your thought, you are still caught-up in your thought are you not? But when you begin to consciously realize what your thoughts are, there is Awareness comes, that is not of the mind. An Awareness comes that is Consciousness. An Awareness that belongs to Consciousness only. But this Consciousness you try to fathom it but you cannot. When you try to find out what It is, an impossibility because Consciousness will always be looking at something external to itself. It cannot turn upon Itself and know what it is. Therefore it is the Unknowable. It is that which existed before the body was created. And will exist after the body has dissolved into the substance out of which it was created. Consciousness alone then is Life as Life alone is Consciousness, they are synonymous.

It is this Awareness that makes you different from every living thing that exists on earth. It is the Angelic Power that existed in the beginning—it is the Word that was made flesh.

When your thought is not understood or dealt with, without fear; without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking, you are caught-up in a useless struggle which can never be creative.

When ideas come into your mind you should know them for what they are then you will not fight them or struggle with them. You will look at them and discern their value. This is the true function of the mind and with this function developed there is no struggle, no fear, no limitation and therefore no effort to hide away something that does not suit you. Realize that you and your thoughts are one.

When you try to separate your thoughts from yourself and you say that they are different, there is the mistake. But the self is nothing more than your memories, your experiences, your beliefs, your conditioning, that is the self.

But Reality is not conditioned. It is only when you see what the self is with all its condition that you arrive at Reality. Arrive at that that is not conditioned that your consciousness is then free. There is a freedom comes then you begin to Know, there is no fear but there is Creativeness. A conscious

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Present that is created. It is something that when you create, you're conscious of it, there is no opposite to it. There is nothing in your mind that is opposing it because you have seen already what the mind is made up of—Consciousness Created. It is God behind all His Creation.

Divine Mind and Divine Ideas we do not create. We only create our own which are conditions. But when we recognize these things, how and when we have been conditioned, then we reach the Divine Idea which we do not create but that is our Livingness. The very God who Lives in each and everyone of us, is the Livingness that is in common to us all. Unless we see that then we are caught-up in division which is an illusion.

A mind that is of value to one is one which there is no conflict, no strain, where there is no such struggle, there is peace. You do not create peace, immediately the turmoil ceases there is peace. Mental alertness through understanding our thoughts, our mental activity should be cultivated in our everyday life, not merely at specific times for analysis but to be aware always in the present, then you will know what is happening. Anything that is contrary to our happiness and the happiness of your fellows then would be abandoned. So what do we generally do? We are caught-up daily in our thoughts-feeling-reactions. In our ignorance we continue to think and feel according to our own conditioning. We try to protect ourselves, protect our conditioning against others who are conditioned and you struggle. And by doing so, you create the very thing that you are struggling for or struggling about. But if you are constantly aware of your own thought-feeling-reactions, what happens? There is immediately dissolving of these things and you become free.

Now the mind and the body are one in the same. The body is but the sounding board of our thoughts and emotions. And if we will realize that, we will discern our thought-feeling-reactions now in the present. Then there will be no need for going into the past and trying to fathom and unravel the cause of your conditioning. If you are aware now of your thought-feeling-reaction you will know immediately what is wrong. And therefore being aware of these things they fall away from you. Your own health, success, and happiness is secured through co-operation and understanding your fellows, and this can only be done when you understand yourself. Self-knowledge is the gateway to Wisdom and Truth.

Most people who imagine they are Spiritual are strained through a struggle between good and evil. They imitate and are Caught-up in the conflict between right and wrong.

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True Being **is**, and comes when we discern the false then there is no need to imitate, to conform, when you know the false. For *then* you know the false you will know what is true. But if you crave *for* something, Spiritual or otherwise, you will pursue your craving which will lead to frustration, sorrow and conflict.

If I crave for that which is Spiritual, I crave for something that seems to be outside myself. But as I see all that that is not Spiritual then I will arrive at that which is Spiritual now without struggle. But in my craving I struggle. Yes the great saying, “Son all that is Mine is thine. We were always together and what is Mine is thine.”

To a majority of people that is merely an idea. The words sound nice. And you will think, well, now I will think what is God is mine. You see, all the time, you are caught-up in your conditioning. How can it be so when you are still struggling, when you are still craving? But if you know what craving is, craving for something that is beyond yourself. If you knew that it was within you, it was really here now at this moment, you would not crave for it. Therefore craving takes you away from it. When you see what craving is—you see all the falseness of the creation of your own mind. You will see then the opposite exists in your mind, the having and not having, is mental.

The rights and the wrongs and the hates and the pleasures and the joys are all mental. You hate one person and love another person. Why do you hate one person and love another person? Have you looked into your mind to see why you do that? You will find the answer.

But true Love is something that is so priceless. It's a Livingness. And nothing can change. You may love a person today, tomorrow you may hate them. Why? Because they acted different to your conditioning. And in fact your conditioning was the cause of your hates. But if you see what your conditioning is you will strip yourself of all these things that are preventing the expression of that Love. That Love that knows no conditioning, that knows no fear, is never afraid. Its not loving one day and hating another. Its not loving one person and hating another person. Because if you love one person and hate another person you cannot be a Loving person or if you are kind to one person and unkind to another person, you are not a kind person. Perhaps you think you are kind because you are kind to someone but think how often you have been unkind to another person. “the lest you do unto one of these, so you have done unto me.”

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Some think they can find the happy medium, a balance between good and evil, your mind then becomes a centre of conflict. The mind is free only through understanding that good and evil grow on the same tree, *and has its roots and that root is in man's mind only.* It is the discerning what is made up in the mind and seeing that it has no foundation apart from man's mind, therefore it has no foundation in Truth. Truth is not made up in the mind, *And what is made up in the mind cannot be Truth. But Truth is, and is now Ever-present.*

A Livingness that is yours and mine. Why is it then that this Livingness is not giving expression to Itself in freedom, in Love and goodwill? Is it not because of our divisions, of our beliefs, our separateness? It is easy to see the cause. But if you do not see the cause then you are caught-up in the cause and you cannot be free.

Is it not a fact that our leaders today, all over the world, are immature. Why are they immature? Because they have not yet seen the cause of the misery existing in the world today, that's why they are immature. They try to settle things on the same plane. You try to settle the material suffering on a physical plane. What do you do? We bomb people, we destroy a town, we kill them one after another. We take all their food and burn everything they have got. And then we think that we can satisfy them by giving them other food and clothes. What a fallacy!

Do you think that their mind can do it? The mind cannot do it either because the mind would be caught-up in separation. The mind is still caught-up in destruction, still caught-up in fear, still caught-up in the desire for security. And this desire for security causes you to do all these various things and there is no security external to yourselves. There is none. The only security is in the Love of God. In that Livingness that is common with everyone of us. That is the only security we have, we have no other.

Truth knows nothing of good or evil, past or future. Truth is the living expression of Life Itself every moment, moment to moment, in which there is no separation, no death, being Eternal. In this ecstasy there is Infinite Love and Wisdom. Your actions then will be in accordance with your living in the present always and the rewards for such action are phenomenal.

Jesus said clearly, "it is out from the heart of man that evil comes." And when we look into the heart of man we will see what is in his heart. And what is in the inner will be expressed in the outer. If his inner is fed

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with selfishness, if his inner is fed with separateness, with beliefs that are antagonistic to other beliefs, with nationalities that are antagonistic to other nationalities, with ideals that are antagonistic to other ideals, we will see clearly then the cause of your trouble. It comes from the heart of man that is conditioned.

With this serenity there is joy of living, there is no need to control or analyse because you are aware every moment, thus you free yourself from all the virtues you think you should have or not have which fill you with conflict through strain and fear.

The person who tries to be virtuous is always antagonistic to others. Virtue comes through understanding yourselves and finding out that which is really true.

When you are free from all that bundle of virtues then there is no fear, no opposites, there is just Love and Wisdom, and in Reality that is all there is to be truly creative.

Love and Wisdom. All other things are packed away. Your so-called virtues are a hindrance to the expression of the Christ Consciousness.

As long as you are caught up in false values of right and wrong, east and west, *then* there can be no realization of the one Life in which there is no division, no time, no distinction, no opposites. When you grasp the true meaning of this then your action will be pure action in accordance with your realization of the One and *the* One only, then there is no reaction.

When a person lives amongst you there is always a tendency to react. There is always a tendency to despise. There is always a tendency to criticize but when that person leaves this earth, that criticism and all the rest of it dies away but yet that person is still alive. There is no difference five minutes after you're dead and five minutes before you are dead, you still contain your own conditioning in your mind.

And not until such time as you pass from this earth plane still conditioned you will be still conditioned when you leave it because it is in your mind. You take your mind with you. Don't think that you are going to free yourself immediately after you leave the physical body, by no means. That freedom is easier naturally because you got rid of that physical organism through which you are thinking and feeling, which is in a slower and deader vibration. There is an expansion of consciousness when there is a release from the physical. But unless you know that release while you are in the physical you don't know anything.

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And until such time as the mind is completely freed from all its stupidity, all its self-creations, knowing what it created itself is not the Truth. Today there is a so-called Spiritual revival but those people are as still as ignorant as they were before the revival and they will be just as ignorant after the revival is over. It makes no difference to the individual. Matter of fact it can make no difference at all, it only makes them more bigoted and narrow.

A true revival is the individual beginning to understand themselves. So they can see why they are antagonistic to others, why they hate others, why they kill others, why they despise others, why they criticize others, why they are hateful to this and hateful to that, why and how they are conditioned. That is true revival! Then they will reach the Christ. The true Christ, the Living Christ. Not a Christ that exists in your mind as an idea. But a Living Christ that is in every soul. That Living Christ is expressed by Jesus, the man who realized it. Christ is the Spirit of God manifesting in man. The Word that was in the beginning, that Word was God and God was that Word and the Word was made flesh.

If you are continually occupied with the self where there is attraction, repulsion and continual struggle, then the Life that is free cannot be realized. You put yourself in a cage which separates you from others and there is no relationship which brings true happiness.

How are you going to understand yourself? The easiest way to understand yourself is through your relationship to others. How you react to that person. What do you do, you treat him as you treat a piece of furniture. Do you kick them about? Do you despise them? Do you use them for your own ends? There can be no relationship.

But only true relationship comes when we see all these things that are preventing the true relationship between one another. That relationship is Love. "Love your neighbour as yourself."

It is a true fact that your thought is limited by the lack of understanding of your true Being now. To understand that which is limitless, unconditioned, your mind must not be burdened by the thoughts of the self.

When your mind is burdened with the conflict of ethics you cannot realize the truth of your Being. But if your mind is no longer bound by ethics, by virtues, by distinctions, by separation, by divisions then you will comprehend what I mean by spontaneous action, free from reaction, free from time, free from separateness, in which there is no opposition. "My word shall not return unto me void, but will accomplish that which it is sent forth to do."

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Your word can never accomplish that which is sent forth to do when you are caught-up in all these things. The word is free because the word is the Word of the Spirit, the Consciousness of God in man. Knowing what is false, has freed Itself from all the falseness of the self, of all the hates, the separation that exists in mans mind. And in that Complete Unity that exists now, the Word is spoken and as the Word is spoken so it takes place everywhere.

What do I do when people ask for help? Do I go to pray to a God somewhere that is outside myself? "Oh please God send help to so and so." That would be stupid thing to do but that the majority of the people. They are talking to a God that they have created in their mind in some distant park and they shout aloud, "oh please God do this and do that."

What do I do? What does the Master do? He said, "at this very hour your servant is whole." Why? Because he was conscious in Reality. That Reality that exists everywhere and there is nowhere where It is not.

In your physical plane you have a broadcasting station. Messages are sent out into the ether. The ether becomes magnetized everywhere. All over the earth, right as far in the stratosphere right away down in the bowels of the earth right across everywhere, the whole of the ether is magnetized. The ether that penetrates through this table, the ether that penetrates through these walls, the ether that is everywhere is all magnetized with that vibration. And everybody can hear it at the same time all over the world in but a moment. There is no space.

The person who really knows his true self exists in the Spirit in which there is no space. And his very thought becomes Spiritual and exists and what ever he says, the Father does for him, that is the Father. The Father exists in His own Perfectness. And in that Perfectness there is no evil, there is no sickness, there is no death. And in that State of Consciousness the Word is spoken and every portion of the earth, and even the whole Universe, is responding to It. Yes the stars existed, many thousand of light years distance from us is experiencing the thought of the truly Spiritual man. Because there is no separation anywhere and there is no death, there is just Life. The Life, Infinite Life, in which there is no division, no separation.

I wish the whole world could know It, could understand It. Then you would not be caught-up in the revivals of any religions towards some other kind of religion.

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When I was in India I saw these revivals. I saw people being trampled to death. Hundreds of them trampled to death. Because those people were encouraged through their emotions to rush to a particular shrine. And in the rushing to the shrine they trampled those who were also rushing to the shrine.

The thing that makes me see how wonderful it is when the man who is struggling towards the pool, the healing pool, and Jesus came along and he said, "what is it thou would want?"

He said, "they are all rushing to the pool to be healed" but he said, "I can't reach there."

But Jesus said, "you don't have to enter the pool, the Life is here and if you believe now, you shall be healed." And at that very moment the man saw and he was healed.

Oh, I wish that the world would know of the Truth that would set it free. But how difficult it is to release people from their conditioning. You will find it difficult when you talk to one who is really conditioned. And if you are being conditioned yourself you will see how stupid you were. Look back and see.

[In] Reality there is only the present, in man's mind is the past or future, therefore to understand we can only do so in the present *and* not in the past or future. Therefore this understanding cannot be postponed. Only when we free ourselves from false values shall we be enlightened, this requires discernment, in the present, of our motives, thoughts and reactions which are of the mind. Then we will readily see that ignorance is not the absence of learning but the confusion and conflict of values.

You are confused wondering what is right *and* wrong? Are you continually caught-up in this conflict? Are you an imitator, trying to mould your life after a pattern? Have you created an image of what you think Reality should be, and are you carefully fashioning yourself after it? And thereby losing the substance of Reality?

If you imitate, by what means can you realize this enduring happiness of the Ever-present Life? Life is Ever-present, Life is not separation but is unbounded unity, you cannot understand this *when* the mind is occupied with distinction, division, separation; only by seeing the false can you realize the true.

Perhaps you will say it is difficult. Because in my daily life I see division everywhere. In my daily life I this and I see that everywhere. But the fact is,

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if you see it then you understand it you will be no longer caught-up in it. Even if it does exist it has no Reality.

Is it not so that only when you are *ignorantly*² poor that you set up an authority and worship it, you want to lean on someone because you are unequal to the task you want to shelter in the comfort of an idea, this is not Reality, it is but an illusion.

Life is Real, Life is the only Reality, It is complete in Itself expressing Itself freely when the “individual self” becomes nothing. *Then Reality can express Itself.* You can never know what It is but you will know that It is Real, and your mind will no longer be agitated by the worship of virtues and the horror of sin. Nor will you follow [in] the narrow path of ethics which prevents your understanding.

God is not sinful. When we reach that Reality we will see it exists in the mind of man only through his own divisions, his separations, his hates, his angers. The secret is discerning the false.

When you mould yourself after a pattern there is fear. To be without fear you must know yourself to Be, understanding your vanities, jealousies, envies, cravings, longing, hopes, regrets and fears. Fear disappears when you seek understanding *free* from the illusion of time.

If we can perceive our emptiness and understand it, then we can dissolve the cause of our emptiness, then there will be true understanding of Life in the present which is Eternal. Then the ever-expanding consciousness will always be the Reality while all external to Itself can be discerned with Wisdom.

It is the one Infinite Life that is ever expressing Itself in Love and Wisdom, *and in that Life there is no separation, there is no division,* only when you limit Its action through narrow bigoted beliefs do you prevent Its freedom in your own Life here and now. This separation in the mind of man is surely coming to an end. That specific current of Life flowing from the Supreme Fountain of Life Itself through the majestic angels of the Sun world is now asserting Its Presence upon the earth which It created. This Life is charged with knowledge and understanding heralding in the new incoming age of man’s understanding.

John 10: 34-36 Jesus answered, “is it not written in your law, ‘I said, you are gods?’ If the law said that they were gods, to whom the word of God came—and scripture cannot be broken—do you mean to tell me, whom the Father consecrated and sent into the world, ‘you are blaspheming,’ because I said, ‘I am God’s Son?’”

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I am God's Son. What a wonderful Truth.

BENEDICTION

Beloved Life, Thou art Real to those who lose themselves in Thee.

When I expressed my individual self I did not know Thee for I was caught up in the worship of virtue, the horror of sin and was full of fear.

When I perceived I was following a narrow path of ethics, a *plan* that led to emptiness then from within me Thy Silent Voice spoke in the very depth of my Being,

“I am and I am the only One, there is none other beside Me. I live only in the present which is Eternal, there is no other time, and thou art one with Me. It is I who live, you live in Me and I live in you. Seek not virtue or reward, then My Wisdom and Love will be yours.”

I thank Thee, O Beloved “One,” I know now that Life alone is Real.

* The recording starts here at this point. The *italic* verbatim text is from the actual sound recording of the Pretoria Lecture given in the Pretoria Women's Club, 4th floor of the Sanlam Building on Tuesday night of 30th March 1954, at 7.45 pm. No recording exists of the Johannesburg lecture.

1. The full paragraph in the Lecture Notes reads: [*When your thought is not understood or dealt with, without fear, without condemnation, you try to focus your attention upon a particular idea in opposition to your conditioning, thereby creating a conflict which is more harmful. You will see now that you are not thinking but are caught up in a useless struggle which can never be creative.*]
2. Ignorantly. In the Lecture Notes the word is *inwardly*.

Lecture 10 (6th April 1954)

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“John 13: 14-15, “well, if I have washed your feet, I who am your Lord and Teacher, you are bound to wash one another’s feet; for I have been setting you an example, that you should do what I have done to you.”

The Reality of the Universe is realized only when we see that It is entirely Spiritual and Eternal and what seems to be otherwise is but appearances and not facts.

The Substance out of which all form is created is Universal and cannot be destroyed, only the form changes and dissolves back into the Universal Substance out of which it arose.

In the form there is continual change but the Life and Substance remain stable and Eternal.

Our Solar system was created out of this diffuse non-self-conscious ethereal substance occupying boundless space—the Mind of the Infinite. Yet there is a directing power within, which is responsible for all forms created—the Consciousness.

We cannot divide that which is indivisible. Division is but an appearance and is not fact. This truth must be grasped firmly, otherwise the truth of our Being, which is a fact, is lost in appearances. When we think in terms of parts—division instead of the One Whole which alone is creative, we lose that understanding that we are one with the Whole.

The stupendous work of the condensation of the Cosmic Substance is continually taking place and the dissolving of this condensation is also continuously taking place in an active Universe, the one Life Force is operating in both. So colossal is this work that it is beyond the imagination of the human mind.

The mind of man can comprehend some of the activities and we know, through our very limited scientific knowledge, that there can only be the one Substance behind all forms and also one mental action both in the passive and the active phase of which one acts upon the other.

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This is not the duality that is always present in the mind of man when he lives in separation. This Universal activity is always making or undoing to make something else. Man with his limited understanding is causing havoc in his own life through conflict of opposites.

Success in life or failure is derived from the state of mind. It is the state of mind that leads to happiness or sorrow. Remember I am not talking about material success, I am talking about real success in which happiness takes first place. The mind that is taken up fully with the external world is lost in fear and desire. This conflict is always present and is the cause of breakdown in the body and mind, because it is not in unison with the Whole, as is the case with the Universal operation.

Desire is an attractive force and fear is its enemy, they are always present when man lives in separation, they are both active in the mind that is not matured through understanding. But understanding only comes through experience and when experience is rightly interpreted it leads to true understanding and freedom, and freedom comes only through self-knowledge.

Understanding leads to real service free from conditions. what I mean by this is, most people serve only because of their conditioning, some serve because they want approbation, some serve because they think by doing so they will be rewarded in some way or another. There are hundreds of ways in which people serve, not for service alone but because of their conditioning. Everyone is seeking freedom one way or another, but can never find it through the external.

You cannot cheat the Infinite, the law of compensation is always in operation, within oneself is the answer. When one is free through self-knowledge, to him the self means nothing. Then the Whole which is the Father, as Jesus said, works to perform his own deeds. There are few who have reached this state, nevertheless it is in this state only where there is true service, free from conditioning.

I am placing these points before you because we have in the past learned a great deal about the mind and this has misled us. We have been told by the ignorant how to approach the Deity so that our desires for material possessions would be fulfilled. But this has led to disappointment, while living in the world of opposites—having and not-having, health and ill-health, success and failure, good and evil etc., etc.

Until we pierce the veil of outward appearances that hides Reality, we will not experience the Divine Creative Spirit of the Living Presence

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which always lives in the present. Reality does not live in the past or the future for these things are made up only in the mind. When we understand this we will understand the world of opposites in which we flounder.

If you will look into your mind you will see that your prayers are merely desires of the self and are never free of fear; only through understanding the cause of fear is fear removed. When we live in the present there is no fear. Then the will of the Father is done in me. This alone gives that perfect happiness that is promised to all mankind, and it is the Living Presence of the Ever-present within that guides you, it is not some being afar off that you make up in your mind.

The Forces of Life are tremendous and these Forces are always operating from within according to the realization of the Truth of the oneness of all things. We will then be less interested in the result and more in the doing. There is more pleasure in the action than in the possession. We achieve our success and happiness which generate good health when we benefit others as we benefit ourselves.

Generous thoughts are always filled with vitality, selfish thoughts contain the germ of their own dissolution. The Presence exists only in the present. **If you will recognise that the Presence is the only source of supply then you will not fulfil your own needs at the expense of others.** When you adjust your consciousness to this great Truth you have found the pearl of great price.

The majority of people are incapable of thinking for themselves, they follow another and become imitators, they accept the ideas of others and repeat them parrot fashion. This is quite apparent to those who know. They also see how millions are held in subjection because they cannot think for themselves.

Creative thinking requires discernment and understanding of our thoughts, feelings and reactions in the present. Those who conform are unable to think, they just accept what another says with the result that they become sheep driven into pens, each pen being a different religion or a different nationality, a different group, taught to be antagonistic to each other, so that they can be exploited by those who are crafty enough to know the weakness of the human mind.

There is too much worshipping and too little thinking, and too much preaching and too little understanding, too much reaction and too little action. If

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you want to understand you must clear your mind of all that is false. Get to know what a belief is, what your images are, then you will drop your ideas of the many deities and images you believe in, and which you worship at the shrine. The God that is external to yourself is no God at all, it is just an image, you create in your mind. The Presence is not an image, the Presence is the Living Reality within you.

To know Reality you must remove those hindrances that prevent Its expression, then you will get that deep knowing of the Wholeness which is creative. "Son, thou art always with me and all that I have is thine." As long as we limit the Presence to the narrow boundaries of our own conditioning in which we are enslaved, we will never know that Creativeness that the Master had. But if we will discern the falseness of our own images and beliefs which we accept from others and that which we make up in our minds then we shall free ourselves, and in that freedom is Creativeness.

The Living Presence is alone creative. Are you trying to force It into a mould of your own making? "The will of the Father is done in me," "I do the Fathers will," the Master said. This is the Creativeness that we must have before we can do the things he did, and this Creativeness is the greatest power in the world.

There is only "One" out of which all things are created and in this "One" we live and move and have our being. Paul says in Romans 8: 38-39, "for I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, . . ." Paul saw here the vision of the Eternal Life within himself which was the Living Presence of God from which nothing could separate him, this was his Livingness which was his real Self.

Most people crave for immortality and this craving brings about their exploitation. But when they realize that they are immortal this craving ceases, so does their exploitation. In this understanding there is peace and freedom.

There are thousands of people who may be rich in material things, with title and rank, but are poor in thought, they have an inward poverty that cannot be satisfied, so they cover themselves with things as a means of covering up their inward poverty. But the more they possess the worse the conflict and confusion is, while this inward poverty remains.

THE EVER-PRESENT IS THE ETERNAL

Not until they can discern their thoughts, feelings and actions can they remove this craving. When once a clear understanding of the self is gained, this nothingness of the self with all its hideous adornments falls away. How true are the words of Jesus when he referred to the lilies in the field, “that Solomon in all his glory was not arrayed like one of these.”

When we dissolve away all this falseness we will arrive at the source of our creativeness—the essence of our Consciousness. Herein is the Spirit of God which in Its wholeness is everywhere. It envelopes everything and is in everything. This being so, it is reasonable to hold a true relationship to one another as the most practical thing that any practical person can hope to have.

This can only be done when we understand our own conditioning and how it has come about and when this is seen for what it is it falls away and the Real that is Ever-present takes its place, for It is Eternal and Ever-present.

It is left to each one to choose whether we remain infirm and weak through ignorance or become a powerful force for the up-building of ourselves, and others, through understanding the cause of our weakness and infirm state of consciousness. Through misunderstanding and ignorance of our true Being we have been seeking in vain, through conformity, through craving, through looking without instead of within, through the ignorant desire for things instead of for that which creates all things.

The statement, “if we love we shall be loved, if we hate we will be hated, if we laugh the world laughs with us, if we cry we cry alone” is not very far wrong. But if we have that inner Reality we will not be affected by the pessimist or the optimist. We will have that inner awareness of the Omnipotent and Omniscient Omnipresence, the “One” Eternal and Ever-present that is the Reality in each one of us.

We must free ourselves from the positive-negative, giving for getting, possessive-loving and heartache, desiring to have and fearful of getting which has bound us in a prison of our own making. We can only free ourselves by seeing the cause of our own misery.

Then and then alone can we realize the presence of tremendous power of the indwelling Spirit that is in each one. To know that there are no privileged few, and to see all stripped of conditioning, material, pomp and rank, to see each one as a child of God, free of all self-conditioning, this is true freedom for all.

THE SPRING OF LIVING WATER IS WITHIN

Those who are ignorant play with the playthings of the illusionary passing parade which can never satisfy their inward craving because their inward poverty remains. We can sympathise with them for they have not yet found that which is the greater.

The Universal Life, the greatest, does not act from hate, anger or jealousy, neither can it be flattered, cajoled or moved by sympathy or pity. It works only, through those who have cast off the burden of conditioning. They appear to be favoured but it is not so, for God is no respecter of persons. It is because they have found the source of all things. But the moment you worship something objective to yourself or some other person outside yourself you are dwelling in the illusion that has trapped the unenlightened for centuries.

Truth is beyond all personal allegiances. Step out of all these illusions and see how magnificently you can thrive on your own strength in the recognition of your oneness with the Infinite Life, the Presence that is always present within you.

John 15: 16-17, “you have not chosen me, it is I who have chosen you, appointing you to go and bear fruit, fruit that lasts, so that the Father may grant you whatever you ask in my name. This is what I command you, to love one another.”

BENEDICTION

Whatsoever I do unto my brethren I do unto Thee, O Ever-present Life.

When I was blinded by the self Thy Presence was not revealed to me.

I found that the self was poor in heart and that the comforts of the self are but pangs of ignorance.

Blessed are those who serve Thee by serving others, for this is the key to Thy Treasure, O Holy One.

Noble achievements and dreams of Love are empty without Thy blessing, Beloved One.

THE EVER-PRESENT IS THE ETERNAL

To those who yet do not know Thy Eternal Living Presence, health and sickness, Life and death, good and evil are traps for their unwary feet.

When we awaken to the falseness of the world-painted screen of illusion then we will behold the Reality of Thy Presence which exists within us and is our Creativeness.

Then we will know whatever we have done to one another we have done unto Thee, O Divine Omnipresence.