

LIFE OUTSIDE THE PHYSICAL BODY, COLOUR AND REINCARNATION

The Teachings and Lectures of Helio-
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Infinity

Infinity is probably one of the most difficult things for man to conceive. I wish to make a few comments upon this in order to simplify the lecture following.

I shall begin by stating that the universe is infinite. Having accepted this, I want you to realise that everything in the universe is also infinite; by that I mean that the Godhead is infinite, all the spirit planes are infinite, the number of planets similar to Earth is infinite, the many forms of spirit life which descend from the Ultimate are infinite; and yet each one of these forms of expression differs from all others in its own individual way.¹

¹ (p5)

Pre-Human Existence

There are spirits which inhabit the bodies of men, of animals, of fish, plant life, even the ground upon which you stand, These are different forms of spirit life which together help to make up the universe and eventually the Ultimate.

There is a plane below that of human existence which is known as the plane of decision. When a spirit comes from the Ultimate it goes to the plane of decision; there it passes through a series of experiences until it reaches that stage of realisation when it knows that 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 leave the animal kingdom for a moment and look at the spirit which leaves the plane of decision to enter into the body of a man.

When ascending from the plane of decision to the first plane of human existence a spirit will often enter into 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 a spirit and it will then enter a human body.

Spirits which have chosen to experience through animal evolution do not switch over to a human existence as is taught by many schools of thought for, as I have said before, whilst all these forms of life blend together, the types of experience undergone by an animal are quite different to those 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.²

² (p6)

Do Humans Evolve From Animals?

Animal evolution is another of the many physical forms of evolution which can be experienced upon the Earth planet. 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 should 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 the spirit of a man evolves in its particular cycle of evolution.

Spirits which have chosen animal incarnations and spirits which have chosen human experiences belong to two quite different facets or branches of evolution; just as the spirits of the elements, which are part of the deva kingdom, are again different. Man must understand that 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 the “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 a cat from the spirit of a plant or the spirit of a human being. They are like 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 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.³

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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 we come to the question of spirit evolution it is quite a different story.

The theory of somatic evolution as expounded by Darwin is correct as far as it goes, but he failed to take into account the evolution of the spirit. In all physical expression there is the fusion of two types of evolution: the spiritual and the physical. 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 realms.

Somatically, then, men and animals did originate in the same life cell but, from the spirit point of view, *homo sapiens* is a 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 on Earth was when a different type of spirit entered into the bodies of apes during the early days of the planet's history. 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* slowly emerged, branching off, as it were, from the main stream of animal evolution.

Man normally does not like to consider that animal evolution, from a spiritual point of view, is as great as his own, because this is a blow to his ego; but I can assure you that a cat that walked into a gathering of people 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 your various forms of physical experience in various 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 of⁴ 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 point of view, has no relationship with or similar standards of evolution to any other form of creative thought. You will appreciate also that when a spirit reaches a stage where it has no further need for physical evolution it has not reached the Godhead by any means; in fact, it is still a long way from rejoining the Godhead. 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 spiritual 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 spiritual 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 that of *homo sapiens*. Nevertheless, these two forms of evolution exist side by side and have a close relationship with one another.⁵

⁴ (p8)

⁵ (p9)

Animal Evolution

Now let us take a look at the many types of animals. Do they change their type during incarnations? How many incarnations do they have? Are some animals more evolved than others? I should 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 differing 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 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 started as a wolf or 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 which its spirit makes when it is discarnate; as soon as it enters the body it has chosen it is subject to the natural conditions and limitations of that body and is obliged to accept them.

The spirits of animals can appear from the planes of spirit in exactly the same way as the spirits of men and clairvoyants often “see” them when they are looking on to the ether. Your deceased pet may stay with you for a long time and may try to 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 even follow his or her evolution, being together

both in the world of spirit and the material world. You may have⁶ known your pet before 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, while others tend to be less so. You cannot make set rules about the evolutionary status of your pets any more than you can about your friends and fellow men.

There is one thing you must bear in mind in relation to animals. Each animal is an individual just as each of you is an individual. They have their own little traits of personality or character and will serve man 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 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 the Earth planet when all 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 which has been lost through centuries of cruelty and callousness. We can, however, look forward to the future when such times will return and the spirits from all forms of evolution on Earth will harmonise once again.

I would like now to invite you to ask any questions you may have.

QUESTION:

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

ANSWER:

⁶ (p10)

This is one of those questions where to a certain extent one must consider each case individually. If persons in a slightly different stage of evolution from yourself do not understand the position of an animal, can you condemn them for not treating it as they should? Yet if their treatment reaches that stage where it is completely barbaric, with the deliberate causing of cruelty, then of course this will rebound on them. Any form of deliberate cruelty must rebound on the perpetrators at some time or other, whether in their present or some future life and this can also apply to nations and races of people.

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 a⁷ greater sense of spirituality emerges amongst peoples, this 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 of the teachings given in the past, especially those which place stress on the superiority of *homo sapiens*, have caused a lot of misunderstanding and abuse of spiritual teaching. This is one of the reasons why spirits such as myself are trying to bring through a truer concept of the animal kingdom, because if this were fully understood and appreciated it would alleviate a lot of unnecessary suffering to both animals and people.

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 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 experiments which are carried out on animals supposedly in the name of humanity. These cannot be condoned if one looks at it from a spiritual point of view.

QUESTION:

When you consider men in relation to animals it does not seem fair to animals that they should have to compete with *homo sapiens*.

ANSWER:

⁷ (p11)

But on the other hand man has a tremendous disadvantage in that he has to compete with himself. You must remember that a spirit which enters the body of an animal has chosen that form of experience, however cruel or barbaric it may turn out to be.

QUESTION:

Surely man is sometimes born below the level of an animal because he has freewill to choose his circumstances; and the terrible crimes which we read of in our newspapers are worse than anything an animal could do because they are done deliberately.

ANSWER:

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 that I said that in any gathering a spirit of greater evolution might be inhabiting the body of an animal than any spirit inhabiting a human body and vice versa; it is all a question of individual cases.

QUESTION:

Do you consider that plants and other forms of life such as animals are here to provide food or do they have a role in the⁸ scheme of evolution as you see it?

ANSWER:

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 being a bad thing; in many cases it can be a very good thing. I am not suggesting that life should be held to be cheap, but I am saying that you should take another look at it and decide if the human race has a proper perspective on life and death.

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

⁸ (p12)

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 a vegetarian. But, then, is it not wrong to cut a lettuce? It may sound funny to some of you but if one is going to extend the argument, then why not?

This is why I have always been extremely careful about what I have said on the subject of vegetarianism. I have said that vegetarianism is an ideal; a good ideal, because if a 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 case of the individual outlook. If you ask me to say which is better, to be a vegetarian or 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.

QUESTION:

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

ANSWER:

Each type or 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 shall operate in a state of balance, it is necessary for different streams of evolution to accept different roles and the bodies into which their spirits enter will be equipped to fulfil these roles and none 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 and evolution 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 the⁹

⁹ (p13)

psychic forces around the planet, acting as a go-between for man and the elemental kingdoms. The psychic faculty is often much more highly developed in animals than in man, for all the latter's ability to write his experiences down in books. Had an animal the brain capacity to enable it to write it could say far more than many men! When the forces within the 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 their elemental brothers.

For the man who believes himself to be superior spiritually to his animal brothers the time of reckoning will come when they 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 egos 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.

QUESTION:

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?

ANSWER:

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 entered the body of a man, although 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 certain qualities forward which gave primitive man the impulse to use his brain capacity to a fuller extent. This type of evolutionary mutation always originates from the world of spirit or from spirits which have evolved on other more advanced planets or solar systems.¹⁰

¹⁰ (p14)

Twin Souls and Group Souls

Every spirit is an individual entity and after it has first been created by the Ultimate it “descends” to the lower planes to gather experience. As it evolves it meets up with what is known as a “group soul”, which is a collection of spirits that have banded together because they came from the Godhead together and have decided that, broadly speaking, they would like to experience together. As the group soul evolves, so do the people within it. They grow wiser and older and complement each other in influence, help and assistance, building together and achieving great powers as a group.

However, group experience is not the ultimate form of experience. The ultimate form of experience is when you as an individual grow within yourself, when you really begin to understand as an individual. Every spirit is an individual spirit in its own stage of evolution; it has its own understanding, its own vision and therefore its own rate of progress.

Experiencing within the “group soul” can be very beneficial up to a certain point, but it can be restricting to individual growth.

There is no such thing as “twin souls” as you may have heard it expressed. There can be two spirits of a similar incarnation and evolution that will evolve together the whole time and, because of this, they influence each other and are similar. They often enter into the bodies of twins, hence the affinity that frequently exists between twins. However, each spirit does have a positive and negative aspect, but these two aspects do not individualise in the way popularly ascribed to twin souls.^{*11 12}

When two spirits achieve great love and harmony in an Earth life together, such as may exist between man and wife, they are not necessarily destined to repeat the same experience in a subsequent life. As their two spirits have achieved such a harmony they may choose to incarnate so that they will be in a position to help one another, perhaps as brother and sister or as close friends of either sex. But, because they have in a previous life loved each other as man and wife, this does not mean that they bring forward this particular type of

¹¹ *See booklet Spirit Evolution.

¹² (p15)

Earth love into another incarnation. The love between spirits is purely on a spiritual level; it is a true harmony.

Body and Spirit - Do They Evolve Together?

It is no exaggeration to say that an understanding of the true meaning of evolution is a key to the appreciation of what your life means and how it can, will or should unfold. The evolution of *homo sapiens* has two facets, one being the evolution of the physical body and the other, the evolution of the spirit. As you know, the spirit is the "I", the essence within you, that spark which gives you beingness and which causes you to initiate thoughts and ideas. It began its existence as a thought created by the Ultimate Thought or Godhead and entered a universe of infinite experience as pure, fresh thought, an embryo having neither depth, vision, understanding nor wisdom.

Every moment of your physical life you are learning. Every action, every decision that you make is helping to mould you in your present incarnation. Life itself is basically simple and consists of a series of challenges which have to be met; all the time you are having to make decisions which can affect your entire future life. Some of these decisions can be made easily and readily for they are part of the routine of everyday existence; but there are those decisions which are difficult because they involve other people around you, those dear to you, those with whom you work. Your challenge is to accept each situation as it arises, deal with it separately and really handle it. You cannot expect to make the right decision every time but to make a decision, even if it is wrong, is better than making none at all. At the same time you should think carefully because you are not only moulding your present incarnation, you are also moulding your future incarnations.

As the young spirit enters the universe it begins to grow. After a period it reaches a stage in its growth where it begins to see and understand and, as it looks around it, so its vision becomes broader and its understanding wider. It will then find itself in a state where it feels ready to take on physical experience and this it will do through the medium of a physical body. Your spirit has complete freewill which means it can make whatever decision it wishes, and here we meet one of the most interesting paradoxes of physical incarnation. Although your spirit has this complete freewill, in a physical body its freewill is somewhat curtailed by the physical limitations of genetics, environment and by the actions of other¹³

¹³ (p16)

spirits and people around it. So one of the first things a spirit has to do in incarnation is to come to terms with its physical shell. This is not always easy and will depend upon the relationship between the ego and its vehicle. Let me explain a little further.

Over the centuries the physical shell of man has evolved and developed in a particular direction; your spirit does not only take on one body and one life, it may incarnate many times, each incarnation being complementary to the one before. As you experience and grow, so you choose in your subsequent incarnations a physical body which you feel will give you the type of experience for which your spirit is ready. The spirit itself will contain the sum total of all its past lives and pre-human experiences; so in each incarnation it is able to choose a different body and if, for example, it desires an incarnation where it wishes to use the intellect, then it must select a physical body in which the brain has an intellectual capacity.

It is very difficult to be categoric in a lecture such as this because there are always exceptions and deviations but, generally speaking, a spirit will seek a physical shell which is complementary to its stage of evolution at that time. However, not all spirits make the right decision in their choice of a body, just as you do not always, make the right decisions in your everyday life, for your spirit, like your body, is not perfect. There is only one state of perfection and that is within the Godhead itself, so while you are evolving towards this Ultimate Thought you are liable to error and your spirit may choose a body which it cannot handle. 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 a 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 that 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, however, attending church on Sunday mornings and the "pub" in the evenings. He 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 where 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.¹⁴

The body is born and grows up. He studies and becomes a very brilliant professor. In time a war comes along; as he has a clever brain but not a great deal of wisdom to go with it he uses his brilliance to invent weapons that will 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 the thoughts into the minds of others on Earth to do likewise.

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

¹⁴ (p17)

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 to become enmeshed in intellectual detail or over involved in day-to-day problems is the hallmark of true wisdom.

Physical appearance is to a certain extent governed by the state of evolution of the spirit. A highly evolved spirit would not incarnate into the unevolved physical body of, say, Neanderthal¹⁵ 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 from other planets, where there is a similar type of *homo sapiens* evolution, to incarnate into Earth bodies 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 always 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.

¹⁵ (p18)

Each person and each spirit are in their 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 house itself in a body with which it can harmonise and live in balance. But it is those spirits which are out of tune with their physical bodies and are unable to handle them in balance which will experience great difficulty. This applies at both ends of the scale; much of 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 where all forms of intelligence are inter-connected. 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 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 which 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 until¹⁶ 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 which has reached the stage of guiding a planet its influence will undoubtedly have very far-reaching consequences; the planet Earth is at present suffering from an “evil” influence of this nature. You do not have to look far to

¹⁶ (p19)

see the results around you and it is those “fringe” spirits which I mentioned earlier which 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 himself in a proper way, will rise above temptation and the little nudges which urge one to do things which can only bring distress and upset the balance of existence. The balanced spirit can cope, but those spirits which are out of 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 in the universe.

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, you will reach a stage of evolution in which you will eventually 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 this 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.

This is a very deep subject, one which has many aspects and one which I would like you to think about, for I have tried to give you stimulus for further thought. It is all-important when

you think along these lines to remember that it is not necessary to think¹⁷ identically to others, but it is necessary if you are to grow in wisdom to think in harmony 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 coexistence is not unison but tolerance and harmony. Whenever the “absolute” ideology is thrust upon you, then you're going to have people as individuals becoming dissatisfied and feeling guilty, unwanted and rejected. This is because they are incomplete and 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?¹⁸

¹⁷ (p20)

¹⁸ (p21)

Sleep State

All of you know why sleep is necessary for the physical body; but what of the spirit? Sleep state is essential to the spirit as well as the physical body for, while the physical body is resting, the spirit leaves its clay shell and enters on to the inner planes where it is recharged with cosmic energy. The majority of people are unaware of this fact.

Very often, if the sleep of the person is disturbed, the spirit body does not get a proper chance to recharge and, consequently, the next day the person is not only tired physically but is also rather far away and distant in his manner.

The spirit is connected etherically to the body in two places: at the head and the solar plexus. A clairvoyant who is able to see that the spirit is projected away from the physical body will notice the connecting “silver” cords trailing away from the physical body.

During sleep state the spirit will do one of three things. It will either stay with the body, hover near it, or travel away to other dimensions. It may travel to foreign lands or even foreign planets to gain knowledge which will serve to complement that which it gathers in the human body. If a group of spirits are trying to help a particular happening in the world they may meet together on the etheric planes to create a greater thought force for their work. There are many types of experience and work possible for the spirit while the body is asleep and each spirit will undertake that which is in keeping with its own stage of evolution.

For the benefit of those who wonder whether one can undergo experiences in sleep state which would render reincarnation unnecessary, I would say that there are certain things which can be experienced in a physical body only and that such things cannot be experienced in the spirit. This is why you enter a physical body.¹⁹

¹⁹ (p22)

Dreams and Astral Experience

Many times I have heard people ask: "How do I know whether I have had a dream or an astral experience?" I shall try in this lecture to examine the difference between these two forms of experience in sleep. First, however, let me explain that the term astral is often loosely used to denote all the various subtle planes although, strictly speaking, it should only apply to those planes nearest to the physical.

Let us begin with dreams. The subconscious mind is a gigantic storehouse; it is like an ultra-efficient electronic computer which records every thought and action you have ever made, whether it be good, bad or indifferent. When you dream-your subconscious mind brings forward a set of experiences to your conscious mind, most of which are forgotten on waking.

The subconscious mind has no powers of discernment and so these thoughts are very often disjointed, unrealistic and illogical, although they may seem very real when they are taking place: Frequently they are concerned with the surface conscience, the conscience which stems from the conscious mind and is influenced by social environment; such dreams may act as a safety valve for repressions, helping to adjust a mind which has been subjected to frustration.

The interpretation of dreams is not easy for the average person as it is first necessary to distinguish the wheat from the chaff, the significant part of the dream from the irrelevant jumble; having done so it is then necessary to interpret the symbolic presentation in which the inner meaning of a dream is usually clothed. It can indeed be dangerous for an inexperienced person to interpret a dream as the true meaning can be very different from the apparent meaning.

Sometimes, when a person is dreaming, his spirit may try to bring something through to the conscious brain in the form of a warning or a communication from another spirit. A psychic person will more easily be able to remember this type of precognitive dream as the link between the spirit and the conscious mind will be stronger. However, this sort of dream will

have picked up irrelevant detail on its way through the subconscious mind and care²⁰ must be taken to recognise the significant material and then interpret it correctly.

Now let us look at astral experience in sleep; this must not be confused with conscious astral projection which is practised by some people and which can be a dangerous activity if it is not learnt under the guidance of a teacher.

Experience of other dimensions in sleep is an involuntary projection of the spirit on to the inner planes for the purpose of gaining in understanding or helping in one way or another; it is involuntary in the sense that the mind does not consciously cause the projection. As the spirit is involved the ethics concerned will stem from the true conscience rather than the surface conscience and will be determined by the evolutionary stage of the spirit. These experiences usually have a feeling of clarity and will not be of an illogical nature; but, again, they may not be strictly logical by Earth standards, coming from a dimension beyond the bounds of Earth logic and illogic for which there are no terms of reference in Earth language.

These are the principal differences between a dream or subconscious release and a genuine astral experience, but it is up to each one of you to learn to distinguish between the two for yourselves.

A psychically developed person would soon observe the difference as there is quite a distinctly recognisable feeling when the spirit returns to the body after experiencing on other planes. But it may not be so easy for the untrained person to recognise this distinction.²¹

²⁰ (p23)

²¹ (p24)

The Discarding of 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 in the right perspective.

As you realise, a physical body is discarded by the spirit at that moment when it is right that it should be and this applies whatever age the physical body may have reached; many spirits choose to incarnate for a short period. Remember that from the moment a spirit enters into 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 that spirit should so wish, it will be helped by those who have already passed over and have given themselves the task of assisting 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.

Very often, if a physical body has met an abrupt death such as in a war or an accident, the spirit is in need of great help when it leaves the body, for it may have been catapulted away from the physical shell with great velocity, thus causing much confusion of thought. A spirit in this 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 lost²² 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 dealt with very adequately in the spirit world.

Having read so far you will see that death, far from being a tragic thing, is actually a step forward in any spirit's evolution. 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 and 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, thereby not only halting their own progress but also holding back the progress of another by their possessive thoughts. The time is long overdue when man should regard death in its proper perspective.²³

²² (p25)

²³ (p26)

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 thought it is able to create all manner of situations merely by thinking of 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. This happens because it refuses to accept that it no longer has a physical body and so it creates one by its own thought power. There are many spirits wandering through the ether today that imagine themselves to be incarnate when they are not; this definitely has a retarding effect on their evolution and can cause trouble and inconvenience to others at times, but 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 spirits²⁴ 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; 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; 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 a spirit 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 were in the body. You will see yourself for what you really are and for what you might have been and, believe me, you will be a far harsher judge of yourself than God, if he judged, would ever be.

This knowledge and self-realisation is in itself a form of initiation and for many spirits it can be a state of hell. I have been asked if the hell of Dante, the hell described by certain religions, really exists. My answer is that it exists for those who want to make it exist. 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 of the error made; but there are few spirits who are able to achieve this.

GHOSTS

On your Earth plane when you speak of ghosts you are referring to two 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; secondly, elementary spirits in a stage of pre-human existence. As mentioned in my lecture entitled "Pre-human Existence", these often appear in a variety of shapes. They should not, however, be

²⁴ (p27)

confused with the “spirits of the elements” or “elemental” spirits which belong to a form of evolution outside *homo sapiens*.²⁵

²⁵ (p28)

The Spirit Planes

When a spirit first leaves the body it is often "lost" for a while. It is no longer hampered by a dense physical body, perhaps one that caused it much suffering. It is like being in a prison for many years and suddenly being let out. The spirit may be met by friends who will inform it of what has happened or, if it is an undeveloped spirit, it may be unable to realise that it has passed over and will continue to live as it has lived while incarnate.

Some spirits rest for a while after passing as they are affected by the strain of being cooped up for so long. They then venture forth after a period of rest either to gladness or sorrow. Often they rejoice at first and then they realise the things they have left undone and ask themselves if they are fit and ready to proceed. Perhaps a spirit will decide to serve another term on Earth and, if it makes this decision, it will then select a body that is to undergo the type of experience it needs and enter into it at conception.

When an Earth body dies there are helpers who will assist the spirit in its transition to the first of the spirit planes. There are six spirit planes between physical existence and the Ultimate but, as the Earth is sometimes counted as a plane of experience, many people number them as seven; so that Earth experience becomes the first plane, the nearest spirit plane to Earth is the second plane and the Ultimate is the seventh plane.

These broad divisions give you a simple understanding of life beyond the physical. They are, of course, not areas of existence but states of being interpenetrating one another as do radio waves. Dense matter is one of the lowest forms of vibration and the heavier the substance the lower is its rate of vibratory movement. Fast moving rays, such as X-rays and gamma-rays, pass through matter easily without necessarily changing its composition; it is in this way that a "ghost" passes through a wall or door.

When a spirit reaches a state in which it feels that it can go ahead and experience further it is its new awareness, its thought force, that seeks higher and will raise it to the next plane. As the wisdom of the spirit grows, so its rate of vibration or frequency increases, becoming

higher and finer until, eventually, it is so fine that it reaches a state of complete harmony with all other thought,²⁶ the Godhead itself.

Let us now take a look at the six spirit planes.

SECOND PLANE

This is the plane of illusion and includes the thought state known as the “Summerland”. A spirit can look around and see the Earth as it saw it in its Earth body, although it is actually in a mental state and it is its own thought process creating the conditions it wishes to see. A spirit can remain in this state for a short or a very long time, according to its desire for progression. The spirits of people who have been very materially minded will often elect to stay in this state for a long time, as they will not broaden their thought; they may reincarnate again and again with very little forethought or wisdom. Eventually the time comes when they reach a stage of realisation and wish to progress. They may choose a life which will give them an opportunity to learn of values other than purely material ones and gradually their more in enlightened thought state will enable them to ascend to the third plane.

Those who have led evil lives often pass over full of bitterness and, because they have evil thoughts, they attract others of the spirit world who are also evil. They all indulge in their evil together, experiencing a state of hell. This, as I have explained before, is only a mental state. These spirits dwell there until they realise that they can glean no further satisfaction from their ways. God is all merciful and condemns no one, for when a spirit has learnt tolerance and humility it is given another chance to redeem itself.

THIRD PLANE

As soon as the young spirit arrives on the third plane many will come to assist it. It will learn of the cosmos, of the universe and of the Ultimate. It is then faced with a decision as the realisation comes to it that its experiences are still incomplete. It may decide that for a time it does not need another physical incarnation, so it chooses to gain experience by helping someone on Earth. Let us say that this particular spirit was an air pilot in its last incarnation.

²⁶ (p29)

It sees a man on Earth who is also a pilot but who is in difficulties, so it elects to assist this man in the flying of his craft.

It is not always realised that if a spirit comes back to help in some capacity it does not necessarily choose the vocation of its last incarnation. Let us take music: if a person was a composer three incarnations previously that knowledge would not be lost to him, although in his last incarnation he may have been a simple person studying spiritual matters. The spirit may now feel that its help in music is needed more and would therefore elect to assist someone in this capacity.

The number of people a spirit guides is not limited; it still has freewill and can progress as it wishes. One spirit may only guide one person, while another may guide several. Eventually the time comes when it feels that it can be uplifted to the next plane.

FOURTH PLANE

On the fourth plane a spirit will experience things it has not known or seen before: colours, great music, things of great beauty; it will realise that all things are possible with God. Many higher guides come from the fourth plane to give esoteric teachings, whereas the third plane guides are of a more practical nature in their help. Loved ones whom you contact are usually from the second plane, although this would not always apply as one cannot make definite statements of this sort.

On the fourth plane the spirit learns to define beautiful shapes and colours and to open out its thought into new horizons; it realises how much more there is, which brings home to the spirit how little it has learned and how much it has still to learn.²⁷

FIFTH PLANE

This plane is one of illumination where the spirit receives great spiritual teachings and is uplifted by the beauty and the wonder, the knowledge and the wisdom of spiritual advancement; for the fifth plane is a preparation for the sixth plane, the highest before the

²⁷ (p30)

Ultimate. It is where a spirit rests and thinks over its previous learning and wisdom and reviews what it has done. It is called by many the plane of light.

SIXTH PLANE

The sixth plane is a difficult one and is of great magnitude. It is the realisation that God is almighty and is in all, both material and spiritual. Spirits that guide planets are usually from the sixth plane and would probably be known to you as “archangels” or “masters”, depending upon the sphere of evolution to which they belong. In this plane the spirit adjusts itself to the realisation that the next step is a oneness with God.

SEVENTH PLANE

The seventh plane is the Ultimate or Godhead. Everything is in God's imagination; without this imagination nothing would exist. In the Ultimate, whilst at a onement with God, each spirit retains a certain amount of individuality and yet is in complete harmony with all other thought.

The Godhead is an expanding force and each spirit, having reached that stage of fineness, of breadth of thought and understanding, adds to the infinity of experience within the Godhead. The spirit itself continues to expand in complete harmony and oneness until it is merged to such greatness that there are no words to describe it. God is neither male nor female, positive nor negative, but a balanced blending of both qualities - the perfect androgynous state - the Father/Mother complete.²⁸

²⁸ (p31)

Guidance from the Spirit Planes

Most people when incarnate in a physical body are quite unaware of the help they receive from the spirit world in the form of inspiration, ideas, protection and guidance in many so-called coincidences which have important bearings on their lives.

There are different ways in which discarnate spirits are able to help those who are incarnate, to the mutual benefit of both parties. There are the spirits that act as permanent guides, each one guiding one particular spirit in an Earth body; they are sometimes referred to as door-keepers, guardian angels or controls and each one will stay with the person it is guiding from the time of conception until the time he or she leaves incarnation. Spirits that elect to stay with an individual in this guardian capacity choose to do so in order to gain certain experiences which they may deem necessary for their evolution. They stay with their charges throughout their lives, guiding them in their general interests and welfare. In the case of a medium or sensitive they also stand guard when psychic work is done and protect them from lesser evolved spirits that may interfere.

It is possible to change doorkeepers during the course of a lifetime, but this is not a regular occurrence and only happens in circumstances where the whole course of the life has been altered in order to undertake specific psychic or occult work.

Then there are those spirits who may wish to assist someone specific purpose and will therefore attach themselves to that person for a particular period of his life. For example, a guide may give specialised help to someone in passing an examination or in coping with a new field of interest. Once sufficient help has been given it withdraws and turns to others in a similar plight.

Those guiding spirits I have described so far that give practical assistance have generally come from the third plane, although it is possible for help of this nature to be given by a spirit from any plane. Guidance of a spiritual or esoteric nature is often given by those who have evolved to the fourth plane.

Finally, the term “guide” is also used to denote a spirit such as myself that gives a teaching through a medium or sensitive and this,²⁹if a genuine teaching, would be tackled only by a spirit from one of the higher planes.³⁰

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³⁰ (p33)

How A Spirit Selects a Body for Reincarnation

Most of you who read my teachings will be reasonable and open minded in your ideas and, I hope, always ready to listen to new ones. Others of you may secretly within you be quite determined that what you believe is correct and 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 all learning and the results of that learning will determine your spiritual future.

It is all 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, when you do not learn your lessons, there is only one person to reprimand you and in a very much more severe way than would your school master; that is yourself. You will inevitably reach a point in your evolution where the past catches up with you and you suddenly 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 *homo sapiens* stream of evolution and you reached a moment when you had to enter your first incarnation on a material planet.

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 and your father. These

were early discoveries in your present incarnation, but they³¹ were important to you at the time. A spirit becomes aware in exactly the same way; but there is also another aspect.

You walk along the street and you 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 may be unpleasant and you are involved in an accident of some kind.

Some people make the same mistakes again and again; others learn the first time. This is evolution. This is growing within you because, if you do not make the same mistake again, you have not only learnt but you 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 evolution. You all see things in a slightly different way so, therefore, you all make your decisions and understand problems in ways which are individual to yourselves. I believe that an understanding of this unique individuality is one of the most fundamental and important aspects of any teaching, philosophy or religion.

Many “isms” and sects follow a detailed concept and their followers accept each one of these details gladly, because this gives them a psychological security upon which they can lean back and forgo their individual responsibilities. 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.

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The only true way to advance spiritually is to be open minded 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 will understand and see that in the stage of evolution to which it has attained 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.³²

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 is a mongol 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 learning many things.

When spirits are young they tend to incarnate with the group, following the general impulse which can be generated by a group of spirits moving together along their path of evolution. Young souls do not like to separate from the group and will gravitate back to it once in incarnation if they should by any 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 spirit and branches 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

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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. But, 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 why when some people have visited clairvoyants, astrologers, or those who claim to predict the future, they have been able to change 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.

But, perhaps, 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"; and in so doing he changes the shape of that particular incarnation.

Let us take an example whom we shall call Fred. At the age of twenty-one Fred meets a young lady, but he does not feel ready to marry although it is part of his karma to do so at that time. In ten years' time he meets somebody else and marries her. Fred has changed his karma and when he finishes that life and leaves the³³ physical shell, his spirit 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 be pleased with what it has gained from the experience.

On the other hand, it may be filled with remorse. Perhaps it was born into a body which lived during the war and committed some atrocities. When it is no longer fettered by the emotions of a physical body it will feel badly about this and may even create 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

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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 sorted out all the whys and wherefores of Fred's life, gone through its 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 forced to take on another life although the idea may be suggested to it by wiser souls. The ultimate decision to reincarnate will come by virtue of its own mental processes.

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 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, where it has a complete understanding of the lessons to be learnt through physical existence. It is then ready to progress further along the³⁴ ladder of evolution through other realms of experience. But this is no sudden process; it will not

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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 it's (sic) 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 not necessarily a wise one for knowledge does not endow a person with wisdom. However, both attributes may go hand in hand; it is entirely a question of the individual approach. You all know the old saying that there are many 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 the 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. But, wherever you live, the shape of your life is influenced by the prevailing conditions. Are you poor? Are you wealthy? Is your physical body ailing or is it fit? 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 and these are the things which prevent you from having complete freewill whilst incarnate. But, of course, there is still plenty of scope for freewill because if you do not want to live in Central Africa you can move on; you can go and live in Australia or India. If you do not like your job you can find another. If you are a shy, retiring person and you make positive efforts to overcome this you will find you will be rewarded³⁵ when you extend warmth and friendship to your fellow beings.

These conditions in which you find yourself are factors which must be put into perspective, for some of them you have attracted to yourself; it is my belief that if you do this and you really understand them you will be very close to finding the reason for your incarnation, the lessons you have come to learn.

It is very important to realise that every thought you have and every action which is the result of a thought is affecting your spiritual present and future. After all, is not your life one series of “nows”? What has gone before must influence what you do now; learn from it wisely and try not to repeat mistakes. One mistake is to live in the past, some period when, in retrospect, all seemed very rosy. Equally important is 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. You should learn from past mistakes, not live with them or you will surely make them again. As for the future, this you should 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 you have ever had in the past and this is stored in the subconscious mind. A spirit which has learnt much in previous lives is, upon entering a new incarnation, able to enter school at the fourth form. On the other hand, a younger spirit will choose a body or environment which will give it a first form experience. Perhaps in later lives these spirits will return straight into the fifth or sixth form.

All these decisions are within your grasp but they require positive and definite thinking. Do not be depressed or indulge in feelings of inferiority, but acquire the ability to assess

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yourself for what you are, no more, no less, and to treat life for what it is. 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 find new ground and you will reap your due spiritual reward.³⁶

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Auras and Auric Colours

Every living creature has an aura. It is the “thought form” or psychic force field which surrounds the physical and etheric bodies and acts as a protective envelope against alien elements in the ether. Without this auric barrier the incarnate spirit would be open to receive all kinds of thought influences, which would allow it very little chance of pursuing its evolution. Few people on Earth today understand how to control their auras, for if they did there would not be the disease and illness with which the world abounds.

For the trained and, in some cases, natural psychic it is possible to see the human aura with the physical eyes; it will be perceived as a colour or combination of colours, and these colours are very significant. The colour of people's auras can give a clue both to their stage of evolution and their physical health.

I shall now cover briefly the main auric colours.

WHITE

This colour has a good influence and a sudden building up of a white aura in the region of the head denotes an activation of the psychic gifts. When a clear white it speaks of good health both mentally and physically. White as an auric colour, especially in the region of the head, indicates a “medium” or psychically receptive person.

BLUE

Where health is concerned the conditions denoted by this colour are roughly the same as for white, although it also indicates great mental perception, control and purity. Blue is an evolved colour and a pure blue aura is seldom found on Earth in these material times, except perhaps with a person who is studying the occult. A blue head aura is often the insignia of the genuine occultist. Many people may have a white aura tinged with blue, which would denote that they are of a high standard of evolution but not necessarily studying matters of the universe. Also, because a person does not have a blue aura, it does not necessarily mean that he is not evolved.³⁷

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REDS AND ORANGES

It is not good for one's aura to be of the colours in this group in the region of the head. A blue-red head aura can denote mental strain and a fiery-red one lack of control of the mind. These colours should not be confused with pinks, which carry a predominance of white in them and denote warmth of emotion.

GREEN

Auric green is an indifferent colour, its influences being somewhat like the Moon in astrology - reflective. Green is often referred to occultly as being a negative colour; in other words, people with green auras will be influenced according to their environment and the people with whom they associate. The owner of a green aura is usually in neither a high nor low state of evolution and is capable of stepping backward or forward according to the set of circumstances in which he finds himself. By many it is considered a sign of service, which perhaps in a broad sense it is. It is certainly not the auric colour of a leader.

YELLOW

This colour when found in a head aura can denote a deficiency of mental capacity or, if the person has a reasonable physical brain, a certain lack of wisdom. It often speaks of lightheadedness in the person concerned and perhaps an inability to shoulder responsibilities. Yellow in the aura should not be confused with gold, which has an esoteric meaning.



It is not necessary to have the same auric colour all over the body. A person may have a blue head aura and a pink body aura, which would be a very good combination, indicating a clear thinking, wise mind, coupled with a warmth of physical temperament. The colour pink stands for love and warmth of feeling or emotion and, provided that the head is well ruled, this can supply that balance which is so lacking in people today.

The blending of auric colours is also significant. Thus, a person whose aura bore a pale mauve or lilac tinge would be clear thinking and wise (blue) yet with a certain drive and fiery

zest (red or pink controlled by the blue). When the hues of silver and gold are observed around the aura, this denotes that the person in question has great power at his command. This power may be used for healing or occult purposes and often accompanies the aura of the spiritual seeker who is advanced. Gold and silver are not auric colours in themselves and, when observed, usually appear to surround the normal aura, giving a halo effect.

Care should be taken by psychics to distinguish between the natural aura and colours indicating the temporary mood of a person. For example, a person who flies into a rage may often³⁸ exhibit “psychic sparks” which are discharged into the ether. These are thought forms created by the mental condition of the person at that particular time and would not be part of his natural auric colours. The fact that they are often seen being discharged through the aura tends to confuse the clairvoyant or user of the "third eye". Healers should observe their patients' auras all over if they are able; if there is a break or discolouration in any particular place trouble is indicated at that spot.

Those of you who are able to see auras may not all appear to be seeing the same thing. This will depend much upon the individual psychic ability of the “viewer” and the vibration he is used to working on. As the vibration rises colours become paler and finer to human observation. Dark sombre tones are often referred to as being “heavy”, which is accurate in a sense.

To the question “What colour should I wear to blend with my aura?” I would answer “What colour would you wear to blend with your personality?” The colour, of course, will vary according to the personality and character of the individual concerned. There will be those who wish to build up the good points denoted by their auric colours, those who subconsciously always choose to wear a colour which accentuates the weaker points and those who tend to favour colours positively disharmonious to their character.

I can only suggest that if you have, say, a predominance of hardness in your character, a lack of sympathy, favour a warm or more fiery colour, while a person with a temperament which

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needs control should choose blue or white. The hot-blooded type would be soothed by the more negative greens and so on.³⁹

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Colours and Their Meanings

The spectrum with which you are familiar on Earth is limited. It is limited by the condition of the planet upon which you exist: the atmosphere, surrounding gases, proximity to the sun etc. On other planets there are colour schemes which would surprise you and appear very strange to your eyes; while on the spirit planes there are hues which would be completely beyond the comprehension of anyone incarnate in an Earth body.

Each colour has its own wavelength or vibration and this may render it either in harmony or disharmony with its surroundings. Colour may be applied in three senses in your world today: firstly, the general sense; secondly, the personal sense; and, lastly, the occult sense.

Psychologists, doctors and industrial managers today have learned from practical experience that there is a far greater significance in colour than merely its decorative or aesthetic value. Colour has been found to have a definite effect, not only on a person but also on a situation. You have all heard of the proverbial “red rag to a bull”! Industrial psychologists have found out that by making the wall of a factory blue a different response is produced in the workers than by painting it green. Thus, certain colours have become psychologically associated with certain traits. A factory bench where speed is of the utmost importance could be painted in some shade of red, or with a colour to which is attributed the power to stir people to action; whereas in a laboratory or a library, where quietness and peace are essential for good work, a tinge of blue or green is found to be more suitable.

Leaving the field of industry, let us glance at the more orthodox schools of medicine. Hospitals are painting the walls of their wards in accordance with the type of complaints from which their patients are suffering. Some colours are beneficial to nervous people, others stimulate people to arouse themselves after an operation, others brighten the depressed. Certain colours are never used where there are cases of schizophrenia or violence.

Now let us take a look at colour in its personal sense. As I have mentioned in my lecture on auric colours, colour should be worn to make up a deficiency in the character of the wearer,

thus blending⁴⁰ with that person's aura. People who have naturally forceful characters should avoid red, for it can tend to make them over nery and irritable; on the other hand, retiring personalities might well find that they were greatly helped by wearing the colour red.

The Atlanteans of old used certain colours to denote certain tasks which were carried out by the priesthood. Blue and amethyst were colours of the student of the universe or occultist, white and green were the colours of healing and yellow and silver of sensitivity or mediumship. The colour red was avoided by all who were of the priesthood, for it was said to contain certain carnal vibrations which became associated with blood or black magic. In the latter days those who wished to distinguish themselves from the “white” or good priesthood wore red cloaks to denote their love of earthly power. However, red is a colour which should be blended and balanced and not completely rejected, for many people are in need of its vibrations.

I shall cover briefly the meanings of the basic colours and, from blending these meanings, just as the colours themselves are blended to produce the many hues of the spectrum, you will have some idea of the vibration or thought-force which emanates from them.

WHITE

includes all the colours of the spectrum. It is often used to depict purity; in primitive times it was associated with light and the sun while its opposite number, black, was associated with night and evil. White is, however, a rich colour, and expresses wisdom, goodness and an ability to “open up” the mind.

BLACK

is a delicate colour and its vibration is certainly not suitable for everyone. It is a colour which, like the planet Saturn that it represents, limits, delays and hems in. It does not necessarily denote evil and can have a very good influence on a person who is inclined to be impulsive, acting as a rein. It is not the colour for the lazy or lethargic person.

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BLUE

is the symbol of purity. It is not a colour which carries a-great depth of physical feeling or emotion, but rather great spirituality and esoteric thought. It is a mental rather than an emotional colour and should not be worn by people who are hard and self-centred.

RED

is very much the materialist's colour. It stands for fire, love, passion, hate and energy in all physical forms. It is an agitating rather than harmonising colour and carries no half measures.

YELLOW

is the colour of jollity and good cheer and also depicts⁴¹ conservatism. Wear it if you feel a little out of step with your companions and wish to harmonise with them.

GREEN

is a harmonious colour although it can incline towards narrowness of outlook. It negates and has a calming effect and would therefore be an excellent colour for the fiery or emotional person.

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Now let us look at the occult significance of colours. Each colour is associated with a planet or planetary ray, although I would prefer the term “thought force” to “ray”. The planets and their respective colours are as follows:-

SATURN	- black	PLUTO	- yellow
URANUS	- electric blue	JUPITER	- white
NEPTUNE	- coral	*NEW PLANET NEAR TO THE SUN	- cream or beige
MARS	- red	*NEW PLANET BEYOND PLUTO	- brown
VENUS	- turquoise		
MOON	- green		
SUN	- orange		
MERCURY	- mauve or lilac		

*Two planets have recently been discovered, one near to the Sun and the other beyond the orbit of Pluto at the outer edges of the solar system. Some astrologers have named them Vulcan and Persephone respectively as a temporary measure, but ultimately their names will be chosen by the astronomers.⁴²

The nature of the colour will seem to be synonymous with the nature of the planet to those who have studied astrology. Saturn stands for limitations and delays, while black also has

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these qualities. Mars, which is a planet of energy and industry, is represented by red; and so on.

There are many schools of thought regarding planetary colours, all of which do not agree. I offer you the above list as it is how I see them.

The colours and meanings of precious stones make up another facet of the spectrum which has proven of great interest to many. Certain stones have become associated with both the planets and the "signs" they are said to rule, and to obtain the most effect from a precious stone it is advisable to wear one which is in harmony with your ruling planet or birth sign. There are many schools of thought regarding which stones are right for which planet. It is possible to glance in the window of the jeweller's shop at one end of the High Street and observe that the birthstone for Virgo is a sapphire, while at the other end of the street another jeweller will inform you that it should be an emerald. It is up to the individual to choose what they feel in themselves is right. However, I have been asked for my view and would humbly suggest the following:-

CAPRICORN	-	aquamarine/sapphire
AQUARIUS	-	sapphire/jade ⁴³
PISCES		zircon/aquamarine
ARIES		ruby/garnet
TAURUS		turquoise/ emerald
GEMINI		pearl/alexandrite
CANCER		emerald/moonstone
LEO		garnet/diamond
VIRGO		amethyst/peridot

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LIBRA	opal/tourmaline
SCORPIO	topaz/ruby
SAGITTARIUS	diamond/blue zircon

In the realm of orthodox occultism certain colour rays have been associated with certain masters. Whether you are prepared to subscribe to this idea or not is entirely up to you, for there are again many schools of thought regarding which rays belong to whom. Certain rays are supposed to destroy, while others are said to benefit mankind according to the entity evoked. However, I do not include ritual amongst my teachings, as the world has reached that stage in its evolution where the power of thought is the greatest force. Ritualistic methods, such as were employed in the Middle Ages, are limiting and hidebound with superstition which is *not* universal knowledge. When a spirit reaches a very high stage of evolution it enters a state of colour, or level of thought, which is quite outside the comprehension of Earth man today.

Spirits manifesting before man often assume a certain colour in their “light” when challenged and it is cosmically impossible for them to sustain the light of a spirit of higher evolution than themselves for any period. A spirit showing a persistent blue, white or gold light would therefore be of high evolution, which probably gave rise to the idea of certain high beings possessing colour rays of their own.

On planets such as Venus, which are nearer to the Sun than Earth, the whole scheme of colour is much brighter and more vivid. Notice how colours appear different on a bright sunny day on your own planet and you will gain some idea of how they would appear under different solar rays.

Those of you who wish to know what colours you should favour should take a look at yourselves, at your own character and, if you still cannot decide for yourselves, ask a qualified person who can read auras to advise you.

Cosmic Law

What is cosmic law? The term is frequently used but very few people fully realise its implications.

Let us take a glance at the universe, this vast panorama which, as I have said before, is infinite and eternal. There are an infinite number of galaxies, an infinite number of solar systems, stars and planets; and, on a non-physical level, each spirit plane is infinite in itself. In other words, none of these manifestations has a beginning or an end; they are all part of that supreme intelligence or creative power which we call God.

Now is there any law or order in all this vastness? Does this great infinity of thought or spirit, space and matter operate in an orderly way or in a haphazard way? It is a very orderly affair, my friends; just as evolution eventually progresses forward, even though it may suffer slight retrogressions along its path, there are set thought patterns or waves of thought throughout the infinite universe which, as it were, carry things along. These thought waves proceed in a directional impulse to and from the Ultimate or Godhead.

There are also other thought patterns which emanate from lower spheres of evolution which “clash” with the forward directional impulses, causing a retrogression of evolution, or “slip back”, at that point. However, they are soon caught up again in the onflowing stream and once again continue to advance towards their goal. Any experience already gone through which is repeated may count as a retrogression, or marking time, when the spirit or intelligence in question is not advancing. Such a state of existence is prevalent on your Earth today and also existed before the downfall of Mu. Non-progressive and evil thoughts have clashed with the forward directional impulse causing a temporary halt or retrogression.

Cosmic law, like the infinity it controls, is also infinite, but there are many aspects of it which the human mind can comprehend and absorb, a few of which I shall endeavour to cover in this lecture.

There are many types of evolution, in addition to *homo*⁴⁴*sapiens*, even on the Earth planet. You can all see the plants, flowers, animals etc. which have a form of spirit life, but the Earth

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itself upon which you walk, the minerals and rocks also have their own evolution. There are spirits of the four elements earth, air, fire and water - and when man lived in harmony with the Earth upon which he dwelt the nature spirits also harmonised with him and helped him.

Many of you who follow Christianity will have learned of the choirs of angels; you may call them devas if you so wish, for names do not matter. These spirits do not incarnate into physical bodies but merely serve in spirit, for they are of an entirely different sphere of evolution from yourselves and did not choose to evolve through physical experience in the first place. Those beings you would know as “archangels” assist with the running of a planet or solar system; they would be from the sixth plane of thought.

It is possible for devic spirits to leave their own sphere of evolution and enter a physical body in order to assist with a cause or give a teaching. This has happened many times in the Earth's history and many of these have been called masters, although some of those who are accepted as masters do not deserve the title while others less famous are more so entitled.

All creation, all cosmic law is the thought of God; and the Godhead, in its wisdom, abides by its own laws which it has created. Thus, when a thought from the Ultimate entered the body which was born as Jesus Christ, it abided by cosmic law, coming in a normal manner as a human child conceived by two earthly parents. Neither did this spirit use its infinite power in a way that would give it the slightest advantage over its fellow men, for such is the wisdom of the Ultimate. It could have saved itself from death by its own great power but chose to die the cruel death decreed by human laws.

No spirit guide working with the flow of cosmic law and the forward directional impulses of the Godhead will ever offer advice or assistance which would give its charge any material advantage over his fellow men. Such advice, if given, would be from either a lesser evolved spirit or one on the dark path; from thereon the scale slides down to the obtaining of personal power and the arts of the black magician. A spirit guide should assist its charge to make decisions for himself, not live his life for him. Material advantages gained through psychic or occult means merely build up a karmic debt for both the incarnate person and the guide with whom he is associated.

Many facets of life demonstrate cosmic law in operation. For example, it is a cosmic law that your physical body dies after a certain period. It is a cosmic law that your spirit stays in its physical shell under certain conditions but is ejected under others (faints due to pain, high temperatures, excess of alcohol, disease etc.). It is cosmic law to seek; but to stagnate mentally through fear is what⁴⁵the ancients often termed “the sin of mindlessness”; it is a state, which resists the cosmic directional impulse. Jesus gave an example of this in his teaching about the enterprising “lost sheep” who was welcomed upon his return, whereas the mild brother who had stagnated meekly in the fold did not receive such acknowledgment.

Karma is a cosmic law, as is the law of balance or magnetism, the law of polarity of positive and negative and its correspondence in male and female. Jesus's words “as ye sow, so shall ye reap” are an apt description of the law of rebound which, like all other cosmic laws, manifests on every level.

Another aspect of cosmic law is the law of equalities which is used in psychic recognition or challenging. I have heard the question "How can we tell if such a spirit is genuine?" asked many times; also “Does such a spirit come from a high or low plane?” As already explained, when correctly challenged it is cosmic law that a spirit should show its “light” either psychically or physically, which will give a clue to what it is and where it comes from. A spirit showing a blue, silver, gold or white light will usually be reliably good and quite advanced, while a spirit that does not answer the response should be sent away. When a spirit announces itself through a medium and is challenged it will show its light and continue if it is genuine, but if not the medium will falter and even stop, complaining that the vibration is not right; of course it is not right, but it is the vibration of the intruding spirit which has upset the medium. Not everyone is equipped or qualified to challenge in this manner and such a challenge must be made by a trained psychic or occultist. It is possible for a spirit to assume the personality or even the thought-form appearance of another and hold it for a minute or so, but if the challenger is powerful enough it will soon be forced to drop its guise. A communicating spirit could glance at the picture of your grandmother on the wall and

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assume a momentary likeness to it which could be seen by a clairvoyant present. This is why descriptions given often do not tie up with information concerning a specific spirit.

It is cosmic law which decrees that if a spirit is exorcised, provided the exorcist is more powerful occultly than the possessor, it must obey and leave its possession. At the same time, if the occultist is insufficiently trained or wise to cope with the particular situation the spirit may leave its possession and attack the occultist, causing mental derangement or even death. It is cosmic law that decrees that certain signs and symbols act as a protection against evil.

Prayer and love alone may serve as ample protections for the average man or woman against evil, but for the person who wishes to delve more deeply into the occult the necessary wisdom and aptitude must already be there; it is then brought out and disciplined by training. Physical initiations were undergone in⁴⁶ ancient times, but mental or thought trials are their equivalent in this “age of thought”.

“Why does a great teacher often pass unnoticed?” I have heard asked. I ask in reply, “How many people today would recognise a master?” For again they would expect a transgression of cosmic law, a fiery chariot from heaven or some such thing; they would not expect somebody who appeared by ordinary everyday means. People will only recognise a master if they are in tune with him or her and recognise the level of wisdom he or she is giving forth. They may, consciously or unconsciously, be aware of the vibration of a master from the emanation of his or her aura. A person may stand up and give a teaching and fifty people may hear it. Of those fifty, twenty-five may say “that is nothing new” or “I cannot understand it”; while the others may say “why, that makes good sense” or “that is what I have always felt myself”. My advice to you is: stay with what you recognise and are in harmony with. Do not try to embrace a line of thought which is not in keeping with your own merely because your friend does, for by doing this you are not truly seeking in accordance with your own stage of evolution.

Well, my friends, I hope I have given you a few things to think about in connection with this very broad and comprehensive subject. There are an infinite number of facets to cosmic

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law, more of which I shall discuss in other lectures. When you say your prayers pray for the wisdom to make the right decision rather than for an alleviation of a difficult condition, because by doing so you will be travelling with that forward directional impulse I mentioned earlier and will be assisted and carried along by its great thought-power.⁴⁷

There are many studies which are classed under the heading of “Occult Sciences”. Most of you will have heard of or even studied the mundane aspects of the occult such as palmistry, numerology, astrology etc. Do these bear any relationship to pure occultism?

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The Occult Sciences

Firstly we must look at the word "occultism". Unfortunately, it has become associated with the practice of black magic and a lot of hocus pocus which was part and parcel of the Middle Ages. Ritual has also become associated with the occult and is practised by many occult schools and systems. I would like to dissociate my teachings on occultism from any of the aforementioned and, instead of the word "occultism", I would like to use the phrase "the study of the universe and those thereon and therein".

Secondly, it is not necessary to use any form of ritual when dealing with occult problems, for man has now entered the age of thought, the "mental age", when the power of thought reigns supreme. It is true that the ancient rituals which have been passed down since the time of Atlantis carry with them a certain power or "thought-force", but this power is limited to the extent of the ritual which carries it. An occultist trained in the use of the power of thought has instantaneous power at his or her fingertips, without employing paraphernalia or time-consuming ritualistic methods. Ritual has served its purpose by acting as a psychological aid to mankind prior to the time when his mind should become powerful or evolved enough to control such matters by pure thought-force. I admit to you that there are many people who still feel the need for ritual due, perhaps, to the beauty of the spectacle or the music, but this should not be confused with its necessity. By all means enjoy your ritual if you are of that state of mind, but do not limit yourselves to thinking that without that ritual nothing can be achieved.

To those of you who wish to know more about advanced occult matters I say: "Do not seek for them or touch them unless you are under the care and protection of a sound-minded tutor who knows what he is doing and handling." Occultism is not a plaything for the man in the street and by playing with fire you are liable to unleash powers upon yourselves which you are not⁴⁸ equipped to control. To be an occultist does not necessarily make you any better than your fellow men spiritually and there are many pitfalls if you mishandle your knowledge for self-power or gain. In fact, the person who chooses to dedicate himself to

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this study of the universe forgoes the easy path in life and faces many setbacks and difficulties which are part and parcel of his “initiations”

Occultists are necessary, because there are many jobs in the world for which they are fitted. Their judgment of character and people is often very penetrating and they possess the power to “right” the possessed mind and work as mental healers. Atlantis of old was ruled by high priests, who were very advanced in occult matters and, so long as they used their powers in the correct way, their rulership was sound and just. Man can either go along with the waves of the cosmos or push in the opposite direction and those who acquire occult power to use for their own interest are misusing a cosmic gift, thus causing a serious retardation of their evolution and much suffering. So you can see that to mishandle psychic gifts of any kind for gain is a short-term policy and can only lead to unhappiness.

“Is everyone suited to study the occult?” you will ask. There have been many people of apparently strong character who have taken up occult studies on the basis of “oh, I can tackle anything, nothing frightens me”. Believe me, this is wrong. Such people are seldom able to progress very far and can end up in a mental home or with their lives broken in some way. Bravery does not enter into the occult, it is a question of a person's evolutionary experience and type of mind. The good occultist must be capable of making an immediate decision; a moment's hesitation may lose him his sanity or even his life. Perception is essential, even if it comes in the form of fear. A fearless person should not face these things for he will be easily deceived by those who wish him ill. Perhaps “fear” is the wrong word, for your words are so limiting, but I am trying to convey that complete caution and a constant “open eye” is needed. If it is intended that you should study the occult during your incarnation you will find that the opportunity will afford itself for you to pursue such a path. When it comes along ask yourself deep down inside, “Am I really equipped to touch these things, or is it something which is pure interest and curiosity?” Remember, there is no path back.

I am often asked the difference between psychism, occultism and mysticism. A person who is psychic or mediumistic has the gift of receptivity, which means that he is able to receive impressions from or be manipulated by other minds or cosmic forces. An occultist is someone who has the type of will which enables him to manipulate other minds and cosmic

forces; and a mystic is an observer who learns to understand the principles behind the nature of those cosmic forces.

Now let us look at the mundane occult sciences. Is there⁴⁹ anything in numerology, astrology etc? To a certain extent there is and the observant student will notice how each of these tie in together. However, man will never have an accurate astrological picture until he has discovered the true nature and vibration of the other two planets in your solar system.* There is a lot of information missing in all these studies which only the future can supply. By all means study them if you so desire, for there is much to learn and much of interest in them, but do not look to them for completeness, for they are but a small piece of the occult jigsaw.

My final warning: if you really feel you must step further into the study of the universe be sure you are under the guidance of a reliable occultist who possesses not only the knowledge but also the wisdom. You yourself can be the only judge of this; nothing you read in any book will ever help you, it is what you sense within. You may look at it as being your first initiation if you like, your first big decision along a (let us hope) wisely chosen path.

*There is now a considerable amount of scientific evidence to support the existence of the two additional planets, one outside the orbit of Pluto and the other between Mercury and the Sun.⁵⁰

⁴⁹ (p52)

⁵⁰ (p53)

For those who wish to make a deeper study of reincarnation, here are details of some publications on the subject:

MANY LIFETIMES by Joan Grant and Denys Kelsey, MD.

THE EVIDENCE OF SURVIVAL FROM CLAIMED MEMORIES OF FORMER LIVES by Ian Stevenson, MD.

THE CASE FOR REINCARNATION by Dr. Leslie D. Weatherhead.

YOU WILL COME BACK A conversation about karma and reincarnation by F.E. Goold.

WHAT AM I LIVING FOR? by Arthur W; Osborn. THE WHEEL OF REBIRTH by H. Challoner.

A CASE FOR REINCARNATION by C. Hartley.

THE CATHARS AND REINCARNATION by Dr. Arthur Guirdham.

THE NATURE OF HEALING by Dr. Arthur Guirdham.

LIFE WITHOUT DEATH by Dr. Nils O. Jacobson.

WE ARE ONE ANOTHER by Dr. Arthur Guirdham.⁵¹

⁵¹ (p54)

The Atlanteans is a society which believes in the importance of individual thought. Within this framework we have a way of life, an understanding of the universe which acknowledges the existence of God as an Ultimate Thought. We encourage each person to seek expression as an individual and through this seeking we find a meaning to life, a flow of thought which sweeps aside frustrations and misunderstandings and allows us to develop spiritually, mentally and physically.

We believe in an extra sense which enables us to transcend the barriers of materialism and offer an understanding of the occult which dispenses with many of the old traditions and presents it in an acceptable way. The source of our inspiration, which comes from an esoteric plane, has guided us in this approach to the universe.

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⁵² (p55)