

A channelled teaching of our  
time ON

"I would like you to feel that I am not 'up here' talking to you 'down there', but that we are all part of a joint effort to bring about a contemporary understanding of God to planet Earth. "



# Life and Living

A Channelled Teaching of our Time

Channelled by  
Tony Neate and Diane Furlong

# PEGASUS FOUNDATION

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## Foreword and Acknowledgements

LIFE AND LIVING is the first of a new series of books of H-A teachings, containing the original text, updated, of some twenty-seven lectures. These were given mostly during the 1960's and 1970's through my husband, Tony Neate, with additions from the 1980's, some of which were channelled through Diane Furlong.

Whether you consider H-A to be a discarnate entity, a thought/intelligence frequency or a spirit guide, his teachings have a clear message of inspiration for humanity today — a message that can be applied to practical living. Certainly, he has illuminated the understanding and lives of countless numbers of people, always honouring and respecting the freedom of each individual to choose and tread his or her own path. His message gives perspective, encouragement and clarity in these times of confusion and change.

Feeling such a close affinity to H-A and his philosophy, I have always enjoyed the subtle work of editing the teachings he speaks, just enough for them to be read as clearly as they can be heard. It has seemed to me that, on many occasions, his presence has helped me in this respect and I feel deeply privileged that this work has given me a unique opportunity to experience the limitless love, compassion and wisdom of a truly great spirit.

I would like to thank the following people for the various ways in which they have helped in the compilation and editing of this book: David Furlong, for initiating it originally; Anne MacEwen, Bill Deller, Anne Bassett and Muriel Kadwell; Mari Francis and Diana Morshead for

## Introduction

It is on the teachings of their guide Helio-Arcanophus, H-A, that Pegasus Foundation, originally The Atlanteans, has built its philosophy. Since 1957 his great wisdom has been channelled through Tony Neate and, in later years, also through Diane Furlong. A record of all these readings has been kept and it is from this rich treasure that the present volume has been selected.

Initially, the small group who founded the Society felt very diffident about proclaiming this new yet timeless outlook on the universe which had in such an unexpected and unsolicited way been presented to them. But as they began to absorb the philosophy, their attitude to life began to change; and in putting into being the suggestions made by H-A, they gradually found their lives turned upside down. More and more time was spent on matters concerned with the teachings; small meditation groups were founded; talks and workshops were given; a comprehensive system of healing was put together out of the knowledge gained from H-A. Slowly, organically, the Society grew. Finally, it seemed that the spiritual perspective had so taken over the lives of what had then become the core group, that this impulse could now only be satisfactorily expressed through the establishment of a Centre where it could be both lived and taught in a much more intensive way.

The purchase of Runnings Park on the Malvern Hills in 1981 by the four families most closely involved in the work, was the next step in the Society's development. Here



In 1986 further steps were taken in making H-A's outlook on life more public. Two books were published by Gateway  
LIFE AND LIVING

Books. The first was Annie Wilson's 'Where There's Love', a beautiful account of the emergence of H-A and the Society, leading to the Runnings Park venture. Secondly, Michael Dean, deeply inspired by this philosophy, gathered together a very interesting collection of H-A readings covering a wide variety of subjects. These were published by Gateway Books under the title 'The Guide Book'. The success of this volume, demonstrating as it has the wider interest now being shown in these spiritual, yet highly practical teachings, has encouraged the Society to publish this present volume. As only a small proportion of the 'readings' have as yet been published in book form, it is intended that this volume be one in a long line of future publications.

What is it in this teaching that makes it of such vital interest to us now? Why in these next ten critical years should we give special weight to H-A's words? The answer to these questions seems to lie in the blend of simplicity and great depth which comes through all his messages, whether in spontaneous talks or in answer to specific questions. His teaching covers, for instance, such fundamental human concerns as relationships, the education of children, ecology, money, material achievement and life-after-death. His guidance is always down-to-earth and of the greatest help in grounding our spiritual aspirations.

Although always eminently practical, H-A challenges many of our deep-seated assumptions, turning upside down

Our attitude towards children and their education must also be revised: they are not necessarily the new vessels we have imagined them to be. As experienced old souls they may well be bringing with them much wisdom from which their parents can learn. Paramount through all his teachings is the need to relate harmoniously to the Earth; for our disregard for our planet is leading us towards ecological disaster. The planet's future and mankind's well-being as a whole are the issues — not the fragmented bids for power that now occupy the minds of politicians.

Finance is another area in which H-A speaks of the need

#### Introduction

for total re-assessment. Money is an energy, which is in itself neither good nor bad, but because it has now outgrown its original purpose, that of being a means of exchange, it has deteriorated into an instrument of power. As such, it has been abused and used to control rather than to nourish mankind.

It is perhaps when speaking on death that H-A so fundamentally reverses modern man's usual thinking that we realise how deep and complete is the turnabout needed if we are to achieve what he says is our task in order to accomplish a safe passage into the Aquarian Age. There is, he says, no death. There is only transformation. And transformation is the key word to everything. Once we know that we are on Earth in order to learn and to evolve, then we know that our life's work is to help transform ourselves and everything around us through the bringing of light into our every thought and action.

H-A's teaching on meditation, handling psychic energy, astral travel, healing and other spiritual disciplines give us

considered esoteric — available only for the initiates — H-A also has wonderful insights to offer.

A note of urgency sounds throughout this book. There is no room for complacency in a world which has brought itself to such a crisis point. Yet at the same time H-A's great love for all human beings and, above all, his deep respect for their free will, prevents him from ever making us feel in any way coerced. For those who want to take their lives in their own hands and go forward with courage, H-A's teachings will be an invaluable inspiration and give them a profound sense of how to become in tune with the angelic forces who so want to help mankind.

This is a book which can be read on many different levels and which sets out from many different points of view. For those just starting on the Path there is much to be learned; for those who have considerable knowledge already, new ways of perceiving life can emerge on every page. Lorna St. Aubyn

London

# OVERVIEW

## Global Metamorphosis

Thirty three years have elapsed since first I spoke through this sensitive and during that time a great deal has moved within the hearts, minds and wills of those who have felt a sympathy and an understanding for what I have said. The world was then recovering from a tremendous conflict, a conflict which we still need to look at personally; for the future of this planet depends not on hierarchical forces, but on each individual spirit incarnate on planet Earth NOW. It depends upon the will within you as an individual to change, to acknowledge your own imperfection, to acknowledge your own perfection and to feel that divine spark within you, linking you to the Godhead.

As we move into the Aquarian age it will become increasingly necessary for every human-being to take on the role of self-responsibility, for there is no other route to find that peace, the peace that has been talked about from time immemorial. Humankind has failed to grasp that the peace without can only be found through the peace within. The role that each one of you plays in this unfoldment is uniquely important. Each person needs to re-evaluate him or herself in light of that reality. What is happening all over the world at the present time is a metamorphosis, a deep change in which the door is being opened for humanity; and through that door is pouring spiritual energy, there for each one of you to take and use. It lies within the hearts and minds of every human-being to steer this planet, using these new energies positively, gently, for peace. You do not need me to remind you that these energies can be used

self-destruction, embracing the pure love that can warm, cherish and provide you with spiritual nourishment.

2

## Global Metamorphosis

This move into the Aquarian age has a particular significance, for coinciding with the renewal and resurgence of energy lies the opportunity once again to re-establish the rightful spiritual guardianship of this planet. Remember, these new energies reflect the elements of air,

fire, water and earth, not only as spiritual forces, but as characteristics of your own personalities, emphasising the need to blend these four qualities within you. For in the blending of those basic energies lies the warmth and balance of your own self, being not afraid of the light, being not afraid of the shadow, recognising the importance of seeing yourself as a whole, integrated being.







OUR  
EVOLUTIONARY  
JOURNEY

# The Purpose of Life      Evolution

How many of you have at some time in your life asked the question: 'What is life really all about?' Is it possible to give a short answer to such a question, to sum it up in a nutshell? Let me try.

I look upon life as a schooling for the spirit, a wonderful opportunity for many different thoughts of God to undergo experience together on a physical plane, each learning and growing in understanding and wisdom along its individual path of evolution towards the Godhead.

Thought exists on all levels. In its fine state you cannot see it, although those of you who are sensitive may feel it; as it becomes more dense it eventually manifests as physical matter. So when we talk about spirit, subtle bodies, etheric bodies, physical bodies, we are really describing various densities of thought. Your spirit, a thought creation of God, links down to the physical through many other levels of thought, or subtle bodies, which gradually become more and more dense forming an alignment with the physical body.

Although the spirit, the real you, has no shape as you would understand shape, it is very important for it to be in a state of balance with the physical shell; if it is not, then it becomes more difficult for you to experience fully and, after all, you are in an Earth body to experience.

These thought levels emanating from the spirit extend even further, creating an aura that surrounds the body. This, as many of you know, is a form of protective barrier

## The Purpose of Life – Evolution

physical shell. You may very well think to yourself that a more evolved spirit would find it easier to achieve this balance, but this is not necessarily so. The more evolved a spirit becomes, the more difficult it can be for it to achieve a balanced relationship with the body.

A spirit will incarnate many times until it has gained sufficient experience of physical life to have learned the lessons of acceptance, love and wisdom, and to have found a balance and harmony within itself and in relation to all other physical life. Described very simply, evolution of the spirit means reaching a state of consciousness wherein you realise you no longer need to undergo a specific experience. I am sure that each one of you has gone through moments when you have been able to look at a circumstance and say to yourself 'I understand that now, I can see why it had to happen'.

One of the hardest things I have to say •to you is that there are no short cuts in this process of evolving. Coming to this lecture or reading all the esoteric books that have ever been published will not help you one scrap unless you are really prepared within yourself to make the effort in your everyday living, in your relationships with other people and in the decisions you make that affect those around you. I might say, with a little humour, that the day you can sit in your car- and smile when someone tries to hurry you on or flashes his lights at you with impatience will be the day you have learnt a lesson in acceptance!

When I dwell on this question of accepting other people and accepting experience, many people think 'Well, that is obvious, I know this'. But they are the very ones who do not know it. For those who truly appreciate it will recognize that they have a long way to go to achieve true

This is why I have emphasized to you that God is a God of love, a God of understanding and compassion.

Life is a means of providing physical manifestation and experience for the spirit; it is then for you to handle that experience. There are those who believe that the path of spirituality lies in symbolism, in so called esoteric mysteries. Dear friends, all the esoteric mysteries in this universe are

## The Purpose of Life – Evolution

within you; each one of you has your tower of mysteries that can be as simple or as complex as you choose to make it.

In an ideal sense, physical life is beautiful because that beneficent Godhead has given you the freewill to make your own decisions. I know you are limited by your physical body; you are limited by the environmental conditions in which you live but, even allowing for those limitations, you have the freewill to move about inside that environment. You are the master of your own destiny.

Physical life is not only beautiful but is a unique experience for spirit. It is not always easy for a spirit to handle a physical body, especially in this day and age, but life is a form of experience it cannot undergo in any other way. Your physical bodies are a combination of chemicals that react to your thought; if something alarming happens and you feel a sense of fear then it means that various chemicals are reacting in your body to stimulate it; your senses are heightened and your reactions become faster to help you to cope with the emergency that has arisen. It is a very real experience. Yet I would suggest to you that fear is an illusion; it is an emotion of the body and not of the spirit. The closer the relationship of your spirit to your physical •body, the more it will enable you to rise above such physical emotions. I am not suggesting that you should ignore physical emotions because they are a part of physical life and living, but it is important that you learn how to make the optimum use of those emotions, not allowing them to dissipate through negative reactions, but using them in a positive and beneficial way.

Your physical body will vary from life to life depending on the type of experience your spirit is looking for in any one particular incarnation. Experience is cumulative and everything your spirit undergoes, in or out of the physical

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given moment in time. That is why I always stress that you are each totally responsible for yourself, to God. You are making your own life pattern by your thoughts. Your actions and deeds are of course the product of your thoughts and your challenge in life is to cope with all the various problems and situations you meet. It is no good sitting back and saying to yourself 'I am what I am, this is how God made me, people must accept me as I am'. You cannot get away with that because God did not make you that way, you made yourself; you are fashioning your own future even now as you read this lecture.

You may very well argue to yourself, 'It is all very well for him to say these things; he doesn't have to handle my physical body!' That is true, that is why I said that there are no short cuts. Beings like myself try to help because we feel that by opening your mind to a broader understanding we can help you to come to terms with your life more easily. We are not here to live your lives for you because to do that would be denying you the very experience for which you have incarnated. So it is in your hands all the way. You cannot push responsibility on to anyone else, it is yours alone. In saying that, I would like to add that you should never be frightened of failure, because failure is only a state of mind. All experience is valuable and relevant and much can be learned from a mistake or a failure; in fact, what feels like a moment of failure may be a significant turning point on your evolutionary path.

Each one of you will experience in a different way from all other human beings; there are no two spirits that have ever experienced identically for all experience is unique, all thought is unique, every spirit is unique. The variation comes about in how each of you chooses to react or respond to similar information or in a similar situation; that is where the difference lies for your choice arises from

## The Purpose of Life – Evolution

the one hand, not negating or undervaluing yourself and, on the other hand, not over-expressing yourself in the belief that others may see you as a person of substance and that, without you, a situation will crumble! There is no such situation and it may be that, without you, events would take a different course that would be better for others involved. Ego is a trap for even the most wary; ego always inhibits evolution.

Dear friends, what others think of you is unimportant, it is their concern and not yours. Never at any time do something for effect, but do it only for a purpose; remember, God is not going to come down and say 'There's a good chap, you did that well!'. When it comes to the moment of reckoning the only judge will be yourself. It is you who will look at yourself and say 'My goodness, wasn't I a fool!'. See yourself for what you are, no more, no less. Try to see, in one sense, how insignificant you are in relation to the whole. Learn to understand your own relationship with those around you; learn to respect and love those around you and learn to extend this love and respect to animals, plants and all forms of life because all are thoughts of God and aspects of planet Earth experiencing in their own particular way. You are part of that whole experience.

Having just told you how insignificant you are, I shall now tell you how significant you are! Each of you is playing a vital role in the evolution of this planet because everything you do, think and say is not only affecting the thoughts of everyone else around you, but it is affecting every being on this planet, in the solar system, in the galaxy, in the universe. All is one. You are here to find that oneness through harmony and balance, both within yourself and in your relationships in a physical universe.

You all know how easy it is to feel critical of somebody else, to feel that you could do better, or you may feel a

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affecting that other person and may be causing him or her to do it 'wrong' in your eyes. You are also forgetting that you are unique and individual and that every other person is unique and individual. To compare is futile and hurtful – especially to yourself.

Some of you may feel that my words are too simple but believe me, dear friends, however deep or esoteric your approach, unless you can think and acquire knowledge in a simple balanced way, those deep esoteric considerations will be of more harm than good to you.

Evolution is not knowledge, it is understanding. This is what life is about: understanding, coming to terms with all the simple things you do in your life. Some of the greatest inspiration that has come to this planet has come not through reading books but through sitting in green fields, sitting under a tree, sitting on the side of a mountain.

In realising your responsibility and relating it to those around you, do not fall into the trap of worrying about other people. I could continue for another five hours looking at various attitudes of mind that can help and yet trap you because everything you do offers two alternatives. It is like the sword, isn't it? If you hold it one way you have the cross; if you hold it the other way it is a weapon of destruction. So every time you find yourself getting into a negative state such as over-worrying, ask yourself, 'Which way am I holding my sword? Am I using it as a cross or am I using it as a weapon? If as a weapon, am I using it against myself or against someone else, or both?'

So we come back to the beginning, that life is a schooling for the spirit through physical, material existence. Unfortunately, some of you have become so enmeshed in your material lives that you have lost sight of the real issues. Those issues are not how much you can fit into twenty-four hours but your attitudes of mind during



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you meet? It is a question of establishing priorities in your understanding. Do not become so enmeshed in material achievement that you neglect spiritual growth. What is achievement? As I see it, true achievement is evolution. It is a growth of understanding. It is appreciating the same situation from a wider perspective.

Dear friends, each one of you has within you the urge not only to advance yourself spiritually but, through your own experience, to help others. Take a long look at yourself and, through seeing yourself, you will more easily be able to see and understand others. As I said earlier, physical life can be a truly wonderful and beautiful experience and you can make it so by your own attitude of mind. You can obtain fulfilment from every second of your life and this is what you should be aiming for. This is why you are studying spiritually, so that you can make optimum use of this life and gain the widest possible experience from your every thought and action. Spiritual experiences are the hardest to handle. It is always much easier to go to a film or manipulate your box with the square eye and allow somebody else to do the thinking for you, to present you with a contrived experience without depth that will no doubt stimulate your emotions, causing certain chemicals to race around your body; that is always much easier to do and no doubt you will persuade yourself that it has helped you to relax as you sit there tense, watching that square eye.

You have chosen life at a very critical stage in the evolution of this planet. Humankind has advanced scientifically but has not carried spiritual thinking forward at the same speed. It has launched into technological experiences it does not fully understand. Many inventions are based on different types of radiation — radiations of different wave lengths — and some of the wave lengths

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affect the relationship of the spirit to the body. One always runs into this type of danger when one puts technology before spirituality; ideally these two aspects of life should advance in balance together.

You are abusing this planet in various ways, and have ignored the important lesson of having respect for all other beings. Man has become greedy because it has made life materially easier for him. You can touch a switch and the room becomes illuminated, the machine starts to turn, your vehicles transport you ever faster and faster. This is easy, isn't it? But gradually you are bleeding Earth and pushing the whole planet out of balance. Large areas have been turned into desert; you are polluting the sea and doing some terrible things to the air you breathe and to the various atmospheric layers that encircle the planet.

How humankind develops in the future depends on the thoughts and actions of those who are incarnate now, today, for it is the individual drops that make up the ocean.

Thank you for giving me this opportunity to share these thoughts with you and to help you to realise how important it is to take yourself in hand, to understand and learn to love yourself and others and to engender love and respect for all thoughts of God.

## Making The Most Of Life On Earth

I have already explained how you incarnate on Earth to gain experience to further your evolution. In order to obtain the utmost from this experience it is necessary to proceed through life in balance and, to achieve that balance, the practical and material side of life must not be ignored.

You incarnated into a physical body, to obtain knowledge of the material world; for remember, this cannot be gained from any of the planes of spirit — if it could, then there would be no need for you to come to Earth at all. Let us, therefore, look at the best way you can approach this physical, material existence, so as to make the most of the experience it offers.

In looking at life, you will observe there are many moments of choice with roads leading in all directions — happy, indifferent, unhappy, good, bad. The life you have chosen is governed by the decision made by the free will of your spirit before entering incarnation. At any moment you have the free will to choose the path you wish to tread and not be fettered by past patterning. You should seek to lead your life in accordance with the dictates of your inner conscience; in other words, live to the best of your capability, always with an eye to growth and transformation. Remember, it would only be possible to evaluate evolutionary progress over a series of incarnations, not in any one particular lifetime. As you read through these lectures it is important to view them with an open mind, for if you do, I am sure you will find some

## LIFE AND LIVING

anyone to believe anything. God has given men and women free will to accept or reject anything and everything within the universe. How much a person accepts will be entirely in accordance with his or her own particular stage of evolution. Nowhere in my teachings will you find doctrines or dogmas for this very reason.

A fulfilled life does not mean mediocrity, nor does it mean living a narrow rut minding one's own business. People are inclined to think that a person who lives this kind of life must be a good person, but it does not necessarily follow. It has been said that it is the prerogative of each person to assert their individual ego in argument with their colleagues, stressing their uniqueness by constant differentiation. It is important that you express your own ideas, but always with tolerance towards those who differ from you, honouring their viewpoint. The balanced way is to use your ego as a complement to your fellow human beings. Perhaps if you did there would not be the wars and strife we find in the world today.

Thought plays a very important part in the living of one's life on Earth. To live at 'a superficial level is not sufficient; it is necessary to think harmoniously and to try to bring a balanced perspective to all {hat you do. You must have something deeper than mere outward show a desire to progress, to find joy in what you do, to open your mind, and not close and shutter it against anything which you find unpleasant or undesirable. Remember, 'Seek and ye shall find', for God limits no one. It is you who create the limitations.

It is not necessary to attend a church or belong to a religious body in order to find God; but if you are a person who wishes to seek in a strictly orthodox way, then I would

others, I say that additional teachings or philosophies will only serve to deepen your understanding and practice of orthodox religion. It is all a question of individual motivation. I have no desire to condemn the Church or orthodox bodies, for I am not concerned about what the Churches are, but rather what they are not.

### Making The Most Of Life On Earth

#### Pacifism

Man is not perfect and should not even try to be, for you need to accept yourself for what you are; no more and no less. This remark is particularly relevant to the question of pacifism. Of course pacifism is right morally, but humanity will not attain this state until it has reached a level of evolution and understanding where differences can be worked out without aggression. You would not expect a child of six to lift a fifty kilogram weight and would consider such an idea ridiculous. It is equally as foolish to expect people to adopt a way of life before they are evolved enough to do so. Certainly there are many people in the world today whose stage of evolution is sufficiently advanced to attain and accept pacifism, but it is very much a question of the majority or general cross section of the world community upon which my remarks are based.

Pragmatic people on Earth often realise that it is sometimes painfully necessary to fight in order to preserve a hard-won order of free thought and expression. Those who strive for pacifism as an absolute before humanity as a whole is ready to take such a step, endanger the very ideals they are trying to achieve. Unfortunately, as history has shown, when an evolved nation or community comes up

#### LIFE AND LIVING

If it were possible to sum up how you should lead your life, I would say . Always be ready to help and serve others; honour and respect God; understand and do not condemn your fellow men; be tolerant of all beliefs and observe humility; allow yourself that awareness which recognises and accepts that there are people in the world whose comparative standards are different from your own; and finally, seek evolution and the Greater Wisdom. If you are forced to fight, do so only to defend what is dear to you, for in the not too distant future, belligerence will become a thing of the past.

## Know Thyself      A Meditation

Have you ever considered deeply the true meaning of 'Know Thyself'? Your life upon Earth is an experience and, through a succession of incarnations, that experience accumulates until the spirit acquires a state of realisation, of wisdom, which is the sum total of its understanding gained throughout all the incarnations and experiences it has undergone.

You can evolve as quickly as you choose, and so the question comes to mind — can I aid my own evolution? Yes, most definitely, and the first step towards doing so is to strive to know yourself as you truly are. Do not set yourself a standard of living which is hypocritical and which your mind, body and spirit are not capable of maintaining; but rather look at yourself and see yourself as you are, right now. Learn to recognise your shortcomings physical, mental and spiritual. Learn to recognise your attributes — physical, mental and spiritual. See yourself as you are, no more, no less; for that recognition, that ability to strip yourself of all earthly emotions and face yourself honestly, is the first step to aid your own spiritual, mental and material evolution.

This is perhaps one of the most difficult tasks for human beings in a physical body. It requires a great deal of honesty, a great deal of humility and clear thinking, for to undervalue or overvalue yourself by assuming either an inferiority complex or a superiority complex will distort your viewpoint. You have to examine your very soul with love, tolerance and understanding; to realise when you have

Look at yourself in the mirror, in the mirror of your soul,  
Know Thyself

and see yourself for what you are. Not until you achieve this state of mind can you consider how you are going to lead a spiritually progressive life.

'I am what I am, no more and no less' . . . Having learned truly to understand that remark, and having embarked on the path of 'knowing oneself' — what next?

It is from this point that you will feel you wish to open your mind to the esoteric wisdom of the universe. You can now begin to assimilate that spiritual knowledge for which you are thirsting. You may want to know how to do this and my answer is to do it in a way that is most natural to you. Choose your favourite armchair, sit back, relax, close your eyes, centre yourself within and allow yourself to be fully but firmly uplifted to the higher realms of spiritual understanding. Go to your favourite pew in your favourite church and do the selfsame thing. Sit in the corner seat of your morning train and, yet again, do the same thing. In other words, find the place where it is easiest and simplest for you to relax your body and mind.

Having prepared yourself for meditation, relax your body from

feet to head, becoming conscious of each part in turn and then mentally and physically letting go . . . Allow the feeling of love and light from your heart centre to fill your whole being and radiate out from you . . . Focus your mind on the infinity of the Ultimate . . . Focus on the great wisdom and unconditional love of the Ultimate . . . Consider for a moment the unique spark of God that resides within you . . . Ponder on



universe . . . Finally, return in thought to where you are sitting, centre and earth yourself.

Try it for just a short period at first and then perhaps a little longer, and you will find that upliftment which you so desire.

As you receive this unfolding of the works of the Ultimate you will find that it may tend to make your mind diverge from the material facts of life. I would remind you, however, that you are incarnate upon Earth to undertake a form of physical experience and, in allowing yourself to seek esoteric wisdom, do not exclude the material experience which is so very necessary for you to complete your evolution.

## 'Seek And Ye Shall Find'

Seek and ye shall find, for God limits no one, it is you who limit yourself. In this lecture I would like to explain more fully what I mean by this statement.

You incarnate on the Earth planet to undergo a series of evolutionary experiences which you are able to pursue by virtue of the gift of freewill. You can choose to seek or not to seek, to acknowledge the Godhead or not, as you wish. In fact, throughout your lives you always have the choice of saying yes or no, of doing or not doing; and through these continual decisions you experience and learn in the way you choose and at the speed you choose.

Were God to impose limits, your freewill would at once be destroyed and you would no longer be able to seek as you wish. You would become stereotyped and your life predestined: your way of life would be bounded on all

unconditionally, asking questions without fear and with an open mind, which is surely a lesson in itself.

My friends, step forward without fear; search and, if your intentions are like those of the child, genuine, honest and without ego, then your seeking will be rewarded for you will be led to a spiritual understanding that is in sympathy with the needs of your spirit at this stage of your evolutionary journey.

### Which Path?

Remember, there are many paths to God and which path you select is not of great importance since eventually they

'Seek And Ye Shall Find'

all reach the Godhead. Some take longer for their routes are winding, while others are more direct. You should follow that approach which helps you to feel in touch with your deepest inner promptings.

A word for those who participate in any form of orthodox church-going: it is useless unless you do so with a genuine desire to bring yourself nearer to God. If you are merely attending the services because you feel that it is the right thing to do, or because you think it might make things easier for you when you pass over, it is not only a waste of time but will in actual fact serve to hinder your progress and evolution when you leave your Earth body.

### Ritual

In most religions certain forms of ritual are observed, some elaborate, some simple. Are these necessary? Since the spirit is essentially a thought state, the answer, broadly

Indeed, many minds thinking in harmony along a beam of thought as in a prayer multiplies the power of that thought.

Certain rituals do carry power which varies in efficacy according to their age, their use and the spiritual energies of their originators. But the power is limited to the ritual, whereas pure thought, if used correctly, has no limitations.

### Perfection and Infallibility

One thing that all people on Earth should remember is that no one in an Earth body is perfect or infallible. If they were they would not be incarnate but with the Ultimate, the Father/Mother God. Some have reached a more advanced stage of understanding through many lives and have acquired greater wisdom, which\* in itself brings an increased responsibility towards others. But all spirits

## LIFE AND LIVING

incarnate on Earth are here to experience, to learn and, in some cases, to teach, according to their individual karma.

To aim for perfection is a trap because it tries to deny the shadow and suppress it, thereby giving it energy; whereas acknowledging your wholeness, your light and your shadow, allows you to evolve in balance and accept yourself with awareness, love and understanding.

### Spiritual Pitfalls and Initiations

Indeed, just as there are material and emotional traps in life, there are also spiritual traps and pitfalls. In reality, these challenges are the initiations of today.

In the civilisations of both East and West, there have been many routes to the 'I' within, to seeking that true spiritual Self. And it was known that as you 'walked the Path' you were tested; you hit the pitfalls, the stony way. In this day and age, many of you may not be so aware of 'walking the Path' unless you join a spiritual order. And yet, seeking for the 'I', the spark of God that brought you into being, is becoming more and more relevant for each individual on this planet and for planet Earth herself.

It is when the ego comes into play and, through the personality, wants to rule and prevent the true 'I' from shining forth, it is then that you have a spiritual dilemma. For the ego is very agile and crafty, very powerful and strong. Society is built on developing the ego states of each one of you and that part of the personality does not wish to give up its hold. The ego defends itself and issues become conditional rather than unconditional. Karma, the law of cause and effect, is used as an excuse, a reason for not doing or being in a certain way. The individual is challenged and confronted by the shadow side by issues

Today, that negative pull is very strong; but so also are the spiritual energies, allowing you each a great opportunity to find and consciously explore your true spiritual Path.

## Pre-Human Existence

Planet Earth provides expression for many different types of spirit through her varied forms of physical life. There are those spirits that inhabit the bodies of men, those of animals, those of fish, and those of plant life; there is even a type of spirit that inhabits the ground upon which you stand. These are all different forms of spirit life which together form a small part of the universe, all thought expressions of that Ultimate Creative Thought.

When a spirit is first created by the Ultimate, it finds itself on the plane of decision; there it passes through a series of experiences until it reaches a stage of realisation in which it knows it will enter either the body of a man or, for a different form of experience, the body of an animal, a plant or some other form of evolution.

Let us for the moment look at the spirit which leaves the plane of decision to enter the body of a man or a woman and experience human life on Earth.

When ascending from the plane of decision to the first plane of human existence a spirit will often enter an intermediary stage while trying to find its own level; such spirits occasionally manifest as elementary spirits or poltergeist phenomena. Sooner or later the necessity to incarnate will dawn upon the spirit and it will then enter a

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of experience undergone by an animal is quite different to that experienced by a human. It is possible for there to be exceptions to this rule but it is very unusual, for each of these groups is going through a series of experiences quite independently, thus adding to the Ultimate in a different way. When this happens conflict ensues. I am sure you can all appreciate how it is possible for a physical body to have a brain with brilliant capacity and yet somehow there is something lacking in the entire beingness of that individual. The personality has fallen short because the spirit in charge of the physical shell has not sufficient wisdom and finds itself unable to cope with a high-powered body; it is rather like putting a novice driver at the wheel of a high-powered racing car and it can be equally as dangerous.

Let us take the case of Mr. B, a shoemaker, who passes over. He has spent a great portion of his life playing darts and partaking of the artificial forms of entertainment available today. He has led a 'good' life, attending church on Sunday mornings and the 'pub' in the evenings. He is not a particularly wise soul but, on the other hand, has not done anyone much harm, except perhaps to cheat a little in business matters and use a few words not in the English dictionary. So as not to complicate matters we will say he is a single man.

Upon passing over, his spirit will dwell on the second plane until it reaches a state of realisation in which it is able to assess its own standing. It realises that in its last existence it neither learned much nor did much good, so it elects to come back in a learned capacity and chooses to incarnate into a body which will in due course become a professor of science.

The body is born and grows up. He studies and becomes

cause destruction and suffering: some poison gas, perhaps, and later on a few atom and hydrogen bombs.

In due course his spirit passes over and, because of the things he invented with his brain while in an Earth body, it descends down the scale a little; for, my friends, the path of evolution is not always a straight one, it sometimes doubles back on itself before taking a step forward. His spirit amuses itself in a mental state, still thinking of its unpleasant devices and instilling thoughts into the minds of others on Earth to do likewise.

Eventually, our Mr. B's spirit reaches a state where it





## Body and Spirit — Do They Evolve Together?

again becomes aware of itself and what it is and, with the assistance of spirit helpers, it is able to draw itself out of the mire of sadistic thought. It realises that it has again made a mess of things and will need further Earth experience. This time, however, it elects to return as someone who will suffer greatly, as it realises that it has caused suffering before and must now take the place of the sufferer. It therefore chooses to enter the body of, say, a woman who will be ill-treated by her husband.

However, Mr. B's spirit will not lose the experience it has gained in previous incarnations although, when limited by an Earth body, it will probably be unable to bring it forward to the conscious mind. Nothing is lost, for all experience and lessons learnt stay with the spirit, determining its level of understanding and thereby its evolution.

Conversely, a spirit of much more understanding may choose a body which is too heavy, dense and cumbersome for it and this, too, presents difficulties. The vibration of the spirit will be somewhat fast for that of the body and it may have difficulty in synchronising with it.

Here again one is trying to single out particular cases, but the point to bear in mind is that wisdom is a strange thing for it is not bound in any way to intelligence. A person's brain capacity can be quite limited and yet that physical shell can house a thought or spirit of great wisdom and beauty. One of the greatest traps into which man can fall in his seeking is to think that intellectualism and academic prowess are synonymous with evolution and wisdom. True wisdom is simplicity and it takes a great person to be able to view a complex problem in a simple way. The ability not

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would not incarnate into the unevolved physical body of, say, Neanderthal man, through which it could not express itself. This does not mean that people of handsome physical stature are necessarily evolved, for it is not the good looks but the wise words which portray evolution. Nevertheless, spiritual and somatic evolution do run side by side and a serious lack of this evolutionary alignment can cause genetic deformities.

Some of you may wonder whether it is possible for spirits of a similar type to homo sapiens to incarnate into Earth bodies from other planets, in order to gain experience on a different sphere. The answer is yes, this does happen and, similarly, some Earth spirits choose to incarnate on other planets in the universe. Also, if the general stage of evolution on one planet is too high to enable a specific spirit to undergo the experiences it requires, it may go to another lesser evolved sphere to incarnate; and the same applies where the evolution of the planet in question is not advanced enough for the requirements of a particular spirit. But these are rare exceptions and not the general rule.

Each person and each spirit is in its own individual stage of understanding; therefore no two people can possibly see exactly the same picture. Each one of you is forming your own individual idea, your own interpretation of the whole. This, of course, is as it should be, for such is the nature of the universe which, in its infinity, has room for infinite facets of thought. As you grow in each individual life, so you begin to mould the physical shell which you inhabit. It may well be that an advanced spirit of wisdom will come to terms with its physical body, lightening it and refining it as it matures. Equally, a spirit of humbler evolution will normally choose itself in a body with which it can

the trouble that arises in the world stems from 'fringe' cases such as these and this is where the overall guiding influence on a planet begins to take effect. Let me explain further.

You live on a planet, which is part of a solar system, which in turn is part of a galaxy. You as an individual are surrounded by other spirits; you are part of this infinite cosmic scheme in which all forms of intelligence are interconnected. The whole of nature works this way; in fact, your body is made up of millions of atoms, each of which could be likened to a solar system within itself. In a sense, spirit evolution follows a similar path and, as you go through your own individual cycle of evolution, you Body and Spirit — Do They Evolve Together?

will at all times be affected by other forms of spirit from all dimensions around you: those on a similar path to your own and those that may seem far removed from you such as the devic spirits that guide your own and other planets.

All spirits are subject to error and can be out of balance until they have evolved to the state of perfection known as the Godhead. All have freewill and are capable of the state of imbalance known as 'evil' wherein they no longer acknowledge God but set themselves up as gods. If this should happen to a devic spirit that has reached the stage of guiding a planet, its influence will have very far-reaching consequences. Planet Earth is at present suffering from an 'evil' influence of this nature. You do not have to look far to see the results around you and it is those 'fringe' spirits I mentioned earlier that will be particularly affected by such an influence. A person leading a balanced life with the spirit nicely in tune with the physical body, who is able to express

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adjustment with their physical bodies cannot and it is these people who will be affected by the evil influence around your planet. If you look anywhere in the world you will find that most of the trouble and unhappiness is caused by the minority, not the majority; unfortunately, the majority are inclined to consider that they are able to see the problem in greater depth and can therefore detach themselves from it, sit back and do nothing. I would hope that this does not apply to people such as yourselves, for if you were not prepared to do anything with your thoughts and ideas you would not be reading this. You are part of a pattern which is emerging.

The thing to remember about the universe in which you exist is that it is forever expanding, for there is no end to experience and therefore no end to what you can achieve in understanding. Through the type of experience you are having and will have in future incarnations, you will eventually reach a stage of evolution in which you will find a complete acceptance of the universe around you, a state of balance and perfection, an at-one-ment with the Godhead.

And the achievement of this at-one-ment with the Godhead means being part of that supreme state whilst all the time retaining your individual thought and expansion within it. This is an expanding universe, a physical manifestation of an expanding Godhead. That is why it is necessary for there to be a system of reincarnation. It is necessary to go through a number of lives because in each one you are gaining experience, you are evolving. You will notice that I very carefully used the word 'experience' rather than 'wisdom', for the path of evolution is rather like a meandering stream; sometimes it doubles back on itself but in an overall sense it is going forward. Your spirit gains wisdom according to how it learns from experience.

necessary to think identically to others; but it is necessary, if you are to grow in wisdom, to learn to harmonise your thoughts with those around you. The difference is important. To become at one with other people does not mean that you are in complete unison with them but that you are individuals in harmony. The key to peaceful co-existence is not unison but tolerance and harmony. Whenever the 'absolute' ideology is thrust upon you, then you will have people as individuals becoming dissatisfied and feeling guilty. This is because they are naturally incomplete, they would not be incarnate in a physical body if their spirit had attained 'perfection', and yet they are not being afforded the opportunity to find a proper means of self-expression. How can any spirit fulfil itself without the right to choose its own individual beliefs and, having chosen, to express them in harmony, freedom and love?

# Spirit            Genetic and                Evolution

## The Complement

The universe in its magnificence is entirely composed of thought, thought on varying degrees and levels. The Ultimate or Godhead is thought at its 'highest', thought at its finest, its lightest; it is supreme, creative, all-wise. As one descends to the lower paths of evolution, thought becomes less fine, narrower and less wise. The denser it is the more limited it becomes. Thus you see that thought only achieves a complete infinity of expression when it reaches the Ultimate, in total harmony with all other thought.

The spirit which is evolving in your Earth body at this very moment is utilising another form of thought, a physical body which provides both a shelter for it and a vehicle through which it can express itself. The physical body itself is thought on a very low, dense vibration and, as such, is performing the kind of evolution suitable to the physical conditions which surround it and from which it has evolved.

An appreciation of life in the sphere of dense matter or physical existence is essential to a spirit passing through an evolutionary cycle such as that of homo sapiens, as this path demands experience through the material, but not as the material. By this I mean that your spirit expresses itself through your physical shell in order to appreciate such material experiences as are available to it in any one particular incarnation, but that the actual physical body in which you have incarnated is of a different form of evolution from that of your spirit.

## Spirit and Genetic Evolution

spirit leaves your body, as in death, by cosmic law the four elements reclaim those parts of the body that are 'lent' it for its existence. Fire and air are the faster elements and they are the first to leave the body in the form of warmth and breath. Next comes the drying process when water in the form of all moisture evaporates; finally, the decaying of the denser tissues comes under the jurisdiction of the element of earth. In Atlantis of old the whole process could be achieved in a few seconds by the power of thought, when the priest commanded the four elements to reclaim instantly those parts of the physical body which were from their domains. The result was disintegration without a trace.

Perhaps I could illustrate the relationship between spirit and genetic evolution by comparing it with your electric heaters. The element alone produces nothing, but when the electric current is turned on, warmth is produced. Without the element through which to express its vibration the electricity is nothing and imperceptible, just as the element is but a piece of cold metal until ignited.

If the connections between the current and the element are faulty there will be an irregularity in the expression, or even no heat at all. So it is with the human body and the spirit: if the connecting link between the two is faulty, illnesses and all forms of imbalance may result, even to total unconsciousness.

When an electrical implement is wired to take only a certain amount of current and this is overloaded, a blown fuse will result. The human body is the same with regard to vibrations; it can only take those vibrations to which it is attuned at any one time. Exceed this load and mental trouble will ensue. That is why higher and wiser spirits deem it unwise to grant requests for a display of power or phenomena, the close proximity of which could prove too

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Physical evolution moves at a speed relative to the planet upon which it exists; thus the body's shape, height, weight etc. change and adjust according to the physical conditions prevailing. An evolved body does not necessarily house an evolved spirit, as in the case of a person who is academically clever but without wisdom. Equally, an evolved spirit may choose a body of humble evolution in which to incarnate, although in this case the body would never be one of extremely low evolution with a very limited capacity, as an evolved spirit would be unable to express itself through such a body. The ideal state for physical expression is when the evolution of the body is complementary to that of the spirit. Consequently, as the human race evolves genetically, more evolved spirits are able to use bodies as vehicles through which to express their wisdom.

Many people do not realise that spirit evolution is entirely separate from physical evolution and much confusion has arisen as a result of this misunderstanding. Darwin's 'missing link' was, in fact, a spirit transference, where the bodies available were taken on by a different form of spirit evolution which refined them according to needs. So, although spirit and physical evolution run along separately, they have a strong influence on each other, especially the spirit on the physical body. Indeed, the resident spirit influences its physical vehicle far more than is generally supposed and can even alter the shape and appearance of a body, as in the 'missing link' between ape and man. I should like to examine this influence of the spirit on the body in a little more detail.

When you make a decision, the elements of which your body is composed will receive certain experiences of action; these are derived from the decision of the spirit



## Spirit and Genetic Evolution

gradually become imprinted on the physical. In fact, your physical form carries the whole of your story up to date. Each of you has your own own private story written plainly in your body for those who can read; what you think and do between the cradle and the grave impresses the material of the form with its habits. The sum total, the essence, is assembled after the grave, condensed, converted, you might say, into basic principles within your spirit; and that is what you start with next time.

It does matter what you do and how you think in this life because it is fashioning your form, your circumstances and your abilities, and your spirit is learning and benefitting, or otherwise, from the experience. The glands of the body secrete chemicals, the formulae of which are created by habits; you created the habit and you stipulated the figures in the formula. When you see a face lined with pain, the result of ulcers, growths or other illness, you see a person who has by long and persistent effort created the chemical formulae in the glands which in turn have imposed their programme upon the physical body.

The tragedy is that even when suffering greatly, many people do not have a clue as to how the illness came about; their negative attitude to circumstances blocks the flow of wisdom from their spirit, with the result that they • continue their unsuitable habits, not realising the significant effect they are having on their health. Thus you have psychosomatic illnesses which are frequently the most difficult form of suffering to dispel.

From this you can begin to see how the type of life-matter which is evolving as your physical shell is influenced by and dependent upon the spirit which it is housing. It is also a perfect example of the way in which two different forms of evolution complement each other.

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'Is there such a thing as materialisation? And, if so, how is it achieved?'

Materialisation does exist. As to how it is achieved, let me first of all make the following statement. Ectoplasm, the substance through which materialisation is formed, is something physical. It is not, I repeat, not spiritual.

Let us picture a room containing seven people. Six of them are seated round a table while the seventh is a medium sitting for, or shall we say hoping for, a materialisation. What takes place? Picture now your own human body, bearing in mind the vibrations on many levels of which it is composed. Try not to think of your spirit, physical shell and aura as entirely separate entities, for they are all functioning as a complete unit. Think of it as a colour, the colour blue; the higher the vibration the lighter the blue would be, so that a very light blue would represent the spirit; as the vibration descended to the various denser tissues of the body it would tend to become a deeper blue; in fact, you would see many different shades. The aura, which is the link between the spirit and the outside world, would appear again as a pale shade of blue.

Now let us return to the seance room where everyone is hoping to see a materialised form. 'Look,' somebody cries, 'ectoplasm is forming!'. The medium has found that, by relaxing the body and inducing a certain mental condition, ectoplasm will appear. What is not generally understood is that each of those six people present has put out a thought to encourage that ectoplasm to appear.

Why is it, then, that when the chemical composition of your body is analysed you cannot find this strange substance called ectoplasm? Man is not, as yet, familiar with every chemical substance on his own planet and ectoplasm is of a much finer composition than could at

## Spirit and Genetic Evolution

Now a spirit can manifest itself, utilising the ectoplasm. You could say that ectoplasm is a semi-physical substance providing a form of vibrational link between the physical body and the spirit. A spirit is able to control the ectoplasm into a shape by the power of its thought; this it can do by projecting a thought form from its own sphere of evolution. It is not essential for that thought or spirit actually to visit the ectoplasm in its etheric body.

The reason I have given you this little example is because I am trying to bring home to you the oneness of the universe. Those seven people, the materialising spirit in the ectoplasm and all the spirits in that room are all one in varying stages of density. I am sure that if you can have a strong realisation of this it will help you greatly with your future studies.

If a group of people were to come together and will a spirit to appear before them, so long as they harmonise their thoughts along similar lines and put out a similar amount of power, there is little doubt that a manifestation would appear in one form or another. The level of vibration upon which this manifestation would occur depends, of course, on the harmony, purity and intention of the sitters.

When a spirit from the higher planes materialises it does not need ectoplasm; for it can transcend the ectoplasmic vibration — which is a material one — and create a thought form from its own power and the power generated by the harmony of those present. This is a quite different process from the one I have just described when, by a transference of thought from another sphere, a spirit fashions the ectoplasm provided by the medium. Non-ectoplasmic materialisation was the form perceived by the apostles after the death of Jesus. These higher forms of materialisation only take place where there is great spirituality and

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however, is not limited to any one creed and many 'saints' have passed unnoticed.

Spirits who communicate from those planes nearest to the Earth plane, the second and third planes, \* do not necessarily remove themselves from these planes in order to make their presence felt or convey their messages; instead, the communicating entity projects a thought-form, using ectoplasm, whereby it may be recognised. The intensity of this projection may vary but its recognition will depend on the fineness of the vibration to which the medium can attune. This form of communication is quite different from that used by devic spirits or those from the higher planes that communicate either by using an aspect of themselves to negotiate the lesser spheres or by using, say, third plane spirits through which to transmit, these spirits providing

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\* The varying levels of thought in the universe can be broadly divided into seven planes: Earth physical experience is the first plane; the nearest spirit plane to the physical is the second plane, and the Ultimate is the seventh plane.

a sort of transformer or filtering-down device for their power.

In certain altered states of consciousness, you may be able to perceive some of these other planes of existence. As your spiritual sight widens you will notice not only those of your own form of evolution upon each plane, but also some of the other infinite varieties of thought-expression which exist within this universe and which are evolving side by side with your own form of life. You may be able to bring back some of these experiences with your conscious mind, which will help you considerably in understanding all things around you

## Discarding the Physical Body

Physical death is something which seems to cause a great deal of worry to people. If I can clarify this transition of the spirit I feel it will help each one of you to look at death from a more balanced perspective.

A physical body is discarded by the spirit at that moment when, it is right, from the spirit's point of view, that this should happen; and this applies whatever age the physical body may have reached for many spirits choose to incarnate for only a short period. Remember that from the moment a spirit enters the embryo of a human being at conception, it is experiencing; it may have chosen to experience for one month, one year, thirty years or eighty years.

Speaking generally, when a person has just died the spirit has the full experiences of its life still with it and, consequently, there are many cases of spirits that do not realise what has happened. Whenever possible, if a spirit should so wish, it will be helped by those who have already passed over and have given themselves the task of assisting other spirits still in their physical bodies to encompass this step more easily.

It takes anything from a few minutes to a few days before the spirit finally leaves the body and the cord is cut; this is often done by those who have come to help. According to the evolution, the understanding of the spirit passing over, the helpers will enlighten it as to what has happened, as this is often necessary because of the state of mind in which the person died.

causing much confusion of thought. A spirit in this Discarding the Physical Body

condition needs more time to recover and, in fact, the longer it has the better; if it reincarnates too quickly some form of mutation, physical, mental or even spiritual will most probably result. Many of these spirits are Earthbound and very often have no realisation of the death of their physical bodies; they are helped by other discarnate spirits to realise what has taken place and then they pass on their way.

Many well meaning people endeavour to assist these lost spirits from the Earth plane and although I realise that this is done with the best of intentions it is, in fact, superfluous and sometimes confusing, as the problem is normally, in such circumstances, dealt with very adequately in the spirit world. There are, of course, instances of truly Earthbound spirits that continue to affect places and people long after their demise. These may need to be released from their mental state by exorcism, which is a specialised form of healing.

Death, far from being a tragic thing, is actually a step forward in any spirit's evolution. It is an initiation into the next phase of its learning experience. It would be much better for people if they were able to look at it in this way, instead of regarding death from the point of view of personal loss, without any real thought of the upliftment that the spirit has possibly experienced in passing. It is understandable that the death of a close friend will cause sadness but, if it were realised that for the spirit in question it is the right time to pass, and that it is even now furthering its evolution by new experiences, it would enable people to go forward in their own lives in acceptance and without fear. Unfortunately, there are many people who dwell morbidly on the past,

# Further Aspects of Life After Death

## The 'Summerland'

When a spirit first adjusts itself to the realisation that the physical shell is dead, it has a whole new existence before it which it must try to comprehend. Remember, a spirit is thought and as such is unencumbered by physical limitations; and yet it has other limitations, the limitations of its own experience and understanding.

A spirit finds that it is freed from the fetters of a physical body. What happens? Because it is purely in a state of thought it is able to create all manner of situations merely by thinking them. It is like a 'pipe dream' with no interruptions but, of course, it is limited by the spirit's own experience, knowledge and evolution. This is why, when you hear reports of life after death coming from this level which is so close to the Earth plane, they tend to sound like a garden of paradise or an idyllic desert island! This thought state is called by many the 'Summerland'.

Life after death is something far greater and quite different, and all spirits realise after a while that this state of 'pipe dreaming' is static and leads nowhere. Having come to this realisation they then pass on to further experience.

## The Unbeliever

Let us consider the unbeliever, the man who does not believe in any life after death. What happens when his spirit passes over? It may remain Earthbound for some considerable time.

today that imagine themselves to be incarnate Further Aspects of Life After Death

when they are not; this definitely has a retarding effect on their evolution and can cause trouble and inconvenience to others at times. They are usually helped sooner or later to realise their mistake and to pass on their way.

In the case of a person who dies slowly, knowing they are dying and expecting nothing when they are dead, the spirit may remain in a state of coma after leaving the body. Because it is expecting nothing it will receive nothing, until other spirits manage to awaken it to a state of awareness.

Failure to believe in life after death is one of the factors which is holding back the evolution of your planet considerably at the present time as it causes a number of almost blind reincarnations, in which many spirits come back into physical bodies without fully understanding why they have done so.

## Self-Judgement and Hell

Life after death is feared by many people because they envisage an hour of reckoning with God. I do not particularly wish to destroy anyone's pet illusions, but I must emphasise that this is an illusion. God does not judge; in fact, the more evolved spirit is, the less inclined it is to judge. It is only Earth people in their foolishness who try to pass judgement.

When you leave your present incarnation you will sooner or later come to a realisation of yourself and, because you will no longer be limited by the physical, your vision will be wider than when you are in the body. You will see yourself for what you really are and for what you might have been. Believe me, you will be a far harsher judge of yourself than



religions, really exists. My answer is that it exists for those who believe it exists. Many spirits choose of their own volition to torture themselves to atone for what they have done; it is possible to rise above this self-punishment by a complete realisation and understanding

## LIFE AND LIVING

of the error made; but there are few spirits who are able to achieve this.

### Ghosts

When you speak of ghosts you are referring to basically three types of spirit. Firstly, those that have left Earth bodies but, through lack of realisation of what has happened to them, cannot leave their old Earth surroundings; they may have been killed or have died suddenly and been shocked out of life. Secondly, those that have died in an unresolved emotional state and become Earthbound to a certain house, room or place through the intensity of their emotions. And thirdly, those elementary spirits that are in a stage of pre-human existence, as explained in an earlier chapter. These should not, however, be confused with the spirits of the elements, elemental spirits which belong to a form of evolution outside homo sapiens.

A poltergeist is a mischievous spirit that is trying to attract attention to itself for some reason. It moves physical objects by drawing energy from an incarnate person. It is trying to say something which may relate to the incarnate person it is disturbing.

All disturbed and Earthbound spirits can be helped and healed and sent on their way by a person with the necessary awareness, healing ability and knowledge.

## How a Spirit Selects a Body for Reincarnation

Most of you who read these teachings will be reasonably openminded in your ideas and, I hope, always ready to listen to new ones. Others of you may secretly be quite determined that what you believe is correct (which may be this philosophy or another) and that anything different must be discarded. If you are to succeed in your present incarnation your mind should always be open to other points of view, because you are here to learn and the results of that learning will determine your spiritual future.

It is rather like going to school but on a grander scale. The great difference is that when you are at school and you do not learn your lessons you may be reprimanded; but in the school of life there is only one person to reprimand you, and in a very much more severe way than would your school teacher, and that is yourself. You will eventually reach a point in your evolution when the past catches up with you and you become aware of what you are and where you have succeeded and failed. This realisation can have an overwhelming spiritual impact.

We have discussed how the spirit has freewill and that you are here in your physical body because of that freewill, because of the decisions you have made. Experience involves constantly making decisions: what you do, why you do it, when you do it and how you do it. At an early stage in its evolution your spirit made a decision to experience through the

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Entering into one's first Earth body is not a form of spiritual bingo, nor is it decided by sticking a pin in a map. You would incarnate as part of a group soul and when you came to take on this first incarnation you would find many others from your group already there waiting to help you.

How does a spirit know when it is ready to take the next step? If you look back, even over your present life, you will realise that there were certain moments when you suddenly became aware of something, of the sky, of food, of your mother or your father. These were early discoveries in your present incarnation, but they were important to you. A spirit becomes aware in exactly the same way; but there is also another aspect.

You walk along the street and decide to cross the road; you have made a decision. Have you made the right decision or the wrong decision? You step into the road but it is not a pedestrian crossing and a car comes along, so you step back very quickly and realise you have made a wrong decision. If you have absorbed that lesson you then walk along the pavement until you reach a pedestrian crossing where you cross in safety; but perhaps you have not learnt your lesson so well and you try to cross again making the same mistake. This time the result is less fortunate and you are involved in an accident.

Some people make the same mistakes again and again; others learn the first time. This is evolution. This is growing within because, if you do not make the same mistake again, you have not only learnt but have understood what you have learnt, and it is this understanding which is important. It is no good knowing that this or that has happened unless you understand why, for a true understanding can only come from an open mind and one that acknowledges its own mistakes.

No two people in the universe are in identical stages of

fundamental and important aspects of any teaching, philosophy or religion.

Many 'isms' and sects follow a detailed concept and their

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followers accept each one of the details gladly, because this gives them a psychological security upon which they can lean back and forgo many individual responsibilities of choice and decision making. They do not have to think for themselves because someone has presented them with a set of ideas with each detail neatly ticked and filed in the right place. Very nice,' but how limiting! All you will learn from it will be somebody else's concept.

The only true way to advance spiritually is to be openminded and ready to experience within yourself. This is the way you choose a body for reincarnation.

Before you entered your present body you made your choice in conjunction with other spirits or guides from your group. You were able to see the broad outline of the life which lay ahead of you, the general pattern it presented, the karma. The view from the world of spirit is very rarely detailed in the way that incarnate people see the minor facets of existence. A spirit decides that, in the stage of evolution it has attained and in order to complement all its previous existence, it will need a certain set of experiences; and it is the overall pattern to which it is drawn, not the tiny incidents which assume so much importance once it is in the body.

Let us say that a spirit wishes to enter a body which is going to give it male experience. This man grows up and marries when he is twenty-one, he has three children, he works on a farm; the spirit chooses to work close to nature in this life and the body in question is suited to such an occupation. One of his children suffers from Down's Syndrome and from this he learns much tolerance and understanding. His wife dies before he does and he experiences his last years alone, reading and meditating and

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the group and will gravitate back to it once in incarnation if they should, by chance, incarnate amongst those who are not of their own type. Evidence of group spirits can be seen anywhere in life when people act together en masse rather than as individuals.

But as a spirit grows in stature, so it individualises and eventually leaves its group, branching out on its own. This can be a mentally painful period as it means leaving the security of the group and perhaps the religion to which the group originally affiliated itself. In such an incarnation a spirit would have to accept new ideas and carry out much soul searching. After spirits have individualised away from the original group soul, they may later choose to work in small groups for specific purposes, together with other spirits with whom they are in sympathy.

Some of you may be wondering whether choosing the karma of your life amounts to predestination once you are incarnate. Remember, fate in its truest sense is not what lies ahead of you; it is the result of how you handle your life. If somebody predicts what is going to happen to you next week it is not because your action is written down but because they have seen the results of certain decisions you are going to make.

This is the reason why when some people have visited clairvoyants, it has changed their lives because they have made decisions to fit what they have been told. This may be a good or a bad thing and I do not intend to enlarge upon it as I have only used this example to illustrate a principle. However, when the next week comes the person might think to himself: 'Well, I don't want to do what has been predicted, I will do the alternative'. In so doing he changes the shape of that particular incarnation.

Let us take an example whom we shall call Kate. At the

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will look back and see that when it entered that body it had planned to travel to certain milestones. It sees that it did not achieve all the milestones it aimed for, but it achieved certain other results which were not planned. It can see how it handled the troubles and problems of that incarnation and it may or may not be pleased with what it has gained from the experience.

On the other hand, another spirit that has left its Earth How  
a

body may be filled with remorse for what it has done. Perhaps it was born into a male body named Fred which lived during the war and committed some atrocities. No longer fettered by the emotions of a physical body, it feels badly about this and creates its own hell. As I have explained elsewhere, hell is not the mythical state of fire and brimstone. It is a mental condition which spirits create for themselves when they are faced with the truth about the evil deeds and misdemeanours they have carried out during their lifetimes. Each one of you is totally responsible to yourself; it is your own true conscience you will have to face when you leave your physical existence and I am sure that if people realised this it would make a great difference to their outlook.

When Fred's spirit has gone through its own hell and emerged from it, it may feel that, although it gained much from its previous life, it still has a great deal to learn from physical experience. The spirit will see itself for what it is; it will experience a realisation of the lessons it has learnt, the lessons it has failed to learn and the type of experience it needs to undergo next in order to complement that which it has already experienced.

Fred's spirit does not come to these decisions on its own for there are other spirits around to help it; and it is not



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If it does decide to reincarnate, Fred's spirit, again with the help of others more experienced, will have the opportunity to choose the type of life that would be most suitable to help it to go forward in its evolution at this particular stage. Being in a state of thought, with no physical body to make it want to take the easiest path, it may well choose a difficult life, either as an atonement for past misdeeds or purely as an experience from which to learn. It may choose the life of a cripple or one fraught with emotional problems. It will be shown the milestones along such a life and the challenges they represent.

Hence the importance of accepting your life, of coming to terms with it, however arduous it may seem, for your own spirit has chosen it and it is your own spirit that you will have to face when you leave it.

Fred's spirit will continue to incarnate into a physical body until it reaches a stage of realisation, a point in its evolution, in which it has a complete understanding of the lessons to be learnt through physical existence. It is then ready to progress further along its own ladder of evolution through other realms of experience. But this is no sudden process; it will not jump through a door or merge with a mystical cloud. It will simply reach a stage of understanding in which its whole vibration becomes lighter and it ascends. When I use the word 'ascend' I mean that the vibration, the essence of the spirit, becomes finer, enabling it to penetrate the purer regions of the higher planes. It is a natural, filtering process as the soul or spirit rises above its denser, self-orientated thoughts and reactions.

Knowledge and wisdom are not synonymous. You cannot gain wisdom from books or classes; you can only gain it through an understanding of what you have learnt from this life and previous lives. It is possible to have wisdom without worldly knowledge, but a knowledgeable person is

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paths to the centre of the city. Take which path you will; your path is an individual one and let me assure you that no one else will ever tread it.

Life is not something to fear or to dread; it is something to enjoy, to make the most of, because it is enabling your spirit to partake of physical and material experience; it is helping your spirit to temper its freewill. Remember that, although your spirit has freewill, your physical body does not have it to the same degree for, while you are incarnate, your freewill is conditioned by the body's limitations. Your physical mind is limited by the capacity of the brain. Your eyes are limited in their range of vision, the speed at which you can move your body is governed by natural laws and your environment rules over all these things.

You have social and personal limitations. You may live in a tribe in the Andes or in Vietnam. You may live in New

York, Iceland or in Central Africa. Wherever you live, the shape of your life is influenced by the prevailing conditions. Are you poor? Are you wealthy? Are your parents kind and helpful? Are they resentful? What are your neighbours like? What are your friends like? Do you find it easy to give to other people? I speak not of money but of yourself. Do you enjoy extending warmth and comfort to your fellow men or do you find it difficult to communicate? Do you want to withdraw, to isolate yourself on top of a mountain in a little hut, or do you want to live in a market place in the centre of a city?

Life is full of conditioning factors, some of which you may have chosen consciously, while others may be the choice of your spirit before incarnating; and these are things which prevent you from having complete freewill whilst incarnate. But, of course, there is still plenty of scope for freewill. If you do not want to live in a certain place you

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fellow beings, you will find that your efforts will be rewarded.

The conditions in which you find yourself are factors which need to be put into perspective, for some of them you have attracted to yourself and others are your self-chosen challenge. It is my belief that if you face yourself honestly and take greater responsibility for how your life is, you will be very close to finding the reason for your incarnation and the lessons you have come to learn. Whereas if you blame others or 'life' for your circumstances and problems, you are shutting yourself off, both from the inspiration of your higher Self and from the natural flow of life.

It is very important to realise that every thought, and every action which is the result of thought, is not only affecting your present life now, but determining your future. After all, is not your life one series of 'nows'? What has gone before must influence what follows. To live in the past, in some period when, in retrospect, all seemed very rosy, can be a real trap. It is equally important not to create castles in the air about the future, expecting certain things to happen which will solve all present difficulties. If you are living in the past you are living with past mistakes. Learn from past mistakes, but do not live with them or you will surely make them again. As for the future, this you can consider but always with an open mind, prepared to accept and adapt yourself to the unexpected turns life takes.

When your spirit enters a physical body it brings with it all the experience it has ever had in the past, stored in the unconscious mind. A spirit which has learnt much in previous lives will, upon incarnating enter, perhaps, the fourth form in the school of life. On the other hand, a younger spirit will choose a body or environment which will give it a first form experience. Many lives later these spirits may return straight into the fifth or sixth form.

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positively and acquire the ability to assess yourself for what you are, no more and no less; and to treat life for what it is, no more and no less. It is an adventure which can bring you great rewards, mental, spiritual and material. Keep one foot firmly on the ground and with the other seek and you will find the purpose of your life.

## Do Humans Evolve From Animals

Animal evolution is another of the many physical forms of evolution which can be experienced on Earth. There have been many questions and many theories regarding the lives of animals. Some people believe that the spirits of men inhabit the bodies of animals during an earlier stage of their evolution, while others reject such an idea. I would like to give you the picture of animal evolution as I see and understand it.

The evolutionary experiences undergone by animals are entirely different from those undergone by human beings. When a spirit is on the plane of decision, as I mentioned earlier, it has the choice of which evolutionary stream it will enter. A spirit which chooses to experience as an animal does not subsequently enter into the body of a man, but progresses through the animal kingdom to the spirit planes and then ascends those planes in the same way as a spirit of man evolves in its particular cycle of evolution. \*

Spirits which have chosen animal incarnations and those which have chosen human experiences belong to two quite different branches of spirit evolution; just as the spirits of the elements, which are part of the deva kingdom, are again different. There are an infinite number of different forms of evolution throughout the universe; and although all spirits are as one in the sense that they are all 'children' or 'thoughts' of the Ultimate, the forms of evolutionary experiences they elect to undergo give them that certain individuality which distinguishes for instance, the spirit of

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a cat from the spirit of a plant or the spirit of a human being. They are like the branches of a tree, the tree of life, each branch representing a different form of evolution and contributing its share of experience to the whole.

It is not necessary for a spirit to undergo every form of physical experience which exists and, if you think about it, the reasons are quite obvious. As the universe is infinite and there are an infinite number of forms of evolution at every level, you would need to be of the Godhead itself to be part of them all. As you evolve, your spirit takes in the conscious understanding of different forms of life and energy until it finally reaches the Ultimate, in which state it has a complete knowledge of all infinity and timelessness.

When we begin to look at the various forms of evolution, particularly those of animals and human beings, we have to think in two directions. First of all there is the physical aspect, the physical body, the somatic evolution. To this the answer is quite simple and straightforward: human beings and animals have undoubtedly evolved from the same life cells; the actual brain capacity of an animal is restricted compared with that of a human being and its form of experience is on the whole of a very much more disciplined nature. But when it comes to the evolution of the spirit it is quite a different story.

The theory of somatic evolution as expounded by Darwin is correct in as far as it goes, but it fails to take into account the evolution of the spirit. In all physical evolution there is a fusion of two types of evolution: that of the spirit and that of the physical body. The spirit experiences through the medium of physical matter. When at death the body disintegrates and returns to its component elements, the spirit, being eternal, continues its own growth, its own evolution, by further incarnations into the physical world. Eventually it ceases to need this type of expression and it then moves on to other

form of evolution entire unto itself. What was the 'missing link', you may ask, and when did the transitional stage occur?

The true beginning of the existence of homo sapiens spirits Do  
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on Earth was when a different type of spirit entered the bodies of apes. These spirits influenced the growth and size of the physical brains of the bodies they entered, causing them gradually to develop the faculties of discernment and creativity. Early progress was slow but, as the somatic development advanced and the brain capacity increased, a more evolved human spirit was able to enter. And so it went on until the pattern of homo sapiens emerged, branching off, as it were, from the main stream of animal evolution.

People normally do not like to consider that animal evolution, from a spiritual point of view, is as great as their own, because this is a blow to the ego. But I can assure you that if a cat walked into a gathering of people, it could have a spirit of much greater evolution than the spirits of any of those present. And that is no insult to anyone.

I want you to appreciate that all the time you are going through various forms of physical experience in many varied incarnations, your spirit is growing in understanding. Whether a spirit chooses to experience through the cat family, the horse family or the human family, there comes a stage in its evolution, its understanding, when it has no further need of experience through the medium of a physical body; the spirit has become finer, lighter and wiser and it has begun to ascend further up the ladder of spiritual evolution.

No two spirits evolve at the same rate. Each spirit or thought ever created by the Godhead is in its own entirely individual and unique stage of understanding and wisdom and from that

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any means; in fact it still has a long way to go. It would be wrong to say that a spirit is only a quarter of the way or an eighth of the way along its evolutionary path, because these terms do not mean anything where spirit evolution is concerned. These stages are not comparative and this makes them difficult to understand. On Earth you are apt to judge everything by your own standards: 'he is almost as good as so-and-so', 'he is a better leader than that one' or 'that cake is better than this cake'. When you come to understand things of the spirit you cannot use these yardsticks because everything is individual. You are individual, every animal is individual, every flower is individual.

I may seem to have digressed a little, but I have tried to outline to you why animal evolution is a direction, a form of evolution quite different from homo sapiens. Nevertheless, these two forms of evolution exist side by side and have a close relationship with one another.



# Animal Evolution

Now let us take a look at the many types of animal. Do they change their type during successive incarnations? How many incarnations do they have? Are some animals more evolved than others? I would like to answer the latter question first by saying that some forms of animal experience are of a less evolved state, although I would prefer to use the expression 'enjoy a lower state of consciousness'. The fish is an example of this, its conscious expression being limited far more than that of a cow or a pig; and yet, even so, within the fish family there are different levels of evolution.

Animals do not change their type. For example, a spirit which chooses to experience as a cat would not return after two incarnations as a horse or a dog, but could experience within the many different branches of the cat family. Your little cat may have been a lion or a tiger before, or even a panther; if you look at it closely you will probably observe a likeness to one special branch of the cat family. The same applies to the domestic dog, whose spirit may have experienced as a wolf or a jackal before becoming the docile pet who sleeps so peacefully by your fireside. The number of incarnations an animal may have can no more be assessed than the number which a human undergoes; in other words, there are no hard and fast rules as each spirit advances at its own speed.

Do animals have freewill? is the next question which will come to your minds. Yes, to a point, but not in the same way as you experience it. The freewill of an animal is limited to the choice the spirit makes when it is discarnate; as soon as it enters the body it has chosen it is subject to the natural

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long time and may try and help you from the world of spirit. Some animals are excellent guards against the lower astral, especially cats; ancient civilisations knew of these powers and used them. Animals which have become very attached to a human may follow his or her evolution, being together both in the world of spirit and the material world. You may have known your pet on many occasions.

Which animals are the more evolved? Cats, dogs, horses or even elephants? I have heard many suggestions made and would like to say that the domestic animals such as the cat or dog are more or less in a similar stage of evolution. They express themselves differently; the cat, for example, represents the passive receptive instinct and the dog the active. Some animals within each group are more evolved than their fellows, just as men and women are. You cannot make judgements about the evolutionary status of your pets or about animals in the wild, any more than you can about your friends and fellow human beings.

There is one thing you must bear in mind in relation to animals. Each animal is individual just as each of you is an individual. They have their own traits of personality or character and will serve you in the way best suited. Treat your animals gently yet firmly and try to understand them. To feed them and turn them out occasionally is not enough; they need to give and receive affection, as do humans; for although they cannot answer you in the way you would like, or even earn money for their keep, they can give you sympathy and that certain harmony which you sometimes find difficult to achieve with your fellow human beings. There were times in the past history of planet Earth when animals were the friends of man and did not attack him, but in those days man knew how to communicate with his animal brothers in a way that has been lost through centuries

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In countries where animals are treated with great brutality and as very inferior beings, would some sort of karma be built up by these actions?

Where karma is concerned, each case is individual. If people who are young in spirit do not understand the position of an animal, can you condemn them for not treating it with respect? Yet if their treatment reaches that stage where it is barbaric, with deliberate cruelty, then of course this will rebound on them. Any form of deliberate cruelty must karmically rebound on the perpetrators at sometime or other, whether in their present or some future life, and this can apply to nations and races of people as well as to individuals.

I agree with you completely that there has been a great deal of abuse of the animal kingdom and one can only hope that, as a deeper sense of spirituality emerges amongst people, such abuse will gradually be replaced by a much more tolerant and kindly attitude. Unfortunately, some of the great religions have not helped to foster this understanding. Some teachings given in the past, especially those that place stress on the superiority of homo sapiens, have caused a lot of misunderstanding and abuse of the animal kingdoms. This is one of the reasons why spirits such as myself are trying to bring through a truer concept of the role of animals, because if this were fully understood and appreciated it would alleviate a lot of unnecessary suffering on both sides.

When you say 'in certain countries' I hope you are including your own because, whilst it may not be so evident in the average home, it can still take place in many other ways; and even in the home we all know of the indulgent mistress or master who overfeeds an animal! Think of the suffering which this can cause. Then there are the

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Surely man is sometimes born with less understanding than that of an animal. Man has the freewill to choose his circumstances; yet the terrible crimes which we read of in newspapers are worse than anything an animal could do because they are done deliberately.

Man is an evolving creature, as is the animal, and man is not perfect any more than the animal. Looking at the two forms of evolution as a whole, I find it very difficult to draw any form of comparison. If you take individual cases then, yes, perhaps you can. But if you think back to the earlier part of my talk you will remember I said that, in any gathering, a spirit inhabiting the body of an animal might be of greater evolution than any of those human spirits present and vice versa; it is all a question of individuals, human or animal.

Do you consider that plants and other forms of life such as animals are here only to provide food or do they have another role in the scheme of evolution as you see it?

All forms of evolution are inter-dependent. Do not forget that the human mind is conditioned to think in terms of life and death mainly because people regard death as a bad thing. I am not suggesting that life should be held cheap, but I do say: take another look at it and consider whether the human race has a balanced perspective on life and death. Are they not both gateways to further experience?

All forms of experience on this planet are here for a purpose. The universe is an orderly well directed affair, for if it were not it could not progress; and all forms of experience are part of the scheme of things. The important thing is to find a balance in one's understanding. People say it is wrong to eat an animal and that one should be

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vegetarianism is an ideal; a good ideal, because if man can avoid eating animal meat then he is refining his physical shell and this can assist him spiritually. But on the other hand, you could find an individual who experiences spiritually in a very beautiful and wonderful manner and yet is not a vegetarian. It is all a question of the individual outlook. If you ask me as a generalisation to say which is better, to be a vegetarian or to be a non-vegetarian, then I must say to be a vegetarian; but when you bring it down to the individual it is quite another question.

The state of evolution of your planet is such that the majority of people are carnivorous. Whether they were originally intended to be so is quite another story; the fact is that they are.

If animals can be spiritually superior to men, how is it that men can reason, think, build and understand mathematics, while animals cannot?

Each stream of evolution which involves incarnation into dense matter accepts the level of intelligence at which that matter operates. On a planet such as Earth, in order that cosmic law shall be fulfilled and things operate in a state of balance, it is necessary for different streams of evolution to accept different roles. The bodies into which their spirits enter will be equipped to fulfil these roles and no other. The role of man on Earth was to construct, to reason, to create in matter; and to use those gifts in order to assist the growth of the planet generally.

The role of animals is an entirely different one for which a physical reasoning brain is not required. They are more concerned with the psychic forces around the planet, acting as a go-between for man and the elemental kingdoms. The

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men! When the forces within Earth prepare to move, as with an earthquake, man is totally unaware of what is happening unless he employs some form of technology. But animals and birds know well beforehand because they are in tune with planet Earth and her elementals.

For the one who feels spiritually superior to his or her animal brothers, the time of reckoning will come when they will meet face to face in the world of spirit, unfettered by the limitations and advantages of brain and body. There will be some shocks in store for the ego of some people, for God is not in the image and likeness of man; in fact, God has many faces and many names, and within the infinity of the Godhead are all forms of existence.

Some animals display spiritual or moral gifts such as fidelity, love, devotion and will even give their lives to save those they love. Are these indications of a more evolved spirit?

Yes, indeed, and from this you can understand how illogical it is to assume that the spirit of an animal which has displayed such highly evolved traits would suddenly forget the knowledge of such things if it were to enter a human body in a succeeding incarnation. Yet many who subscribe to the idea that the evolved animal becomes the unevolved man do not seem to see this. Lessons once learned and spiritual qualities absorbed are not forgotten from body to body. This is how the wiser spirits who brought about the bridge in the evolution of homo sapiens achieved their end: they influenced the development of the brain through the evolution of the spirit, thus bringing forward certain qualities which gave primitive man the impulse to use his brain capacity to a fuller extent. This type of evolutionary

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Could you tell us something about the role of dolphins on our planet?

Dolphin spirits are very advanced souls who have incarnated on this planet to experience through the physical and water realms. You could say that at one level they are guardians, one of the guardians of the seas, and what is happening to them at this moment in time is tragic; for if humankind were to recognise, harmoniously, the rightful place of dolphins in the scheme of things, they would learn an enormous amount from them.

Your awareness of how they can do tricks and find a rapport with homo sapiens is just an infinitesimal aspect of the dolphin nature. If you were able to work truly with the dolphins, they would take you into areas of this planet, into worlds that you haven't yet discovered. In your ignorance you are missing a wonderful opportunity for the dolphin spirits are truly compassionate souls; they recognise and understand the frailty of men and women who do not understand what they are doing. They are trying in their way to heal the planet; just as you in your way are trying to heal it too. They are wonderful healers, as mankind is just beginning to discover, and advanced spiritual beings, but they also need your help. So if you have any spare healing thoughts, send them to your brothers and sisters, the dolphins.

But then, the same applies to all the animal kingdoms, the plant kingdoms, the jungles, the trees, the air you breathe and the earth on which you stand, the water you drink and the food you eat all need your healing thoughts. It does not matter whether you are training to be a healer or not. It does not matter if you feel you have insight or not. Each thought that any one of you sends out, whether it be in the form of a

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For when you send out your healing thoughts, it enables us from our level to add our thoughts to yours. We cannot slow right down to your vibratory level because we do not exist within the space/time continuum of physical life. We need you to communicate so that we can add our healing energy to yours.

All of you have an important part to play; all of you can help if you choose to do so.





# COSMIC LAW

## Laws of the Cosmos

# Laws of the Cosmos

### Infinity

The Universe is infinite. Everything in the universe is also infinite, in that the Godhead is infinite, the spirit planes are infinite, the number of planes similar to Earth is infinite, the many forms of spirit life which descend from the Ultimate are infinite; and yet each form of expression differs from all others in its own individual way.

The following lectures aim to present a mental picture of cosmic laws in action and to show how their principles apply on the varying levels of existence.

### Basic Principles

Cosmic law is that principle of nature that holds the universe in a state of balance and is responsible for the perpetual motion of all evolution.

There are many basic universal or cosmic laws that can be translated into terms acceptable to the human mind. Some of these are obvious, such as the law of gravity and those laws of physics that govern the relative speed, density and interpenetrative qualities of atoms. But there are also cosmic laws manifesting on all levels from pure thought downwards and a lack of co-operation with these principles is the cause of many of the problems facing human beings today, in their relationships to each other, to the planet itself and to the universe beyond.

The forms of life and evolution you encounter on your

rapidly changing face of the planet in the early stage of its evolution. Nor does this principle apply only to somatic evolution, for intelligences existing on other levels — from a pure thought state downwards — also obey similar patterns.

Each branch of universal existence is a separate form of evolution, yet is a perfect complement to the whole. Most of these are quite beyond the scope of man's imagination while incarnate in a physical body, but they all stem from the Ultimate Thought and are bound by the directional impulses of cosmic law. Any movements against the principle can only result in disharmony, both for the offender and for those it encounters on its backward slide.

The forward directional impulses of cosmic law are harmonious and therefore they are the generators of the love principle. This love principle is the key to the cosmos, for with love comes harmony and with harmony comes progress and freedom from pain. Evolutionary progress through love broadens the wisdom and understanding and completes the perfect pattern of life on all levels.

## What is the Cosmos?

As you stand on your Earth planet and gaze upwards into the vast expanse of sky, how often you must have wondered where it all begins and where it ends. The answer is that there is no beginning and no end to this infinite magnitude of thought. As all thought stems from and is part of the Ultimate, so you are part of the Ultimate. The clothes you are wearing, the ground you walk on, everything on your Earth planet, the solar system, the galaxy of which you are a part, everything in the infinite universe is of the Ultimate. Accordingly, the power of the Ultimate is infinite and in that

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Ultimate it follows a pattern; in other words, it is orderly. I leave. you to decide for yourselves what would happen if

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those thought-patterns were not orderly. This orderliness stems from the Ultimate and it is not until thought reaches the great infinity of the cosmos that it begins to lose its direction of purpose.

There are spirits or thoughts in the universe that might be described as 'evil entities'. I would prefer to describe them as 'disorderly thoughts'. These are either spirits of lower evolution or thoughts from the higher spheres that have strayed off their forward path and descended to the paths of lower evolution. Although a spirit has freewill and can follow many paths it has an overall pattern or 'directional impulse'. If, in its evolution and by virtue of its freewill, it decrees that it should experience outside the breadth of that impulse, then it has lost purpose.

Every step of its personal evolutionary ladder serves to broaden a spirit's vision, because every rung affords a greater view and therefore a greater understanding of the universe. So, in order to reach towards that infinite wisdom of the Ultimate beyond the limits of the rational human mind, it is necessary for a spirit to direct its thought forward along its directional impulse. This may sound as though there is limitation to one path of expression in order to reach for the Ultimate which is unlimiting; but the limitation is in the overall directional impulse and not in the many varied approaches towards that goal. Here is an example of the law of the cosmos that decrees that a spirit in its evolution has to be both rational and irrational in order to gain wisdom. It is an aspect of cosmic law that tends to confuse the logical mind of reasoning Earth man or woman.

We see then that thought in the universe has a directional impulse and that, in order to obtain the utmost evolution, it has to keep that direction orderly and purposeful. It is only

## Laws of the Cosmos

There, my friends, you have lesson number one, which is perhaps the greatest lesson of all. If you have understood this most important law of the cosmos quite fully and simply, then you are helping yourself in your own evolutionary progress and, by that, helping others in theirs.

### The Cone of Evolution

The plan of the universe is evolution with the Godhead as the Ultimate. This is another fundamental cosmic law that presents a simple and straightforward picture of the universe that allows for infinite possibilities; and understanding it enables you to have a balanced perspective of your present stage of experience.

Let us look a little deeper into this law of evolution. When a thought leaves the Ultimate it descends to a plane lower than your Earth plane. I want you to picture an inverted hollow cone; the top of this cone — in appearance like a cup — continues upwards to such a height that the lip is inconceivable to the human mind for it represents a universe that is infinite.

When a new thought leaves the Ultimate it descends to the bottom of that cone. At this point it has no evolution and only a limited realization; when it views its position it can only see where it is in relation to the stage of its advancement within the cone. As realization comes upon it, it takes the next step forward and begins to rise up the cone; the higher it rises, the finer it becomes, and the more its vision of understanding and wisdom increases and broadens for the less it is narrowed down by its surroundings.

The scope of this cone is infinite and, because it reaches into infinity, the possibilities of experience that a spirit can choose the different ways in which it can evolve — are infinite. It can start ascending the cone and then move

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You will know what I mean when I refer to the striving of a spirit, that innermost conviction and desire of a spirit to uplift its evolution. In the language of the cosmos, it is a desire to think itself on to an orderly path or along its own directional impulse of movement. If it starts to stray down the cone again, it will not only be working against its own directional impulse but it will be failing in what it has set out to do because it will be narrowing its evolution and wisdom. That is why I have spoken against narrow-mindedness, as it is one of humanity's biggest pitfalls. Let us also not forget that narrow-mindedness has two extremes, for is not the fanatic as limited as the sceptic?

To help you to understand the movement of these directional impulses and what takes place when a spirit moves against them, picture a large crowd of people all moving in one direction. One man in the crowd is trying to push through them in the opposite direction. His movements, varying in violence from a gentle push to a heavy thrust, affect not only his own path but also those people he is obliged to push aside in order to achieve his objective. Many may be hurt or misplaced as a result of his actions.

As a thought or spirit ascends the cone on its unique directional impulse, its wisdom increases. It has more to see and more to find out as the cone becomes wider. So you can see that the higher a spirit evolves the broader its evolution becomes; it is an ever-widening and ever-ascending spiral, a spiral that is infinite. With each stage it succeeds in attaining, it gains in an infinite number of ways. Should it at any time lose its cosmic orderliness and directional impulse, the higher/finer it has reached the further will it descend, so that spirits that have reached the fifth plane of thought, or even in certain cases the sixth plane, can drop



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more fully than its fellow spirit whose evolution has followed a fairly even path. But in the process it will have caused itself great suffering and lived through many 'hells' of its own making.

### God Becoming

Every thought of God has no beginning and no end. Each has come from and eventually returns to the Godhead, which is infinite. Each of you is a part of infinity itself, if indeed it is possible to have such a part. Each one who reads this lecture is God in that he is part of God. Your whole Earth planet and everything therein and thereon is God to a greater or lesser degree; therefore, all the laws of the cosmos and all the wisdom of evolution are available to each one of you. But you have closed all this off from yourselves by the state of unknowing to which your spirit has 'descended' in order to experience.

As you evolve and ascend the ladder of evolution, learning through the lessons of many lifetimes, you open your understanding and regain your rightful heritage. That is why, when those with an evolved spirit study the universe, they find that it comes to them very easily. Many people begin to lose interest when they have reached a certain stage of understanding, declaring that there is no need for them to go any further. They should never be criticised for this for they are all thoughts of God experiencing in their own individual way, but they have not yet mounted that next rung of the ladder that gives them a further sight into the cosmos.

Each one of you has a subconscious knowledge of what has been and will be. This has probably brought to your mind the following question: 'If my spirit knows all these things, then why am I here?' The answer is that you are here

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whatsoever it might be, is adding to that infinity by the experiences it is undergoing.

I must now further explain to you that there is no such thing as time or space in the universe, for the experience you are undergoing has already taken place. Furthermore, everything you have done previously is still to happen in the future and everything that is to happen in the future has already happened in the past and is happening in the present. The Ultimate can see what it has experienced in the past, the present and the future; it can see all experience as the Eternal Now. Such is the power of thought. Such is the nature of the universe.

If you have followed this, then indeed you are managing to get a glimpse of what is meant by time and space, another fundamental law of the cosmos. I have always said to you 'Seek and ye shall find', for in so doing your experience will be enriched and your understanding and evolution will broaden.

The nature of the universe is simple. God the Ultimate does not make complicated laws; it is the human mind that introduces the multitudinous details, those small details of time that are so much a part of limited human reasoning. Beware of these traps. Rise above them, rise through them and uplift yourselves to the higher thoughts of God's universe.

### Masters and Archangels

Let us together consider the cause and effect of a spirit from the finer realms of thought incarnating into a physical body, a spirit that has reached a fineness and breadth whence it is able to see and comprehend many wonders of the universe.

This spirit returns to a lower plane of thought, such as an

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the great teachings the world has received. Such a step is not achieved by contravening the laws of the cosmos, but rather by developing the cosmic plan one stage further.

You will remember what I said about thought being orderly and flowing in a directional impulse. Thought that has reached a high degree of existence has done so by being able to control the directional flow of its creative powers. In other words, it has exercised its freewill in a direction that has enabled it to overcome the negative pulls of the lower levels of thought. You will understand from this how essential it is, from the evolutionary point of view, to maintain harmony.

Now this thought is able to return to Earth, not by negating what it has achieved — which is what would happen if it slid back down the sides of the cone — but by developing its thought into a progressive direction and lifting itself outside the limits of its own sphere of evolution. It can then return down the cone on another dimension, as it were, where it is in no way limited by the narrowness of the cone.

These spirits or thoughts that return to Earth planet from the very high planes are conforming to an entirely different evolutionary pattern; they are what you would term in orthodoxy 'masters' or 'archangels'. By following this process, they are able to ascend directly to that stage of wisdom whence they came, once they have finished the task for which they have returned.

Contained within these lectures is the basic understanding of cosmic law. They give you the broad framework for understanding the reason for all existence; why you are here and how best you can progress along your own evolutionary ladder. Think about it so that you understand its fullest implications; by doing so you will be

## A Spirit Hierarchy?

I am very proud of the question mark after the title of this lecture and, as I proceed, I hope you will begin to see why! The type of hierarchy we are going to consider in this lecture bears no relationship to the governmental departments of the various nations on your planet, for it has a different nature and a very different *raison d'etre*.

A spirit hierarchy exists because certain forms of intelligence have reached a stage of understanding whereby they are able to pass on what they have learnt towards the guidance of others. This statement, in itself, barely does justice to such a mighty title, yet most great things are rather disappointing when one actually comes to them, unless one understands what lies behind.

As I stated in my previous lecture, the universe is orderly. When a 'thought' or 'spark' is created, it carries two facets: one positive and one negative. You are the product of a thought, a thought in which either the positive or the negative predominates. The whole universe is made up of positive and negative thought. Should you consider that too simple, you might ponder on the fact that positive thought can be negative and negative thought can be positive! Solar systems are predominantly positive or negative; thus each system within the galaxy acts as a complement to the next. This solar system falls into the positive category and therefore its Sun is predominantly negative.

The universe in its infinity contains evolution on all levels and as each individual thought evolves it constantly changes.

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so on. Eventually that spirit reaches a stage of complete understanding and is in complete harmony with all other existence in the universe. It has then passed through the finest filter of all and has rejoined the Godhead whence it was first created.

As some of you who read this lecture are aware, planet Earth is at present under the influence of a devic spirit that has fallen on to the wrong path, that no longer accepts God as an Ultimate Force but rather considers itself as a god in its own right. Because of this, the type of influence which it impresses on your planet is not as it should be. Yet the blame for this state of imbalance cannot be laid wholly on the wrongful devic influence, for the power of the rightful deva of Earth could not have been usurped by Lucifer had the actions and reactions of those evolving on your planet been different. The amount of influence or power any deva has over a planet is a reflection of the evolution on the planet itself. For example, if for some inexplicable reason humanity were suddenly to pull together, dispense with all ideas of belligerence, war and suffering and fearlessly set forth to bring understanding and love to Earth, then Lucifer could no longer hold its influence over the planet. It can only retain its control by your permission, collectively.

The understanding I am trying to convey here is of equal responsibility because, often in the past when I have spoken on these subjects, people have questioned the responsibility of humanity for the fate of the planet. Yet, as I see it, you have a real responsibility which is very plain and very important. The thoughts and actions of each of you do matter. You each send out an influence which has an effect

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form of hierarchy will be influenced greatly by what you have learnt through your studies. It does not matter whether you started off in a religious vein or a scientific vein, for whichever way it was must have led you into a conditioned way of thinking.

If you were suddenly capable of transporting yourself on to what, from an orthodox point of view, would be regarded as the fifth plane, you would not meet a series of spirits answering to the names of Metatron, Samael, Beelzebub etc. You would encounter states of thought or beingness of quite a different nature. These entities have their own individual sound or vibration, but they could hardly be translated into such limited terms as many esoteric schools would have you believe. Try, first, to understand this state of beingness or thought existence, for such comprehension is essential before the hierarchical picture falls into place.

I have explained to you how Lucifer, the deva whose influence is at present affecting this planet, has rejected the Godhead. The Godhead gives you freewill with which to accept or reject it and Lucifer has chosen to reject God. But, as you will realise, it is more than just a case of Lucifer saying 'Well, I don't believe in God, I think I'll make myself into a god'. This spirit in its seeking discovered what it thought was an easier way to expand, it found it could gain power for its own ego by feeding off others. Thought builds and this type of thought grows by appealing to other spirits of an egotistical nature; it doubles up on itself until it becomes difficult for those caught in its mesh to look both ways. When that happens they are in difficulties.

Now I am not suggesting that all your seeking should be conducted in a reflective vein, nor that you should sit back

build up in a way that gives you contentment in one respect, but fires you to help humanity in another.

To return to our subject matter: a spirit hierarchy does exist in this solar system. The Sun, being the physical core of this solar system, is also its spirit fountainhead. The force which comes from this orb not only gives life but inspires life. After all, is not the Sun the source of all life on your planet? If your planet operated in spiritual balance many things would be quite different; but, because it is out of step, the forces which come to it from the Sun lose a certain amount of power. This is a process which continues up the hierarchical tree. What you are doing here and now is affecting every other person on this planet and, because

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of this, the way they react to you will cause them to react to other people in a certain way, and so forth; until eventually every other person, animal, flower or form of life on this planet is affected. You, in your individual way, are affecting the planet's destiny which, in turn, affects the destiny of the solar system, the Sun, the galaxy and the universe. Every facet of existence in the universe affects all other facets, from the humblest to the greatest and from the finest to the densest.

Perhaps now I dare mention again that question mark after the title of the lecture and you will begin to understand how important it is. There can be no ending to this lecture and no conclusion to the subject. In fact, I can only leave you half way, because it is something for each of you to go on thinking about for yourself.

Consider also the Godhead, that Ultimate Thought which is the creative force behind the expansion of the universe. It is continually creating new thought which goes forth, adding

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being a passive force. It is man who has tried to make God a power of vengeance that demands an eye for an eye, a tooth for a tooth; all very judicial and convenient, but it is time that man grew out of this way of thinking and moved forward in his understanding.

When you consider the various governments of the world, the attitudes of their members and the levels of thought upon which they exist, does it not make you reflect on the evolution of the planet? Does it not raise a tremendous question mark in your mind? I am not concerned with politics and these remarks are not meant in any way to imply that I favour one party or one regime more than another. I merely want you to relate governments all over the world to the universe and the Godhead, because I think that such a simple exercise would bring home to you very forcibly how far humanity has to go in its understanding. How often can you say that the wisest person has the greatest influence?

Over the past few years man's practical knowledge has gone forward in leaps and bounds, but my concern is that his understanding has not. Therefore, I feel that people like yourselves, people who are prepared to try to understand, are the people who can help; because, unless knowledge is matched by understanding and wisdom, you will be letting yourselves in for even greater troubles than you have at present. Understanding the hierarchy of the universe does not mean knowing names, rituals or symbols; it means something which cannot be put into words except metaphorically. Let me end with this thought: water finds its own level, wisdom finds its own level, evolution finds its own level. It is the growing within you that is important and I beseech you to consider it very carefully. Your world is in



## The Positive and Negative Aspects of Creation

The Godhead is not a triplicity as many people think. It is a duplicity, having a positive and negative aspect which together form a whole. By using terms like positive and negative I do not mean good and bad, but a flow of energy which is both outgoing, creative and expansive, and passive, receptive and harmonious, yang and yin in eastern terms. It is a state of beingness which is constantly evolving within itself and, as a part of that evolutionary expansion, it creates a continuous stream of new thought. This new thought leaves the Godhead from either its positive or its negative aspect and, once created, it seeks expression through a series of experiences in one form of evolution or another, gradually gaining in wisdom until eventually it reaches a breadth of understanding comparable to the Ultimate Thought from which it has stemmed. And so it rejoins the Godhead, adding its own individual experience to that which is already there.

Now when a spirit is created it also has a dual nature, a positive and a negative aspect, but only one part of this duality goes out to experience while the other part remains in the background. By this I do not mean, metaphorically speaking, that every spirit is attached by a long piece of elastic to the Godhead! Although, having been created by God, all spirit is in essence part of that Ultimate Thought. What I mean is that whatever stage you have reached as a spirit and whether your spirit is positive or negative it has in

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Godhead is predominantly positive and, conversely, those spirits which are created from the positive aspect are predominantly negative.

Let us say that yours is a positive spirit; somewhere you have a negative half. Now that other half will always remain in the background, but it is not strictly true to say that it is still with the Godhead because it is, in fact, with you, experiencing with you. Let us put it this way: if you are incarnate as a positive spirit the negative part of your spirit will be discarnate. When you are discarnate that negative part will be with you as a complement. Now, as you ascend the planes towards the Godhead, the negative and positive aspects of your spirit become more definite; they become more accentuated or individualised and in doing so they also become more at one with each other.

Many of you may wonder whether twin souls are the positive and negative aspects of the same spirit? The answer is no, they are not. It is possible for two spirits of similar evolution to choose to evolve together for much of their evolutionary cycle and, because of this, a close affinity grows between them; they may then choose to enter into the bodies of twins. But these are two individual spirits and not the positive and negative aspects of the same spirit.

In the higher stages of evolution where the two aspects, negative and positive, have become very marked, a certain kind of transcending force takes place and they then begin to experience as separate entities; from 'the fifth and sixth planes and the Ultimate itself, but from these stages and these stages only, it is possible for both sides of the polarity to incarnate at the same time. If such a spirit deemed it necessary to incarnate in this manner it would do so because it had a certain task to accomplish; both aspects would be engaged on that task in one way or another.

negative or polarising aspect should have incarnated in a different part of the world at the same time. Interference from the powers of evil prevented this happening so that Jesus the man was denied a living polarity. However, due  
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to the complete understanding between the two aspects, the positive half was still able to continue and, when Jesus reached manhood, the negative aspect brought its balancing influence to bear from the world of spirit. It was from that time that Jesus was able to reach a point of fulfillment in his initiations which allowed him to perform his many miracles and feats of healing. This is often referred to as 'the overshadowing of the Christ spirit'. The Gnostics and early Christians were perfectly aware of this polarity and descriptions of the dual nature of the Christ spirit can be found throughout their literature, referring to the negative aspect of the Godhead as the 'Sophia' or 'Wisdom'. For any advanced teacher or healer to function to full capacity a polarity of equal evolution is needed, otherwise imbalances can occur. Indeed, in Jesus's case, had he been a spirit from the fifth or sixth plane, it would have been far more difficult for him to continue his mission without his other polarity.

Only in the Godhead itself is a state of perfect balance achieved, but it is nevertheless important that, at all times throughout an evolutionary cycle, the two aspects of a spirit should strive towards this state of balance. If, at a comparatively advanced stage of evolution, the negative and positive aspects of a spirit become seriously out of balance the resulting influence may become evil or bent. Some of the disruptive influences which are so malignant around your planet at the present time are caused by the spirit Lucifer

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predominantly negative spirit creating the force of evil, it is sometimes far more difficult to shift precisely because it is negative and receptive: all representations to bring light to your planet are just received and accepted but seldom acted upon! Where a positive spirit is creating the evil there would be a tendency to try to push back the representations of light and this would bring the matter to a head very much more speedily.

I mention this spirit with no ill-will, but with understanding and compassion.

One important question which comes to mind is how this dual aspect of the spirit affects the work of advanced healers (positive) and those who are mediumistic (negative) and whether they need to be polarised at their own level. In following such a path the student is accentuating one aspect of him or herself; there then arises a real danger of an imbalance with their inner opposite polarity. This is one of the reasons why a person practising psychism can so easily become out of balance; and why I have always stressed the importance of finding a working partner on the other polarity and, also, of switching polarity occasionally so as to experience the opposite psychic flow.

The effects of the dual nature of a spirit are simple and basic yet it also requires a degree of understanding and study to fully appreciate these ideas. As time goes on you will begin to see how important this subject is when considering the picture as a whole.

# Man, Woman and the Law of Polarity

Following my previous lecture on the positive and negative aspects of the spirit I would like now to examine this principle as it relates to man and woman incarnate on Earth. But, first, let us look at the way humanity has developed socially.

The brain, physically speaking, of both man and woman is identical; therefore, given similar conditions, they can be of equal mental ability upon attaining adulthood.. Many thousands of years ago, man had to stand in front of the cave with a club to protect his wife from animals, human and otherwise, while she bore his children; and as humanity progressed he took advantage of his dominant position and kept woman in the background.

The twentieth century has brought a significant change and women today are taking far more prominent positions in the affairs of society and government than ever before. This is a good thing so long as they do not take more than a 50-50 position with men. There could be a danger in the future of women becoming more dominant than men, which would be equally as unbalancing as having men in that position. This is a very broad generalisation and, as such, cannot be applied to the individual, for there will always be men who will dominate women and women who will dominate men.

On another level, the spirits which enter your physical bodies are sexless in your understanding of the meaning: in

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negative aspect, or a negative spirit with a discarnate positive aspect; and a woman likewise. Although it is predominantly positive or negative, a spirit should always strive to be in balance within itself as a duality, in order to achieve harmony and an understanding of God.

If a spirit becomes seriously out of balance one of two fundamental things can happen. It can either over-emphasise its ego and see itself as a master in its own eyes; or it can become apathetic and lose its evolutionary desire to advance. An over-emphasised ego can therefore be taken as a spiritual danger signal, both in oneself and in others, as can also an introverted rejection of life's continual flow. So you will see from this that, when you are in physical incarnation, not only is it necessary for you to strive to maintain a balance between your spirit and your physical body, but your spirit must endeavour to maintain a balance between the two facets of itself.

I would now like to associate this question of polarity with men and women incarnate on the Earth planet. You may well ask what happens when a man and woman union, or marry, as you would say. Should this be necessary, apart from the procreation point of view? Let us take a spirit that comes into a male body. A man tends to be the more head-orientated of the two, analytical and rational, which can make him less in touch, intuitively, with his own deeper nature. This is another reason why men tend to be more dominant in earthly affairs than women and why, from an evolutionary point of view, the male incarnation can push the spirit back a little, unless the mind is open enough to counteract the tendency.

Conversely, a woman tends to be more heart-orientated, emphasised by the maternal instinct and there is an easier acceptance of so called 'irrational' intuitive feelings that

rational and the irrational, the head and heart aspects of yourself, is a fundamental challenge to any spirit experiencing in a physical body. It helps you to be in touch with Man, Woman and the Law of Polarity

your own spirit and that, in turn, creates a better balance between the incarnate aspect of your spirit and that which is discarnate.

Let us now consider a good marriage or partnership, a good union between two people. I use the word union after the word marriage because marriage by either civil or religious rites on your planet is not necessarily a spiritual union in the eyes of God. When two people are unioned together and they love and understand each other spiritually, mentally, emotionally and physically, thus finding happiness and relaxation on all these levels, they are in fact aiding the evolutionary balance of their spirits. In such a state of union the predominance of the various facets in both sexes becomes balanced out. This not only helps them in their physical lives on the planet but it can considerably advance the evolution of their spirits. That is why, when you find a couple who are partnered in such a way, you will be able to observe that they have a broad outlook on life and an understanding and tolerance, not only between themselves, but of humanity as a Whole.

For those who do not find a true partner during a particular incarnation, it can be a little more difficult to achieve this evolutionary balance between the two facets of the spirit. Nevertheless, remaining single is infinitely preferable to being enmeshed in an inharmonious marriage or partnership; and those who remain single throughout their lives may have a greater opportunity to find that inner

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The moral for all is to keep a reasonable balance and not allow one side of your character to become overexaggerated. As I have said many times: know yourself for what you are, know your virtues and your failings and you will thereby aid your own evolutionary progress.





# PERSONAL ISSUES

# Fear, Competition and Discipline

## Fear

The most destructive negative quality that humankind needs to overcome is fear, for fear is a powerful energy that can push you into all kinds of critical situations. It leads to the lust for power, the lust for greed, the lust for trying to make yourself greater than your fellow beings. Fear prevents change; it is that which keeps your feet in the mud and prevents you from going forward. And fear of change itself is fear of the unknown; it is a trap that prevents growth and fulfilment.

So there are many different forms of fear, some of which are purely instinctive. In the natural course of evolution many of these are overcome and man reaches a state of understanding and acceptance of conditions around him; this alleviates unnecessary fears with their accompanying mental distress and physiological side-effects. One of the most widespread of human fears is the fear of death, especially in the western hemisphere where an understanding of the law of reincarnation has been rejected by the principal religions. A greater understanding of both the evolution of the spirit and its role in the universe would alleviate much unnecessary suffering and fear in this respect, for your present life's journey is only a small part of the overall journey of your soul.

Then there is the type of fear, again brought about by ignorance, that makes its appearance when people are confronted by something they do not understand. They become frightened and adopt an attitude of either blind acceptance or

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yet ready to rationalise the emotion they are experiencing. Patience and understanding are needed in helping these people; also the knowledge that they will eventually reach the stage when they will be able to view these things in their correct perspective.

But where the dark forces really make use of the emotion of fear is in the overwhelming insecurity that abounds on this planet, which has reared its ugly head in one form or another in every generation. Fear for survival, fear for the safety of loved ones, racial fears, fear of disease, fear of standing by what you believe to be right, fears wrought by political and ideological systems, by religious dogmas and persecution, fear of the atom bomb. . one could go on. Even on an emotional level men and women fear to seek the security of an inner connection with their own spirit and look, instead, to material possessions, money or the love of another person in a possessive sense. You fear to be yourself and, rather than seeking to find what lies within, you have to rely upon other means, other people to provide this sense of security; for without these props things seem to go wrong.

There is something corrupt in a system that creates such fears, many of which are quite genuine and not simply the manifestation of psychological illness. Insecurity is sometimes fostered for economic reasons; perhaps a man fears to lose his job, to be made redundant, so he works just that much harder than his body will allow, with the result that his health breaks up. Nor do many of the religious creeds, including Christianity, help in this matter. For centuries religions have followed a bible full of stories of God's wrath, a God that is feared, a God that must be obeyed under penalty of being struck down or

Fear is alien to the Godhead — that state of pure love and forgiveness that does not wish any of its children be made to suffer in its name. Fear is a manifestation of negative forces working through the blinkered minds of men, usually for purposes of power. The old story: 'My God is better than your God and to prove it he will knock you down'

## Is Business Immoral?

The title of this lecture is quite inadequate for, taken as a straightforward question, it can be answered in a matter of words. Business is not immoral. The immorality arises in the way in which it is carried out. However, I suggested this title because it brings a number of other issues to the fore and encompasses the psychological difficulties people meet in their everyday lives, a few of which I shall deal with in this lecture.

Is not life itself a business? Surely life is the most difficult business of all, because you are the director, you are the staff, the employer and the employee, and you have to manage all these facets of your own business. From the point of view of your own progression it is a very important business, because your future life will be affected according to how you handle the present.

How I wish I could see each one of you shake away the cobwebs, the inhibitions that chain you to your very selves! If only you could stand aside from your physical shell, have a true examination and then start again, keeping an open mind and not allowing your ego (and here I mean the egotistical side of human nature) to become the dominant part of your personality! When an ego becomes predominant, the personality becomes something false, trivial and petty — the first step to a meanness of nature and a limitation of spiritual advancement.

The world has grown up and developed and each one of you is a part of that development. Because of the way in which this growth has taken place, a situation has come about in which a great many people suffer from some form of inferiority

How many people have you met in life, at home or at work, who feel they know the right way of doing something? You suggest a different way to them and what is the answer? Maybe they retire hurt because they feel you cannot accept what they have said. Perhaps they are hurt because they feel you are rather better than they are, because they feel a little inadequate. Yet they say bravely, 'No one is going to push me around!' and promptly dig their proverbial heels firmly into the ground. Some call it obstinacy, others may refer to it as awkwardness but, whichever way you look at it, there are few of you who would not fall into this category somewhere or somehow.

Let us take another example of the way in which people like to feel they are superior to others. Mr. X attends a meeting of a hypothetical society. He disagrees with their beliefs, and as he walks away he says to himself, 'They don't know what they are talking about its all a lot of rubbish!' What a pity he is unable to adopt a more sympathetic and tolerant attitude and say, 'Well, they have their point of view and I respect them for it, but it isn't mine for my own experience has taught me to see things differently.' To respect another person's point of view is a most essential ingredient for living a balanced life.

Then there are those people who are unable to channel their lives in a particular direction. They know not which way to turn, nor what to do. 'Shall I leave the country, leave my job, shall I leave home, change' my flat, change this, change that? I must have change! Must make a fresh start!' And so they go on. What are they trying to do? From whom are they trying to run? Do they honestly think deep down within themselves that these changes are going to make such a difference?

A change must start from within oneself, with an adjusting of the mind and a simplifying of life. Life is not really complicated at all, and it is for this reason that I speak on what may appear

intellectual. True wisdom lies in simplicity and understanding understanding which can

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be applied to every thought and action in everyday life.

Look at some of the music and art of today! Is that not direct evidence of the mental turmoil from which your world is suffering? You have only to look at the various forms of expression and you will see how they have tended to become more complicated, more extreme. Man constantly feels he must find a fresh answer, something new, a new form of expression. The local church tells him to seek within, but that does not seem to help him much. And yet they are absolutely right.

It is all a question of equilibrium . . . What is your equilibrium? Have you found it? The first thing to remember is not to be afraid of life but to accept it; and this applies not only to life around you but to your own particular life. Accept yourself for what you are, no more and no less, and then you and your life will begin to move forward. Secondly, do not be afraid of people. By this I do not mean that you should be rude and objectionable to others, because those who go around in this manner are the very ones who are afraid, because they are not sure of themselves. I do not mind a person being sure of himself, provided that surety brings with it balance and understanding.

All this, you may say, is a far cry from the subject of this lecture. And yet is it? I would say to you: is your business, is your life honest? Are you honest with yourself? Are you honest with your fellow men? And here I am talking of the honesty between mind and spirit. If you have done something wrong, are you able to admit it, to accept it and face up to it? If so, you are being honest with yourself and you will learn a valuable



handle such a subject. You see, morality or immorality is a personal thing and your views on it will depend entirely on your own individual stage of evolution or spiritual development.

The world today is in that stage of evolution where business is carried out, and where unscrupulous methods are sometimes employed in the transaction of such business. Most of the people employed in this capacity are not

Is Business Immoral?

yet ready to understand the true ethics of what they are perpetrating, nor its ultimate effects upon mankind. But many of you who read this lecture will be capable of this understanding, so I can but stir your individual consciences and hope that time will gradually produce the dawn of truth. Where business is concerned, and taking into account your modern economy, the dividing line between morality and immorality is often a very fine one and must therefore be definable to the eyes of the beholder alone. Of course, what seems ethical today will cease to be so in years to come when man has evolved further and comparative standards have changed; similarly, today you do not condemn a man to the stocks for a minor offence, whereas past generations considered themselves perfectly within their ethical rights to do so.

Lastly, I will make a request that you take a look at yourselves without fear or favour without pride or prejudice and with open hearts and minds. It will take some courage but it will give you a fairer chance; and in giving yourself such a chance, you will be helping the rest of mankind in your own individual way.

# and Sexual Energy      Celibacy

Sexual energy is an energy like any other within your psyche. It is as important as your spiritual energy and is not just for the procreation of life on this planet. If you lead a celibate life it is through choice, albeit not always conscious, for your circumstances always reflect that which is within you at some level. I acknowledge that this is a very difficult concept for some people to accept, for circumstances can be very difficult and occasionally horrendous. But from the way I see it there is always, deeply buried within a person, a decision on the path he or she leads.

As part of certain spiritual disciplines established in the past, it was thought that by repressing sexual energy and transmuting it through the chakras <sup>1</sup> onto a spiritual level, you would become a better person and assist the evolution of your spirit. From my perspective this is quite a distorted view, for it is based on a misunderstanding of the natural flow of this energy. In other schools the whole ethos was based upon manipulating sexual energy to control people. That I do not agree with at all for it is evil practice.

Each of your chakras expresses a particular quality of energy which is necessary for you as a spirit in incarnation. Sexual energy is a vital force that needs to be expressed in balance and harmony with all your other energies. Indeed, because of the

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has resulted, in today's culture, in a swing of the pendulum from suppression to perversion

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<sup>1</sup> Energy centres within the body that act as transformers of both cosmic and physical energy.

Sexual Energy      Celibacy

and between those two extremes you have a wide range of variation.

So let us look at what that sexual energy, which resides within each one of you, is all about. It is about creativity; first and foremost, about the procreation of your species. When two people come together to re-create themselves there is a great interplay of energy on many levels. Ideally, this uniting should begin at a spiritual level for, from that point of oneness and harmony, an impulse will be created which will attract to the couple a spirit of similar evolution. The sexual energy working in harmony with the spiritual can provide a vehicle for soul expression in a truly beautiful way. Is that not a wonderful gift, to be able to create a situation which allows another spirit of uniqueness to come into a physical body to experience life on this planet? But of course that is not what usually takes place, for the sexual energy is more frequently used for physical pleasure alone with very little consciousness of other levels of energy whatsoever, thereby missing the unique power of its creativity.

The mind has been created for a purpose, and that purpose is to be used in a way that is in harmony with the spiritual energy.

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world through music, art, the written word, organisation, physical structure and so on, for everything that you create is part of your sexual energy in its broadest sense. All human beings need a creative outlet through which to express their uniqueness. They do not have to be great artists, writers or composers but simply to be able to create something that expresses themselves.

What the sages of the past failed to see is that you do not need to sublimate sexual energy consciously, you just need to allow it to flow and immense creativity will come from it. When I say allow it to flow, I do not mean that you need to have sex frequently, nor do I mean that if you are not in a sexual relationship your energy cannot flow, because it is an energy — it is flowing all the time. It is how you balance and handle that flow that is in question, for sexual energy has many different levels of expression. In this sense it is no different to the energies of your heart or your head for it is all part of the uniqueness that is you.

Marriage

Divorce

What is marriage? In the distant past when the various religions and faiths sprang up, the priests found it necessary to hand out religious beliefs and rules on a plate. When people desired to live together and have the blessing of God upon their union, they went to the priests. In such a manner ceremonies

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showered with blessings, for a true marriage in the eyes of God takes place on the level of the spirit. All such matters of relationship are the dictates of one's own conscience, and conscience is unique to individuals and to different ethnic and religious groups.

God does not condemn what you call divorce. The Godhead is all merciful, wise and understanding, therefore how can it condemn? If two people make a mistake or grow apart and realise that they have done so, it is of no use to themselves or to God if they continue to live in misery. Divorce is only a sin in so far as man himself sees it as such. The attitude of some Churches in this matter is lamentable; many of their rules and dogmas are archaic and entirely unsuitable for the people of today.

The Church teaches: 'Those whom God hath joined together let no man put asunder.' Let us then distinguish between a marriage which is truly joined by God and one which is joined by man. The Divine Sanction could only fall upon a union in which there is a true affinity on all levels.

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## Prostitution

This is a subject which causes embarrassment to governments, religions and to most people generally — the query that is uppermost in people's minds being, 'Is it right or wrong?'

I say to you, surely the answer lies in the number of prostitutes who are at present operating in your own country. Of course morally it is wrong — there is no doubt about that. The sex organs were given to men and women for the purpose of procreation and for the expression of deep love, not for the purpose of earning a living. But let us not forget that it is the oldest profession in the world. It is a mark of the evolution of this planet and not until man has achieved much greater harmony in both his spiritual and his material life will you be able to dispense with this unfortunately necessary profession.

I say to you, peoples of the world, stop fighting shy of this! See it for what it is, no more and no less. Instead of making half-hearted attempts to try and stamp it out, be honest with yourselves and admit that at the moment you will be unable to do so. Face up to it and acknowledge that at the present stage of the world's evolution, it is a necessary 'evil'. Treat it as such and let it not be thrown into the squalor, filth and disease of the back streets. Stop hiding it, let it be cleansed and brought into the open, for soon you will enter into that stage of evolutionary development when it will no longer be necessary.

Do not forget that as long as there are men whose emotions and sexual life are in a state of imbalance and whose social

The way to treat this problem is not to remove the prostitutes, but to help those people who visit them; for if you were able to help those who keep the prostitutes in business to be true to themselves and find a balance in their lives, there would be no need for prostitution. So I say to you, be sensible, it is the cause you must strike at, not the effect; for by removing the effect you will only force the cause to go elsewhere and that could have and is already having the most unfortunate results. You have only to observe the rise in crimes of a violent sexual nature against women and children.

Many of you will find great difficulty in accepting the above, for it will be contrary to what you have always been taught, but you must realise that this is a very deep problem which has given rise to much suffering. So I beg of you to read this lecture carefully, for I am not asking you to condone prostitution, but to regard it in a balanced perspective.

Man needs first to accept himself for what he is, his strengths and his weaknesses; only then will he begin to become what he truly is. To try it any other way is only narrowing his concepts and blinding himself to the truth. This is why he is filled with so many unnecessary fears, prejudices and misunderstandings.

## Homosexuality and Lesbianism

There are many people in the world today in a state of abnormality whereby they release their sexual emotions upon their own sex. Why? you will ask. The answer in many cases, from the point of view of the spirit, is simple. It is caused by

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female incarnations consecutively, the last one being a very dominant one, and that the following incarnation is in a male body. As a consequence, this male would tend to have female characteristics and be sexually more attracted towards members of his own sex. The opposite conditions would apply, of course, in the case of lesbianism.

Let us now look at the problem on a psychological and physical level. You are a spirit in a physical body, experiencing physical life through your particular vehicle. In this life you have entered a body which is either male or female, but you are aware of being to some extent a mixture of both masculine and feminine, for no person is entirely masculine or entirely feminine. The way your physical body is constructed and the way in which your mind triggers that body, with its particular evolutionary history, are two factors that come together to create a set of circumstances that maintain the particular sex of the body in which you are experiencing. This in itself is a delicate thing, for if any one person, let us say a woman, is subjected to certain influences through psychological pressures, she could very quickly start to incline towards the masculine; and if she were to be stimulated by certain drugs the inclination could even manifest physically. So it is quite a delicate balance that helps you to maintain your masculinity or your femininity.

It seems that there is today a considerable increase of this type of imbalance and I would say that it is a reflection of both the overall imbalance that is influencing Earth at present and the stage of evolution of your present civilisation, particularly in the so-called civilised areas of the planet. Homosexuality is a psychological and sometimes physical state that needs to be handled with great care and has become more prevalent since mankind's fight for survival has become less pronounced. He no longer has to hunt for his food, to



were living in Vietnam or Central Africa. It is allied to the type of life you are living.

One should not condemn homosexuality and lesbianism but, at the same time let me make it quite clear, they are not natural relationships from a cosmic point of view. Those who make your laws tend to get themselves into a confused and complex state of mind over this issue; everyone tries to bend over backwards to ease the situation for those concerned. Whether they are men or women, they need understanding and acceptance, certainly; but if homosexuality is too easily condoned it will spread and very quickly provide one of the elements for the breakdown of your civilisation, as has happened before in previous civilisations.

Having made that statement, may I reiterate that I am not against any man or woman having this type of sexual affection for another man or another woman. Nevertheless, it represents a polarity imbalance. When you get an almost fashionable interest in it as there is at the moment and, taking into account the delicate balance I mentioned earlier, those who are closer to the centre can very quickly be pulled across the line if influence is exerted on them.

## The of Smoking

In the world today you have a great deal of tension with which to contend. Every way you turn you find circumstances which play on your nerves; you find it more and more difficult to achieve that necessary relaxation which helps you to maintain a balance, a harmony of living, so you seek means to enable you to relax. One of the ways in which many people imagine they are achieving this is by smoking.

Let us first of all look at the physical aspects of smoking. If you inhale too much smoke from a burning bonfire of wood and leaves, you know very well what happens. When you inhale tobacco you are inhaling smoke from a burning leaf. It may not be the same volume of smoke in the same given time, but I think you can well imagine the effect that this smoke has upon your breathing organs and, to a lesser extent, those of others around you. There has been a great deal said on the question of cigarette and pipe smoke causing lung cancer.

On a subtle level, cancer is caused by the maladjustment of the physical and etheric bodies. The etheric body is a non-physical counterpart of the physical body, often referred to as the etheric double as it is an exact reflection of the body. In order to maintain good health, the two aspects, the physical and etheric, need to harmonise together in perfect alignment. It follows quite logically, therefore, that anything that can contribute to the maladjustment of the physical and etheric bodies can help to cause cancer. Heavy and continuous inhalation of tobacco fumes can undoubtedly contribute to this effect, but not in the way that is generally supposed.

I said earlier that people 'imagine' that smoking helps them

## Effects

tensions serve to irritate the balance between the physical and etheric bodies, causing a friction which weakens the etheric web that links all parts of the body. This friction also weakens the aura, rendering it unable to cope with the natural protection of the body which it normally provides. Hence the smoker becomes a sitting target for diseases such as cancer, which are unable to exist inside a healthy aura and which need this frictional weakness between the physical and etheric bodies in which to thrive.<sup>1</sup>

I would like to digress here for a moment •to say that one of the best ways in which you can maintain good health is by not allowing yourself to indulge in worry and tension. I know this is difficult for many of you and I consider that one of the contributing factors is the rate of material advancement in the world today. The mind is unable to keep pace and adjust itself to the ever-increasing rate of progress. If people were only able to accept their own lives and the lives of those around them, they would soon find that their tensions and worries would disappear. Most problems from which human beings suffer are only problems inasmuch as they make them so.

Finally, having looked at the physical and mental effects of smoking, I would like to comment briefly on its psychic effects. There is no doubt that over a period of time continuous smoking would stem the development of a sensitive worker such as a healer and have a detrimental effect on his or her own advancement.

Now I would not say to you, 'You must not smoke', because it is something which lies within the dictates of your own freewill. As with all things, you will not come to much harm if you smoke in moderation. But weigh up for yourselves the advantages and disadvantages of smoking, and I hope that in some small way I have helped you to clarify the subject for yourselves.

child in its delicate state of formation. Ideally, both parents of an intended child should cease to smoke at least one year before conceiving.

## The of Alcohol

Those of you who have had several drinks at a time will know precisely what I mean when I say that alcohol has a most peculiar effect on the physical body! You feel a little lighter and slightly dissociated from yourself. This is because alcohol quickens the vibrations of the body.

To an incarnate person a physical body appears as a solid mass, but in fact it is not really so. It is a collection of atoms blending together to create the result which you see as a physical body. The particles of these atoms revolve at a certain vibration which results in a reasonable functioning under normal conditions. The imbibing of alcohol causes a slight quickening which, whilst it affects the physical body, does not affect the spirit and thus a lack of balance results.

The spirit, remember, is the 'I' or 'Ego' which sparks your mind and body and which causes you to react and live in your own particular way. If for some reason an imbalance is caused between the spirit and its physical counterpart,- all manner of weaknesses result. The aura which surrounds and protects the body is forced open and this in turn allows the infiltration of foreign bodies or influences.

So we are beginning to see that this question of the spirit and body being in balance is extremely important to the physical and mental health of each individual. It is this balance which causes you to be well or ill, sane or insane, to live or not to live.

## Effects

it is no longer able to control its physical counterpart quite as well as before. Remember, your automatic reactions will still function, you will still be able to lift your arm, you will probably be able to walk — maybe in not quite such a straight line but nevertheless your limbs are movable. But that spark, that something within you which dominates your life, is not in such strong control.

The amount of alcohol you consume at any one time obviously affects this control proportionately and, if you went on drinking continuously, your control over your body would soon become negligible. When this happens, alien spirits may try to take over the physical body, and this is why you sometimes encounter abnormal outbursts from a person who has drunk to excess. He has not only lost control of his body but, worse still, it is being temporarily used or influenced by another spirit. Strangely enough, when a spirit loses control of the physical body through inebriation, it is only in extreme cases that an alien spirit can get sufficient control of the physical body to drive away the native spirit. This is indeed very fortunate as you can well visualise what the result would be if it were not so.

In the case of an addiction, a person's physical body can attune itself so that it takes longer for the quickening up process to take effect; but, when it does so, it will be that much quicker and easier for the spirit to lose control. It is detrimental for this to happen too frequently in an incarnation and I would strongly advise anybody against it.

If an individual is actively participating in some form of psychic expression, then I consider it to be potentially dangerous for them to become inebriated to any extent. This particularly applies to anyone engaged in psychic work of a mediumistic nature, but when it comes to those of you who undertake advanced healing work, then, my remarks are

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there is no control over what a person picks up in this state, the results may fluctuate between genius and sheer evil, depending upon the prevailing atmosphere at the time.

To sum up, therefore, I would like to say to you that if you want to improve your life, if you want to take the

## Effects of The Alcohol

surest step towards improving your creative faculties, do not try to achieve it through alcohol. It is one of those strange things, that alcohol can give you a temporary and quick relief from strain, worry and tension, a quick fillip to your creative faculties; but then it stops you dead and instead of your creations becoming more profound they will become mediocre, in my estimation.

I am not against alcohol, I am not against people enjoying an alcoholic drink, because I can see that used in moderation it can relax you and it can add to the enjoyment of a meal or provide a social meeting point. But if you want to make something worth while out of your life, do NOT drink to excess.

## Psychic Pitfalls of Drug-taking

In this lecture I wish to discuss the consequences of drugtaking for so-called uplifting purposes. I intend the word 'uplifting' to include people who take drugs to help them over some difficult situation, as well as those who do so in the hope of gaining some form of psychic or so-called 'spiritual' experience, as the effect is more or less the same.

I view all forms of enforced meditation with suspicion because those who seek this type of short cut to spiritual experience rarely understand what is happening to them; and if they fall into the category of those who think they do know the answers, they are even more dangerous.

The 'I', the spirit, ego or psyche, that spark which motivates your body, enters at the moment of conception in order to undergo forms of physical experience. Its controlling mechanism is very sensitive and the liaison or link which connects it with its physical shell is in a delicate balance, to say the least, so that it does not require much to destroy this equilibrium. Most of you have some slight imbalance between the spirit and the body, for as beings incarnate on a physical plane you are not perfect; but it is only when these imbalances become accentuated that serious problems set in. The main factor which affects this delicate balance is modern day living with its noise, tension and false pace of life. Imbalances in the human body bring about some form of illness and this is, in effect, a mutation in itself. A typical example of such an imbalance in mutation form is cancer



## Psychic Pitfalls of Drug-taking

such studies for many years, but he is constantly seeking new techniques to aid him in his quest. Perhaps he is looking for short cuts as well? There are those who suffer under the very false delusion that the taking of drugs is a short cut. On the surface it may appear to be so to some, but a short cut to what? As I see it, it is a short cut to the breakdown of spiritual values and can lead to the complete and wanton destruction of the physical vehicle. So what then is left? To put it in a nutshell, drug-taking is the surest and quickest way of retarding the evolution of the individual.

But am I being too harsh? Am I failing to go with the trend? Any spirit that comes to a planet to throw some form of light into the darkness has to try to keep things moving, for stagnation is retrogression. We cannot therefore condone any form of negative teaching, because negation does not help anybody. If you, individually, are interested in developing yourself spiritually, you must go forward positively with clear-cut thinking.

What happens when you take a drug? The control between the spirit and the physical brain is affected according to the type and potency of the drug and parts of the subconscious are released. Many of you must be familiar with the results of an excessive intake of alcohol when portions of your conscious control are relinquished, with sometimes amusing but more often pathetic results. From a psychic point of view certain drugs induce similar processes, but the difference between drugs and alcohol lies in the speed of the effect on the metabolism of the body. The drug strikes deeper as it were, the lack of control is increased and the spirit immediately leaves the body and enters the astral planes. If a person is trying to achieve a

I cannot emphasise to you sufficiently the effects of the power of thought. When a person dies and the spirit leaves the body, that which is left of the essence of that particular personality lives on in a state of thought, so that the state of mind prevailing at the time of passing is important to further evolution.

When the spirit leaves the body as a result of drug-taking, it is projected onto a thought plane; the connection between

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the subconscious and the conscious mind is loosened and, consequently, any experiences undergone on the spirit plane are easily relayed upon return to the body. Thus a form of psychic experience is effected. But, unfortunately, the drug is having a deteriorating effect on the body so that the actual mechanism of the brain is becoming slowly enfeebled. Perhaps the first few sessions will prove quite agreeable but, remember, the spirit is being catapulted onto a plane where it has no proper form of control. There is no one there to watch over it and see that it does not come to any harm. By its own actions it has rejected its spirit helpers.

This form of ejection of the spirit from the body is completely unnatural. It causes bewilderment to the spirit because there is still the link to the body while the psychic consciousness is operating on a false freedom. If the person becomes addicted to the drug and then has to increase the dose, the physical body begins to degenerate. Those who have become complete addicts will know within themselves the form of suffering undergone, although to a person who is not a drug-taker this is almost impossible to understand. One of the most destructive aspects of this is the revulsion

### Psychic Pitfalls of Drug-taking

the drug has prevented it from discharging its karma in that life, for drug-taking does not provide a natural form of experience; it could even be described as a form of anti-experience. You see, that person has systematically destroyed his or her own body by deliberately breaking the elemental patterns of which it was composed.

It seems strange that, although many drug addicts profess love and non-violence, they are unable to extend this philosophy to the preservation and welfare of their own physical vehicle, the elements of which have as much right to consideration as the principles preached!

Let me return for a moment to the question of anti-experience. The spirit experiences physically through a process of reincarnation. It chooses its body for each life and enters it at the moment of conception with the knowledge that that particular life offers a certain type of karma that it needs. This experience begins at the moment the spirit joins the fertilised ovum. The challenge of your life is to carry out your chosen karma within the realm of the cosmic laws which govern physical experience. However, there are certain forms of experience which are entirely alien to the physical body and these include the alienation of the mind from normal physical living; in other words, when the mind does not accept the body but tries to live constantly in the world of the spirit.

I can assure you that no one experiences the higher planes through any artificial or unnatural means such as drug-taking. Contrary to what they may believe, drug-takers do not take a trip to these higher realms; their experiences are usually undergone on the astral planes that offer a spirit a very wide range of experiences, varying from colourful impressions to horrific nightmares of a 'bad trip'. In order to

they are ready to go there. It is a process of evolution, of gaining wisdom, for there are no short cuts to spiritual evolution. To unlock the door you must first acquire the wisdom to turn the key and you cannot acquire such wisdom from the effects of a drug. Wisdom is attained over many incarnations through the achievement of karma; and karma is something from which you cannot escape, you cannot avoid it, you cannot cheat it.

From this you can see that a person — let us say, a man — who destroys himself through drug-taking has usually denied himself the karma for which he has entered his body, because he has spent portions of his life going through forms of what are, in effect, anti-experience. To make matters worse, he has abandoned his body for long periods before actual death because the spirit has been forcibly ejected by the action of the drug. Sometimes, while the addict is on a 'trip', the body becomes possessed by another spirit. This is a most unpleasant experience, as the possessor is unable to control the body while it is under the effects of the drug, and it often results in fits of uncontrollable violence for which the person

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cannot account once the effect of the drug has worn off,

All the time, then, there is this programme of destruction and the spirit is left in a state of complete humiliation, degeneration and bewilderment. Unfortunately, it usually takes a long time before the spirit can work through the karmic barriers it has erected about itself. There is no penitence worse than self-inflicted penitence; there is no torture worse than the torture of a spirit that has completely frustrated itself. Once such a spirit leaves its body there is

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experiences it has enjoyed are denied it for, without a body, they cannot be bought by a 'fix'. Such is the torture of an addict whose supply has been permanently cut off.

Is it possible for a drug addict to benefit from healing? Unfortunately it is much more difficult to help a person who is under the influence of a drug, because the healer needs to connect with the spirit as well as the body and he or she is faced with half a person, in effect. For healing to be effective, it must be absorbed by the spirit which then relays it to the physical body. If the spirit is continually being forced away from the body, it cannot relay the healing power which could bring the body into a state of wholeness.

Before I end this lecture I would like to go beyond the realms of drug-taking and touch on some other psychic pitfalls which are just as dangerous. In the eastern world, forms of meditation have developed over a number of years and many of them have been designed for the uplifting of the soul. Some of these have penetrated westwards but, like most things which come from the East to the West, they have been adapted to meet the way of the westerner. It is important to realise that in the East there is an entirely different approach to spiritual thinking, inherited and developed through the centuries, from that which has evolved in the western civilisation. Certain forms of meditation used in the East can, in my opinion, be extremely dangerous to the westerner, especially if they involve relinquishing mental control. The westerner should always try to think positively but never beyond that of which he or she is capable. Unfortunately, there are types of meditation at the present time which have come from the East and which tempt the westerner to try to step beyond the realms of his or her own capabilities; they encourage

I shall enlarge upon this a little more because meditation is a subject about which I feel very strongly. I see it as a discipline which should only be carried out in a disciplined way. It is a simple psychological trick to use a form of pseudo-positive meditation and enforce people to over-concentrate on one idea in order to make the mind susceptible. This technique has, in fact, the effect of creating a vacuum in the mind, which in itself can be very dangerous. I do not wish to enter into too much detail on this as I am trying to point a moral rather than give a list of 'do's' and 'don'ts'.

The moral is a simple one. It is that in any form of seeking you must guard himself against your own personal vanity. It is very easy in the beginning to say 'I am going to have a go at this because I can always pull myself out of it at the last moment', or, 'I am going to have that or do this because I know I can always stop'. I am quite sure that most addicts have said this at some time or other.

The same type of vanity unfortunately prevails amongst many spiritual seekers. They see in their astral experiences a form of entertainment or escape which exists purely for their amusement; they convince themselves that it is furthering their spiritual evolution and blindly claim immunity from any evil consequences. Each of you must learn never to push yourselves beyond that which you know in your true self you are capable of achieving. If you follow this principle you cannot go wrong. But at the same time you must think and work positively and progressively within this framework; for this in itself is a step on the ladder of evolution and, as I have always taught, the plan of the universe is evolution, with the Godhead as the Ultimate.

## Psychic Pitfalls of Drug-taking

# Justice and The Offender

Those of you who are conversant with my philosophy may wonder how my teachings fit in with the present system of social and civil laws and justice throughout your Earth planet. Most certainly there must be social and civil laws, because all the peoples upon Earth are in different stages of evolution and, when living in such a society, a form of common control is essential. But I consider that your present laws need some revision.

First of all, the death penalty, still in existence in many countries of the world, should be abolished immediately for no useful purpose is served by it. As most intelligent and wise people will admit, if a man is in that state of mind whereby he is prepared to kill, he will do so regardless of whether his own life is imperilled or not.

All murderers need psychological help, guidance and healing. No man or woman has the moral right to take the life of another person. And that statement is not at variance with my former teaching in which I expressed the view that man is not yet ready for pacifism and, in his present stage of evolution, is entitled to defend his freedom. Although I acknowledge the right for a man to kill to defend that which he believes to be right, it does not make it morally correct that he should do so. On the other hand, if a man commits a murder, it is certainly no answer to take his life, for surely that is putting your 'civilised laws' on the same level as that of the murderer.

I would like to go one step further and say that no

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for committing murder, his spirit is released on to the astral with bitter and resentful thoughts in mind and, in this state, can wield an extremely unfortunate influence upon people still in physical bodies on Earth.

As spiritual healing develops and orthodox psychology advances, you will find that gradually the two will steer towards each other and, eventually, a great deal of help will be available for these people. Believe me, it is in accordance with the evolution of the world as a whole that this should be so.

I am opposed to prison life in general, for it does little to make a man repent, but merely aggravates his bitterness against the world and opens his mind still further to negative and destructive influences. Perhaps you can appreciate from this that, in most cases, imprisonment actually serves to increase the criminal's potential as a menace to the people around him.

This is all very well, you will say, but what is the alternative — how can healing make any impression on a criminal? The people of this planet are slowly awakening to the vast magnitude and importance of the power of thought, the power of healing and the value of psychological assistance; the wonders that could be achieved would amaze every man, woman and child.

So, my friends, I say to you: let us not just put a person in prison and conveniently forget about him or her, but let us offer help; for, as most people have begun to appreciate, the urge to commit theft, murder, sadism, or any form of accepted crime, is an illness. It is a mental illness often due to lack of evolution but, in most cases, to the inability of the spirit to control the physical body properly. Most crime has its



to be crimes in themselves as, if they are not checked, they can lead to theft, cruelty, physical violence, sadism and murder.

If your neighbour had pneumonia you would not give him six months hard labour, so why give him six months hard labour for being mentally ill? He may need to be contained but such a person needs understanding, psychotherapeutic

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assistance and healing; and whilst I appreciate that there are few yet equipped to give such healing, I can assure you that, in the not too distant future, there will be many such people. As those who work with me grow, not only in numbers but in healing ability, I intend to see that there are those to whom we shall teach the means whereby, with the will of God, such healing shall be accomplished.

# THE WAY AHEAD

## 'As Above, So Below'

'As above, so below' states the ancient maxim. This reflection between levels applies not only to the state of your planet, but to the state of your mind, your spirit and you as an individual. It is the harmonious blending of your own chakric system. Today's opportunity for reinstating the 'light' means there is a response from the shadow side; and because, over these aeons of time, negative energies have dominated this planet, it has meant that the shadow side of humanity's personality has been predominant and, through self-indulgence, has not been faced. And when one talks about indulgence, it is amazing how many facets of life that can cover.

So, to welcome God into your hearts you have to face the wrath of those negative influences, reflected within yourselves, that would destroy this world. Many prophecies of catastrophe, doom and destruction have been forecast over the centuries in reference to this day and age. As you approach the turn of the century, it is vitally important that you, individually and collectively, face your own shadow and work to complement each other. The choice is yours. I can give you some cheerful predictions for this period: heightened and irregular weather conditions, economic and political instability, the danger of war, the danger of diseases which mankind will not be able to control. Or I can present you with the flip side of the coin, and say: NEVER HAVE THE OPPORTUNITIES BEEN GREATER TO RISE ABOVE THE NEED FOR DOOM AND DESTRUCTION.

We are moving steadily towards that climax and, dear

### 'As Above, So Below'

you despise your vulnerabilities, the greater their strength. Accept them. Love yourself as a total being, for you are all light and shadow. Be not afraid! Every time you hate, you are feeding the evil of the world. When you find inner balance and can love without denying the negative, then you are strengthening the forces of light and healing the forces of darkness.

You always have to attend to these problems within first, for the more you can cope within, the greater your offering without. So despite the threat of the gathering storm, I still perceive the future with optimism because many like-minded individuals and groups all over the planet are beginning to gain ground. The world is becoming smaller and gentleness is beginning to manifest, despite the destruction.

And let us not forget, during this period ahead, the nourishment of the youth of today. They need an emotional outlet which acknowledges the ego, so that their frustrated energy which often bursts forth into vandalism can be redirected. It requires concerted government action all over the world to try to understand the deeper causes of the situation. I have already expressed my views on crime in which I stated that I consider punishment to be no cure. We need to look deeply into why the violence is taking place and how that shadow energy can be re-channelled into something positive, something good. Such a change can only be a reflection of the combined attitude of all governments, acknowledging that people are not just machines, nor figures on a page of statistics, but individuals. You cannot classify people into numbers or letters and this, of course, is one of the inherent dangers of your computer age and why it is important that those who read

and understand that every person is different and society needs to cater for those differences.

. So, dear friends, this is what you have to work on when sending out your positive thoughts over the coming years. Let us show what we can do to help those who would vandalise and destroy in their ignorance and intolerance and, with your help, as you each individually grow in both

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personal and planetary awareness, we shall reach the year 2,000 and beyond with the symbol of spiritual renaissance standing high over this planet.

Further reading:

WHERE THERE'S LOVE by Annie Wilson

The dramatic story of the entrance of H-A into the lives Of <sup>Ton</sup>y Neate and his companions, of the growth of The Atlanteans, <sup>now</sup> called Pegasus Foundation, and of their eventual arrival at Runnings Park on the Malvern Hills, is told by Annie Wilson in this fascinating book. Passages of H-A's teaching, cleverly inter<sup>woven</sup> into the text, make this a relevant saga of our times.

Published by Gateway Books at E4.95.

THE GUIDE BOOK - A Channelled Teaching of our Time H-A channelled through Tony Neate.

Devised, edited and arranged by Michael Dean.

H-A paints an exciting picture of life as it could be on planet Earth and the important role that each of us individually can play at this crucial planetary moment. He speaks directly to us and give<sup>s us</sup> hope:

"Planet Earth is going through a deep process of transformation; it is birthing a new energy. Any birth brings pain, trauma and suffering while it transforms the subject from one state of being into another. This process of change is allowing a finer, more compassionate energy to permeate and affect all aspects of soc<sup>iet</sup>y

- Everything is being touched by this energy and how you relate to it is vitally important; you have total choice in the way that you integrate it into your life". H-A

This book is ideal for group study and for those who, regardless of background or religion, are interested in exploring spiritual values and their application in daily life.

Published by Gateway Foundation at £6.50

Where There's Love or The Guide Book,  
please contact:

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Life on planet Earth, seen from the perspective of H-A, is an evolving, changing process which reflects the evolution of the planetary being, Earth, herself. All life on the planet, including ourselves, is part of that process and yet is simultaneously working through its own cycle of experience.

Today, we are in a crucial planetary 'moment'. H-A often tells us: "There is no such thing as 'bad experience' only 'experience', from which we can learn." His teachings give clarity, direction and hope in these confusing times, a background from which we can make choices and create our individual way forward with freedom and energy, taking full responsibility for our own lives.

LIFE AND LIVING is the first of a new series of booklets of H-A's teachings. The inspirational source, known as H-A, has channelled this compelling understanding of the universe and our place and responsibility in it, in a unique way through more than one sensitive. Tony Neate has been a sensitive for H-A since the 1950's and Diane Furlong, since the early 80's. Subjects range from Global Metamorphosis to Ghosts, from The Purpose of Life — Evolution to Fear and Competition, from Homosexuality and Lesbianism, to Psychic Pitfalls of Drug-taking.

"This is a book which can be read on many different levels . . . For those just starting on the Path there is much to be learned; for those who have considerable knowledge already, new ways of perceiving life can emerge on every page."

Lorna St. Aubyn

"H-A gives guidance, advice and teaching, but it is notable



Sir George Trevelyan Bt.

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