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Book 14

INTERVIEWS PART II

DORIS BAILEY.....32
BOISSEVAIN.....1
HARRY EDWARDS.....3
RUDLOPH-ENELOW SYSTEM.....4
ADELA CURTIS.....18
M.COTTER.....7
~~BLANA (pseudonyms)~~.....
HARRY EDWARDS.....
RUDLOPH-ENELOW.....4
NORMA HUTZLER.....36
ANANDA JENNINGS.....8
C.G. JUNG.....34
ROBERT KING.....7
KRISHNAMURTI.....44
~~THE MOTHER~~.....~~8~~
REV. Mc LAUGHLIN.....29a
Wm. J.MACMILLAN.....46
J.G. MEYLING.....11
E. MOLLER.....14
MURSHID.....15
MORRIS,MEURIC.....43
C.S. PRICE.....5
F.D. ROBB.....17
M. SCHIRMER.....43
DE BERNIERE SMITH.....19
STEPHEN the MYSTIC.....44
MAJOR VESEY.....30
FATHER JIM WILSON.....29a

ADDENDA

WILLIAM J. MACMILLAN..... 46
" " ...~~(COUNSEL)~~..... ~~57~~
M. REDPATH (ON DR. DANIEL FREEMAN..... 63
RICHARD ALEXANDER..... 72
DOROTHY KERIN.....18
Bernardine Renault - - - - - end
Rev. Roland Brown
Dr. Preston Bradley
Farwell Hull
Dr Franz Wynkler
D.T. Suzuki
Dr Karen Horney
Jacques Romano

(vol 3)

ADDENDA

WILLIAM J. MACMILLAN 46
" "
[redacted] .....
M. REDPATH (ON DR. DANIEL FREEMAN 65
RICHARD ALEXANDER 72
DOROTHY MERIN 18

Fernando Henrique
Ken. Edward Brown
Dr. Peter Bradley
Terrell Hill
Dr. Jerry Wyden
R.T. Zeyler
Richard Brown
Joseph Barrero

ROY BURKHART

(1) One can see in certain parts of this book "Behold the Spirit" that Alan Watts is verbalizing, is writing out of intellectual thinking, rather than inspired experience. But the general draft of the book is good. ~~Write Ken I gave intro. to Miss Priscilla Smith to him. Mem. Buy in Columbus, next visit, Roy Burkhart's books on Sex.~~

(2) It is your books above all others which brought me on to this path whose fruit is now seen in the successful Community Church movement today. About 1943 I was suffering from gall bladder and found your books in my search for spiritual healing. I was healed not only physically, but also inwardly. From then I began to try to work for the church with newer freer ideas and by being used rather than using the ego.

(3) The message of your books is needed today to recognize that the political economic and other world troubles are symptomatic and cannot be cured by political economic, etc. means alone. Your message that we must know who and what we are must be spread and accepted for a real cure.

(4) Too many young people seek nothing more than physical nearness in seeking marriage. They do not seek inner union. But without the latter there is only a false marriage and eventual unhappiness.

(5) When a critic arises against me, I go to, or write him, and suggest that in the real spirit of love we would both find personal harmony and personal correction; therefore I invite him to sit and pray or ~~medit~~ meditate with me. If he does it with me, usually his opposition vanishes.

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EALER

(1) Madame Bernard every Wednesday and Saturday patients are to think by absent treatment first of their ideal or God and then of the healer who is sending out telepathic treatment at the time.

(2) She puts left hand on the bottom of the patient's spine and right hand on affected part.

(3) She also holds her hands two or three inches from the affected part for one minute and then throws off the bad magnetism by abrupt movements also by blowing it off her own hands.

(4) She gives no limitation however to the power of cosmic healing . It can operate at any hour that the patient can commune with it.

(5) Madame Bernard on Wednesdays and Saturdays, after she has meditated on the Universal harmony and then draws him into this harmony and imagines him to be a part of it, thus there

NEW YORK

Instructions as to h

Hampstead Gard

Take Edgware Tube fr

at Golders Green Station.

102 - a 2½d bus fare.

Ask the conductor to

Opposite Brookland R

and first on right there

is a joining of forces - the patient's prayer for healing and Madame Bernard's placing of him mentally in God's harmony.

(6) Success depends on the extend to which the individual is able to receive and be sensitive to the healing force.

(7) Patients should not touch their hands during treatment.

SQUIRE TUCKER (Healer)

"Dying disillusionments"

(1) A patient whom I meet and over whom pray with all my being often does not get healed whereas another who writes me from acr the seas and to whom I merely send a single letter, never meeting her, is immediately healed.

(2) I wonder if I picked up the ill conditions of patients, got psychically infected and am suffering for it now.

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SOUTHE MACKER (Healer)

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(2) I wonder if I picked up the ill conditions of patients, got psychically infected and am suffering for it now.

M. COTTER

(1) I do not bring any special problem to the Inner Voice of God but I simply ask What do you wish me to do?

(2) Yes, mental and emotional causes of sickness, as well as childhood causes are very real.

(3) The growth of hair can be restored even to a bald head by massaging the scalp daily with finger tips as well as pressing skin from opposite points with both hands so as to loosen it. This also improves quality and colour of hair

(4) When I received illumination I was told not to depend on anyone outside myself and so not on books also. For more than thirty years since then I have not read a book.

(5) The way of marriage involving sex

NEW YORK

relations cannot be reconciled with higher spiritual development. One or the other has to go.

(6) If you have too much office work confronting you, turn it in thought over to God; let Him do it through you as an instrument then it will be easy.

(7) Instead of trying to cultivate needed good qualities, whether through meditation or through character-building, I recommend the simple aspiration to find the Spirit of God and the simple meditation upon it. If the first is strong enough, the second will soon be also. Then, when the Spirit enters one, it will take care of the work of developing all needed qualities by itself, without one's own effort in their special directions.

(8) In my early days I practised mantra-yoga on phrases like "God is Love" until they took possession of, and became a part of me. I also practised the Dunlop method of meditating on such phrases. Both are good. (9) We must give kindness to all, to our enemy as well and as equally as to our friend.

(10) The ego must die; God alone must live in us - that is the goal.

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en Suburb. (Speedwell 9364)

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se there is Oakwood Road. Walk down it

s Denman Drive North.

M.OD COTTER

(11)In right prayer no request should be made. God surely knows what is needed. Have that faith.

(12)Prayer should be silent and intense.It should not involve any liturgy ritual speech or even thinking abou God. It should be simply carrying the soul into God's presence and resting there,in gladness. I help others in the same way, exactly,and never associate the act with any particular request for them. I leave their nee to God,who knows best what to do for them when I bring them into His presence,mentally.

(13)I get guidance by clairaudience, by hearing a voice speak. This is not mediumship,which I reject.It is the voice of a higher power than M.C. It answers all questi-ons and solves proplems, however worldly their nature. It does this not only for myself but also when I carry the problems of other person to it too. Nor do I have to wait after posing the question. The answer is immediate.

(14)I got my illumination by going into seclusion for two years, in a small room.My husband brought me amidday meal and I did not after that eat again. There was a str -aw mat on the floor and I would throw myself prostrate on it to pray intensely, even sobbing my heart out to God.I saw no people and engaged in no other work.

(15)I never try to solve my own problems or make my own decisions. I always ask the inner voice to do this for me. I refuse to carry the responsibility anddo not let M.C. guide my life. I turn always to this higher self and it always guides and directs me.It is never wrong and subsequent events always show this correctness.

(16)If people complain that they cant find God, or are too weak to obey inner guidance, this merely means that they are not desiring Him enough.If they wanted Him strongly enough, they would find him andhis strength.

(17)The situations and events of daily living provide pportunity for spiritual growth--if we use them.We have only to turn to the inner voice when faced by them, and refuse to rely on our little selves.

(18)God is continuously present with me every oment of the day. When I awake from sleep,He is my first thought.

(19)I amclairvoyant too and have seen Jesus.

(20)Each day my voice gives me teaching. Thus today I as shown how the world was made or began.

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ELIZABETH BARLOW: (Christian Science Practitioner)

(1) The world is not our idea, it is God's idea.
(2) Christian Science differs from the Hindu mysticism about the final goal of man. The latter says he is absorbed in Deity; the former says he remains an individual,(albeit not as at present) and evolves endlessly.

(3)Christian Science does not say there is man and God: it says there is only God. World is the activity of God, and man is the manifestation of God.

(4) My technique with sick patients is to pray silently or loudly, to meditate or to read aloud, according as I am guided. I have no set procedure. I do not think of the illness but affirm that there is only the one infinite, perfect reality and that the patient is that reality.

(5) Our practice of meditation is not to still the mind but to think the affirmation of True being.

(6)I meet or treat sickness problems by affirming first, that infinite reality is where the sickness is supposed to be AND then, dropping that, by identifying myself or patient with the perfection of God. A single treatment should theoretically suffice for a cure. Some healings are instantaneous. But in practice more treatments are often needed.

(7) A real cure affects the inner being and character of the patient, brings it/hearer to Gods' likeness, as well as the body.

(8) Disease starts in the mind, and then fastens itself on some part of the body where it expresses physically. So we must look to what wrong thinking we have had for its cause.

Christian Science (continued)

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(8) Diseases start in the mind, and then fasten itself on some part of the body where it expresses physically. So we must look to what wrong thinking we have had for its cause.

BOISSEVAIN.

(1) My point of view regarding the mentalness and possibility of eliminating pain is very largely identical with that of Christian Science, but I would not go to its absurd extreme of refusing to call in an orthodox doctor. After all, God gave us medicine also. People expect me to be unhappy and long-faced because I have suffered, to wear ugly clothes and neglect my appearance. But I do the very contrary. (2) I believe that whatever happens is inevitable and is therefore to be accepted as a fact that had to happen. Therefore rebellion against it is useless or undesirable. This is specially the case with regard to suffering. If the Indian Yogi lives in solitude is it not that he knows his attainment of union will of itself benefit humanity that his thoughts and prayers for others service will become more effective ? Thus he is not entirely selfish. I myself can sit immobile in complete passivity and solitary meditation for hours or more actively in daily lecturing for this unity movement, without any sense of contradiction. We need to combine the capacity for both. (3) Whatever suffering comes to us is mostly the consequence of our own wrong living. But it need not be the consequence of our individual mistakes or sins; it may be that of our collective wrong-doing. For I am a part of the whole and cannot be separate from it. What I do affects it but what others do affects me. There is vital need of color in the decoration and furnishing of our homes and clothes. It carries so much to the human being in stimulation comfort and cheer. It is an essential, not a luxury nor an incidental. (3a) From the moment that, when facing death, I threw out fear of it, I became spiritually aware of the true life. Also I have never since been troubled by other and lesser fears. (4) We should accept the fact that humanity must be infinitely varied if the universe is to express God's infinite variety. But along with these surface differences we should simultaneously place the truth of unity beneath them for we are all one entity. Hence I have adopted as the symbol of my movement, the patchwork-quilt dress. Outwardly it is a crazy variety of colours and patterns but seen under it is a lining of continuous plain cloth. Hence I preach the gospel of love as a solvent for human troubles.

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I feel and express the joy of the Spirit in all my being, even when people ask me about miseries which are inexplicable to me my joy remains undimmed. I reply: "Our little finite minds cannot be expected to understand all the ways of the universal mind. Let us ever then trust its infinite wisdom as doing everything for the best".(5) Religion is a need that people cannot get rid of. Even the communists are expressing a religious faith and worship, hence then fanaticism, but they are doing it unconsciously and blindly. The sense of the divine presence is with me 24 hours of the day and night: it never leaves me. (5a) It was thru actual experience being accepted understood and lived thru that I developed spiritual insight and consciousness (6) The physical and the mental are two aspects of one thing. Hence we cannot draw a dividing line between physical suffering and mental suffering. Much supposed physical pain is really mental, being induced by fear and imagination and anticipation. I teach the mentalness of all our experience. If we will learn to accept pain as a friendly warning that something has been disturbed, not as an enemy that has to be fought, we shall suffer less. In a dentist's chair, for instance, by casting out fear and anticipation, by collaborating with the actual pain instead of resisting it or putting oneself into a state of extreme nervous tension, there will be a much easier time and much less pain.(7) I had to restart life after the war with nothing. I was homeless and penniless. My husband was dead. Yet now I have a nicely furnished apartment and clothes and all my needs are met. I am being taken care of and have no anxieties, no fears. I am conscious of being under a protecting power all the time. (8) We cannot ignore the past. We are its result and must build on and live from it. (9) I take only three hours deep dreamless sleep a night. The rest of the night I spend in, 'conscious sleep' - a delicious state wherein I am absorbed and concentrated in a thin awareness without thoughts, yet which lets sounds from the outer world penetrate through without disturbing it. I wake up quite refreshed. (10) In the concentration camp cell I developed the capacity to arrest thinking for hours while I sat with hunched up knees or reclined. But I could do it only in the darkness, not in the light.

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Once achieved I was able to repeat it at will. It was a pleasant timeless state of rapt absorption. 3
(11) The Russians are a primitive people, intellectual children, who have suddenly learned to read and write but are only at the beginning of their development (12) The Russian form of communism will be greatly modified and toned down by 1970 as the Russian people grow up out of their mentally childish state. (13) Although the achievement of world wide unity is the goal which improved transport and quickened communications will inevitably bring about, nevertheless its realization is a very long way off in time. We have to be the pioneers. (14) Evolution will bring humanity first to the divorce from Nature thru reliance on intellect and mechanics and technique, but later to the restoration to nature on a higher level where the intellectual gains are preserved. (15) I constantly feel the presence of my dead husband, who died in a concentration camp, but I do not see him in vision.

HARRY EDWARDS. (1) The ritual of religions like Syrian Christians and Roman Catholics is childish and unnecessary. In the same way the ritual of some schools of healing such as making passes and throwing of the diseased magnetism away, or evangelical stage effects like Principal Jeffreys, is quite unnecessary. Healing demonstrates the power of the Mind over the body. If I use bone manipulation it is because I find it a useful accessory only I could probably cure without it. (2) The patient should when inbreathing, think he is drawing in the infinite healing life power and when exhaling, throwing out his bad sick condition. (3) My absent treatment is even effective where the patient does not even know it is being given, because it has been asked for by a relative or friend who has not told him about it. It is also even effective where the patient is a sceptic and does not believe in it. The unseen powers do the work irrespective of what the patient knows or thinks about me. (4) Where would-be mediums get obsessed it is because either they should leave it alone, not being fit for it, or because they disobeyed instructions of their guide and sat too often for development. (5) My technique for absent treatment consists of reading the patient's letter and momentarily thinking of his condition. Then I drop it and turn to the next letter, leaving his cure to the unseen guides. In earlier years I used to give a much longer time and follow a much longer process but experience brought expertness and swiftness. (6) In absent treatment it is not necessary for me to have met the patient first at a personal interview, nor to place his

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letter on an altar. (7) I get as high a percentage of cure by absent treatment as by personal attention in a physical meeting. (8) My consciousness when giving treatment necessitates(a)getting my self out of the way (b) not mentally trying to effect a cure but leaving that to the unseen entity and (c) withdrawing briefly into the passive negative state between physical and spiritual states.

(8) I take on every kind of ailment, except where it is physically impossible to alter it. I am not afraid to hand infectious diseases. The power protects one. I have cured cancer, tuberulosis, duodenal ulcers, arthritis, sclerosis. Obsessions and insanity have even been cured by absent treatment where the patient is in an asylum.

RUDLOPH-ENELOW SYSTEM. Exercise (1) Place both arms behind shoulders, with one palm resting on top of the other. Then stretch elbows downward, without separating the palms. This forces deep breathing, oxygenates blood and thus dispels anemia. Exercise (2) Stand with feet apart. Raise the arms until they rest, extended upwards on each side of the head. But make the movement from the hips, not from the shoulders. This will ensure diaphragmatic breathing and activity. (3) Much of F. Mathias Alexander's exercises are contained in our system too. (4) When walking, swing the legs from the hips to ensure acrivity of the diapragm. (5) Avoid jerky movements of the hands but make easy graceful flowing ones. (6?) To stop insomnia and fall asleep quickly, shut the eyes and move the head very slowly from one shoulder to the other and then back. Do it smoothly, not jerkily and elleptically and keep on until sleep comes.

letter on an altar. (7) I get as high a percentage of cure by absent treatment as by personal attention in a physical meeting. (8) My consciousness when giving treatment necessitates (a) getting my self out of the way (b) not mentally trying to effect a cure but leaving that to the unseen entity and (c) withdrawing briefly into the passive negative state between physical and spiritual states.

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RUNCOPH-EMBLOW SYSTEM. Exercise (1) Place both arms behind shoulders, with one palm resting on top of the other. Then stretch elbows downward, without separating the palms. This forces deep breathing, oxygenates blood and thus dispels anemia. Exercise (2) Stand with feet apart. Raise the arms until they rest, extended upwards on each side of the head. But make the movement from the hips, not from the shoulders. This will ensure diaphragmatic breathing and activity. (3) Much of F. Matthias Alexander's exercises are contained in our system too. (4) When walking, swing the legs from the upper hips to ensure mobility of the diaphragm. (5) Avoid jerky movements of the hands but make easy graceful flowing ones. (6) To stop insomnia and fall asleep quickly, shut the eyes and move the head very slowly from one shoulder to the other and then back. Do it smoothly, not jerkily and eliptically and keep on until sleep comes.

GRACE DARLING SPEARS (clairvoyant) Feb 1950:

(1)Maharshee is in touch with you at night,works or teaches with you during sleep.He will not die for some time yet;not for several months,possibly even twelve.He has a communication to make in person to you before he passes away. You will make the journey to him for certain,but you should not go until the time is ripe and right,as indicated by circumstances smoothing away the obstacles. It is true that it is never essential to go elsewhere for spiritual illumination,but there is a vital reason or contact for this physical journey to him. (2)There is a woman with white hair and white dress here,with a large home, wealthy, in Los Angeles area.You are going to be her teacher.She is caught up in the froth of social life, entertains largely, and wastes time that at her age should be devoted to study meditation and self-preparation. Tell her so.Otherwise something drastic will happen to shock her into it. spiritual (3) There is a little lady in England who needs advice or warning,as she is overdoing meditation and destroying one of her chakras.This causes her to pass on to the astral, which is risky.There is lack of balance. beautiful (4)In a few years you will get a home in California You live in a studio at the top,with large picture windows,quiet surroundings,plenty of trees.This, also hills and sea, is good for you.It will be your own home at last, with your own car. (5)Healing forces is developed but will work through your pen to others,not thru your hands.In fact be very cautious who you contact or touch for you are too declicately and highly-sensitized to do ordinary healing work. If you did you would not be able to throw off the weak conditions absorbed.You will gain the knowledge and power to rejuvenate the body and prolong life. You live to a very old age.You will learn how to remagnetize and revitalize the body by working mentally on the chakras & be healthy and by consciously bringing the pure cosmic energy into your body. (6)There are 5 books yet to be written by you.They are different from the earlier ones and symbolozed by white and gold colorsof binding,showing their spirituality.But to write them you need solitude and to go into deeper conditions thru meditation.Keep the crowd at a distance. (7) You may think you have been marking time but

(RB 14)

actually you have been very active these past few years on the inner planes at night. It has really be a period of preparation. (8) A woman will die before she expected to and leave you a legacy.The Horn of Plenty will be filled for you anyway. (9) You have been a statesman in a past life and you are going to work with law in this life--both inne and outer law (10)Do not strive.That which should be yours will open up of itself. (11)You will die naturally and peacefully in bed. You are protecte against physical dangers.Even in the midst of bombs and bullets you would not get hurt. Plane traveling is safe for you. (12) Before long a cycle of initiations into he spiritual world is coming to you.Remain silent about them. (13)Althoug you lack musical talent, your writings are really musical compositions. (14)Your counterpart or twin soul is in the innerplane.She is lovely and radiant. People rarely meetheir counterparts here so they have to make do with substiturws with whom there is much less affinity;hence the divorces,But these substitute marriagesprovide them with needed experience. Only when a high degree of evolution i reached do the counterparts meet for then only can they work together.To do this work they must be together. (15)Different astral entities have tried in the past to use you forwriting.Resist the

C.S. PRICE (1) It is possible to increase vitality for an hour or two by a single meditation, but the fundamental degree of resistance to disease cannot be increased that way. Only change of living habits and diet can do that. (2) Garlic is edcellent for me in removing the heavy catarrh condition I suffer most from. (3) I suffer from anemia too, so use iron foods. (4) There is calcium deficiency in my body. (5) Soya food for you. (6) Two starchy together - bad. (7) Trataka is dangerous, withdraw it from publication. (8) Aluminium cooking vessels poisonous. (9) Chocolate leaves ash-like clogging deposit in interior organs. (10) The syrup of canned fruit is very bad, but the fruit itself is good, because picked off tree and canned at once. (11) Just as important as what foods we eat, is the combinations of them. (12) Man is the only animal which has a perfectly developed macula because he alone can focus parrallel . It concentrates mental attention. (13) Much better than the practice tratak is to shut the eyes and to see the object with the mind's eye instead. This shuts out impinging rays of light which disturb concentration. Tratak is dangerous to sight. It paralyzes the optic center. (14) Most people confuse true relaxation with mere flopping down. The two are not the same. The first is graceful and rhythmic whereas the second is jerky and careless. (15) Exercise to improve balance: Walk slowly forwards, then without turning around and still facing in the same direction retrace your steps along the same route but backwards. Do this as rhythmically as you can. (16) Exercise to develop rhythm: Roll the back of the right hand a couple of feet along the surface of a couch or bed. Then reverse direction and roll the inside palm of the hand back along the same path. (17) Exercise to harmonize the astral body: Slide forefinger along the thumb, inside touching inside. Do this slowly, smoothly, and rythmically. Then sway the head and neck slowly from side to side completing a semi-circle with each movement. Then combine the two exercises-finger and neck-into a single movement. Then alternate the rythm by missing one finger movement whilst continuing the neck movement and vice versa. (18) Exercise for harmonizing the etheric body: Stand on the feet and sway the trunk gently from side to side, placing the weight of the body alternately on each foot. (19)

G.S. PRICE (1) It is possible to increase vitality for an hour or two by a single meditation, but the fundamental degree of resistance to disease cannot be increased that way. Only change of living habits and diet can do that. (2) Garlic is cathartic for me in removing the heavy catarrh condition I suffer most from. (3) I suffer from anemia too, so use iron foods. (4) There is calcium deficiency in my body. (5) Soya food for you. (6) Too starchy together - bad. (7) Tretaka is dangerous, withdraw it from publication. (8) Alkalizing vegetable juices, especially spinach. (9) Chocolate leaves sub-like clogging deposit in interior organs. (10) The syrup of cane of fruit is very bad, but the fruit itself is good, because picked off trees and canned at once. (11) Just as important a what foods we eat, is the combinations of them. (12) Man is the only animal which has a perfectly developed mandrin because he alone can focus parallel. It concentrates mental attention. (13) Much better than the practice tratak is to shut the eyes and to see the object with the mind's eye instead. This shuts out injurious rays of light which disturb concentration. Tratak is dangerous to sight. It paralyzes the optic center.

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C.S.PRICE (19) Exercise for harmonizing the breathing: Watch the outgoing breath for a limited period-say, five minutes-and make it of equal duration to the incoming breath. (20) The purpose of these exercises is to establish a rythm between the physical and the subtle bodies in order to prepare the aspirant to receive without disturbance and without hindrance and without losing his balance the great stimulation which comes from the successful practice of meditation. Therefore they should preferably be done as a course for beginers before taking up the art of meditation, being a western equivalent of the much more stremuous Indian system of Hatha Yoga. (21) Theos Bernard's "Heaven Lies Within You " is mostly Hatha Yoga. Moreover it would require 28 hours daily to do his exercises!

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you used M.

M.V. DUNLOP

(1) Mahavakya used for joint meditation with P.B. was chosen by her as " I am thy holy and eternal substance."

(2) Mrs. Lindo, my assistant, tried at first the ordinary discursive kind of meditation but could not get on with it. So she turned to our Porter-Mills kind and at once recognised it to be the way for her. Slowly and steadily she was able to progress through

NEW YORK

M.V. DUNLOP

(3) I was a girl down from a Cambridge College when I first met Porter Mills. I went to his class in London through interest in truth-seeking. At the time I had a badly sprained foot and it was with the greatest difficulty that I dragged myself up the stairs to his meeting. After the class was over I suddenly realised that my foot was completely healed without my knowing it or seeking it. I went down the stairs with perfect ease.

(4) Porter-Mills was a physician in Chica He went to India and studied for a few months Vivekananda and returned to U.S.A. He became a Christian Scientist when he was sick and got cured through it, so he through away previous beliefs in some "fluid" or prana or magnetism being transmitted to the patient. However, wh sitting with a patient he found that merely by entering into his own realisation of the Spiri and without trying to send any healing to the patient, was enough to arouse the latter's own internal curative force and to heal him.

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(6) I was a teacher of English in school until about early forties. Dr. Mills died in 1946 and a few years after I began to teach a few people by his system.

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M.V. Dubey

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(9) Our method is not quite mantra-yoga for we do not approve of its mechanical and numerical repetition. That is why I do not think the Russian Mantra-yoga in "The Way of a Pilgrim" is helpful to Westerners. Our method is nearer to meditation on Mahawakyas. Nor do we continue with the same phrase throughout the group meditations (We may do this in private solitary meditation however). We vary it by adding some others to make the work less monotonous.

(10) I do not let my work be publicked but prefer it to be done quietly. In that way only those who are ready for it are brought to it; and the others are not troubled with it.

(11) P-Mills books have no beginning, middle or end, hence they do not appeal to the orderly logical scientific mind. I have been able to supply what he lacked

(12) Adela M. Curtis, my former fellow student, does not allow longer meditation than 3 minutes, as it might lead to trance, which she disapproves of. "The mystical experience is not required. It is spiritual awareness all day long that is required."

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COMMANDER WYNNE:

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RALPH HOUSTON:

(1) Patients should not cross the feet during treatment. Press the pulse of the right hand and give the vocal suggestion "You are relaxing. You are falling asleep. You are a sleep". Press the psychic nerve centers in the back of the right and left shoulders, giving the same suggestion.

(2) If the patient falls asleep he remains so for about ten minutes during which time the healing process is at work.

(3) Begin the treatment by a prayer to the guru to use you. In time even the prayer will be unnecessary and the mere mention of his name will be enough. It is important not to mix one's ego with the influx of healing force but to remain pure, otherwise it is better not to offer one's self to be used as a channel.

(4) Valuable excessories to the treatment are colored lights combined with soft music. The treatment varies and may include or combine physical magnetic psychic mental and spiritual methods.

(5) The spiritual method alone ignores the particular sickness of the patient and indeed the patient himself by plunging straight into the silence and contemplating only the Reality.

(6) The practioneer can remove the disease magnetism of the patient by vigorously shaking his forearms as if he were throwing water off his hands.

(7) I put my problems in the Lord's hands and don't worry over them. He always works them out for me.

(8) One never knows when one may be used as an instrument to help spiritually others whom we meet in the course of daily life for quite other purposes.

(9) When I begin each meditation, I bring into it all these whom I want to help by remembering them.

(10) My medical treatment includes soft colored light, soft music and some psycho-analysis in the sense of reviewing shildhood for some causes.

(11) Most books on healing are vague but Ramacharaka's "Psychic Healing" is practical and the best available.

(12) Use the "Raj" mantram for desperate cases, for making healing more effective, or whenever you need to help others. Repeat word "Raj" 3 times, silently or aloud.

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1. I had been reading mystical and occult FARWELL HULL
literature for 20 to 30 years but never got any real experience. Finally I determined to do so, and realized that I must go 'all out' for it. So I went to bed nightly at 8 p.m in order to be able to rise at 4 a.m. At that hour I practis meditation in real earnest. I was gradually able to increase the time of practice until in about 15 months I was doing an average of 2½ hours every morning. Then came the climax. One morning I sat for 2 hours and passed completely out of the physical world. There was no consciousness of the body at all, or of the room. At a certain point I could not even remain aware of my identity and forgot my name. But I allowed no fear to arise, as I knew intuitively that would set me back again. All thinking came to an end. There was glorious rapture and peace. I had made contact with the higher self. From that day I was able to repeat the experience at will. At first it took about ½ to 3/4th hour to re-enter the same deep state, but within a year I had brought the preliminary time down to 10 to 15 minutes. Anyway I was able to enter it every day.

2. The factor which above all made this successful result possible was Will, the fixed ambition to put all my force and determination and effort into meditation. I wanted to know for myself, by my own experience, the that the higher self exists. I made the necessary pre-conditions for that knowledge.

3. The belief that higher meditation is purely passive was found by me to be erroneous. Effort is required from beginning to end--but its nature changes. In the early stages it is used to brush off distracting thoughts; in the later ones to brush off sleep. I discovered that at the verge of the stillness, the contemplative stage, an overpowering sleep would take hold of me, if I let it. Only by determined effort could I resist i The result of that resistence was the trance state of soul awareness. I made it a positive duty to remain constantly aware of what was happening all the time, and also to understand it. I deliverately went back and forth over the steps of entering and emerging from the deepest state, many times, merely to become fully cognisant of the tracks leading into and out of it. #4: My early training at the University in chemistry and my present work as an engineer constructing chemical plant have given me a thoroughly scientific outlook. Hence my attitude towards my mystic experiences is that of an investigator. I seek the truth above everything else, above peace and ecstasy even. #5: After I was able to enter the soul state, fragments of astral phenomena began to manifest. I heard voices, saw people and landscapes, all quite unfamiliar to me and belonging to a different world. They fascinated me. I wanted todevelop this type of

on

I say I want to go beyond peace.This may be contrary to the Maharshee's teaching but thats the way I am. I believe it is possible to use this power in astral projection on this plane. #6: Certain conditions must first be established before meditation can be successful. All physical noise, such as traffic,must be shut out.I found that the disturbance caused by an auto stopping would set me back,throw me into full physical awareness again and that it would be impossible to pick up from that point and continue. I might as well abandon meditaion that day. A second condition was bodily comfort. I tried lotus posture but after 3/4ths hour my knees got cramped, so I gave it up. I found the least disturbing posture was to sit in a corner of the couch;i back and side wall supporting my trunk, and to stretch my legs out on a high footstool,which was almost as high as the couch. A thrid necessity was to practise in the early morning, as then one was least sleepy,provided one went to bed very esrly.In the evenings, fatigued by the days work, the difficulty of keeping sleep out when on the edge of contemplation was insuperable. Incidentally, the soul trance-state is well described as "conscious sleep" for it has all those characteristics,whether dreamless or dreaming, of sleep. A fourthcondition was Patience; to fix no time limit but to be ready to go on and on until the deep thought-free state was reached. Once reached there is no irksomness,but on the contray I felt that I could stay in that state for ever;it was so easy & delightful. A fifth is meatless diet. "TK"Richardson wrote that such a diet after a time so purifies the body that the mind is automatically made ready for soiritual faith and enlightenment by itself. I believe that. #7: Before one can still the mind, one has to learn to still the entire body. #8:Relaxation is a good contributory practice which helped prepare me to succeed with meditation. #9:In the earlier months of pracising I was able to get as far as losing consciousness of the extremities, the hands and feet, first of all.

EARWELL HULL

1.) He practised meditation of half to 3/4 hour each for me along time withouy ~~and~~ results until one day he sat for three hours. How he got out of the body since then he can repeat the experience after 15 minutes preparatory waiting.

(In connection ~~with~~ the above Rudolf Steiner shows that power is got by prolonging meditation to a 1½-2 hour minimum: 'The more we strengthen our souls, the more we find greater and greater reality in our thoughts and it then becomes possible to arrive at a further stage, which consists ~~in supposing~~ these strong thoughts which have been made so powerful by our own effort if one in this way exercises the soul as one would exercise a muscle, then the soul grows strong. Methodically one pursues the exercise further and further; the soul grows stronger, grows powerful, and becomes capable of sight.')

PARTIAL SOUL

I.) He practiced meditation for me, time without end until one day he met for three hours. Now he got out of the body since then he can repeat the experience after 15 minutes preparatory sitting.

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(1) During the air raids she counseled: 'Put your mind on Him if you do not let it stray from Him you will know no fear.
(2) During my retreat I had no sleep for many months as the nights were passed in meditation, altho' the body lay in bed as if outwardly asleep.
(3) The inner voice asked me if I were prepared to sacrifice every desire and possession if that was the price of God's coming to me. I said yes - then He came.
(4) P.B. looks 20 years younger healthier and happier than in pre-war days.
(5) I get predictions and guidance only when the time draws near for them.

(6) I attained realization through the practice of continuous mantra-japa. So I teach the same exercise to others. I give them the word "God" to use in it. It is quickly established, after which the muttering seems to pass from the lips down to the heart, where it settles.

(8) The correct way to "treat" anyone who is in trouble along New Though methods is to put them in the Infinite Power (Providence) and hold them there for a couple of minutes. The wrong way is to particularize as to what exactly should happen to them, whether getting a job, money, etc. In the latter method the ego dictates to infinite wisdom, instead of believing in the rightness of things. It assumes that suffering is evil whereas it may be good for the sufferer.

ROBERT KING

1. Pluto governs atomic research and atom bomb. It is dynamic, abrupt, shattering, dramatic and widespread.
2. The financial slump of the 30's followed its discovery as the French Revolution followed the discovery of Uranus.
3. The Piscean Age ended 1898-1900 but is in transition now. Although the Acquarian started then it will take some time to get under way.
4. Ephemeris use to choose good travel date. Any day is good for travel when the Moon is in good aspects with and in conjunction with Mars.
5. The Moon is a key to travel. Mercury is a sub-influence below the Moon for travel. Mercury makes wind, hence is important for plane travel.

M. GOTTER.

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ROBERT KING (continued)

6. Uremus is the octave of Mercury. Neptune is the octave of Venus. Pluto is the octave of Mars.

7. The West should be firm with Russia. She will take advantage of weakness.

8. The Indians have no guts. They talk much about a thing but do not seem to be able to carry it through.

(7a)

A.E. (GEORGE W. RUSSELL): (1) C.W. Leadbeater was a charlatan. (2) Annie Besant, a great orator but for spirituality she was far below W.Q. Judge, who was spiritually the greatest person I have ever met. (3) Yeats is a poet. He never studied philosophy until a few years ago; that is why he was unable to discriminate and accepted a Swami Purohit as his Master. (4) J.M. Pryse taught me magic for eight months. I am glad he went away as magic is dangerous and I ought not to have continued it. Pryse was the most powerful magician I knew. (5) I often wished that Khrisnamurti would run away with some girl and so show up his Messiah-sponsors as fools. (6) You will find your best style in writing as you grow older and learn to write out of your deepest feeling. (7) The human race had spiritual vision in the beginning; it has gone into evolution to add strength to that vision. The "Secret Doctrine" explains evolution in the way I would accept, particularly its interpretation of the the Promethean myth. (8)Primal man had the inner vision; now he must add Action to it. Evolution is doing this for him; having descended from the contemplative he will ascend to the heroic. (9) As a boy I used to see pictures of scenes which I thought were merely imaginative; later I confirmed those scenes by finding them in books. This verified pre-existence for me because some of those scenes go back to ancient civilizations, with which I felt strangely familiar. I really saw these in the astral light. (10) It is often difficult to tell what is imagination and what is clairvoyance. Once I fell into a half-doze in my office when I was a young man, while sitting next to a clerk of mine. I saw a picture of an old man, a shop and a cobbled street. Later it turned out to be exactly like my clerk's father's shop, as well as the former's sister, whom I also saw in the picture.

6. Uranus is the octave of Mercury. Neptune is the octave of Venus. Pluto is the octave of Mars.
7. The West should be firm with Russia. She will take advantage of weakness.
8. The Indians have no guts. They talk much about a thing but do not seem to be able to carry it through.

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ANANDA JENNINGS: (1) I was disappointed in the British Buddhist Lodge. This is probably because it is of theosophical origin. The theosophists have too emotional an approach to truth. The work which Krishnamurti, myself and you are doing is to show a higher approach than this. Hence I leave the theosophists alone and do not interfere or proseltyse them in any way. Their work is important and useful in its own place to those who need it. But they are not ready for, and hence unable to grasp, my higher approach. I have found better response among the Universities. (2) During the cholera epidemic at I'Mallai, I remained quite fearless and unharmed. I believe this was because as soon as anxiety about it began to trouble me, I took the problem into the Silence. There I felt it was really remote from me, could not touch me. (3) I feel that you and I and others are working for the same end - the great outpouring of Buddhic consciousness in the world. (4) Alas! I find very few are ready to receive the Truth. It is just two or three here and there that listen to our message with real receptivity and understanding.

10

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Healing J.G.Meyling.

(1) By feeling and vision they clairvoyantly diagnose the precise sickness, even where its true nature is unknown. (2) They have had the gifts since childhood. (3) They see aura and its changes of colour. They learnt that different sicknesses were indicated by different colours. They see seven centres or chakras in aura:(a) top of head (b) forehead (c) throat (d) heart (e) navel (f) abdomen left inside (g) base of spine - sacral. The same is in Leadbeater's books. The centres revolve, the whole aura revolves, if in wrong way that is a sign of sickness. (4) They have always had a spirit-guide. He died 80 years ago. He calls himself TRIVONA but his real name is not revealed to others. (5) Treatment. They project energy from their own aura to patient by lightly touching him with fingers. It is also possible to give absent treatment by telepathy but it is more difficult and needs much more strength. This current is taken in by a particular one of the seven centres which needs it. Different sicknesses affect a particular centre most but the others and even the whole aura show it too. (6) They touch the whole body from head to tow after the patient reclines, at the same time concentrating to pour energy into him. This has become automatic so they can concentrate on treatment whilst holding a conversation with someone else at the same time. But before this, they can intuitively get the kind of treatment the patient needs after a very brief concentration. (7) Most patients get a feeling of heat in the affected parts, but there is no massage given, only light finger touching. (8) All bodily sicknesses are not psychically caused. There are differences. Some are caused by germs and other physical causes. (9) The idea that weaknesses of character express themselves in bodily sickness is largely correct but not in all cases. The treatment is really such that the patient cures himself. He receives enough strength over a course of treatment that the centres in his own aura get strong enough to heal it. When the power thus transmitted is too much for the aura to bear, treatment is stopped. The chakras need some time to absorb

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the power so some patients get headache or fatigue some hours after treatment but after a night's sleep all is absorbed by the aura and these feelings pass away. (10) Some cases healed in two or three minutes, others take a long time. Thus, lumbago may be relieved in one treatment. (11) After treatment the healer has idle talk with the patient for a quarter-hour and during that time he removes some bad from the patient's aura and puts healing force into it. (12) Cures are permanent because the patient is told what he is doing wrong and that until the change inner or outer - is made there is no cure. (13) If the patient witholds or falsifies some facts from the healer the latter knows them intuitively. (14) Diathermy and herbs are used in treatment, if necessary. (15) He can enter trance at will and leave both the body and the earth sphere. He sees and experiences then his occult teaching and knowledge. (16) He uses the healing work to open their mind and transfer their belief from materialism to spirit. (17) The chief teachings are:- (a) Life in unlimited.(b) People are responsible now for their future after death.(c) People live in illusion, not reality. (d) Missing links of science are perceived. (e) Good and bad are only relative. The individual himself creates the difference between them. He also creates time and space himself. (f) Illness is individual too. You may not speak of "an illness" but only of "my illness." (18) On the question of re-incarnation, it is outside our experience, we know nothing to confirm it. But our field is limited to the next world. (19) Fasting is suitable only for some cases, not all. It is partly an individual matter and partly climatic. It is better to fast in summer. In winter and in such a climate as Holland it is bad. (20) House shortage creates disharmony between families forced to live too closely; this leads to nervous troubles and thence to physical ones. (21) In trance-speaking in public, he often sees his body on the platform but he is outside it and cannot direct it. (22) At night in sleep four nights a week there is full consciousness.

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(23) Meat and tobacco do not affect my occult powers but alcohol inhibits them. After a small glass of wine, even, they cease functioning for two hours. (24) Hypnotism is used only rarely in extreme cases of insanity or violence Otherwise, part use because of interference with free will.

Major Vasey: Some years ago I came into contact with a Healer, helping him with the mundane side of his work at the commencement and gradually learning more of the spiritual side. Suffice it to say that when my friend departed I resolved to carry on his work.

I was taught and I believe that healing is a God-given gift, given to everyone of us alike, to use and to develop or not as we choose. In the Gospel of St. Matthew we find the following:-"And when He had called unto Him His disciples He gave them power against unclean spirits, to cast them out and to heal all manner of sickness and all manner of disease." This power was passed on by the disciples and has been passed on throughout the ages. It is a most personal gift to each one of us who thinks rightly.-And a most impersonal one because of yourself you can do nothing; as every student of Healing realizes that the curative power is due to some super-human presence whom we call God.

Paracelsus teaches us that all organic functions are caused by the activity of one universal principle of life. If the activity of the life principle takes place in in an harmonious and regular manner, unimpeded by any obstacles, we are in a state which we call Health. If however, its activity is impeded by any cause, or if it acts abnormally or irregularly we are in a state of disease. You have only to substitute the wor vibration for activity and you will have heard this fact before in this very study group. A few people can see either of those conditions by observing the Aura. That power was not given to me, but I am becoming more sensitive to the radiations from other people in other ways: e.g., the other day a friend asked me to give my services to help a woman who had written to him saying that she had to go into Hospital under observation as the doctors did not know what was the matter with her; I took the letter and at once sensed TB. Sure enough a week later my friend had another letter from the woman's husband saying the doctors had diagnosed it as TB.

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(1) My consciousness is either deliberately brought down to, or automatically gravitates to the center in the middle of the body below the heart but above the solar plexus. (2) My first meditation with you was unique. It was, as you said it would be, a communion. For the first time in my life I experienced the perfect harmonious blending of consciousness with another person, undisturbed by thoughts even. That is the only true way for two beings to meet one another, know one another and love one another. (3) In my struggling days, whenever I fell into sex desire, three or four meditations on the middle body center for four or five days re-established my non-desire condition again. (4) I practised psycho-analysis professionally part-time (evenings) for a few years but abandoned it when I realized how incomplete it was, how temporary and superficial its cures were. Only a fully spiritual technique will be of any real avail, I now see. (5) I suffer uneasiness when with people because I feel psychically the ego-tension which they carry with them. Hence I prefer to give absent treatment or correspondence help rather than personal consultation. (6) I was guided from within to give up tea and now take only 1 or 2 cups a day. (7) I am not attracted to hysical sex any longer because I now have complete nner satisfaction. This is immeasurably more ratifying. Moreover sex pleasure itself is so brief hreasrthe inner joy is so much more lasting. (8) In my resent condition I am free from all sex desire. It ever comes to me. Consequently my wife's demands are efused. I do not consider there is any obligation on y part to satisfy her. She is discontented with this situation I know, but she is free to leave if she ants. I cannot violate my inner peace by yielding to something that is unattractive to me like sex. Not only sex, but all other desires, except to serve humanity, have gradually left me of their own accord as I gradually deepened my meditations and developed them by regular practice three times a day.

M. MOLLER.

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MURSHID: (1) When these annual periods of the number-scope cycle arrive, one looks up the natal chart and obeys Nature's law. But this is for spiritual infants. For those who are evolved, the intuition is sufficient guide and the birth-scope may be disregarded. (2) The mind can be perfectly still, attuned to the Absolute Presence, and yet active outwardly in writing. (3) If the voice is not in rhythm with the breath, the effect will be shown. (4) The shocks and sufferings of life enable us to grow. The creation must have variety - bad as well as good. Without it there would be stagnation. (5) Don't get too rigidly attached to one diet. Live on fruits at one time and on fruit juices at another, raw vegetables again, then cooked food, etc. (6) It is possible to live on very little solid food if you know how to draw prana from the air. It is done by using the breath. Draw in gently for seven seconds hold for seven seconds, expel breath over a seven-second period. At the same time use your feeling and taste in getting the awareness of prana. Don't use suggestion, that will merely lead to deceptive imaginings. In this and other self-development, feeling is the important thing. The intellect cannot achieve. (7) Whoever stays with me for a short while, even only seven days, in solitude, will not need to practise formal exercises in meditation even, for he will quickly learn to be in constant meditation all the time, inwardly, however acti e he is outwardly. This is my own state. I am always in it. It is indeed difficult for me to come out of the absorbed state and I instantly fall back into it as soon as I am free from outer calls on my speech or action. (8) To get success in meditation it is not enough to practise the exercises. There are four 'airs' or 'winds' in the body which must be expelled before this can be attained. (9) Never practise meditation when demoralised or fatigued. It will be useless. At such time, the best thing to do is to relax on a couch lengthways and utterly like a cat, and wait unil the condition has passed away. Then only begin meditation. (10) About diet. I advocate flexibility. One day a week should be devoted to raw fruit only, the rest of the week to mixed foods, raw and cooked. I do not object to tea. Care should be taken to avoid excess. (11) It is wrong to say enter the Silence, or hold the Silence. For you cannot enter what you are already in; only you have to become aware of it. Nor can the ego take possession of it as one takes a cup in the hand. The right phase is: Be silent. (12) I sleep only three hours. But they are like a baby - utterly relaxed. I shall show you a practice for sleeping like that and of awaking perfectly refreshed. (13) If troubled by inharmonious thoughts,

MUSHSHITE: (1) When these annual periods of the number-scope cycle arrive, one looks up the metal chart and obeys Nature's law. But this is for spiritual infants. For those who are evolved, the intuition is sufficient guide and the birth-scope may be disregarded. (2) The mind can be perfectly still, attuned to the Absolute Presence, and yet active outwardly in writing. (3) If the voice is not in rhythm with the breath, the effect will be absent. (4) The hopes and sufferings of life enable us to grow. The creation must have variety - bad as well as good. Without it there would be stagnation. (5) Don't get too rigidly attached to one diet. Live on fruits at one time and on fruit juices at another, raw vegetables again, then cooked food, etc. (6) It is possible to live on very little solid food if you know how to draw prana from the air. It is done by using the breath. Draw in gently for seven seconds hold for seven seconds, expel breath over a seven-second period. At the same time, use your feeling and taste in getting the sweetness of prana. Don't use suggestion, that will merely lead to deceptive imaginings. In this and other self-development, feeling is the important thing. The intellect cannot achieve. (7) Moreover stays with me for a short while; even only seven days, in solitude, will not need to practise the ordinary exercises in meditation even for me will quickly learn to be in constant meditation all the time; inwardly, however act as he is outwardly. This is my own state. I am always in it. It is indeed difficult for me to come out of the absorbed state and I immediately fall back into it as soon as I am free from outer calls on my speech or action. (8) To get success in meditation it is not enough to practise the exercises. There are four 'altars' or 'minds' in the body which must be expelled before bliss can be attained. (9) Never practise meditation when depressed or fatigued. It will be useless. At such time, the best thing to do is to relax on a couch lengthways and utterly illness out, and wait until the condition has passed away. Then only begin meditation. (10) About diet. I advocate flexibility. One day a week should be devoted to raw fruit only, the rest of the week to mixed foods, raw and cooked. I do not object to tea. Care should be taken to avoid excess. (11) It is wrong to say enter the silence, or hold the silence. For you cannot enter what you are already in; only you have to become aware of it. Nor can the ego take possession of it as one takes a cup in the hand. The right phase is: Be silent. (12) I sleep only three hours. But they are like a baby - utterly relaxed. I shall show you a practise for sleeping like that and of waking perfectly refreshed. (13) If troubled by tumultuous thoughts,

don't try meditation, but relax utterly on a couch until they go. To expel airs: Concentrate feeling on the following organs in turn (like the sucking motion of a pump) up to the mouth from the organ and expel between lips three times each: 1 - Sola plexus. 2 - Liver. 3 - Heart. 4 - Lungs. 5 - Brain. Except this last, No.5. exhale through nostrils. The result should be a feeling of unity between mind and body, a result of the mind's inactive calmness and union with the body. Relax before drawing in the breath. Sit crosslegged. Expand lungs, then close them in. Keep spine straight always in all yoga exercises. Base of spine, where you will feel an up & down oscillation. Draw breath and exhale through nostril. (14) Concentrate on sternum (below ribs). Don't think that you want to be still; just let yourself go. Don't recall memory of uplift;
get a new inspiration. Let the mind become as if asleep without thoughts, even as if losing consciousness. Thus you pass through to the planes to peace. Do no breathing exercise for No.14. At times you may get a jerking of nerves, starting up as if out of half sleep. This shows there is still air to be got rid of in the nerves.
(15) During the summer early-autumn 1948 period, a spiritual light or revelation or personage will appear in China. Although chiefly for the Chinese people, it will be known by, and listened to, in the rest of the world.
(16) The transmission of fear though, as in the case of fear of theft of valuables, may reach someone's mind and of itself put into him the very idea of stealing those particular valuables. (17) If a man is really possessed of peace, there will be no thoughts - only a void.
(18) A highly evolved person is greater than his planetary influences. (19) I have the power to take into myself the sicknesses of my disciples. When this happens they are cured overnight, and I know how to throw off the ailment I picked up from them. I do this healing by a meditation. (20) We must obey the law of Numbers as the whole universe is formed on it. (21) Do not have fear of any kind for that alone can keep you from entering the deepest state of thought-free meditation.

(22) If the higher self is really attained it will show in the way one walks and speaks. Even the voice will change, for it is connected with breath.

don't try meditation, but relax utterly on a couch until they go. To expel air: Concentrate feeling on the following organs in turn (like the pumping motion of a pump) up to the mouth from the organ and expel between lips three times each: 1 - Sole plexus. 2 - Liver. 3 - Heart. 4 - Lungs. 5 - Brain. Except this last, do 5. exhale through nostrils. The result should be a feeling of unity between mind and body, a result of the mind's imperative calmness and union with the body. Relax before drawing in the breath. Sit cross-legged. Expand lungs, then close them in. Keep spine erect at always in all yoga exercises. Base of spine, where you will feel an up & down oscillation. Then breath and exhale through nostril. (14) Concentrate on sternum (below ribs). Don't think that you want to be still; just let yourself go. Don't recall memory of spirit.

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(22) If the higher self is really attached it will show in the way one walks and speaks. Even the voice will change, for it is connected with breath.

(16b) him, and in this same trance-like state he may have real contact with the spirit. Both experiences seem real to the medium. The contact of real experience is not the same as imaginary ones, however real they may seem; however much plunged in trance the medium or hypnotic subject be. Still more, the medium might be carried away by some other entity before he arrives at his goal; and unknowingly he can thus give you an entirely wrong account.

(23) Whatever darkness or material destructions (16a) mankind goes through in this generation, we shall come nearer to light and spirit, nearer to a change in the consciousness of humanity that will bring them to a more spiritual life. (24) After I come out of my spirit center to go down into intellect I do not have to sit and practice meditation in order to return to spirit. My consciousness flies back there. (25) My training was to stay for 5 years with my Master. It was chiefly to make self passive to him. But now I am independent being, an adept. I no longer need to do that; as I have found God I can stand on my own feet. It was only a means to an end, not the end itslef. (26) Ra Mak Hotep quoted Jesus' saying "No man cometh to the Father except by me" and he explained that "me" means the Master and that hence a Master is absolutely essential. Go back to your master in India to take your great initiation from him. Catch his gaze every day, after he passes into trance, and let him live in you. Yield yourself up to him. Gaze into his eyes until you lose yourself until you are able to FEEL the truth. This is what was done in the higher initiations of the Great Pyramid. (27) The time has come for these things to be made known once more. The world must rediscover its lost knowledge. Those who want to seek us out may certainly find us, but thatis not to say that we are therefore going to appear in person under the full glare of modern publicity to be examined and cross-examined by the millions of doubters and sceptics. We shall and must retain our reserve and our seclusion, but those who seek may approach us through our disciples. Hence we turn all such seekers over to the care of our disciples, who become their tutors and who may, in time, turn a selected few of the seekers over to us eventually. (28) There is still a third group of masters who actually move in the world to serve mankind. They too are linked up with the other two classes and are in conscious communication with them on inner planes of consciousness. (29) The teaching of symbolism is only for beginners, an intellectual thing, and to begin the real practic of the Path is much higher. (30) The trance of the spiritualist medium permits his mind to go into space either by some method of training or by mere unreal imagination. That, he may only contact his own idea of some invisible being, and not really contact that being or spirit, but he is nevertheless still in some trance-like state. Or he may have a clear conception of this being gained from genuine contact with

F.D. ROBB. (1) I do not eat second helpings at dinner. (2) Most healing and teaching work is done in sleep. (3) The healing treatments do not really become effective until the patient goes to sleep. You see that even with animals. (4) The metaphysical (mental-spiritual) side of my healing treatment begins automatic= ally as soon as a patient comes to me for cure by the mere entry or contact with my atmosphere. It is just the same with you. A would-be pupil begins to receive instruction and inner help from the first meeting with your atmosphere. It even starts, in a lesser degree, from the reading of your books, as they carry your vibrations, hence your atmosphere, too. (5) The spiritual path for modern man does not end in the idle monastery, but in the active life. At the best such an institution may be useful as temporary retreat but even then much depends on the way it is used. It should not be to escape from coping with the problems of human life. (6) I value cooked oats as an article of diet very highly, to replace meat. (7) My healing is done by a combination of physical methods and metaphysical: i.e., drawing on the Cosmic Consciousness. It works through the magnetic field on the sympathetic nervous system. (8) The human body is not constituted to live on raw food exclusively. Even in the pre-fire age food was cooked by sun-drying. (9) The body does need some starch, but the quantity depends on the kind and amount of work it does. It is true though that we eat too much starch. (10) My knowledge has been derived from the courses of Amorc Rosicrucians, to which I have belonged for many years. (11) My massage produces both heat and cold--- according to what is needed. An inflammatory condition requires cooling but a chill condition requires heating. The healing adjusts itself to this requirement. (12) I never use the term "subconscious" it is wrong: the "true self" is more correct. (13) You are drawing on the same Cosmic force and doing the same work really with your writing as I am doing with my healing: it is all a matter of vibration. The printed page carries to the reader, magically, the inner force you put into your words. Those who feel this force when reading will eventually--even after many years--be urged from within to seek you out and become your pupils. The force touches their inner self at the time.

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(14) The increase of Electro Potential in Sub-normal Body. The ratio of activity conducted by an increase of the potential of the electronic manifestation, produced by the alteration of the factor, where the blending of both rays made themselves co-operate, is in proportion of a three to one increase in the psychic sphere, further contained and made in a state of progression by the dormant body during the state of sleep. (15) Although inactivity of the conscious portion of the brain to outward or internal conditions does not make itself known, a higher amount of radiation is manufactured by the glands, going directly to main areas of depletion, whence the cellular growth or activity is enhanced by the spectacular manifesting vibration. (16) Healing is operated upon a short wave high potential wave band, (electronic). Is interrupted less in an atmosphere where UVR have been decreased and in this state is more readily absorbed by the patient. (17) The natural method of healing, that is the actual body cellular building up is a continuous process, hence the areas involved for healing have been over active, a pathway has been opened wide- when external healing (contact) is given difficulty arises in closing down the pathway enabling true healing to take place. (18) With that condition which emanates a high magnetic field, rays have less effect. A natural condition for raising the magnetic content of the body also one which deflects unwanted rays is to have an abundance of water in the system. This can be readily affirmed by an approach into the field of modern electricity with radar, which shows that deflection takes place within a moisture content body, such as clouds, or if another body is placed within the clouds, deflection of both takes place.

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(1) There is a terrible time coming shortly to this earth but all will end well. The true "Golden Age" however, will not be until the poles run from West to East - and that's a good long time off.
(2) The next war will come within a year or two i.e. 1949/51. It will be followed by a spiritual era of more goodwill.
(3) There is now more hate and evil than before the 1939 war.
(4) The lower and higher astral experiences have come to an end. Now he gets things by intuition and reflection.
(5) He can still his mind but gets no revelations or experiences in that state.
(6) One of my astral experiences was to find myself seized from behind by an iron grip and pulled backward while lustful feelings were forced into me. I knew intuitively that to yield would have been failure, relapse and the end of progress (I had during the wakeful state successfully disciplined my mind, after years of lust, to eradicate every sensual thought the moment it appeared). But I emerged from the test a victor and the evil entity, whom I could not see but whose presence I could feel, left me - defeated. The one thing that saved me was the resolve to keep my mind continuously on the thought of <u>resistance</u> to it.
(7) The purity referred to in the Beatitude is not sexual, it is the freedom from separateness.
(8) All my astral experiences occurred in sleep at night, never in meditation at day. As soon as I went to bed, I'd fall asleep and then wake up into the 'conscious sleep' state, wherein I knew quite well what condition I was in.
(9) The greatest sin is not lust but hate. The greatest virtue is Love. All moral culture has this wide benevolence, goodwill, as its final goal.
(10) The World-Mind exists but it is a circumscribed entity within the unlimited Absolute Mind.
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(11) There is an animal-body evolution of forms but not a spiritual-mind evolution. The spirit cannot evolve. The individual entity is this Spirit individuated and temporarily unaware of its true identity.

(12) I have no fears. How could I have them when I am aware that Love is supreme in the universe, that whatever happens it is good and wise because in accord with God's plan?

(13) My old interests and desires have fallen away of their own accord. I used to be a club man, drinker and low-liver; that has all fallen away. The playing of cards, the reading of light novels, bores me now - I prefer a serious book on religion or mysticism.

(14) I do not pray. What have I to pray for? Whatever happens to me is accepted as in the divine plan, as wisely ordained. Why should I seek to change it? Nor do I believe in expressing love to God. That is right and useful in the beginning but not at this advanced stage. For I am ever conscious now of God's love flowing into me, so let it flow out of me again to other people. Why should I turn it and send it back to its source?

(15) The spirits of the dead do exist. I have talked with many of them, including acquaintances I knew in the earth life. They continue with the same character, the same interests, as before. They are aware that they are 'dead' but their life and surroundings seem to be just as material to them, and they themselves are just as materialistic as before.

(16) It is true that Europe suffered more than the U.S.A. but it drew no lessons and is worse than before the war: there is class hatred and selfishness where it did not exist before. America will be more responsive to a spiritual message than Europe.

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(18) He will be used after war to start a new universal religion which will combine Christian truths of Jesus without church dogmas combined with the Eastern truths of Karma and re-birth.
(19) He experienced the Cosmic Womb - an inner state - once and was re-born. It can be entered once only. This is what Jesus meant by being born again. It is a literal fact. From that time he was spiritually aware.
(20) Personal effort is useful only in the beginning of the quest. Much more effective is right desire. Man is a being of desire and work on his desires will be the most fruitful way of growth.
(21) No changes have been required of me in living habits. I smoke and eat ordinary diet.
(22) The only true free-will is to do God's will to be utterly free of the lower self so as to be able wholly to express the higher self. For whenever there is the necessity to choose between two courses, there is inner conflict, a struggle that prevents the possibility of feeling freedom. I want to reach the stage where God's will only operates in me. Then I will know that only the best and wisest deeds will be done and the possibility of wrong courses will be eliminated.
(23) I have reached a state of consciousness twice in which I have no body, environment, thoughts, memory or personality - the Void. I am in darkness yet I can see. I have no feeling of any kind; I seem to be nothing but a condition of pure awareness.
(24) I perceived two half-circles thus:) (. These merged into each other and separated three times and ended up thus:)(linked together by what looked like an iron bolt, complete with nut. It seemed to me to represent the waking world and the world of spirit and that, after I had been granted three more mystical experiences, those two worlds would become linked for me.
(25) I perceived some distance away three bodies about the size and shape of the prisms of old-fashioned candelabra with a flat side up. They were spaced thus: a. b. c. b. and c were dark but a

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was full of a glow resembling the heart of a very hot coal fire and seemed in some way to be alive. Between this bright body and my awareness there was a sort of telepathy and I knew it was mind and spirit - 'Nous', and that it belonged to me. On awakening, I thought these three bodies should fit together into one. Is it possible that I was shown a presentation of my "space-time" self - spirit, psychic and earth bodies - from the point of view of the Overself?

(26) I have several times seen my earth body from the outside and my astral body twice. The second time it went into "reverse." Starting from my present age- 65, it went back rapidly and I ended up as a small naked baby, lying on my back. There were no incidents of my past life presented.

(27) I have also been granted a glimpse of my last two incarnations. I don't mean that I had visions and thought that I was the person concerned. I actually was that person occupied that body and thought as that body. In the first I had a brown body and was in a clearing in a forest, filled with holy wisdom and reverence, waiting for some revelation or realization. I believe that just as I was taken back 1280 years, so as I stood in that forest I had a glimpse forward into my present incarnation, in which what I had spent my life working for would be realized. I had to wait so long on account of spiritual or intellectual pride and had to go through an incarnation as a very dull and stupid Irish gentleman. I had to compose and write some speech or important document which could not be left to another to do for me and this was causing me great trouble. This trait has followed me and there is nothing I dislike more than having to write a letter.

(28) I have also been on the earth so long ago that there were giant lizards and the ground on which I walked was undulating in waves.

(29) Since (25) I have felt as if I were at the end of a long invisible wire at the other end of which was the Overself, but there has been no special feeling of joy or awe.

De B.S.

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(30) The nearest to mystical ecstasy was the time I received the sacrament of bread on some high plane. I was kneeling, with cupped hands, and the bread was placed by an invisible celebrant, and gradually de-materialized after I had placed it in my mouth. I then had a feeling of great peace, contentment and holy awe, but I never have meaningless rapturous visions.

(31) When I first began consciously to use the astral body a guide was sent who held my hand, showed me my sleeping body lying in bed beside that of my wife and how to gently press my forehead against the window and pass through.

(32) My besetting sin was lust. I was on a broad plain ; about 50 yards ahead of me was a large cross, planted in the ground. I was in twilight but behind the cross was the light of early sunrise. I was struggling towards the cross followed by many lewd entities, who were trying to induce me to stay with them. I did not yield to them, but awoke before I reached the cross. This was surely direct guidance.

(33) A few weeks later I first met my astral double face to face, and I was disgusted! It was a parody of myself, of a dirty yellow complexion and loped along with the gait of a wolf. Some months later I again confronted my astral double, greatly improved.....it went back very rapidly in time, becoming younger and younger until it ended up as a small naked baby, lying on its back, with arms and legs stretched upwards. There were no incidents at all.

(34) Later I realized the significance of this, although Steiner says that this living backward takes place <u>after</u> death. I now believe this to be the hidden meaning of Jesus' saying, "Except ye become again as a little child..." Steiner says that if this living backward stops at any unfortunate incidents in one's life it means that the wrong done must be wiped out in a future incarnation. It reminds me also of the "book of the recording angel." (There is also on a higher plane, an oblong shaped book called, in my case, the "Book of the 53 secrets." I was only allowed to glance at the first page on which were six entries. No more - it is not yet finished)

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(35) Dramatization of my release from lust - The time of final parting seemed to have come; Lust was personfied as a dark handsome woman wit red painted lips. When I told her I had made up my mind to leave her, she first stormed, then wept and begged me to stay. Finally she became reconciled to the parting and asked me to kiss her good-bye, which I did with a feeling of pity but not of regret. As I turned away I was met by another woman, fair and calm - Virtue, and as I walked by her side, I woke up.

(36) I am trying to make use of my dream life to continue my meditations; striving after consciousness in that time series which is nearest to the Void; where thought can function and I may be consciously aware of my relationship to the Monad. I think this cannot be realized until my "Egoity" is transferred from the Person to the eternal reincarnating Self - the Second Birth. After this the lower bodies would become merely vehicles in which the Spirit could manifest in the lower worlds. I long ago offered up my personality and free-will. Having been granted glimpses of several of my incarnations, each one of which must have seemed of supreme importance at the time, why should I value my present one more than the others? They have gone, in mind... I used to think that when the drop sunk back into the ocean it was lost. I know now that the ocean becomes the drop..My consciousness can never grow less. Ultimately, I <u>am</u> and everyone else, <u>is</u> God.

(37) I am beginning to think that there is a space-time where things which are going to happen on earth occur first; but it seems to work in a way that seems strange to us, that is, the result happens first and causes are built in afterwards.

(38) After having experienced the Ocean of Transparent Darkness and Undifferentiated Mind, I have now experienced the Ocean of Light and Love - Love as existing in its own right, the very essence of good and well-wishing, without the metaphysical need of an opposite.

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(39) I was just a centre of consciousness, without thoughts, but, in this case, there was added feeling and a sense of movement. From or through me gently flowed the most intense love and goodwill - not for anything: there was nothing there. All about me was Light, not a brilliant or fierce light but pure Light, "the Light that never was on land or sea."

(40) The Ocean of Darkness and Mind is the Father The Ocean of Light and Love is the Mother, the Holy Ghost. The above I know to be truth and uncontradictable.

(41) The following I believe to be true. Above these two Oceans there is the Unknowable, Cosmic Will or Purpose which I think of as π (pi), a sort of plus-ness which makes the whole greater than the sum of its parts (vide Morrish's "Outline of Metaphysics"). Hegel wrote, "this one immutable substance separates (a part of) itself from itself and makes this second aspect of itself its polar opposite." When the law of Cosmic Karma decrees manifestation divine Will flashes down and on its passage "between" the Ocean of Darkness and the Ocean of Light absorbs each. When this happens thought and imagination arise and a time of some sort is, of course, necessary. Thus is the Son born into manifestation - spiritual manifestation. Christianity would thus seem to have got a wrong conception of the Trinity. Instead of the Holy Ghost proceeding from the Father and the Son, in truth the Son proceeds from the Father and the Holy Ghost. The Son now manifests as Atma and has, to work with, Manas and Buddhi.(symbolised in the sign Pisces). Here is constructed the completed World in the divine imagination, that is completed up to the standar of perfection aimed at for that particular round

In the next stage He "builds" up the material world by a process of causes and effects which we call evolution. Manifestation and dissolution have always been going on. The Cosmic, Spiritual and Material stages might roughly be compared with sleep, dream and wakefulness.

(42) Now as above, so below and man must collaborate if he would take a step in evolution before

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the mass of his fellows. Just as above Mind was united with Love and balanced by Will so must man unite by his will his purified mind to his feeling or desire nature - his astral self. The astral body must become a replica of the Mental body in astral matter. Our minds and desires are not balanced and controlled by our wills because of a "displacement factor", symbol ised in the structure of the Great Pyramid. If I apply the symbol of a triangle to myself, I know that all my angles should be equal, so that a line dropped from the apex would equally divide the base (Sattva). This is not yet the case. If it were, my will and the divine Will would be the same and my "Egoity" would be in my higher Self instead of in my beastly personality. The divine Will may be thought of as a straight line passing through the centre of every pair of opposites.

(43) For a man to be born again, that is a second birth in this world here and now, free from displacement and so back at the centre where he rightfully belongs, it is necessary that the Cosmic process of birth be recapitulated for his benefit. I am hopeful that, having, by Grace, got two-thirds of the Way, the process will be completed in this life time, because I had a spiritual vision, in the mement between wakefulness and sleep, as follows:

(44) About me was a field of ripe wheat, clean, not a tare, glowing with inward golden light. Next, a bound sheaf was presented as a "close-up" and I could see each grain magnified. This was withdrawn and a breeze seemed to curve and length-en each stalk, which grew rapidly longer and thinner, until I was surrounded by whirling golden light.

(45) Light is the first manifestation of movement and love the second. Mind, existing without movement is in darkness. II wills, "Let there be light," that is the first and 'finest' vibration of Cosmic 'substance.' With these primary tools II 'creates' and sustains all that is. We might say that the numbers 1.2.3. hold the Cosmic secret.

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De B.S.

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(46) Before theopoiesis, a new set of vehicles must be created. This process is what second birth is, the birth of a spiritual self (from what was a mental self) from the union of gnosis with agape on the highest level. On a lower level a new psyche is born from the union of the present purified psyche with Virgo - the virgin birth- and a new psychic and a new psycho-physical vehicle provided. The experiences are vivid and real. The spiritual vehicle is angelic, the psychic vehicles are tubular or cigar-shaped and are vertical, Our present vehicles are prism shaped and horizontal (On they belly shalt thou go)

(47) A is the source of gnosis, B is the source of agape, C. is ontos - active being- the Logos through whom is done the will and purpose of God-the-Unknowable, apart from the Logos.

) ~~A CB~~ ∧ ∑ B

(48) Yearn day and night for God's love -'the Good'- as a thing in itself until it becomes so much a part of your sub-conscious self that it intrudes into your night life and will persist after death, so you will never be content in a personal heaven.

(49) Our idea of ~~the~~ a circle is wrong. The true circle is really a 'mode' of a straight line, as a straight line is a 'mode' of a circle. The mean between the two is as in the sign Pisces. The abstract perfect circle has a circumference four times its diameter. The line is the beginning and the circle the end, yet both are one. Everything between is in Pisces.

(50) Notes on a diagram of the principle of our solar system and of the ultimate 'atom' of radiant energy: the circle now being formed by the passing through each other of the negative and positive hemispheres of Pisces is not allowed entirely to complete itself except at the end of a mauromtara. Whenit is almost complete the solar system is nearly run down.- there is hardly any energy or urge (nisus) left, and all is cold and dead. It is then'wound up'again by the hemispheres being pulled back through each other andanother 'round' begins. When the circle is finally allowed to complete itself wholeness or

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perfection is reached and all merges back again into the Supreme.

No perfection can exist apart from the Supreme, hence the 'Ens' of earth and other planets were projected to provide an incompleteness , without which the Logos could not exist persse or as such.

There was no "unfortunate incident" in the Gardenof Eden; it was all planned. The diagram of the principal of the world was projected from the negative pole of Pisces before the Sun was formed. At the end of the present Mauromtara, when "all is safely gathered in", the completed and perfected Logos merges back into the Supreme. The Logos does not feel any sense of imperfection It is like a golden cup half-filled with wine. The wine itself is perfect and cannot be improved but there is room in the cup formore. Only when it is full will the King accept it.

(51) We are in the third "eternity" of the present Mauromtara.

(52) The Key. If we put a pair of 'legs' on to point C. and call them Manas and Buddhi we get a picture of Cosmic Man. In the cross we have symbolised the great Cosmic Secret.

II. The Unknowable, The Uncaused Cause, Latent Cosmic Will, Plus-ness.

A. Ocean of Transparent Darkness and Undifferentiated Mind (Nous), God the Father, Latent Capacity, Tamas, Single. There is what we call sight.

B. Ocean of Light and Love, God the Mother, The Holy Ghost. Rajas, Dual. There is what we call sight and feeling, Latent force, power of cohesion.

C. Will or purpose (after passing through A. and B. and absorbing (part of them) in activity as our World Logos, Atma, Creator of Archetypes, Ruler, Dispenser of Grace, Sattva, Triune God the Son.

The first becomes the last and then the first again all the way through. 'I am Alpha and Omega Atmas has Manas and Buddhi to work with.

From this trinity our world is objectified. Atma becoming Man's will, Manas his Mind and Buddhi his astral.

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In due course the return journey should commence and so the grand circle be completed. Man, however, on account of his displacement, is unable to play his proper role and has made a little circle of his own, living for a time after death in the astral and if worthy getting into some Heaven of the mental plane; then a sleep and a re-incarnation on earth. Only during an earth life can he switch from the smaller to the larger circle.

(53) Man made in the image of God. Correspondences may be traced as follows:
II Crown of head. A. Forehead B. Heart
C. Logos, Throat (The spoken word being thought in manifestation).

(54) Cosmic Karma, acting in reverse, as it were, has destroyed the ocean of evil astral light and hatred in Nazism and Fascism and will shortly destroy the dark debased mind of Russian communism. (This last is only a guess but it may be true).

(55) "Man is himself the key to all he seeks
He is not exiled from this majesty
But is himself a part of it."
(Alfred Noyes)

"How should man find it? Only through those doors
Which, opening inward, in each separate Soul
Give each man access to that Soul of all
Living within each life, not to be found
Or known, till, looking inward, each alone
Meets the unknowable and eternal God."
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"This shown a wise contrivance and discovers
Some great Creator sitting on the throne
That so disposeth things for all his lovers
That everyone might reign like God alone."
(Traherne)

"O Wonder and Delight! O sacred Mystery!
My soul a Spirit wide and bright
An image of the Deity.....
That being greatest which did nothing seem."
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(56) Man's consciousness is not absorbed; it absorbs and expands, perhaps from planetary Logoi, Solar, Universal, and so on up to some great Central Sun?

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Father Jim Wilson's Healing Technique.

"When I enter into deep contemplation on God's love and purpose, and take any person in fellowship into that consciousness of peace and goodwill, a contagion is caused and the healing life of God is aroused within that person and cures him. It is a sharing, not a force passing through or from my mind. All healingness of God, whatever its kind. God's life in mankind works to heal when the hindrances are removed. Rheumatoid arthritis is usually associated with some emotional hardness.....with spiritual starvation. Deep contemplation treatment of a patient can be even more effective while the patient is asleep.

I sit with the patient, putting out of my mind any thought of his physical condition and think only of God's healing power and benevolent purpose and goodwill toward him. This goes on for about a half-hour. This heals him.

The Rev. McLaughlin's Healing Technique.

First we think of God, of Christ's presence Then we introduce into that the thought of people needing healing. Then we drop that and continue thinking only of God again. It takes only ten minutes.

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Major Vesey:
(cont'd)

P. 31 in original

But for us who have not the power of seeing the aura there is a very simple artificial means of testing the vibrations. I refer to the pendulum. When it is held over the patient, if the patient is in a healthy state it will rotate clockwise, ~~but if the patient is in a state of dis-ease it will rotate counter-clockwise, then it wavers for a second or two, finally revolving clockwise.~~ That is speaking very generally. Sometimes it starts revolving counter-clockwise, then it wavers for a second or two, finally revolving clockwise. I think this signifies that although there is something wrong, it is neither a serious condition nor one that is likely to be of long duration. If the patient is in a state of disease the pendulum will rotate counter-clockwise. The pendulum is sufficient proof that there are radiations from the human body and it forms a very easily-used diagnostician.

In healing, we visualise the affected part as being in complete harmony with the rest of the body, holding our hands over the seat of the trouble or its appropriate center of astral vibration.

Sometimes we treat with the pendulum. As you see the pendulum has a cavity in which can be placed magnetised water, salts or herbs. When it is so filled the radiations from the filling intermingle with the vibrations of the patient and so effect a cure. For instance, if filled with common salt and swung over the throat, nose and lungs of the patient it will cure the common cold and catarrh. Rosemary filling can be used for some types of headache while water is used for TB.

The whole question of healing depends on recognition of the fact that all disease or disorder comes from the mental plane. Therefore they can only be cured on the mental plane. We can apply palliatives in the form of drugs which may afford relief but right thinking is more useful than the whole pharmacopoeia.

My technique is to place my hand about an inch or two above the patient's head, to utter silently a prayer for us both and, offering myself as a channel, to make myself utterly passive and negative so as to open up to the influx of the divine power. Then I treat the centre which governs the affected organ or part; thus, the chest centre for lung troubles, the solar plexus for stomach and liver troubles, the sacral (base of spine) centre for genital troubles. ~~Thus~~ This I do by pointing my forefingers at the centre, thus directing the power to it. Sometimes the healing takes place without any awareness on my part that the power has taken me up.

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HUTZLER

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(39) I do not agree with FWL's assertion that meditation with others is dangerous. On the contrary, it should be helpful.

(40) I gave my daughter the (needful general?) education at an early age, so that I am not afraid to let her mix freely with local boys. This was to free her from ignorance and dependence on me, to teach her self-reliance.

(41) To my own family and to friends or enquirers I show the consequences of various decisions about a matter but refuse to choose the decision for them. This is to enable them to grow, for as I tell them, I may not be here tomorrow to help them. But after a wrong decision I may issue a warning.

(42) What is the value of FWL's explorations of occult worlds compared with being in the true self? Despite his claims, his is not the supreme knowledge. Nor do I agree with his ascetic advocacy of celibacy. God does not wish that for us.

(43) The function of the spiritual guide is to promote the self-development of spiritual seekers But that means directing them to look inward to their own resources of intuition and discrimination and showing how to cultivate them; however the guide directs them toward his own person, or even allows them to look toward it constantly, he is misguiding them.

(44) Do not allow would-be disciples to push you to a false position. Be resolute----Keep them at arm's length. Let them come to see you only at sufficient intervals. Each time point out their needx of self-dependence and your refusal to be a leaning-post. Make clear that they must do their own work.

(45) If God wants you to have a wife, a secretary, a house, etc., then the right circumstance will be brought about to make this possible. So if they do not happen, it may well be that God does not will it, and you must be resigned and accept.

(46) The only occult experiences of another world I know of are those in a dream-like state but they have no more value than that.

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INTERVIEW DR. C.G. JUNG.

C.G.J: Is the Unconscious of psychoanalysis one and the same as the Consciousness of the Hindu Yoga philosophy? It seems to me that the West approaches Reality from the physically conscious side and calls it the Unconscious, but really it may be the Great Universal Consciousness.

P.B. Without the continuity of Consciousness, there could be no awareness of change from deep sleep to waking. Consciousness is present throughout, even when it possesses no contents, as in deep sleep, but this is the utmost that Yoga can teach.

CGJ: The Ego is one of the contents of Consciousness, evidently what psycho-analysists call "Collective Unconscious" is the Universal detached Pure Consciousness or non-ego awareness of Hindu philosophy.

P.B: Whilst in the waking state, when one thinks of deep sleep, one perceives that the latter is the state in which no ego exists. Yoga is only an experiment to bring one this ego-less Universal Consciousness. But Yoga must come into life, or it is of no value.

C.G.JUNG:"In the real treatment of practical neurosis, I first make the patient conscious, then in the last stages, I detach him from the ego. I find that there is something beyond his ego which enables him to "be aware" and nothing more. This heals him.

P.B: Yes, the Hindus have a proverb that dreamless slumber is the best cure for certain nerve illnesses, because it stops the ego.

C.G.J: I tell patients not to identify themselves with their external circumstances when the latter seem insupportable and insoluble, but to escape to a superior point of view, to be their Selves. This cures them and their maladies, by separating them from the ego. For example, six months ago, a brewer's wife came to me as a patient in a highly hysterical state. I put her through such a course of treatment and now she has not only become calm and peaceful, but is studying with deep interest something which she had never even looked at before--the philosophy of Kant. There are secret mental connenctions between Mind and what is going on in the objective world.

P.B: Yoga is a somewhat similiar course of treatment. It seeks to detach people and give them an ego-free viewpoint, to liberate them from complexes which distort the mind in its quest of Truth.

C.G.J: I was led to the study of Indian wisdom by the back door so to speak, only indirectly, because I could not find satisfactory explanations in the Western scientific knowledge of the time when I began my researches. People talked only from the head. They did not include the heart. I believe that our Western scientific quest will lead us ultimately to the same Truths as those in the best Indian wisdom,"but as I am a Doctor and a scientific man, I must not allow my belief to outrun my experience and so I must wait whilst working and promulgate only those doctrines which it has so far been possible to test and prove through experience.

(HUTZLER) p.(40)

(30) Altho I say that no master really helps disciples in the way the latter feels, I admit that for an illuminated person to think helpfully of someone does have some value because of the power of mind. But it is usually grossly exaggerated. The best way to serve is to combine this mental help with external guidance—the two together.

(31) There is great danger to both parties when a disciple deifies a master. The latter begins to feel he is a tin god, the former ceases to look within for his true goal. The proper course is for the teacher to firmly reject deification and to teach the truth about his own position. His sole work is to teach the seeker how to get his own intuitive guidance from within and how to discriminate the right from wrong, the true from false, the real from illusory in ideas and experiences.

(32) Even though illumination has been gained, a man will be forced to step down the ladder and take the rungs which he has missed. For he is here on earth to learn the lessons, and missed lessons must be mastered sooner or later, despite the fact that more advanced ones have been already done.

(33) Not "test" but "opportunity." I do not like the word "test."

(34) Bill Brown's $500,000 loss is not a test (imposed?) on him but the direct consequences of his own negative bitter thoughts about and against labor. For the trouble is caused by his workers! The direct results of every thought are usually connected with, or of the same kind, as the thoughts themselves.

(35) Fear is the worst enemy of happiness. Often (it is?) very exaggerated. It is best dealt with by boldly facing the problem, doing what is humanly possible and then letting go.

(36) I live in the awareness of the true self. Hence I find the body, the emotions and the intellect are within the Self as vehicles which it uses, but as myself.

(37) The first step which I take in healing is to send the sufferer to a doctor. This is to remove fear by getting the trouble clearly known and humanly treated. Then I hold them in the thought that God wants their bodies to be healthy and well.

(38) I refuse to make decisions for anyone, even my husband and child. All I do is to explain all aspects of a problem and to point out the probable consequences, good and bad, of each decision. But I do interfere after a decision is made and I consider it

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N.H.

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(39) I do not agree with FWL's assertion that meditation with others is dangerous. On the contrary, it should be helpful.

(40) I gave my daughter the (needful general) education at an early age, so that I am not afraid to let her mix freely with local boys. This was to free her from ignorance and dependence on me, to teach her self-reliance.

(41) To my own family and to friends or enquirers I show the consequences of various decisions about a matter but refuse to choose the decision for them. This is to enable them to grow, for as I tell them, I may not be there tomorrow to help them. But after a wrong decision I may issue a warning.

(42) What is the value of FWL's explorations of occult worlds compared with being in the true self? Despite his claims, his is not the supreme knowledge. Nor do I agree with his ascetic advocacy of celibacy. God does not wish that for us.

(43) The function of the spiritual guide is to promote the self-development of spiritual seekers. But that means directing them to look inward to their own resources of intuition and discrimination and showing how to cultivate them; IF, however, the guide directs them toward his own person, or even allows them to look to toward it constantly, he is misguiding them.

(44) Do not allow would-be disciples to push you to a false position. Be resolute---Keep them at arm's length. Let them come to see you only at sufficient intervals. Each time point out their need of self-dependence and your refusal to be a leaning-post. Make clear that they must do their own work.

(45) If God wants you to have a wife, a secretary, a house, etc., then the right circumstance will be brought about to make this possible. So if they do not happen, it may well be that God does not will it, and you must be resigned and accept.

(46) The only occult experiences of another world I know of are those in a dream-like state; but they have no more value than that.

(47) It is unwise to tell a lie, ~~when~~ EVEN when it is a white lie. For further lies have later to be told to support the first one, without end. This applies to all normal ~~circumstan~~ circumstances. And in the end a lie always gets found out, the truth cannot be hidden. Only in abnormal ...es, as under Nazi rule where life was in danger, may the ...h be falsified as being the lesser of two evils.

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N.H.

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(49) Daydreams which ought not be allowed into the mind will, if held often and long, eventually attract the corre sponding kind of circumstances and reflect themselves in untoward events. The proper way to deal with them is, and indeed to protect oneself against all negative tendencies or evil influences - is to nip them in the bud, kill them at their very start. Otherwise they grow rapidly and one has a Frankenstein monster to contend with soon.

(50) A platonic intellectual or spiritual friendship between young men and young women is not possible. It is bound to break down into self-deception or wilful deception and then into marriage or sex first. Nature has planted the mating instinct too strongly in women to permit it. It is only possible where the couple are over 40 years old or where, if young, their sex life is already adequately satisfied by a happy marriage.

(51) A man like D--- F--- who glamorizes the most prosaic episodes and reads esoteric significances into trivialities, needs to have his illusions and self-deceptions brusquely stripped away. Otherwise he merely goes on hurting himself and others. Because of this weakness, he has no capacity for reading the lessons of experience. Because of the chaotic state of his mentality, his judgments are unsound.

(52) Those seekers who say they saw a vision of a master, whether one whom they are intouch with or one they have read about, deceive themselves. Their own eagerness, or expectancy, created the vision but the real guidance which was coupled with it came from God. combined with concentration on this thought form

(52)

Because there is an all-knowing, ever-present Mind in the universe, it knows what spiritual need is felt by seekers and brings them the satisfaction of it. This remains true for every case, even where a master seems to help them. They felt the help only because they were psychologically ripe for it, not because the master deliberately gave it. They had worked on themselves and to that extent made themselves ready for God's help. Even if there were no master, they would still have obtained it and been conscious of it. I repeat, it is God who really helps us and therefore we should go direct to God, and not to any mortal, for help. Our prayers and meditations should be directed towards him, not to a master.

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(N.H.)

(82) If XYZ goes insane, it will be her own doing, the consequences of her own wrong thinking, and so her own responsibility Do not waste sentimental pity on her.

(83) Far better than meditation is the minute-by-minute effort to correct wrong attitudes and stop wrong thinking. We should watch at the mind's door incessantly refusing admittance to negative unworthy thoughts every time they present themselves.

(84) HBC is leading an amoral life. Hence, he meets disappointment and failure in his career. If he would abandon this and settle down to a permanent marriage, his fortunes would begin to change and success would come.

(85) K-is too sympathetic. This will lead him to get involved in the other people's troubles, to the hurt of the important work he is engaged in. He should remain detached, and remember people are themselves responsible for their troubles, or are receiving just what is really best for them.

(86) We should be thankful for our troubles. God sends them for a good purpose..

(87) I do not recommend psycho-analytic treatment. It is preoccupoed with past thinking and tries to explore that, when what really matters is our present thinking. So why not go direct to the latter and correct it? The past is already contained in it? ~~Thxxxxxxxx~~ Analysis is unnecessarily long and roundabout.

(88) Good and bad thoughts constantly present themselves. Our business is to accept only those which are positive, constructive factual and right.

(89) The situations and events and circumstances in which we find ourselves reflect our past (and present) thinking and doing. If they are troubled or frustrating, then there is some fault in us which is their origin. The inner world of our mind is causal, the outer ~~xxxxx~~ world of happenings is effect.

(90) I often quote from the Bible, Book of Job"The thing that I feared hath come upon me." Since we are on the path of self-improvement we need an environment that conduces to it. Hence, we have the right to it. Do not let negative anxieties to the contrary enter the mind. To worry over any possible eveil event in advance, or to fear it, is unwise because it tends to attract the thing itself, the materialization of such events.

(91) Guidance as to decisions is not to be taken from circumstances alone. Sometimes the latter may be a test or a temptation. It must first "feel" right. If it does not, then postpone arriving at it.

(92) What I call prayer is much like what you call meditation, i.e., being passive, relaxed and thinking of God.
(93) I have no karmic responsibility for advise I give others for they are warned to think it over before acting on it.
(94) Seekers have to be built up (they are often very superficial) to the point where they really want to do something for themselves.

(95) When I take a new group I ask them to relax and be quiet for a few minutes and think of things that trouble them most. Then, in my class talk to them I am led to say just thos things which will help meet their need. This is not done by second-sight, clairvoyance; I do not possess that. It is done by my keen receptivity to ALL-intelligence which I have practised all my life. This silent period may be just a few minute but its length depends on when I feel requisite inner conditions are established.
(96) No teacher should be so conceited as to think he has 'mad people what they are. He cannot. He can only tell and show the truths but unless they apply it, unless they do something abou it, work and practise on it
(97) The teachings of the New-Thought type schools about getting money quickly by concentrating on it, and that miracles ca be performed, are superstition.
(98) There is nothing to be ashamed of in being truthful with oneself, for everyone has a motive, expects to gain something from an action however altruistic it seem.
(99) The test of the value of counsel received, whether from teachers or clairvoyants lies in their fruits, their results. It is better however to take one's own counsel from the voice of intuition. I teach it is better to learn how to listen to this inner voice. One must learn how to do it by quieting the mind and differentiating it from voice of ego, subconscious tendencies, etc., between divine level and human level.
(100) If there is something wrong with one's outer life, it is a sign that there is something wrong with the inner life.
(101) The idea that a teacher working with groups is more efficacious for spiritual advance than a teacher working with individuals, is quite wrong. Group work has its place but it doe not give spiritual awakening. That comes only from what one does oneself.
(102) My understanding arises not from my human mind, but from Perfect Intelligence, with which I am at-oned.
(103)It is necessary everyday to see that you give sufficient time to meditation to recuperate spiritual energies.
(104) Each can only speak of what the presense of God-illumination is like as it appears to him individually.
(105) Pacifism and non-violence were erroneous in the past and are still erroneous even vis-a-vis atomic war. Strife will go

N.H.

(53) The people who read occult books and who join queer sects, often flit from one cult to another. With each move they are retrograding (retrogressing) in actuality although progressing in their own deceptive belief. For they are moving nearer to primitive magic and away from scientific laws. They want 'witch-doctor' stuff to solve their worldly problems, for they are mostly suffering from some frustration or disappointment or neuroticism. Do not believe them when they say that they are seeking peace of mind, mystic calm. In most cases you will find a worldly problem worrying them and really actuating their search for a magician who will relieve them of it. No one can do this except themselves, by going within, working to change their characters, and thus helping themselves

(54) The first condition requisite in successful choosing of a marriage partner is compatibility. This is to be judged by the willingness to endure the other person's faults for the sake of the attractions. But it must be judged primarily by the reason, only secondarily by feeling and least of all, physically.

(55) Some problems of marriage can be solved by ~~divorce~~ divorce and in no other way. It is fortunate that divorce has been made easier, therefore. But the penalty of this freedom is that people fly to this solution who ought not to do so. By changing their mental attitude toward each other, that is their thinking, and by seeing in the very problems a chance to change their character, and develop spiritually, their marriage could have been saved. E---- F---- did wrong in taking D--- F---- from a wife with three children. She could not build her own happiness on this wrecking of another woman's. Consequently the same thing has happened to her retributively and E--- R---- is doing the same to her! And if Dr. B--- P---- really loved himself less than he loved his children, he would for their sake have renounced his sweetheart and continued the marriage until they had grown up, at least. Such self-denial would have brought hima spiritual reward. His affair with the sweetheart should have been nipped in the bud. It would have been much easier then. It was physical attraction chiefly, the intellectual being a secondary thing. As it is, both allowed it to grow and so have to deal with a much harder problem of self-conquest as a result.

(56) Men and women ought not to marry until they have learnt to love people generally.

(57) If we are to give spiritual help to others, it ~~would~~ should be on the clear understanding that it is really they who help themselves (especially ondisciplining their egos) What we do is merely to tell them what and how to set about it.

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N. H.

(58) Busyness is no excuse for not writing. It's poor manners --innately poor manners, and pure laziness of mind not to over come either the inertia he's experiencing or the subconscious resentment and combined hurt vanity. It's also lack of gratitude for the opportunity, time and effort, and hospitality that was affectionately and graciously given to him. Personally, I'd as lief he didn't write. It would free me of all contact with him. However, I can't free myself until I'm certain there's no longer any tie of responsibility--and this admonition must come from somewhere.

To say one "thinks" of another is not sufficient in an experience of life where the mental and physical effort must complement each other.

I wish P.B. would give Dan a fatherly word - whipping and make him see himself for the stupid, self-destructive, responsiblity-shirking child-in-a-man's-body that he is --- wasting his years in blinders!

(59) If the trust in, and surrender to, God is complete the guidance as to any course of action must come and must come quickly, often instantly. Inability tosee one's way is a sign of insufficient faith orincomplete conformity to God's will; it is a sign of seeking one's own will instead.

(60) Freud must have had great intuitive spiritual knowledge which he deliberately presented in a solely scientific wa with sceintific demonstration by results, because he saw that it was the only way effectively to appeal to our culture today.

(61) If opportunity does not offer, it is a sign that one is not ready for it yet. If a desired thing or person does not enter one's life it is because the time is not ripe an one is to get some other kind of experience as more needed

(62) One part of the being may see and accept the truth abc a situation but the other parts may lag behind; it takes ti for them to accept it too. Thus the mind usually sees it long before the body yields to it. or the guidance for act

(63) Whenever I had thecourage to venture in fullest trust in God's leading, it led to success. When trhu doubt or hesitationI did not, it ended in failure.

(64) The proper way to help others spiritually, whether one's family or humanity at large, is to put aside self-importance and show them how to help themselves. Then if one drops out thru death, they will be able to carry on or they will be taken care of by God. Noone is indispensable, Life will look after its children. My daughterm 16 years oldy makes her own decisions already because she has been trained to do so.

(65)

September 30,1949

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M. H.

(65) If K will only make himself worth being loved, by eradicating his emotional childishness and eliminating his egoistic weaknesses, if he will have something worthwhile to give a woman instead of merely seeking one to Mother him, he need not fear that some one will eventually be attracted to him. He will not then have to offer marriage to the first girl he is thrown into propinquity with, out of fear that another opportunity may never present itself. He is girl-minded and has not got his physical body under control. He is infantile in childishly emotionally resenting constructive criticism.

(66) Psycho-somatic medicine is very important contribution to the healing art. Psychiatry, if practised at an early stage in life, say at the threshold of manhood, before grooves and habits are made, could have saved many from mental institutions.

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W J Macmillan Counsel

/16/The exercise will render you indepen
dent of the need of artificial stimulants like tea.
/17/Use salt solution to sniff up nostrils and remove
congestion which is apt to happen there. /18/I am nev
troubled with sexproblems or conflicts or temptations
for I find that the healing work and the meditations
absorb all the sexenergy. /19/Moller's refusal to
cohabit with his wife is selfishness,not spirituality
It shows that he has not yet reached the goal but is
only on his way to it. If he had reached it, he could
have brought the Spirit into his sex rlations. I
told my patient G. that he could continue marital
relations wit his wife,that it wasnot wrong,but
that his approach to them, the way he did them, was
wrong. It waslust, not affectionate love.He was viole
aggressive egoistic brief and brusque in his approach
Although tea coffee and alcohol do interfere with the
treatment, such relations do not. In fact the healir
current can be introduced into them. But of course t
achieve this successfully both partners will need to
unite in the attempt. /20/ Take seven hours sleep.Yo
spend so much nervous energy during the day that you
need this minimum time. It is your only way to recou
the spent energy /21/ Eat at regular times. The body
only a machine and irregular hoursupset it. /22/ You
fundamental problem is a split personality:you have
knit together two utterly different sides of your be
-----a deep inner quietness and a tense external as
well asmental activity. They are now sundered a
unlinked. This may be achieved by keeping to your
center inthe very midst of activities and never lett
go. /23//19 cont/They must not start it violently,
not mistake lust for love,After it is over, it has a
relaxing effect, and sowas even helpful.. /23/Your
next problem is to eliminate the sensect pressure and
the sense of pressure an

CONT

rgency

Wm Macmillan Consul

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wrong. It wasnot, not affectionate love.He was viole
aggressive egoistic brief and brusque in his approach
Although tea coffee and alcohol do interfere with the
treatment, such reactions do not. In fact the healin
current can be introduced into them. But of course
achieve this successfully both partners will need to
unite in the attempt. \20\ Take seven hours sleep.Y
spend so much nervous energy during the day that you
need this minimum time. It is your only way to recov
the spent energy \21\ but at regular times. The body
only a machine and irregular hours wear it. \22\ You
fundamental problem is a split personality:you have
knit together two utterly different sides of your be
-----a deep inner quietness and a tense external ac
well samenta activity. They are now sundered a
unlinked. This may be achieved by keeping to your
center intne very midst of activities and never let
go. xxx\19\ cont\They must not start it violently
not mistake lust for love,After it is over, it has
relaxing effect, and sowes even helpful.. \23\Y
have already lessons and stamults of st metrodrs view

on although its forms may change. The bully has always existed, in individuals and in nations. He must be resisted for his own as well as his intended victims good.

(106) So-called spiritual love, between men and women usually degenerates into passion and sex. It is self-deceptive.

(107) During and since the war there has been religious revival because there is need of finding support, help and hope in time of peril. But it took form of ritual in religion as that is tangivle, appeals to senses.

(108) If I were to choose a Christian faith, as my own, it would be the Unitarian.

(109) The appetite for food must be disciplined, for the body' good health and appearance. This gives will power which can then be used in any other direction. The starch foods should be curbed(I do not eat bread and spaghetti) and the calories should be calculated and kept to a fixed maximum.

(110) Even if atomic war came, which I doubt, civilization will not be destroyed. This fear is an exaggerated one.

(111) It is nonsense to say we should give up or become less attached to material things. They make up our very life, what would be left if they were removed? How is the Orient more spiritual because it lacks refrigerators and electric stoves? That is mere backwardness.

(112) Speaking truth fully is both the foundation and first-step of spiritual life.

(113) There is no perfect person. Do not put any man or woman on a pedestal as it will prove illusory. Both Spiritual masters and ~~all~~ loved wives are compounded of faults and deficiencies with virtues and merits. If you do, there will certainly be disillusionment. Similarly, do not let others turn you into a god, or the same disappointment will follow.

(114) The economic strivings (through political parties) of the Asiatic masses is a blind groping of backward exploited people for a better material and cultural life. It is not all evil, therefore, even tho accompanied by the evil doctrine of violence and hatred. Its general direction of improved human existence is good but its totalitarianism methods are bad. The upheaval was inevitable and will eventually be shorn of its fanaticism and guided in proper peaceable channel.

(115) Occult and mystic-psychic phenomena are usually the fruit of nothing more than imagination.

(116) the particular form which an illness takes is always significant of a corresponding wrong in mind or conduct. Thus HH overworked, despite my pleas, and now spinal trouble forces him to relax from this excessive tension.

(117) Probably 9 out of ten Christian clergy and Jewish rabbis are bewildered into doubt whether there is a God or are bewildered into doubt whether there is no God. They are in a profession for the same livelihood rather than in a vocation. I note that moral degeneracy has gone down the same road. I note also a high level of thinking and a no-nonsense attitude. Perhaps the idea would not enter your mind if you were a sinner. Perhaps the idea would never get into sense. But it took form of ritual-hope in time of peril.

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counsel
which you have hypnotised yourself into accept
causes the nervous tension that prevents solution
the other problem of a split personality. For this you
must become selective in the work you do. Sacrifice
less important to the more important. Organise your
day better. You have such humility that you do not
realise the importance of your work and consequently
you waste much time on trivial matters which should
have been given to greater ones. You have become a
magnetic centre attracting those who seek to find la
peace and truth in the chaotic confused highly-tense
world situation today. /24/Even your hurried eatin
is not a real cause of the nervous tension but is
rather a false effect of the sense of pressure on time a
of work which you have created for
yourself so unwisely thru lack of selectivity in the
daily program. Cut out activities which are not
important enough to justify inclusion and stop meetin
people who are not absolutely necessary to meet. /25
If emotional stress can cause stomach ulcer in such
physically-minded types as prize-fighters, how much mo
can it or intellectual strain cause sickness in your
own case? For your body is so extremely sensitive
that every mental and emotional change is almost
immediately reflected in it. Your nervous tension is
shown in a harassed face, for instance. You must try
to hold the Force more successfully.

/26/ THE EXERCISE: When drawing-in and holding the
healing force for self-treatment, do not direct it to
any particular malfunctioning organ or diseased part.
Let it be distributed all over the body and let it
find its own way, by its own intelligence, to sick spots.
The Xtian Science way of visualising the diseased
organs of the body as if they were working perfectly
wrong. The correct technique is not to try to see
details or parts or even the body at all but to see
the Force and let its healing current flow all over
the body, healing wheresover it wishes.

/27/Do not
generate unnecessary nervous tension by living
ahead of the present task. Do not worry over undone
work, or mull over coming engagements and appointmen
Attend to one thing at a time, learn to live within
the hour and keep what belongs to other times out
of your mind. You get mentally anxious about what yo
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courses.

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Also you get emotionally wrought-up about such [illegible] and this creates nerve tensions of a hig[illegible] obstructive character. Again it must be emphasised th[illegible] it is needful to find the right way to do things, for it is not the amount of work you do that is the trouble but the way it is done. /28/When you are quiet andsilent, people feel a gr at pwoer going aut of you. But then, you suddenly swing over to the opposite and become so intenselin acti ity that it unbalances you, the power ceases t flow out, and nervous tension is set up. Avoid this extreme. / 26-a/ THE EXERCISE :There is no special position for it--do it lying flat,sitting or even walking. Do it three times atd least,and especially before sleep at night.Begin by feeling for the pressu or weight against the nerve-center,situate in the forehead. As a variant you may use the center in the upturned palms at times. When and if you feel this /but do not create or imagine it/ draw it in. It is the current of Life-Force which makes trees grow etc. Pull/into your whole being mentally. It is also it the healing power. It is not so much a feeling of inflow as of pressurethat you shou[illegible] look for. When drawn in, hold it there for a minute Then let go and forget it for a furtherminute. Then draw it in once again and repeat, until down three times altogether. The whole exercise can be done in five minutes. When expert you will be able to draw in the Force thru any of the centers. The first effect is tor elax the body and relive the tenseness of the nerves. When the healer is giving the deep silent concentration treatment, the patient is either to let his mind wander idly wherever it will or to let it passively fall into a light sleep but on no account is it to try to meditate or deliberately concentrate, as that counteracts the treatment. (29)There is a failure to remember You still your you whole self into whatever you are doing an[illegible] so pass right out of your inner self and are unable to return. This desertion of it, this division between it and your everyday self, can only be overcome by constant remembranc and the creation of a new habit of living. („semantrajap-PB) The practical way may be to stop every five minutes and recoll[illegible] yourself and give over to That,also whenever you change over to a different activity,as when rising from a chair,remember your Self,and thus heal the division between your inner life, which is perfect, and the private life now separated from it.

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your self, and thus bridge the division between your inner life,

W. J. Macmillan Counsel

Try to stay beautifully relaxed after the speci
sleep, even though you are active. (31) The wavelength
which you and yogis practise is on a different wavelength
om the one I practise. When you tried to commune with mine
long distance, I felt you in my or bit only for ten
nutes, for thereafter you swung out into your own. When you
onsciously seek to meditate, you unconscously get in the
way of entry of the Force coming from me. Your kind of
meditation produces stillness, but not healing. It quietns
ervous tension but does not radically eliminate it. (32)
nother mistake of your kind of meditation is consciously to
eek for results from it. This defeats yourmpurpose. Rather
eave them to Heaven. They are not your business. Dont get
ttached to them. Dont want them. (33) For years you have been
ribing yourself in the attempt to become better, righteous,
ou have been crushing weaknesses and intolerant of your ego.
ou hated yourself. This is now wrong. Accept yourself, love
yourself. Then the Force will work thru you, and maybe on you
just as you are. It does so with me, despite my weaknesses of
anger and impatience. The patient neversgets them from me,
but only sweetness and light. This is the Force's magic. (34)
You complain of insufficient time to get thru all your work.
Why dont you ask yourself how much of it really needs to be
done? how many of the people you meet need not be met at all'

I know you want to do your duty, to be a faithful servant
of the Lord, but why not leave all that to the Force to tak
care of? You dont have to do everything. If you relax and sit
back, things will go on still. How much of this work has be
self-created? (35) You need have no inner conflict or remorse
about the parting from Ramanasram. You were ledaway from it
not only by personal defects but much more by the will of
Heaven. The time had come for you to follow a different pat
Thru doing so, you have made yourself more serviceable to t
West, the moderns and to the young generation which cares o
for action. You speak their language and so can help them an
are helping them. Hence the success of your HTBY and WOO. S
accept the present path without regrets. You could not have
to it except by living it; imagination would have been too v
Having lived it, your voice has become authoritative, as yo
know whereof you speak. You have such great humility about
yourself and achievements that you greatly underestimate t

You do not realize what an enormous influence your boo
are having.

W. T. Moremiller

Revised

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Wm J. Macmillan

(INT) 50

(65) The Four centres are Physical, Mental, Intuitive and Spiritual. I include the emotional under the physical category. (66) I regard Karma and rebirth only as symbols. As such they are true enough. But nobody knows whether they are literally true. Thus undoubtedly we get back what we give out, we continue to exist in some form or other, but who knows the details? (67) I am not conscious of entering any exceptional bliss in the deep meditation, for the "I" simply is not there; there is only the Force. Nor is it present in the practical physical treatment. (68) When I draw a patient into the current of Divine Life, I concentrate on the patient only for a few seconds now. In earlier years I took much longer. I do not think of his sickness or weakness. Then I dismiss all thought of him and enter the current. Thus he is the last thought I have before such entry. I remain in the current for 10 to 20 minutes. (69) I am not advocating a complete surrender to circumstances and taking your cue only from them, like Indian bhaktis. I advocate surrender only to the Intuitive. Throw the problem up to Its guidance from within and wait for that to come. Pause and seek for the feeling of being led. (70) A friendship should not be kept up artificially. There should be drops and longer any inner value to it, it should be dropped. A marriage that is devastating and destroying both parties, should be ended. But the person who constantly marries and divorces searching for a happiness she is trying to get by getting and never by giving, is to be censured.

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(73) I refuse to accept Mrs. H. as a patient because, under the stimulating of the Force, there is no knowing what she might develop during the first few treatments. She might get paranoiac, It would require someone to be present at each treatment to safeguard me. (74) It is dangerous to make rigid plans for the future. Heaven may think otherwise and prevent their materialisation. It is better to toss up the future to Heaven. (75) Do not move in terms of results. Do not take precautions unless ordered by the intuitive. They will be good only from the limited standpoint of the intellect. (76) I released a lot of negative emotion, i.e. panic, through my sinus attack. If I had panicked really seriously, I might have got pneumonia. (77) The mind will tell you about an emotion only that it is unpleasant or pleasant, but only the intuitive can tell you whether it is right. (78) I disagree with Mr. C.S. Lewis' view of the problem of Evil, because he is dualistic. There is no evil power in the universe. There are no evil situations in history; all are needed and right in the work of evolution. (79) the present world crisis is <u>not</u> an outer sign of inner struggle between the forces of good and evil. There is only the force of good. The crisis is only a vomiting up of elements lying in mankind's unconscious. And just as vomiting us useful and necessary for health in physical conditioning, so is the crisis needed and useful in spiritual conditions. (80) The way I write literary work is exactly like the way I treat patients - by listening .

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/84/The release of the Force stimulates the ego in all sections of the psyche,its weaknesses as well as it merits. Hence when when I do creative writing I have the same inner experience as when I treat patients /85/The Force not only heals but also spiritually develops.Hence my opposition to formal disciplines,special regimes and mechanical techniques.including yoga. /What is their use when by merely letting oneself become aware of the Force's presence thru relaxation, it spontaneously lifts one up above one's faults and brings about progress?

(85) The work of healing is not to get people well, but to recognize divinity and await the result of this recognition. (86) The moment one accepts the intellect as guide one moves out of the world of the intuitive. (87) The intellect has to know how to put into action that which has been illuminated. This is its only work, not to dictate or initiate. Its job is to communicate. (88) Over-emphasis by intellect overrules emotions. (89) Let your intuitive motivate what you are doing by placing your center of attention and your emphasis if placed on the effort to co-operate with it. (90) These must be everlasting and continuous reactions to the Divine. (91) Turning to the intuitive brings the intellect and emotion into line with it - does not refuse or reject them. (92) If you make a habit of turning to the intuitive, formal meditation would not be needed. But you deliberately limit yourself by trying to be or do something else. (93) Do not live by the intellect's judgments, suppressions, interferences, repressions and fears. Toss everything up to the Intuitive. (94) The effort to co-operate with divine cannot go alongside efforts to control faults. The latter is a mental turning and one can't look both ways at once. (95) Use reason to carry out an intuitive order, but not to initiate orders. Mind must not be permitted to dictate. (96) Don't block emotions, but move through it by praying that the energy going out in a negative emotion be illuminated.

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(85) The work of healing is not to get people well, but to recognize divinity and awaken the result of this recognition. (86) The moment one accepts the intellect as guide one moves out of the world of the intuitive. (87) The intellect has to know how to put into action that which has been illumined. This is its only work, not to dictate or initiate. Its job is to communicate. (88) Over-emphasis by intellect overrules emotions. (89) Let your intuitive motivate what you are doing by placing your center of attention and your emphasis if possible on the effort to co-operate with it. (90) These must be everlasting and continuous reactions to the Divine. (91) Turning to the intuitive brings the intellect and emotion into line with it - does not refuse or reject them. (92) If you make a habit of turning to the intuitive, formal meditation would not be needed. But you deliberately limit yourself by trying to be or do something else. (93) Do not live by the intellect's judgments, suppressions, interferences, repressions and fears. Toss everything up to the Intuitive. (94) The effort to co-operate with divine cannot go alongside efforts to control faults. The latter is a mental turning and one can't look both ways at once. (95) Use reason to carry out an intuitive order, but not to initiate orders. Mind must not be permitted to dictate. (96) Don't block emotions, but move through it by praying that the energy going out in a negative emotion be illumined.

(97) Healing is a capacity which is innate. It is the actual release of an energy. It is the intangible made visible. Its purpose is to open the patient to forces that, if he becomes aware of them will have a recuperative effect on him. (98) Three persons in my experience have had their own healing powers opened up by me, I showed them what I did as I felt untuitively they had these powers innately but undeveloped. One was a physician, whom I left to decide when to use his drugs and when to use the healing power. The second person is an art teacher, an atheist. The third person's healing gift is helping to put people to sleep (99) What is required to release this healing gift is selflessness, an enormous capacity to open oneself to Life. The self becomes interposed between recognition of the Force. (100). I reject Christian Science's denial that illness is in the Mind of God. Everything must be in that Mind. I also reject its attitude to pain. (101) Most illness is <u>both</u> psychological and physical, so a simultaneous attack must be made on both levels. (102) The release of the healing Force by the healer is not enough. It gives a fresh beginning to the patient. The patient must receive it freely, however, if he is to benefit. (103) My function is never for a minute to forget that there is only one Power. (104) The co-operation required from the patient is not to release the energy but to accept it. The less active his mind becomes the less he brings his own ego into play and to desire this or that, the better the result. Hence I chat to him in order to keep his mind out of the way. (105) When I make passes with my hand, it has registered on a photographic plate as a flash of light. Hence it is undoubtedly a form of energy or force. (106) Everyone has healing gift who shows affection in any form. (107) The egotism involved in deep sorrow acts as a barrier to its healing. (108) A simultaneous approach on the psychological and physical levels is most often needed. T.B. is often connected with emotional problems.

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(109) The particular treatment indicated is always individual and got by referring back to the Inutitive, by inner prayer. (110) My contemplation treatment is unceasing, the actual formal period of 20 to 30 minutes is only a slight intensifying of it. At that time I sit, quiet my mind, concentrate more on God and it intensifies itself automatically. (111). The force aroused by contemplation increases and intensifies what is in the patient's mind. The ego at once comes in. (112) My hand treatment consists of rubbing the nerve centres - the solar plexus, the base of neck and the base of spine - and then making to-and-fro passes. (113) If the patient is taking drugs, he gets nauseated and vomits them up, or else my treatment becomes less effective. (114) I turn to my Intuition for everything; there is no distinction with me between ordinary living and special treatment. (115) It does the work and in the process my <u>own</u> illnesses are also cured. (116) A patient nearly always involves the family, so that healing includes his human relationships, and is not separate from them. (117) I dislike absent treatment because I can only treat when I know how the patient is getting on. I do not know how to pick up what is happening to the patient. I do not know where I am with him, nor how much or how little he is co-operating with me. This treatment increases symptoms the first few days, and it is so powerful that the effects may be serious. Hence I feel I must control them and must be aware of them. (118) I try to find out what causes the illness and to teach the patient to correct psychological errors. This is done by talking to him. There must be a character change but I leave the widest latitude to the Force as to the particular changes to be brought about. (119) If one always asks for guidance and is sincere in purpose, it comes. (120) By the term 'Christ' I do not limit it to the man Jesus who appeared in Palestine, but I include Buddhas, Krishna, etc. By it I mean the Intangible made Visible.

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(121) There are no two selves, a higher and a lower, a divine and an undivine. I reject such duality. All is divine. (122) The divine needs a link with the body, as the difference is too wide. The intellect is that link. It communicates the divine will and orders to the body. As such an obedient servant, it functions correctly. But it forgets, or does not know its subordinate place, usurps control and initiates its own activity. Consequently, it shuts out the messages and orders of the divine, and replaces them by its own. Disharmony is the result. (123) It is here on earth that we develop. Life is for action. (124) The writer who understands his job knows that whenever a creative period comes and he is inspired, he should hold on to it with all his tenacity, and not forsake it for some other activity. It must leave him, not he leave it. (125) The sleep is an indispensable part of the treatment and must be included even in self-healing by meditation, which it must follow. This is because the sleep is the quickest, most effective and easiest way for the Force to work on the body. (126) We should take our cue for guidance both from the way circumstances arrange themselves and from intuitive promptings. (127) The worst of having to take one's cue from circumstances is that one has to keep waiting until they happen, so that nothing can be arranged or planned for in advance. Arrangements have therefore sometimes to be made almost without notice, in a split-second! (128) There can be no compromise between the total dependence on ~~the intuition~~ Heaven for one's future and using reason or will for it. The two not only cancel each other out but cannot be even reconciled and combined by regarding one as superior and the other inferior. (129) There is no real creative art being done in our time. This is because there is no real inspiration, only dependence on intellect. (130) There is no other way than experience to get the lesson and value of it. Imagination alone is too feeble, Reason alone too weak. Therefore what has been gone thru was needed, was inevitable, was unavoidable. There was really no free will in it. no free choice.

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Wm J Macmillan INT 56

(131) What I call "the centers" are psychic, are exactly what theosophists call "chakras" in the aura. These are not the physical nerve ganglions although having correspondence with them. I do not see them but I feel their activity. (132) I could go on treating 'til Doomsday but unless the patient co-operates by removing the psychological cause of his malady, the relief will be only temporary and the malady will recur. (133) Relief is got from sinus in a dry climate like that of the Arizona desert because it forcibly relaxes the muscles and nerves. But when the person moves to New York, his sinus trouble recurs because the psychological cause of his sinus still remains unchanged. (134) Healing is only a result of something else, of a knowledge and inspiration just as artistic is produced out of technical knowledge and a surrender to spiritual inspiration. It is not a goal to be arrived at, but an incidental result of seeking a goal - the surrender to the Intuitive.

(135) Where a limb or an organ, a leg or a larynx is only half-functioning, deliberate exercise of it is necessary to restore it s full use. This is because as soon as the effort is made, it is tantamount to a command and the nerves and muscl of that limb or organ hasten to obey it. At firs they can only try to do so, but if the command is repeated persistently thru exercise, they succeed eventually.

(136) The identifying marks of a true response to a question or problem from the Intuitive are, first, its overwhelming force and power, and second, its assurance and certitude. I do not agree with you that it is faint and subtle and delicate. If I speak with such positive correction, it is only because the Intuitive is speaking through me. (137) Negative thinking, such as fear, may attract the very circumstances it fears. But it will not necessarily do this always. (138) I wrote my books by the process of listening inwardly. They came through so quickly that I could not keep pace with the inner voice. This is the ~~intermittent~~ true inspirational method.

(Obviously this must be preceded by stilling the thoughts--PB)

(vol 3)

Mrs J Macmillan 1947

56

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(Vol 3)

ROBERT WHITEHEAD:

(1) Your work is to interpret East to West and West to East and at the same time be true to yourself.

(2) Yoga practices may not be suitable for the West, it is true, but God is the same for both East and West. The basic heart and desires of man are the same in East and West. The differences are not so great that they have nothing to learn of each other. They have.

(3) Criticise the Churches, yes, yet but for them the masses would be far worse than they have been. The Churches keep them within bounds.

(4) You are already largely conscious of the presence of God, but you should not think of it vagely, but bring it clearly, definitely and tangibly into every part of your being.

(5) Think also of God as a Personal Being.

(6) Sex has its place, a lesser place, inside or part of that greater love of which it is only a single manifestation. God makes no mistakes and sex is not wrong.

(7) The new spiritual rebirth brings an actual experience of entering into a sphere of light, actual light. That light is God, the Creator, the Logos. He is a Being, not a mere nebulous state. Once I penetrated beyond this state into the unknown God, the Absolute, the Great Dark. I lost all memory of what I experienced there, lost consciousness itself when I went beyond the light. It was like the Buddhist Nirvana. I picked up consciousness again only when I returned to the light.

(8) The Advaita position or One Reality is the really true one

(9) Alice Bailey does not understand the science of Serenity is she says that mental blankness is to be avoided because it is psychic etc..Thoughtlessness is the condition to be attained to enter into God.

(10) One gradually loses consciousness of the external in entering into the Light.

(11) Teach people to seek first the realization of the Presence of the One, and that will of its own accord remove their troubles and disharmonies and pains and even if they have to endure the pain let them accept it if it is the will of God.

(12) Some great beings descend into incarnations to help the world, plunge into matter and forget who they are but horror ultimately arises and causes a revulsion.

(13) There is first a condition of inspiration of Spiritua excitement but that passes when we enter the Light actually. Hence it is an inferior intermediate state.

(14) Balance between body, sould, mind, emotion and spirit is necessary. Keep even balance: remember that Upanishad saying: "Equilibrium is Yoga".

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ANN DANIELL

(1) About the end of 1949 or beginning 1950 you will travel in China and Upper Burma.
(2) The heavy sufferings and wide-spread slaughter caused by the civil wars in these countries will show your understanding that their root lies in hatred; you will learn that even the cessation of the wars on the outer plane does not really mean their end. So long as hatred continues, they also will continue "up there" astrally, to manifest themselves physically at a later period. You will then publish the message that only when hatred ceases can war also cease, that Peace can come to the world only when hatred goes out of it.
(3) The poison of hatred with which so many Chinese have been infected by Communism has transformed them into demons. On the other hand, the Burmese have been less affected by this evil and to that extent revealed themselves superior people. This is because of the superiority of Buddhism over Confucianism.
(4) My inner impression of Dr. Frank Buchman, founder of the Oxford group when meeting him, was of a cunning, calculating man with the mentality of a banker mixed up with a certain piety. His chief characteristic seemed to be to urge other people to give up and deny self, whilst himself taking and indulging self all the time.
(5) You received a psychic shock in the past which caused you to abandon earlier views. But this modification is itself now at the end of a cycle and you should abandon it, too. What is the use of wasting time attempting to justify past belief, past writing and past attitudes? Let them go and forget them. Begin anew with what the hour demands for itself, not for them. Do not try to be consistent with the past, turn your face around to the future and start afresh. You are at the opening of the next turn of the spiral, hence, you must look forward and not attempt to repeat yourself. It is not a question of achieving better balance by restoring the factors which went into the early work but of doing something creatively new. So do not care what you said before.
(6) Azrael is an invention. His alleged Hindu birth is absurd, for he propagates Christianity. His supposed spirit-existence is a myth, for he merely echoes what L.C. already thinks or says.
(7) My beliefs are in general taught by the Unity School of Kansas City.
(8) One of the most important developments is psycho-somatic medicine. It is the coming way in the world of orthodox healing.
(9) I begin writing work at 10 A.M. but because it takes nearly an hour to get completely concentrated and absorbed in it, I refuse to stop for lunch but go on until 3 P.M.

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DR. WILLIAM ESTEP:

(I) If you have a positive state of mind, you can control the health of your body. (2) Man does not know how to cure ill conditions but the Will of God does know. (3) Kodein is a widley used drug for colds yet it is a poison. (4) There a total of 92 atoms in the human body, of which 53 are neutral, 3I are healing but 8 are deadly. All deasease comes frm chyrstalization of the death atoms in the human body. When a death atom forms a radio-active line of force, it casuses deasease. The cure is to make up the atomic deficeancy by drawing in the WILL of God through the healing atoms. Such healing can be triumphant even insantaneously. (5) The energy in atomic water, that is water which has been charged with the Will of God, is felt when being drunk like an electric shock. (6) In this treatment it is not neccessary forthe/to know what is wrong with the patient nor practitioner need any curative suggestions be given verbaly. (7) The Yolta disciple burns up all passion in the body. He does this first by symbolizing them as a tree, then he creates this tree by mental concentration, seeing it inside his body, and finally he burns this tree in his imagination. (8) A mantra is really the law of auto-suggestion or the law of repitition.
(9) The practioner does not himself do this healing. It is done by the power of God. The practioner only provides the conditions which make the healing possible. (I0) Jesue's disciples healed the sick although they had never had any medical training. (II) 90 percent of the remedies used today by the medical proffession are actually poisons. I am opposed to their use and also to surgical operations. (I2) Science has only released the destructive forces of the atom so far. It cannot release the constructive ones bec ause this can be done only by applying the Will of God. These constructive forces are also the healing ones. So long as science remains Godless she will be unable to apply the m. People do not really believe in God--they rlease imagine that they do. (I3) There is one kind of pyschic phenomena which makes people mentally unbalanced and is therefore dangerous . There is another kind however, which is really helpfull. The wrong kind is spiritualism, which is as false as it is harmful. It arises from develpopment of the negative senses, situated on the left side of the brain, whereas the right kind of development affects the positive centers situated on the right side of the physicla brain.

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ESTEP:

(I4) In the right kind of pyschic phenomena the Will of God supports your faculties and shows you what to do in any situation where guidance is needed. (I5) Do not let your faculties run roit and make a mental hodge-podge. Govern them do nto accept any suggestion that comes into your mind. But examine into wh re it comes from. (I6) The reason why people become negative instead of positive is their atomic defiency. (I7) Millionsof people are mentally slaves to others. Very few are free, very few can polarize their minds . Most absorb suggestions like a sponge from outside. (I8) We must stimulate and bring into ction the postiive state of mind. The negatives merely soak up their environment. (I9) Juvinile deliquunntsare produced by the parents own ignorance and (negativity.

(I9) Eating of excessive proteins and starches creates a toxic condition in the body.

PSYCHOANALYST:

(1) The parallels between psycho-analytic therapy and spiritual development thru the master-pupil relationship, are considerable and close. It would be of great benefit to aspirants if a competent and well-experienced analyst were to add our philosophy to his existing knowledge, and if the philosophical master adds the valuable details, understanding and techniques of analysis to his work of guiding the pupil's development.

(2) The relationship of the patient to the analyst passes thru three stages: (a) positive transference, (b) negative transference (c) balanced orientation. "b" may manifest first or "a" may do so but "c"is always last. I have observed exactly the same stages in the relationship of the disciple to master. There is no fixed time period for the duration of each stage; it will vary with the individual patient. Moreover, he may get stuck in the first stage and never progress beyond it, or get stuck in the second stage and never change from that.

(3) Positive transference exhibits great love, emotional attachment and intense dependence; its objective is identification and union with the analyst. When carried to excess there is unbalanced enthusiasm, egoistic possessiveness and lack of self-reliance. The patient becomes so dependent that he will bother the analyst for the most trivial

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(14) In the right kind of psychic phenomena the Will of God supports your faculties and shows you what to do in any situation where guidance is needed. (15) Do not let your faculties run riot and make a mental hodge-podge. Govern them do not accept any suggestion that comes into your mind. But examine into wh re it comes from. (16) The reason why people become negative instead of positive is their atomic deficiency. (17) Millionaiet people are mentally slaves to others. Very few are free, very few can polarize their minds. Most absorb suggestions like a sponge from outside. (18) We must stimulate and bring into action the positive state of mind. The negative merely soak up their environment. (19) Invalids deliquentare produced by the parents own ignorance and (negativity.) (20) **Eating of excessive proteins and starches creates a toxic condition in the body.**

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PSYCHO-ANALYST

problems, and will even telephone him in the middle of the night. He becomes jealous of other patients and wants the analyst's attention and affection exclusively for himself. Daniel Franz is an example of a person in this stage. The only way for him to progress is to overcome his emotional attitude towards you. Meanwhile his inability to do so harm his own development and spoils his collaboration with you and with the others working for you. He is jealous of, and hostile towards, them.

(4) Negative transference exhibits the opposite process to positive. There is a withdrawing from the analyst, a coolness towards him and even antagonism for him. Instead of wanting to be constantly with him, as the positive one does, the negative patient wants to leave him and see him less and less or break off relations altogether. Whereas the positive patient feels joy and happiness in the relationship, the negative one feels pain and tension. Bill Lohr is an example of this stage. He has been in and passed thru the positive stage and now feels inner pressure of the strongest kind to leave you, which he expresses outwardly by a desire for independence or a wish to try an ashram. The pressure makes him very unhappy, morbid and unbalanced. If not expressed it could result in overt action of a violent nature against you. Verbalization of the contents of his subconsccious is necessary and is indicated as therapy to deal with his symptoms. Also it is better for him to withdraw for a time from you and be on his o n; otherwise he would have to face reality, face his own ego, which he is not yet in a condition to do. Only by Dan passing thru a similar stage can he attain balanced orientation towards you.

(5) In addition to the three stages——positive, negative and balanced, there is a fourth which may or may not appear. It is called ambivalent. Here there is a mixture of both the positive and negative symptoms. The patient oscillates betwee attraction and repulsion towards his analyst, or else feels both forces present at the same time in himself.

(6) In the handling of students, you will find that the same problems arise for you with them as do with the psychoanalyst who has to deal with transference neuroses.

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GILBERT N. HOLLOWAY

The limitless life-force surrounds us, it is this one cosmic creative force which is the basis of our healing.

(2) Our breathing is wh t brings us into touch with this cosmic force. Hence, br th is life.

2-a) I have never seen an adept.

(3) People become ill because the life-force is not circulating properly in them. When we bre th we charge our aura with magnetic force.

(4) Right breathing will restore our energy if it is depleted. The danger of going insane or getting ill from breathing exercises is an exaggeration.

(5) Our breathing brings to us this prana life-force. It affects our consciouness as well as our body.

(6) A U R I C C O L O R S:

Violet = Spirituality
Gold = Spirituality
Blue = Mentality , Mind
Green = healing forces of nature and man
Orange = Symmathy, socialbility
Yellow = emotions, feeling, often intuitive
Rose-pink = Cheerfulness
Grey = Negative -opposite of pink
Red = Energy, action

The basic character is shown by the color but a temporary change of colors happens with temporary change of feeling or mood

(7) In absent healing there is a relation between the strength of the healer's aura and his success in treatment. The power released depends on his own emanations.

(8) If you meet someone and feel yourself put on guard or disturbed or uneasy, it is really an inner reaction to the other persons auric field. There is no limit to the extent of the aura.

(9) The aura of a perhon highly developed in the art of meditation is powerful and has healing quality.

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(11) As you affectively grow in the spiritual consciousn all the occult powers and physical health blessings auto matically come with it. Trying to develop psychic powers apart from the higher growth is wrong and unwise.

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The cosmic creative force which is the basis of our breathing.

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Dr FRANZ WINKLER

(1) In 1917 Steiner predicted a second and third world war. But he said, the second could be prevented if Germany created a new social order. In 1922, he withdrew from Germany to Switzerland because he had failed to create it and the war had become inevitable. In the third war, he said, Chinese cavalry under Russian leaders would reach the Rhine.

(2) There is a faint hope still that third war could be prevented if a few leaders would work spiritually in the right way. Only a few would suffice for the masses would follow them. And the right way, the Western way, is not the Oriental way of renouncing the world and becoming a monk. It is to be in the midst of activity, to share the common human life, and yet to show the right goal, the right direction for it.

(3) The correct path of life today is the middle way between hedonism and asceticism, between materialistic attachment to the world and fanatic rejection of the world.

(4) The best start for a marriage is a combined physical-spiritual love, not one of them alone. The physical should be taken up along with the spiritual.

(5) Steiner later ruefully recognized that all sorts of undeveloped people were members of his anthroposophic society, but said it had been necessary to admit them to get weight and size in the organization. But for real inner work he felt that it would be necessary to form a secret or semi secret order within the society.

(6) You have with the age of fifty come to the close of and completed the cycle of the Oriental path derived from previous births and left unfinished. Hence you were under protection all that time to prevent your yielding utterly to it. Now you must start a new path, the Western path as depicted by Steiner.

(7) A spiritual message will be better received after than before the next war.

(8) When Steiner wrote that the middle Europe peoples could be bridge between East and West, he referred to Germans and Austrians. But they failed to take their opportunity, through their leading men failing to accept Anthroposophy, and so this opportunity was lost and the first World War which could thereby have been prevented, had to come. It ruined Germany. The "bridge" statement is now not correct any more and anthroposophical teachings based upon Germany's mission have to be revised in the light of that failure.

(v. 14)

Dr Frank Lindner

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(7) [illegible]
before [illegible]

(8) [illegible]
[illegible]

(9) The more one advance on the path, the less one is given protection against evil forces. This is because one must become proportionately responsible for oneself. It is like a child receiving constant and vigilant protection from its mother but being given less and less as it passes into adolescence and maturity. Therefore the advanced initiate has to be extremely careful about making even a slight swerve from the correct path.

(10) The Jesuits were good and necessary in Loyola's own lifetime, but a successor of his used his position for the organization's selfish advantage, thus introducing an evil principl Then it deteriorated. Now Jesuits use meditation hypnotically to will someone to come under their influence or to obey them.

(11) The hope of preventing war is a slim one. But even that, as well as the hope of greatly reducing its duration and devastation, co ld be realized if a few leading men in each city earnestly embraced the mystical path and worked hard on themselves.

(12) The spiritual hope for humanity's future lies with America. If enough of her leaders or influential men follow the path, she will be saved and can then save the world.

(13) You have a great wrk yet to do. High spiritual forces will use you.

(14) Many so-called mystical cults are inspired by unseen evil beings. This is obvious in the case of those where the human leader on earth is a charlatan. But it happens also even where their leader is a good man. This is because his goodness is used as a trap to lure the unwary into depths whose evil character will be revealed only later. Among these are several in California. Another example is Edgar Cayce (of Virginia) whom I met personally. He was good if ignorant, his teachings often correct and his clairvoyant reading also often right. Y et I saw an evil invisible being using him as it channel. Some cults outwardly good, are even more dangerous to seekers than outright skepticism or materialism.

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DR. DANIEL FREEMAN: Notes by M.R.

(1) He was a professor of philosophy who had spent his life searching for truth. He lived for many years in India and as you were or are was a friend of the late Maharajah of Mysore. He spoke of the same things you have written about. I was only eighteen then and my acting career was fighting with my other career. He ha has since passed on but all through your books are the ideas he expressed and which I was too young and frivolous at that time to have more than an intellectual curiosity about.

(2) First you get your big concept of life and then you can fit all the smaller ones into it automatically. The big concept is that you are here to know what you are. Everything can and must then be regarded from the standpoint of how it helps or hinders that quest. The big concept thus provides you with a measure for everything, a standard for all actions.

(3) He told M that being an actress she should dramatize the faults of her pupils by acting them for a period, thus drawing pupils' attention to them, then dropping the act and explaining to the pupils.

(4) He died in Vancouver in 1939 at the age of 82.

(5) He told M that his work was not that of a writer but that that was the work of a man named Paul Brunton whose books on the teaching of "All is Mind" would appear later. He advised her to look out for them.

(6) He dressed like a native when in the Orient and where he went to seek truth. He found his guru in Indo-China. He was a wealthy man (private means), had a medical doctor's degree but never practised. Mrs. Redpath met him in California where he lived but he did not like it and removed to Vancouver, B.C. where he died.

(7) First met in Vancouver. He did not care for the states. He had been twice married but each time for brief duration. His first wife died in childbirth; the son grew up and was killed in the first world war. The second marriage lasted a few months. His wife was killed in an accident. In both cases he was young. He predicted the war and gave its dates.

(8) Sir Wilfred Grenfell (of Labrador) was a close friend (student) of D. Freeman. So also was Dr. Paterson of England.

(9) Freeman said that human life develops in 7-year periods. The younger people have to get over the stage of immature emotions before they can go on the quest.

(35a) "Lead us not into temptation" is wrongly written. It should be "Lead us when in temptation". Also: "Father, why hast thou forsaken me" shd be "how thou hast glorified me!"

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(52) D F's farewell personal message to you is Isiaih Cap 16, verses 19 &20

Hence must start after 30 on it. (mr on DF) (65)
(10)He lectured at Calcutta professionally in the early days of the university.
(11)He gave M x copies of Goddard's Buddhist Bible and the Upanisads.
(12)He was a great friend of F.D.Roosevelt.Latter when only Governor of NY discussed mysticism with M as himself a believer in it.He kept this belief a secret from the ~~xxxxx~~ world.His New Deal embodied some of F's ideas.
(13)M sees previous reincarnations often.She sees the figure of the earlier rebirth loom up out of the present body,temporarily displacing it,then gradually going back into it.In that way she instantly recognized Freeman and he also recognized her as being an old friend from the past.She recognized PB as having been in Egypt at the same time as herself. He was then a priest and she was his sister.She was a priestess of the temple,used as an oracle,clairvoyant and He was at first in favor with the hierarchy but when they found he took an independent religious line he aroused their antagonism.They tried to hit at him through her. Thus although their earlier life had been pleasant enough their later life was troubled.
(13)DFreally died in 1913.I was born 3 days later as his reincarnation. Some of the dates and information in O'Brien's novel are wrong.DF's first wife was a neurotic and that marriage was unhappy. (14)I do not see the previous births of strangers but only of those with whom I myself was connected in those births.
(15)When PB was 12 years old,during a school holiday DF met him for a few minutes and talked to him.he recognized PB'S future work and greatness instantly and wrote to friends to look out one day for PB's books, as it was latter's mission to write on the mentalist truth. (16)Christian Science has the right theory (that there are no persons and that all is mind) but the wrong application of it.It says demonstration is in healing but where are the persons to be healed?This is illogical. (17)DF's personal servant was Kaji,really a Tibetan, who had met him in Tibet and followed him out to the West. DF spent 5 years in Tibet and had his outstanding mystical experience in Indo-China. He left his house at Vancouver to Kaji,containing many Oriental art works pictures figures,when he died.

(65)

(cont on p)

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(18)The Hutzler method of handling aspirants (mrondf is harsh,too drastic and undesirable. Mrs Hutzler is intolerant. I do not agree with her or with ~eye that you should drop all these seekers who have come to you By publishing the teaching,you invited them! To who else should they come,if they accept your teaching, if not to you? (19)There is no separate principle of Evil. After all, it is only a thought.Nevertheless there are lower forces which oppose the aspirant, or test and try him;which may work thru human instruments to drag him down or create troubles for him.Such are evil forces and if they influence or use an ordina-rily good man, he will show a double personality and be schizzophrenic. (20)There are the lower occult powers, which are expressions of theego, and the higher mystical forces, which are expressions of the Overself. In the former case, the man deliberately sets out to perform the phenomena;in thelatter,they are performed without his knowledge by the higher power. Jesus did not cure all who came to him simply because it was not he that did the healing,but the power above him. (21)The thing that really matters is the concept or idea we have of lifeinside the mind. Everything that happens outside will then be merely the reflection or result of it (22)In your Egyptian reincarnation you were also writing books then.

(23)I was your very devoted sister in several lives. (24)My experience of the visions of former births is that ~~thxxxxxxxxxgx~~ there is an alternating cycle of seven births in the male body followed by seven in the female body. In the case of a more highly developed ego there is some choice in the matter and hence greater variation.(25)People who get emotionally entangled easily often swing to the other extreme(if they are on the quest) ofrenouncing the opposite sex altogether. This phase is equally temporary and they react back to the former one. To lift them out of it I tell them to think of the truth that in Mind there are no persons, to regard the opposite sex xx spiritually and not physically, to recognize what they really are in Mind In this way they have succeeded in freeing themselves whereas when they try to do it by will power, which means the ego, they always fail. (26)The doctrine of a higher individuality is illusory;in Mind there are no persons,not even spiritual ones. (27)Why make plans ahead? That is the way of the ego, not the illumined man.For him what he needs to do will be shown him at the time it is needed.Besidesanything may happen to nullify the plans.Let the future take care of itself.Don't worry about matters before the time for them arises actually

(28)Christian Science curesmay occur in plentybut often what really happens is that after an interval a new disease appears in place of the old one.This is because the cure has beenthe result of egoistic working.Other Xtian Science cures are genuinely the result of Overself working and they are lasting. This is because the character,the inner being has been healed first. The failures are due to the fact that character-weaknesses have not been remedied, that these weaknesses are the real cause of the disease, andafter a while create another sickness even though the first is apparently 'healed'

(29)P.B. is to be the "PROPHET" to the Western world.He belongs to it now, not to the East. He is to write prophetic, i.e. inspired books.His work is not to give personal instruction or guide individuals, only to write. Hence he is quite justified in stopping most of his correspondence and devoting his time to creative work. His next book should certainly be the Message to his Times which he proposes writing. In an anterior reincarnation he helped to spread early Christianity. (30) The modern West does not need to be working on meditation exercises,ascetic disciplines and monastic ways in order to follow the quest.Its own path is thru Life itself,thru the right reaction to its experience. (31)This it can do thru becoming possessed of right Concepts,which provide it with the fundamental basis of right living.Such Concepts,their importance as being sources of outer-life events and experiences,should urgently be taught by P.B. in his next books. (31)In the "Outline" which youpropose writing,teach that the path is followed in stages. First,there is the preliminary preparation for it,which is often mistaken for the Path itself. Such preparation even includes formal meditation exercises and moral strivings.The unfoldment from within comes first;this isreflected in the preparations which follow as a consequence. Then teachthat this is a quickened recapitulation from former births,like embryonic physical recap. All have to pass thru it,even a Jesus-Master, for when Consciousness steps down into relativity,it has to limit itself. Next teach that the real path consists of eight stages.These you can get from Dwight Goddard's Buddhist Bible. This last teaching is needful because aspirants do not know correctly what to expect,they are vague. (32)The next center for the spread of spiritual light over the West and even into the East, will be Canada. Europe is dy ing, the Orient has already served this purpose in the past,and the current now flows westwards. (33)Next war will come towards end of the 1950's .But both it and the previous one are really continuation of the first war;the intervals are only breathing spells.

(34)Mary Baker Eddy had the correct basis, that God (Mind) is the only reality, that man is God's idea and that his chief purpose is to reflect the idea as it is in divine mind.But she (35)This was a reincarnation of the apostle Peter and both made the same mistake in misinterpreting Jesus' saying,"On this rock I found my church" as meaning a material church.It is not. (35) As PC Bowen & Blavatsky say, Jesus was really Jehoshua who lived a century before;the New Testament is really a mixture ofparts of his biography and his sayings with allegory.There was no nailed-hands-feet crucifixion at all;that is a symbol of the ego's suffering at a certain stage of the quest in having to give itself up. (36)See Luke cap 10 verse 22 (37)You are of the dual type:intellect-emotion.In early life you were much more emotional than intellectual but now you have balanced them nicely. (38)The chief obstacle on the path is that the personal ego gets into its own light,stands in its own way,does not want to get out of the way. Instead it invents all sorts of excuses cunningly to remain where it is. (39)When you stretch out and relax physically and mentally, you may receive an intuition.But the moment you <u>think</u> you have got it,you will lose it.Similarly the master is not aware that he is a master,not even that he is a person, but only that he is Mind.When you are nothing, then you can know that God is everything. (40)Genesis I & II contains the explanation why and how the Consciousness came down into time and relativity, hence what man is to do here to get out of it and why he is here. (41)Opening an inspired work like the Bible at the right time, it may give us a definite personal message needed then. But if opened at the wrong time, it won't. (42)The Messiah comes when the need of him is greatest.Yet he helps only a few individuals directly and personally in his own lifetime. The inspiration he drops like a seed will grow up into a new religion and inspire millions only after his death,perhaps long after. (43)The meaning of Immaculate Conception is that the mother or father is aware of theincoming Light from a higher plane destined to enter the baby and she mentally surrenders to or unites with it at time of conceiving. The other partner need not be aware but nevertheless will be momentarily & perhaps unconsciously overshadowed by the same Lightat the same time. The baby will be only a man, not an Incarnation.He will lose the divine consciousness in his early years,because Nature works that way, recapitulating the various stages of unfoldment anew, but he willrecover it a little before or after the age of thirty att the earliest. (44)You should write on the deeper meanings,the truer non-materialistic ones of words like Security, Work, Writer's imagination

(45)The book "Aquarian Gospel of Jesus" by Levi is largely a work of imagination. The "Secret Doctrine" and " Isis Unveiled" of H.P.B.leave readers confused. The books of Leadbeater & other theosophists draw on

(46)You are plainly not aware of the wide and deep influence of yourbooks,but I often come across it.You do not realize how much they have meant in other peoples' lives.Nor need you accuse yourself of the errors in them.You are exaggerating. I see no realy important mistakesthat need setting right. You have pointedout the possible harm and danger of meditation;you have pointed out the need of moral purification and emotional control.(47)The highest development of Love does not give for the sake ofits o own emotional satisfaction being gained in return;it gives for the sake of the beloved alone. This cannot be called Compassion, for that involves the idea of pity. There is indeed no word for it. Although it is so impersonal,there is room within it for the personal love as there is room within a larger circle for a smaller one. Charles Morgan Has dealt with these themes in his novels, especially "Sparkenroke" and "The Voyage",very finely. (48)The only value of monasteries and retreats is temporry.In the end,every man must test himself in the world by , (r) living in it.So why should he not do so all the time?Just the same,a man may be the highest and against Master and live the married life.Nor is there any advantage to the aspirant in abstaining from marriage. All that he needs to develop can be developed within it.He gains no pwer over sex by abstaining from married life for in the end he will have to test his so-called growth got monastically or celibately bylife in the world,or it may be only a dream-power, not a real one. The figure of Mejnour in "Zanoni" does not appeal to me;it is dried-up, unloving, self-centred,remote,feelingless. (49) Teach people to questionwhat is the real meaning of intimate facts of their life like Security, Work, Love, Possessions, The ordinary worldly meaningis purely superficial and materialistic and shows its incompleteness and insufficiency onsemantic analysisThus money in the bank does not afford security against numerous ills evils dangers and sorrows. Working for a livelihood does not suffice to fulfil man's duty;he has also to workinside on himself for his soul. Love is outside often mere selfishness,seeking its own satisfaction thru the conveneience of another person (50) I do not see past births in clairvoyant vision; I remember them just as you remember earlier years of the present birth. If a problem or situation has not been mastered or correctly dealt with in a past birth, I xxx observe that it reappears again in a later birth and goes on doing so until it is faced and rightly overcome or solved. Running away to monastery or ashram or retreat from it does not mean its end;it will come again in a later birth. (51)In Goddard's "Buddhist Bible" the chapter on "The Supreme Path" dealing with the non-existence of sentient creatures,gives the secret of swift realization. By constantlyholding to the truth that there are no persons,you become aware of Reality.

People wrongly think that because I am called clairvoyant I immediately find a picture flashing before my eyes whenever I wish to know something. That is not right. The real process i like this: First I get a feeling, an intuition, a 'clear-thinking' as I like to call it. This is the most important step. It is something in me which knows firmly, but of course it is a mo delicate and subtle 'something'. It is very deep and only felt by turning my attention completely inwards, so that for a moment or two I blot out alll other impressions and even forget my surroundings.

There were moments during my public demonstration when I entirely forget that there was an audience in front of me. Having received this first impression, the next step is to concentrate upon it in order to translate it into words and thus make it more definite, more clear to myself. Having done that, I enter the third and final stage hen still holding on to the impression and to my mental interpretation of it, I grope after tl detailed circumstances of which the impression is but a kind of instantaneous summing-up. It is only then, as I try to pick up one detail after another, that pictures begin to arise before m mind's eye and I reach the stage of "clear-seeing," which, you will observe, is only part of the process—and not the most important part. It should now be possible to understand why I cannot call myself a clairvoyant, or psychometer and so on. process is not so simple as that.

"Let me pick up this clock". At once I have a feeling in connection with its owner. I feel that a man is far away. I c centrate on this feeling and try to know more exactly where he The word "Australia" rises in my mind and I accept that without hesitation. I begink therefore to think of Australia and this brings pictures before my minds eye. The first picture is a ma walking down a busy street in a large town; there are tramcars running through he street. The man has a pipe in his mouth. I connect this man with the clock as its owner, guided by my firs impression. When I describe him to the person who is in charge of the clock, she is amazed; yet the whole thing has been perfectly natural to me. The more I concentrate on that man the m intuitions I receive about him, about his character and his pas

MARION. (Green Clairvoyant)

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Richard Alexander:

(1) Worse suffering is yet to come to humanity; our planet will be two-thirds depopulated by it.

(2) Whoever penetrates to the ultimate reality must obey the command to "keep silent" or else suffer severe punishment. This is why Jesus was crucified. If such an initiate brings the power of the Ultimate- that is, its Grace - upon those who are not seeking the Ultimate, then this power only intensifies the evil existing in them, just as it intensifies the good existing in sincere seekers. Where the people cannot understand what the Initiate is saying about the ultimate, they will inevitably either misunderstand or deny it, so they are not really helped to become better but only to become worse. The power flowing through the Initiate stimulates those to whom he addresses himself and this stimulation will work through their dominant characteristics - so it may be that it will work through them for evil or good.

R.A.'s "Illustrious Chinese Prime Ministers":

(4) It is laudable to encourage investigation, to grant both major and minor, but the conclusions should be denied until after the mind has clarified and been illumined by the way to the Source in the Empty. Complementaries come to agreement by Shine of Eternal Love.

(5) There was no idol of self in these Ministers, but rather did they forsake all selfdom for the Empty when they hoped for a solution upon the national problems.

(6) The hearts of people require ablative processes to unteach error before they can learn truth, the way to open the Centrum which was closed by birth in time ...

(7) The greatist directors of men avoid the public gaze and yield public acclaim to others.

(8) These ancient archives which link time with eternity have always been cherished by pure hearts seeking counsel of Life's sublime intention by the 'turn back' to the Origin.

(9) The power of seeing beyond the veil into the inner meaning is in proportion to clearness of mind from a pure heart.

vol 8

(72)

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R.A.'s "Illustrious Chinese Prime Ministers":

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ERNEST KIRK :

(1) I recognise in you a man predestined since birth to be a religious teacher and hence you have the innate capacities for that.
(2) The "Angelic Order" was begun in Manchester, I believe, about 1881. The first series of books which it issued were more elementary and symbolic. There was some trouble of a public character in which the Order got involved and so the series was withdrawn and the Order remained quiescent for about 7 years. Then, in the 1890's it was restarted with a new series, the present one, and everything was done on quiet discreet lines. It became a secret order, the books are never sold but only loaned, no propaganda is allowed, nothing may even be published about it, In "Life" however I give a diluted fragment of our teaching.
(3) Bhagavad Gita's historical setting is only allegorical.There was no battle field and no Krishna, latter being symbolic. Many other epic poems, like Homer's, are also allegories, using imaginary history for spiritual teachings.
(4) The One Life is ultimate omnipresent reality. It sends out innumerable rays from itself who become individual entities.Each shows some differentiation, for variety is the mark of manifested multiplicity. No two human beings are exactly the same. Hence the Bahair notion of one religion to suit all men, is untenable.
(5) There has been a general rise in the level of intelligence exhibited by mankind. The latter are evolving. Therefore the old religions are becoming unsuitable and will slowly vanish. A more rational faith is becoming needed.
(6) Our Order is in communication with perfected beings who when on earth were Swedenborg, Newton and Confucius. Swedenborg of course has perfected himself after death and explains how it is he cast his teachings in narrow sectarian form.
(7) The other planets are inhabited, some with beings more evolved than our earth's, others with less evolved ones. Also, astrology is not a superstition.
(8) Krishnamurti's attribution of man's misery and its cure entirely to himself is only a partial truth. Nature (God) also contributes for it has brought suffering into the scheme of things as being the surest means of evolving man.
(9) Jinnah is Muslim India's man of destiny. There can never be any solution of India's problem which does not take into fullest account the Muslim community. The willingness to concede Pakistan must come to Congress.
(10) After half a lifetime spent in India I regret to say that there is a great gulf between the tall talk

(No. 10 continued)

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(No. 10 continued)

(10) After half a life time spent in India I regret to say that there is a great gulf between the tall talk of Vedanta and the actual conduct of the talkers. Moreover I see no benefit that has come to the Indian people from Vedanta, but only backwardness.

(11) A man's life-work is predestined for him even before he is born on earth. It is the outcome of his special characteristics, with which he was differentiated out as a spark of the Infinite millions of years before and of the experiences he had in other spheres of existence during those pre-natal years. And in the case of great men who leave their mark on history, this is strikingly shown to be true. Churchill, Roosevelt and Stalin were obviously prepared even by their earlier life on earth for the tremendous task that was given them to do in their old age.

(12) Evil is not only the absence of good, but also a positive reality. The Nazis have demonstrated that. But if we believe in the existence of a beneficent One Life behind the cosmos, we must also believe that there is a place for evil in the divine plan, that it is used by this Life and allowed to exist because it indirectly contributes to the outworking of this pl

(13) Not only are great men used by destiny for good purposes, as Churchill has been used, but also for evil purposes, as Hitler has been used. He too must have had a place in the divine plan, a mission to perform, even though it was only a liquidating and destructive one. Hence he too must have received power from and been supported by the One Life, as Churchill and Roosevelt were.

BROTHER "M".

(1) In earlier centuries the rays of the Divine Force struck the heart—Bhakta Yoga, In this modern age they strike the mind—producing the illuminated intelligence. This is the path for today: the Light must come through Mind. And the head must guide the heart.

(2) When you receive your Illumination and pass your degree you will then realise your work fully and occupy your place. Each of us has his own work and specialises in that. The initiate knows his limitations and works within them.

(3) To reach the Temple of Great Light we must pass through or recapture past periods in which you lived, but which are now debris that clings to you, preventing you rising to the sphere of the Higher Self. In rising out of the body we steer quite clear of the Spheres of illusion—the psychic and astral. This temple is on the mental plane.

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(4) The best hour for practising concentratio is the hour when you were born. A good time in a large city is also the twilight. Ten minutes concentration each day will be enough, but those minutes must be clear, definite a d you must feel that you are contacting some Power. It is what you bring back out of your concentration that matters—not how long you had it. It is what you are able to receive from it and express in action, in your work, or inin your art that determines work, or in your art that determines the worth and result of your meditation.

(5) In order to regain the control over your thoughts after the wearing materialistic activities of the day, bathe your feet in hot water every night.

(6) When you withdraw into the holy of holies in meditation, that is the only time when you become "nothing" before that great immensity of God: but otherwise we are "something" in the world of outer life. Hence be positive then.

(7) Love alone is not enough. Reason must guide the heart. The heart alone is not a safe guide. We need both Love and Knowledge the union of both produces Wisdom.

(8) From the time you set foot on the Path, the higher self never deserts you till you reach the goal.

(9) Often when you are talking to someone, you find you are stopped from saying certain things. This is a warning not to reveal all you know.

(10) Before a disciple links up with a girl or gets engaged to h he ought to wait a few months and get to know her will, her ideas and ideals (not alone in speech but in action). He must see they are not likely to obstruct his own spiritual progress or work, or our (the Master's) work, but are in spiritual harmony with his ow

(11) Amid the greatest panic, or babble, or excitement, or noise in outer business circles where you have to move, always remain calm and imperturbable and return home uninfluenced.

(12) Out in the East it is easier to find the Light, but on retu ing to the West the mental atmosphere, the tearing vibrations of Europe and America have a destructive effect and rob one of this acquisition. Hence necessity for balance for spiritual growth right out in London for instance, despite environment and for no running away into the wilds, only to lose later what is gained.

(13) The following saying of Christ applies very forcibly to stu dents to-day "The Children of Mammon are wiser than the chil children of the Serpent in this generation." He meant tha to be practical and live out the spirit's life in every day action amid the sordid surroundings of our cities, will help humanity far more than retiring into solitudes and deserting action for contemplation. Hence those who live the materialists life fully, without attempting

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to escape from it and without neglecting the body are wiser than students who are mere dreams. To withdraw into the solitudes under present-day conditions is selfish. Be Christ milita
(14) We (th Masters) never interfere with the domestic affairs o the pupil. And we prefer not to give advice even, but only to make suggestions.
(15) R.W. Emerson brought a Greek influence--calm dignified, reposed. He is good but he lacked feeling.
(16) Study physiognomy. The degree of spiritual development is shown in the face (also) by the forehead and eyes: the nose and middle portion shows the personality, the mental nature; and the mouth and lower part shows the animal nature.
(17) The actual act of awakening Kundalini will take 30 seconds. We will awaken it in you when it is safe to do so, not otherwise Many factors have to be considered besides character such as health for instance. Leave it for the right time.
(18) When founding a movement seek to attract such people only w are successes in the world; who are achieving something or who h positions of influence and power. It may seem harsh, but if a p son can do nothing for himself he will be able to do nothing for the movement.
(19) An influence will sweep over the mental plane of the world which will be like . It will be good or bad according to the mental attitude of reception shown by people. Those who can answer to the higher vibration of it will receive an added Positi energy and determination towards their ideal; but he others who who distort it will become anarchistic centres, causing turmoil and destructiveness. In a way it is like the 2 edged sword, whi censures those who cannot receive it properly.
(20) Every effort made towards inspirational work or writing is met or countered by an opposition effort which ties to put you o it. If, however you persist and atte pt to overcome the obstruction, you will do so....also keep bowels open and urinate before beginning inspirational writing--otherwise the force is obstruct
(21) When the Black Forces try to use any one as a means of stri ing at you, making them angry and agitated with you, they do thi to try to draw you away from the calm of the Higher Self and the do something wrong n consequence. But alwaysremain calm and th conquer them. Yet be strong, whilst you are patient.
22) Your writing will make people stop and think--it will challnge them t thought. Most people hardly ever make the effort to hink really--Your writing should produce an effect of peace nd calm. It should make man feel more noble, more imperson al f it comes to an end abruptly, do not try to go on. This is tha sychological moment. It brings the mind of the reader up to a ertain point, calming it. The the pause creates a vacuum, into hich he spirit can flwo and fill the reader. Try not to write n the same room where eating is done. When possible secure a roo pecially for your work--

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tudes under present-day conditions is [illegible]. He Christ within
(14) We (th Masters) never interfere with [illegible] domestic affairs of the pupil. And we prefer not to give advice even, but only to make suggestions.
(15) R.W. Emerson brought a Greek influence—calm dignified, re-
posed. He is good but he lacked feeling.
(16) Study physiognomy. The degree of spiritual development is shown in the face (also) by the forehead and eyes; the nose and middle portion shows the personality, the mental nature; and the mouth and lower part shows the animal nature.
(17) The actual act of awakening Kundalini will take 30 seconds. He will awaken it in you when it is right to do so, not otherwise. Many factors have to be considered besides character such as health for instance. Leave it for the right time.
(18) When founding a movement seek to attract such people only a are successes in the world; who are achieving something or who h
ponsibilities of influence and power. It may seem harsh, but if a p
son can do nothing for himself he will be able to do nothing for the movement.
(19) An influence will sweep over the mental plane of the world which will be like . It will be good or bad according to the mental attitude of reception shown by people. Those who can
ans or to the higher vibration of it will receive an added Positi
energy and determination towards their ideal; but the others who
who distort it will become amorphitic centres, causing turmoil and destructiveness. In a way it is like the 2 edged sword, wi
nourses those who cannot receive it properly.
(20) Every effort made towards inspirational work or writing is met or countered by an opposition effort which tries to put you o
it. If, however you persist and attempt to overcome the obstru-
tion, you will do so....also keep bowels open and urinate before beginning inspirational writing—otherwise the force is obstruct-
(21) When the Black Forces try to use any one as a means of hurt-
ing at you, making them angry and agitated with you, they do this to try to draw you away from the calm of the Higher Self and the
do something wrong in consequence. But always remain calm and th
conquer them. Let be strong, whilst you are patient.
(22) Your writing will make people stop and think—it will chall-
nge them & thought. Most people hardly ever make the effort to
think really—Your writing should produce an effect of peace
and calm. It should make man feel more noble, more superior
if it comes to an end abruptly, do not try to go on. This is the
psychological moment. It bridge the mind of the reader up to a
certain point, ending it. The the pause creates a vacuum, into
which he a birth can flow and fill the reader. Try not to write
in the same room where eating is done. When possible secure a ro
personally for your work—

isolate yourself in this and thus create an atmosphere which w exalt your consciousness each time you enter. And keep the fee well wrapped and warm when writing late at night. This is imperative. In your ordinary writing you will manifest the Determination of Nature element. This force is being poured on you into the condition of greater assurance, poise, power and decision. When you are perfectly receptive to it, your writing (or speaking) will leave nothing to be added to what you sa it will be the final word: it will say all that can be said about the matter even though only in two lines perhaps.

(23) We (The Masters) require no one to surrender himself to u You ought only to surrender yourself to the highest ideal you know--God.

(24) Our Power can wipe out in an instant all the dark conditi that may hang over a pupil's shoulders.

(25) Your writing will carry henceforth the contact with our po er of Distrubutive Energy: all that you write will go out in ri pples, and reach many others than its immediate audience, who will carry it on to these others. In this way you will begin to collect a body of listeners, an audience.

(26) Concentration is one thing: Meditation is different. Concentrate for a short period only each day, but try to hold for the rest of the day the contact or Force you reach at the time. But meditation is simply baski g in spiritual sunshine. It xx is very nice and pleasant and you could do it all day, but xxx it is really selfish and does not contribute to service of humanity down here. Also whenpprolonged it weakens the body.

(27) Most occult movements are usually broken (spiritually) by sex, etc. and he falls and loses the light. These women are us as decoys. They are sent when a man is lonely and needs sympat Yet that is just the time to be on your guard. One must not reveal higher secrets to a woman who is not ready for them.

(28) The posture for meditation should include the hands resting on the knees, ith the thumbs interlocked. When they are together like that they form a complete chain through which no obcessing entity or evil spirit can enter.

(29) When you plant the seed--though in a man the Power begins to work upon tiny atoms in his head. After six months these atoms stir and reflect light and life. Once planted the thought gives him no rest until he turns and faces it. In this you see the operation of the double-edged sword which he must obey or else be censured by his Higher Self.

(30) If in your meditation you feel tired and fatigued, you may go for a short brisk walk, taking a few deep breaths. You must be fresh and alert when meditating.

(31) Try to get rid of obsessing or troublesome evil spirits pu

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flower of sulphur in your socks and applying vinegar to the rectum. They dislike it. And put vinegar in the bath. Physical culture and sunlight check invading astral entities and remove depression.

(32) Bathe the face a d head with cold water when you need to get mentally refreshed.

(33) When the sex act is turned into a sacrament, the two bodies become as two poles of a battery, and thus charge each other... It is thus the intention that matters most in the act as that will exalt and help you both spiritually or degrade you back into matter. Both ought to have a spiritual intention to raise both your minds above the animal. This affects the centres and of course connects ith Kundalini.

(34) Contacts are important. But one person may come into your life merely to give you the contact with a third person and then the mediating one would drop out. But they had connected you wit someone who is of importance to you.

(35) In concentration for inspired writing remember you must first aspire, then pierce through the lower planes like a sword. It takes time of course. Once you reach that high sphere you aim at, then it is necessary to HOLD the vibration and not lose it. After awhile this forms a thought-image which has the power of gathering to itself the information you seek upon the subject concentrated. The same applies to outer things. The longer you can hold your mind on the subject or practice, the quicker you will master it. If you can hold your mind in this positive and persistent concentration on dancing, for instance, for some hours you will become an expert dancer very quickly. "Not letting go till you are through" is the secret.

(36) Humanity cannot be helped today by going away into the wild and just loving. You must go in the midst of them--that is Service.

(37) The Sphinx has its higher counterpart. There is a college of the Sphinx on the astral

(38) Amenhotep III is connected with "M" and us.

(39) The Egyptian initiate has the trumpet of Assyrus hung aroun his neck, which means that he will be given the power to give spiritual uplift and help to a thousand people simultaneously.

(400 To invoke higher Egyptian planes and with them the super-solar force, call on"A-E" three times, prolonging the final "e E This mantrum is to be pronounced before sitting in meditation...

(41) There is a stone with a dove carved on it in the King's chamber which is the true entrance stone.

(42) To churn up the navel "chakra" rotate the lower part of the body. This helps in getting to know Nature's will, and with it the power of confidence which comes with such knowledge.

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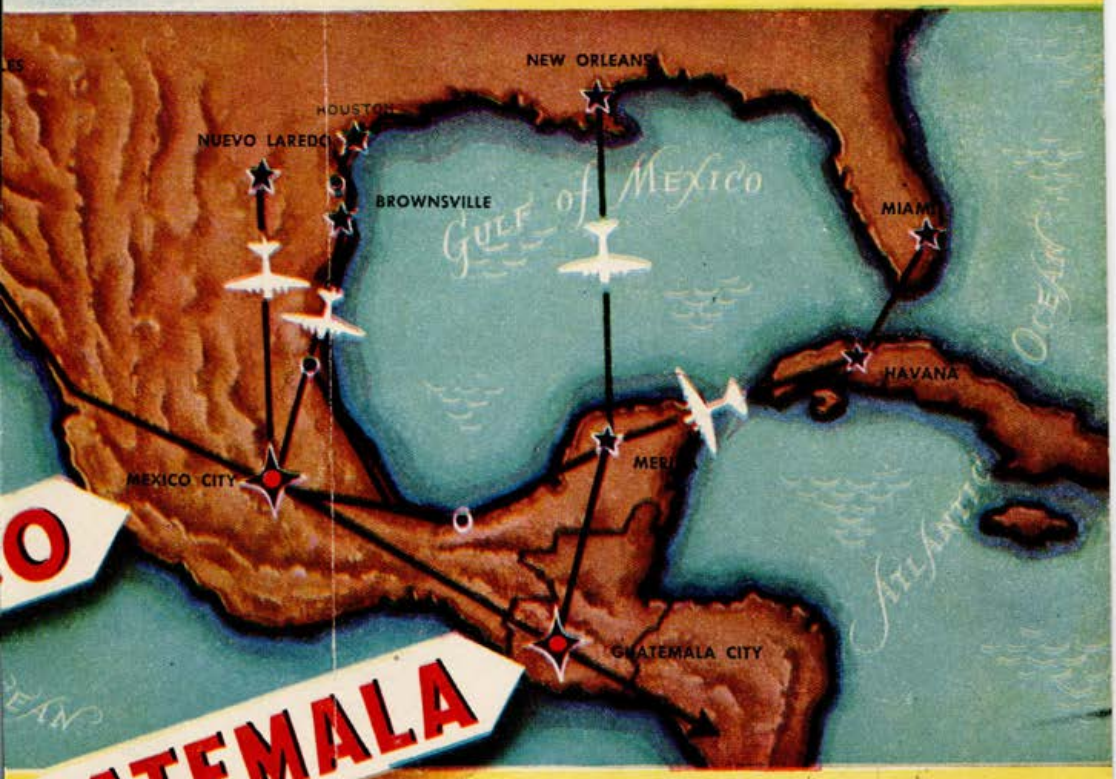

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lent, its scenic and ar
heart of rugged mour
mining city. Don't mis

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seaside resort. Nestlir
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hotels, a great variety

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a result,whether on the nerves or on the psychological state,only strengthens resistance which will take its vengeance. The control of the mind is not so important as to understand the mind. The control of thought is of infinitely less importance than to understand the thought process. This understanding in itself demands extensive concentration. As long as the oberver makes himself separate from the observed and tries to control what he observes or himself,there can only be further confusion and conflict;so the observer himself has to understand his own activity and from this he will perceive that the observed is not separate from himself.

When I interviewed Krishnamurti at Adyar,he was in Indian dress.He received me in a bright small ante-room,covered with Numda rugs (camel colored) and one huge cushion.He offered a chair but I preferred squatting as he did. He gazed at the floor for the first minute. He has a shock of hair,rather wild with many grey strands in it. His face is the face of a man who has lived,and lived deeply. It is a haunting face,full of intensity. His fingers moved restlessly tracing patterns on the rug. At first he was silent,quiet and modest I savoured in the silence and atmosphere of peace power and self mastery,which I liked. Eventually he warmed up and as he talked flashes came into his eyes,his pupils dilated,he looked me direct in my eyes for moments and I felt the intensity behind them.

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( ) There is really no struggle inside oneself between higher and lower selves. We create the illusion of it by giving power to the egoistic ideas through our ownthinking. There is only the One in reality.

( ) The Maharshee, as a guru, has a protective power for disciples who live with him or who have faith in and devotion to him from a distance. For this purpose, his photo is valuable.

( ) Whenever the awareness of the Inner Self comes, adopt a listening attitude to it.

( ) I refuse to discuss the personal or worldly problems of disciples as I am living on a level far above all that sort of thing. I refuse to advise any of them.

( ) I do not undertake to give protection to anyone against the dangers of living in the Cosmic Process, nor even to those who go into retreat from it. This may be got by faith and devotion and photo-concentration on such leaders as, Aurobindo, Maharshee, etc.

( ) "The Path to Sudden Attainment" by Hui Hai, translated by John Blofeld contains A.J.'s teaching. If a student could really understand and live it, he would have Realization.

( ) Almost all humanity is governed by false unillumened thinking, to which it unconsciously gives power. It is like a tremendous auto-suggestion.

( ) The way to obtain control of mind is to start with the very first thought. Otherwise a whole train of other thoughts follow after it.

( ) By keeping the photos of sages and adepts openly displayed in your room it acts as a protection.

( ) You have no problems. If you will believe this whenever a situation presents itself that ordinarily you regarded as a problem, and if you will at once refuse to acknowledge it as such and draw your mind away from it, the Higher Power will take it into It's own hands and settle it for you on a higher level than the ego's, hence more effectually.

( ) CHELA of A.J. to P. B.: "You may say you are not fully realized but you have a definite spiritual mission in the world. Through the achievement of this mission, you will yourself become realized."

( ) Your deeply sincere intuition is bound to bring you through—for it will bring you at each step—the book, the poem, the word that will awaken you to ever deeper and deeper understanding.

( ) The Essence of Reality does not permit everything to happen. For he Real, being Wholeness and therefore Holiness could not permit anything unholy to happen. But, we, until

we understand completely, allow false temporary creations to take place, which as long as we give them energy by holding them in themind's attention, have power to dim our Awareness of Reality.

(.) In trying to settle problems or difficulties of personal relationships, work on them by dropping them into the higher self. Let Essence speak to Essence.

(.) When in doubt or difficulty about meeting certain individuals, leave it in the hands of God.

(J.ROMANO)

(89) The tannic acid in tea and coffee causes indigestion. I put a tiny pinch of bicarbonate of soda in my cup. This turns the acid into tannate, which is harmless.
(90)White glaring walls harm eyesight.
(91)Never walk with toes turned outward. Best way is to turn them inwards, so that feet point to each other. Failing this, then directly straight.
(92) The most valuable knowledge I can pass on to you, as a younger man, is that when faced by a problem or a question, understand that the solution or answer to it are contained within your own inner resources and that the mere fact that life has now posed it to you means you are already at the beginning of the track leading to it. So instead of running to others for it, wait until it manifests itself to your intuition. It may take years but it will surely come.
(93) I trained myself to respond instantly to inner promptings. I obey and follow them even tho there is no logical support for them, even though reason contradicts them, or even when it means moving blindly. Once I got out of a subway train before reaching my destination. I went into the street. Why, I did not know. There I met an acquaintance I had not seen for years who introduced me to another man who gave me an article I had been seeki in vain for months.
(94)Lettuce is indigestible unless well cooked or finely shred ed or thoroly masticated.
(95) In my early years I picked up various maladies and infec ions but cured myself by herbs and grape cure. A monodiet of grapes will cure many maladies.
(96) The two essential points in maintaining vibrant health and dynamic energy are,(a) Sit or walk with erect spine under all conditions(b)do not eat more than is needed to allayh hunger.
(97) Falre D'Olivet was a genius. He was known to the ELDERS of my Adept Order.

RB(5)

(ROMANO, J.) (J. ROMANO)

(')(98) I would be content with very little furniture and very few belongings. Our modern civilization clutters up our lives with things that demand constant thought and attention, thus keeping them agitated and obstructing inner peace.

(99) Owing to the decreased efficiency of digestive organs with coming of middle and old age, I dilute orange juice with 25% water, to make digestion easier.

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(100) The dead who are supposed to enter heaven need not be envied for their happiness. We, too, can have it. For now they are only a kind of thought-being, they are without the body and consequently must be without the desires which accompany it. If we too chop off these desires now, we can enjoy the same happiness, for it can be but a thought too.
(101)Christian Science is wrong in denying the existence of sickness. If so, why does it have healers?
(102) We should not worship. The greatest respect we can show Infinite Power is to say we don't understand it.
(103) In the teaching and preaching of religion, it is necessary to tell lies also when dealing with people.
(104)Jesus never stayed more than a few days in any place. This was because he left the best effect on people by not staying long.
(105)Through the rising of questions and doubts, we progress.
For the effort to answer them develops us.
(106)The hands behave as the brain dictates. Hence I watch them when dealing with a man.
(107)Whenever you get a thought with a question in it, the proper rule is not to talk about it to others, ~~seeking the answer but to wait for it to come of itself.~~ not to go to others seeking the answer but to wait for it to come of itself. For the ~~thought~~ to exist together inside you.
(108) My muscles are hard as iron yet I do no exercise. I get this result by stretching the body.
(109)The Oriental coolies squat on their haunches (Egyptian style) This stretches the muscles and keeps them from getting tired although carrying heavy loads.
~~(108)~~(109-a) Chocolate is an unsuitable food. I do not eat it.
(110)To learn to walk spine erect, practise 5 times daily walking backwards.
(111)Trees and animals grew to enormous heights in prehistoric ages.
(112) I have to write down my intuitions on practical and technical matters or I quickly lose or forget them.
(113)

(114)The moment I mention Greek Art, I see the statues as plain-
ly as I see you. This is entirely an imagination I have.
(115) The triangle, used as the pyramid symbolizes spiritual
Mental and physical
(116)A man must have guts to be should not worry about the diff-
iculties.
(117) No thought is ever lost.
(118) My clairvoyant reading comes to me as if I were trying to
remember something that I had heard a long time ago.
(119)Parables a peal to me but intellectual expositions bore me.
(120)Most people who seek psychic healing or spiritual powers do
so in order to profit in some way by such powers, whether money
or influence or fame. Also such motives destroy the possibility
of attaining real power.
(121)The life of Jesus is largely a symbolic drama, with some
bases of truth. The Greeks were the first Christians and the
Greek drama provided much of Christianity.
(122) Fear is a necessity until we learn how to take care of
ourselves. Hence, it is good, not bad. The body educates the
mind through fears. But if fear continues constantly without the
mind learning, it becomes sick.
(123) Coue teaching is a mistake. It is based on holding the
unconscious thought that you are sick.
(124)If you can keep the intestines clean you will have clear
skin and youthful looks. Evacuation is usually incomplete.
The mucous membrane is filthy. Hence a fountain syringe should
be used daily. It is one of my secrets of youthfulness. This
also cleans prostate and prevents its enlargement through old
age.
(125)Many kinds of bacteria form on the tongue. I use a spoon to
scrape it.
(126)Animals have to lie down after a meal because they get
dopy, through expenditure of energy in digesting food.
(127)My lunch is often 6 dates and 2 glasses of water. This gives
me energy without the heavy sleepy feeling that comes from
eating bread and a bean lunch.
(128)Mahmoud Beys' paper screwing up trick, with writing of
words on it, is all conjuring. It is done by exchanging papers.
(129)The knowledge is always there. We have to make ourselves a
part of it. If we analyze it we spoil it.
(130)I use the fountain syringe just for the rectum, not
colon, immediately after evacuating, every day to finish
the cleansing work started by Nature.
(131)Patience is needed to contact with Infinite Source.
(132)The body has developed false tastes, false desires
(133) Foods which ferment, like bread, make one sleepy.
(134)Why am I so happy always? Because I take nothing, not even
myself, seriously.

(285)The guidance and force directing an aspirant to a certain holy man or holy place are often his own imaginations, to which he has given power by his thinking.

(284)Mrs. S. did not say that you were evil. She said that you had an influence with you that, being Oriental, was strong and taking her out of her own proper Spiritual orbit <u>for her</u>, it was as if evil.

(J W T)

F. W. L.

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(LILLIAN DEWATERS:)

(1) I meet every problem by taking it into my identification with the One Reality. Thus, when I was given a ticket for a motoring offence, I asked myself who had done wrong and who was being punished. Then I knew that in the One Spirit there is only rightmmmness and that I was always right. The result was that the ticket was withdrawn.

(2) I do not recognize any truth in the ideas of gradual growth, of the need of an eternal Master, of the necessity of organizations, etc.. (spiritual)

(3)I take my stand solely upon the teaching of the One without a second, and apply it literally to everything. I apply it even to the body, whose existence I do not recognize. I apply it to the World Crisis, and the threat of atomic war. I realize that in true being there are no crisis and no wars. That sets me free of all fears and anxieties about them.

(4)It is not an intellectual act, this recognition of truth; it is a perception. When this is experienced, truth becomes dynamic.

(5)I practise the Maharshee's method of asking "Who Am I?" whenever a problem presents itself concerning my life. I ask if such a problem could really concern my true being. For instance, there is no lack in the Spirit, so how could I, who am pure Spirit, lack anything?

(6)I was in Christian Science for many years, but found its faults and fallacies in time, and so left it. These include, (a) erecting a papal infallibility pedestal for Mrs. Eddy. (b) not allowing members to read other literature (c) using threats of death or sickness punishment to hold members who want to leave (d) making healing all-important instead of the Real for its own sake.

(7)Most of my readers are former Christian Scientists who find they can get no more healing from it and so leave it, or who are dissatisfied with the tyrannies of its organization and prefer to regain freedom.

(NATIONAL DEPARTMENT)

(1) I meet every problem by taking it into my identification with the One Reality. Thus, when I was given a ticket for a motoring offence, I asked myself who had done wrong and who was being punished. Then I knew that in the One Spirit there is only rightousness and that I was always right. The result was that the ticket was withdrawn.

(2) I do not recognize any truth in the idea of gradual growth, of the need of an eternal master, of the necessity of organizations, etc.. (spiritual)

(3) I take my stand solely upon the teaching of the One without a second, and apply it literally to everything. I apply it even to the body, where evidence I do not recognize. I apply it to the World Crisis, and the threat of atomic war. I realize that in true being there are no crisis and no wars. That sets me free of all fears and anxieties about them.

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(and without an outside teacher. All needed knowledge is contained in Nature, the subconscious can pick it up by insistent demand.

(73)Hitler had no penis. It was amputated after shrapnel wounds in World War I so he could not marry. Unity Mitford, sister-in-law of Moseley, was sent to him to wed in a political alliance when she found he could not marry her because of this physical incapacity. She tried to shoot herself. Hitler had become homosexual.

(74)I have been to Tibet. I did not mix with the lamas. I mixed with the masses who report the correct appraisal of the lamas. I did not stay long in each Oriental country as I did not need to. I got my results quickly.

(75)The Catholic religion has many similarities in forms to the Buddhist, and has derived a number of them from Buddhism as well as from old Egyptian religion.

(76)The rosary was originally meant for illiterate men who could not count and who had to repeat a prayer a certain number of times. Later, religious ignorance turned its use into a sacred exercise for all, including the literate!

(77)The adepts in the retreat banned coffee and tobacco as poisonous but said if you must take one then take the other also, as they act as antidotes to each other.

(78)I quickly close contact with the crowd of those who read endlessly on mystic-occult subjects but never apply it to their lives, who flit from teaching to another, who talk in a superior way(Oh yes, I have read Brunton, Steiner, Blavatsky, etc but understand there superficially that they do not really understand at all. A mandoes not understand a spiritual teaching unless and until he does it. The man who does understand it, automatically and naturally applies it.

(79)I use no narcotics, no poisonous drugs, in my pharmaceutical preparation. My nasal catarrh oil is harmless whereas ephedrine cracks the mucuous membrane.

(80)You have a considerable following here who regard you as an honest, objective investigator, so that whatever you write will be accepted as being so.

(81)There is happiness only in freeing oneself from the incessantly growing acquisitiveness of possessions, in the inward satisfaction with an outward simple life. This acquisitivness does not end with obtaining the desired objects, but restlessly feeds afresh on new desires or on discontent with what has been obtained.

(82)

Why are worshippers enjoined to throw their head up and back in praying? It is to thinking which it does by pressing the vasomotor nerve and stopping its blood supply.

RB(5)

(83) The first impressions I receive on meeting people include clairvoyant perception of past or future episodes in their lives.
(84)If the professional fortune-tellers were genuine, why do they not foresee how to make their own fortune? They don't because they can't.
(85)The earthis millions of years old.
(86)Fear, worry and Hate are our worst enemies, and often related
(87)There is no need for everyone to go thru suffering in order to learn. What most people get by painful experience could also be got by using imagination and analysis, mind.
(88)There will be no 3rd world war. Neither the American nor Russian people want it.

(48)Hate is a form of suicide.
(49) A true mahatma never comes to a violent death, hence, Gandhi being shot, was no mahatma. He was a shrewd politician.
(50)I dream what I want to dream. It is under my control.
(51)The development or use of this psychic intuitive faculty I have is inhibited by the presence of a personal motive. The latter prevents mind becoming a true blank which is an essential pre-requisite. Nobody can make his mind a blank; the precence of motive creates thots which prevent the passivity needed for such clairvoyance.
(51)Physical Exercise for Health & Strength: Stand with feet together palms interlocked across upper chest. Stretch hands out to each side of body breathing in deeply at same time. Rise arms above head, then bend trunk and touch toes. Try to keep the muscles of the legs and thighs tense and hard during inhalation. Do 3 times a day. Lie on floor flat after exercise.
(52)I knew Edgar Cayce for 25 yrs. He was grosely overrated. He was a semi-fraud. His trances were not genuine. His trance prescriptions were memorized from a book. His last five years he was a sick man and asked me to help cure him.
(53) Instead of normal 16 breaths per. minutes, take only 5. This means longer and deeper and slower breathing.
(54)I cannot do clairvoyance for friends. I cannot do it for you because you would be thinking, "How much of this is because he already knows about me." I would feel these doubts coming from you and they would disturb me. I can "see" only for strangers.
(55)Whether sitting or walking carry the body with spine erect, head and shoulders up.
(56)When a new problem comes up or something I do not understand appears, instead of getting worried I am delighted. For it means that I have a chance to gain fresh knowledge. The doubt will eventually elicit its own clearence, if I use it rightly. And the right use is to analyse it until it becomes quite clear. Thi in turn leads to its mastery.
(57)Gandhi was a crafty politician primarily. He was no mahatma
(58)No one has ever communicated from the after-death state to ours. For there, finite man returns to his infinite source. No finite personal entitiy can exist in that state. Mediums get their own or suggested thoughts instead of real messages.
(59)I have cured arthritis in patients by putting them on a mono diet of grapes and cranberries.
(60)In summer I breakfast off grapes and miss lunch. In winter I take hot soup only for lunch.

RB (5)

(61)Altho' I am an old man, when I see young courting couples I do not frown on them or get depressed. Instead I rejoice with them. For I know that life goes on and must go on. Thru sex it does so physically.
(62)If patients refuse to go on the reformed diet I advocate, then they must go on being sick, I tell them. Nature is merciless. It does not pander to the weak-willed or habit ridden. However, I first win their interest by eating and drinking with them in their way for a couple of weeks, then tell them that the special diet is really my own regular one. Then I confess that after eating with them I hurry home to rid my stomache of these poisons.
(63)Keep all plans, business or private secret. If you talk about them they lose their chance of success.
(64)Food requires energy to digest it; so I eat sparingly.
(65)There will be no war, now or later with Russia. The latter are trying to get what they want by cold war only.
(66)Your present state of unsettlement regarding your writing work is due in part to your looking for the wonderful in the Orient uncritically. Now you stopped seeking with the conscious mind but still continued with the subconscious.
(67)My idea for a book is that you shall say after seeking in the Orient, here, in the USA, you find a man who, demonstrates Masterhood.
(68)I do not encourage those who approach me as would-be disciples. I send them my ". paper and close it down there. I do not teach them personally.
(69)The yogi's abuse their body by fanatical asceticism. We take the middle path to self-mastery, the disciplined way. Altho smoking and drinking & meat are banned, because celibacy is not absolutely enjoined.
(70)Alcohol stultifies brain action and is artificial, but disciplined marriage is a natural activity. However the sex currents can be transmuted into creative work; dissipation prevents it. The polygamous Turks, produced no inventors.
(71)The retreat I spent 8 months in when I was about 17 years old, was inhabited by over 200 adepts, mostly Mohamedan but also others, thus drawn from the four great religions to symbolize the H. sides of a pyramid--Islam, Xhanity, Israeland, Buddhism. Those who were only disciples were not admitted, so high was the standard required and maintained there. The system of instruction was not based on intellect but on intuition. Teaching was given in parables. The adepts had to work out the meanings by their own reflection and feeling.
72)It is a good sign when a man gets excited or enthusiastic or agonized over a spiritual question. If he keeps it up, the answer will eventually be found by him from within himself,

(D.T. SUZUKI:

(1) There is a vital difference between the results of Indian yoga and the results of Zen meditation. Much, if not most of t yoga result consists of a tranquilization of the mental waves which gives a kind of mental peace and lulls the meditator int thinking that he has achieved the goal. Actually, he is still within the realm of the ego and of the illusory altho it does not seem so. Zen, on the contrary breaks thru both of these into the reality beneath them because it makes a positive effort of will to attain true awareness.

(2) Zen has no thing corresponding to the giving of blessings or Grace or transference of power as in the Indian system of Master-pupil relation. Indeed, there is certain dangers in entering into this relation.

(3) Zen, does not pay any attention to the disciplining of character and the illumination of weaknesses, but throws the whole force of its efforts into a single technique in the solving of the Koan.

(4)There is only one kind of meditation and one kind of study which Zen ~~[illegible]~~ that is, the Koan. This consists of a problem-question or even mantram which has to be held constantly in the mind whether thought of logically or not, until it is solved by the force of such intense concentration and such a positive effort of will. The solution brings with it entry into new new dimension.

(5) It should be pointed out that this concentration of thot employed in the Koan effects such a break thru because of its strong positive character which distinguishes it from the dreamy passivity of the Indian yogic method.

(6) Another important point in the Zen teaching is the emphasis on remaining in the world, as opposed to ~~the~~withdrawal, or neglect of the world in Indianx . If it enjoins retreat in monasterys this is only temporary.

(7)The subtle objective of Zen quest is to become continuously aware of the real self. Hence, Satori is a permanent result from the very first time it is experienced, if it really is Satori. However, since we are and always remain individuals whilst in the flesh, therefore the experience is an individual one. Consequently, there maybe a personal emotional accompaniment to the experience of Satori. This accompaniment having had a beginning has to have an endingx. The individual reaction to Satori must pass away but the Satori itself never passes -way.

(8)Satori is, the apprehension continuously of the Reality behind life

(9)I am not a guru. My work is only to explain.
(10)The ego cannot be killed, cannot be annihilated. We are an remain individuals. But it can be put into its own place, made subservient to the true self.
(11)It is thru the ego that we are able to attain the true awa ness. We use it to rise above it.
(12)The Koan is an expression of a doubt.
(13)Zen requires no special ascetic regime! But it seeks to avoid excesses, which are alway bad for mind, whatever they do to body.
(14)The real awareness is above body and above intellect.

(67) Prayer's only value is in impressing upon the mind higher ideals and resolutions. It does not reach out beyond oneself.
(68)There are periods of lull and lassitude in inner life, when outer fortunes are going smoothly. At these periods we cease to be vigilant, slacken on prayer, lose the love for others. They are times when we have absorbed our own reserves.
(69)Nothing happens and noone is met without meaning. No event comes to us, no person crosses our path, except for a reason lying in our thinking or need. If we dislike meeting someone we have to analyze what it us creates it and correct it. Burkhart's rule of seeking out a critc and converting him is not enough: his love needs combining with wisdom.
(70) I approve of desires. They are necessary and should be expressed tangibly. The present free sex attitude among young persons is dangerous but is healthier than the repressed attitude of earlier generations.
(71) We create nothing. God alone creates. Everything and every thought is already there. We merely pick it up. In doing this we often pervert Gods' thoughts and get it wrong. This is because we may get too excited or lack the capacity to see ideas rightly.
(72)I do not act on impulse. I wait to see if it repeats itself enough number of times to be a right one.
(73)Prayer is the voluntary and conscious holding of a certain necessary thought until it becomes integrated by time and repitition into oneself. The answer to prayer never comes with its first utterance but only after self-development and circumstances have made one receptive to the solution of the problem. Prayer does not go to God, but to oneself.
(74)Those mystics who want a shortcut rapid motion to union with God, who impatiently turn aside from the long slow prepar- [illegible] of humility and correction of weaknesses

are really seeking more power for their ego,--the power which comes from God. This non-mystical preparation is intended gradually to overcome the ego, a result they unconsciously or consciously wish to avoid. The attraction of mysticism to such persons is its opportunity to feed the ego and aggrandize it, by super-human resources.

(75)Those who talk of altruistic service are self-deceiving. There is always some reward they are seeking, even if it be only the inner emotional satisfaction.

(76)The professional or business man should engage in work that he loves and refrain from what he doesnott He should also seek the financial profitsof service, for he is entitled to them. To serve without reward is to let others exploint him. This merely caters to their selfishness andcondones or strengthens their weakness.

(77)Timidity is an expression of egoism and as such has to be overcome.

(78)When, in the depression, I went to a store's book dept. in search of a job, I allowed no personal emotion to handicap me or prevent my approach--whether the emotion of timidity(because I had never done such work before) or fear(because there was much unemployment everywhere,). I picked out a store where I would like to work and where I thot I could render good service, and talked the management into giving me a position, altho they had not announced any vacancy.

(79)We must resolutely hold the thot of what we need, after being inwardly aware of its rightness, and overcome all negative feelings that may cause us to hesitiate thru fear of to falther in its pursuit.-We must have the faith that, if we feel its rightness, or the inadequacy of the service or the things we can give in exchange, it will become ours. If we are ready for it, it will be ready for us. But if it does not come to us, then we are not ready for it at that particular time or we will in the end be better off without it or we need the lesson of doing without it. There is reason and wisdom behind the pattern of our lives.

(80)Every person I meet, I become aware of what is wrong or lacking in them. I do not usually tell them this, unless guided or requested to.

(81)On going to bed and also on awaking, I lie on my back, passively, and identify myself with the cosmic power, God, letting go of all personal existence-

RB(5)

HENRY DANIELL

(1) When I was down and out, as a young man, I went for the first time, somewhat sceptically, to a Christian Science practitioner. He gave me Mrs. Eddy's manual to read for about ten minutes and during that time, he covered his eyes with his hand and meditated. This was all the treatment. Next morning I got the offer of good work. Next week I got converted to spiritual thought and experienced uplift of a mystical character which exhilarated him for months.

During the interview H.D. said to the practitioner, "I have nothing to look forward to, no likelihood of getting work." The practitioner replied, "That's a lie." When the interview ended, H.D., who was utterly penniless, said he had not got the $2 fee. "That's the second lie you told me today," said the practitioner. What he meant was that activity and supply did exist for H.D. and that it was only for him to change his thinking to get them. However H.D. could never read Mrs. Eddy with pleasure. Her pages are loose incoherent and thrown together anyhow.

ANANDA J.

A.J

( ) By keeping the photos of sages and adepts openly displayed in your room, it acts as a protection

( ) You have no problems. If you will believe this whenever a situation presents itself that ordinarily you regarded as a problem, and if you will at once refuse to acknowledge it as such and draw your mind away from it, the Higher Power will take it into Its own hands and settle it for you on a higher level than the ego's, hence more effectually.

( ) all humanity is governed by false unillumined thinking, almost to which it unconsciously gives power. It is like a tremendous auto-suggestion. follow after it.

( )The way to obtain control of mind is to start with the very first thought. Otherwise a whole train of other thots

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ELIZABETH YOUNG:

(1) I have had Realization times without number and as I look back my moments of most intense Realization were not the result of seeking, at least not the direct result. Those vital moments seemed heaven-sent, God making Himself known, the human heart leaping in response. Self-conscious analysis of such experiences only sullied them, to try to repeat them seemed like an insult to the Giver.

I believe that we always have this Realization unconsciously and that it is self-consciousness which blinds us to it and of course as Father Watts says the more we try for it the more self-conscious we become. Unselfconscious little children are bathed in it so they are "greatest" and we must become like them.

All this is just a variation of the theme we know so well. God's will for us is that we should have this Realization and the only means to that end is the acceptance of His Will.

To do this at all times and in all situations is the conquest of self-a conquest not by opposing but by yielding. It seems to be the hardest thing we can be asked to do, well-nigh impossible, but when at last by God's grace we have learned surrender we can truly say, "His yoke is easy and his burden is light."

Although it seems to be so hard it is so simple that the common, everyday, unlearned person can grasp it.

(2) "And a pathway shall be there and a way and it shall be called the way of holiness; the unclean shall not walk over it but it shall be for them and way-faring men though fools, shall not err therein."

I write this for my own benefit, not for yours. I have wandered and meandered and it was all necessary but I hope to stray less and less

(3) Ineffable -Love-Wisdom, for such an attitude on our part and such a way of life is Realization. One is the other and viceversa.

Take but the first step whole-heartedly and you have Realization--Quibble about the degree and you have Relativity.

con't. ELIZABETH YOUNG:

(4) "If, with understanding, one can keep the mind just aware, without running after objects of perception, one would be free--"

To think of oneself as an instrument is wrong-one cannot send out love or heling--let essence flow thru--how can the ego do anything--If one is living in the g ego--even with selfless motives--one cannot heal--One must "die" before essence flows thru--Eckhart says, "If the mind is fixed on God and continues so, the senses will obey it--It is like banging a needle on a magnet and then another needle onto that, and so on--It might be even possible to suspend 4 needles from the magnet in this way--as xnlong as the first needle hangs onto the magnet, the rest will hang onto it, bu t if the first drops off, it will lose the rest. And so, as long as the mind is firmly fixed on God, the senses will obey it, but when the mind drops away from God, the senses drop off from the mind, and are unruly-"--

~~"If,with understanding,xonexcanxxxxxxxxx~~

Could it not be said, that in reality no one has any problems, for in God we live, move and have our being, and in that Divine Consciousness there are no problems, there are no actions or reactions. It is only the ego that creates the problems and then tries to solve them-which of course it can not do--By taking one's thoughts away from the problem and directing one's thoughts within, for God is our being, our true nature then the problem is transcended and is solved on that higher plane-The moment we dwell upon a problem one gives power to it and then has to live through the activity of that problem. To take one's thought instantly away from the problem and think only of God, our true nature, is to take away any power from said problem--Gods Essence is in every activity as one could not move or breathe if one did not live in that Divine Essence--The thoughts or ideas that are a cloud between we and God, must eventually go, as they obscure the glory of the sun--even one's idea of God must go so that one desires nothing, strives fornothing, except the will of God as it is presented in the experience of each moment, the Eternal Now. If any experience of the Now is accepted with humility, gratitude and love, whether said experience be "good or bad" then one is truly accepting the will of God for God is all-inclusive--One is never out of Reality whether one is aware of it or not, and all of us have experiences of Reality or God, at one time or another

(con't 4) ELIZABETH YOUNG:

It is important to try to be aware of such experiences of Reality as we are never out of God's Consciousness--There is only (one) Power, as there is nothing that can oppose God--So in Reality there is no opposition no conflict but one builds up an idea of conflict and opposition by giving power to such thoughts--Our idea of separation helps to build up such. There is only God-Non-Duality--

Love and one-pointed dedication to God helps to unlock the door to that Divine Consciousness

ALAN WATTS: (Letter)

(1) To attempt to get rid of wandering thoughts by efforts to destroy them only centers attention o on their wonderings; conversely to try to eliminate them by strenous concentration on the task in hand centers attention not on the task but on oneself trying to perform it. For evil is overcome neither by direct opposition nor by concentration on the contrary virtue----The point is that evil action comes from pride and fear, which cannot be rooted out by violence but only by the conviction and the realization of inescapable union with God. But the more a hostile attitude to evil develops the sense of guilt and separation from God, it will(the soul) cling to God thru fear, and thus not realize union with God at all, because as we have seen, realization cannot possibly come through fearful and possessive clinging."

(2) As the ever-deepening realization of union with God is the only way of final victory over evil, so it is the only source of creative virtue. But in moving forward man's principle of action will no more be a moral code; it will be the indwelling Holy Spirit, the ever-present fact of our union with God.

(3) In short, therefore, self-loathing must give place to self-acceptance, which is permitting oneself to be loved by God.

(4) The horror or hatred of a thing is a form of attachment to it, since an object of hatred fascinates and holds the attention despite all efforts to turn away.

(5) The trouble is that many Christians do not perceive in God the very virtues which they expect in saints. Jesus told us to forgive our

brethern even if they sin against us 'seventy times seven.

(6) God permits us to be tempted, and when we say the prayer, "Lead us not into temptation" we are asking Him not to let us descend to fighting evil on its own ground and in its own way.

(7) Almost all mysticism, whether Western or Eastern, has the sense of the given-ness of Union with God, of its eternal Reality, which has to be accepted and recognized--not achieved

(8) The hatred of evil strengthens evil, and opposition reinforces what is opposed. This is a law of an exactitude equal with the law of mathematics.

(9) Union with God is here and now,. Surely God in His Love could have made nothing more simple but the Old Adam in us raises every possible objection.

(10) There is no such thing as a saint without joy, without God's own happiness.

(11) First the aspirant strives and disciplines himself; later discovers such work and effort to be futile and then ceases it. He need not have striven at all in the first place. He could just have waited for grace. For this waiting is itself a work!

de BERNIERE SMITH:

(1) This second birth is a definite process and is a recapitulation of the birth of our Solar System. Fundamentally man and God are one. This rebirth is not something seen objectively, but an ordered sequence of actual experiences, clear cut, unforgetable and uncontradictable. Nothing else is so real and true to the experienceing ----

(2) Yoga, in the sense of mind control, is necessary. In my case the work was done in previous incarnations but the fruit of this past work is now available to me. It was, of course, by Yoga practised in the past, that Pho-wa came so easily to me. With ( ) only a split second of unconsciousness, I was able to pass, freely "awake" into the dream state, and know that I was in that state: sit still and tell my elf my name and what I proposed to do, always starting with a prayer for guidance and help. I actually have died, and lived by night, for about a year among the dead, though I still was alone in my earth-body by day. This, as you know, was discribed by Erams-Wentz as one of the deepest Yogi attainments. I had, I must mention, for some time, in the waking state, practised "transcendance"--standing as it were, on tip-toe above ones mind--watching and counting each thought as it arose-stopping the flow altogether if I wished and concentrating on a soundless sound--like Aum-m-m-m- to prevent falling into unconsciousness.

(3) Each soul has a complementary counterpart, male or female, to be reunited into one androgenous body to reach the celestial realms and so achieve immortality, and the freedom of all planes.

It is probably, however, almost unique that they should meet in an earth life, and realize it. It is this knowledge and this past which creates the link with mankind which will enable the Bodhisattred to return in his Nirmana Traya body.

Normally I think, the Shakti awaits the Shakta in a Paradisical realm, or vice-verse, and they enter Eternal Life as one androgene and do not return.

It is not necessary to consciously go through this process of rebirth. When spiritually united to her complementary half, all his experiences become hers and all hers his.

(4) I do not know, of course, all that Mystics experience. What I do know is, that there is no standing still once the path of true and full enlightenment is entered. Things just happen without effort

de BERNIERE SMITH:

(4) except constant prayer ad meditation. They are given, not acquired. From what I have read it would seem that Mystics, at least followers of the Eastern path, regard Nirvana as the goal--as if God or whatever they call It, existed in a state of masterly inactivity!

I care not if my doctrine is different from everyone else's "Stand they on that side, for on this am I".

(5) I believe that there is a differenciated or "specialized" thought of God which actively interests Itself in the evolution of Man. This is known under a multitude of names, e.g. Najra-Dhara, Dharma-Kaya etc. Apollo etc. Brahma, Krishna etc..Christ, Son of Man, Mazda and a host of other names.

The name is of no real importance, it is the "Idea" behind the name that matters.

I believe that it is possible, by psychic and spiritual rebirth, to become con-centric with this Being and become His instrument.

(6) Paul Brunton is a great man. I have read all his books and possess a copy of THE WISDOM OF THE OVERSELF. Nevertheless, though no fault of his--for ultimate reality cannot be reached by human effort but is a Divine Gift and may come to the simple and not to the learned in his present incarnation--P.B. has only reached the negative aspect, that is the seed state which awaits fertilization at the positive pole. He has entered World Consciousness emptied of content.

I will make an attempt to discribe this positive experience though it will, of course, be quite inadequate.

(7) In an old book-Latin-called "Tractus Aureus" on the teaching of Hermes it says "Homo Adamus, though he appears in male form, always carries Eve (that is his feminine opposite) with him, concealed in his body, making one androgenous being"( )

Plato: Symposium XIV speaks of round androgenous man. I told you before the shape of our new vehicles is cylindrical- Plato's idea of roundness; not triangular as our present vehicles are.

The ancient Hebrew Adam--Kadmon was androgenous. There are others which I will not list now. If modern yogis others have lost sight of this, well, I cannot help it. I know it by direct revelation, before I sought or found any written confirmation.

de BERNIERE SMITH:

(7) I should have thought it quite obvious that, since no one doubts that male and female are of opposite polarity, and therefore imperfect in separation, and that no imperfect being can enter into eternal life, they must be made perfect in union before entry there in-to. The Mohamadon idea of Houris is evidently a perversion of this truth.

I do not, of course, mean that sex as we know it, has anything to do with it. It is the polarity of Head and Heart, Wisdom and Love, negative and positive which has to be in vibratory equilibrium. Sex has no meaning "Yonder".

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E. MOLLER:

(1) I have been meditating on the Void and I have even to some extent and as I view myself found contentment in the Void, and yet--. I feel you drew me towards deeper understanding through direct experience as well by means of words and as you will know yourself only in Silence and by being silent shall you receive my gratitude.

(2) I felt throughout our meetings a pronounced feeling of inner peace that really made words between us superflous.

(3) The proposition for a service to Denmark you made me was once my dearest dream, but I am without dreams now and therefore may be able to make better work if it so happens that it becomes my future work.

(4) The problem of married life as I see it does not consist so much in difference of temprement, but the fact that we believe our projected ideals to last forever,-to remain changeless. I think this attitude of ours mainly underlies the fact that we continuously try to re-create our dreams in the past in our wives and husbands.Do you not feel that the charm of life is its flow, its ever changing rhythm. To find rest at last does it not mean that we learn to accept also the other aspect of life-the painful one-as being ~~emphasizeda~~ due part, and a right part of the one play, I may probably over-emphasize this part in stating that without pain and suffering there is no progress, nor would even happiness seem ful if it was not contrasted by pain and disappointment. I feel that if we could but learn to forgive and accept also everything in ourselves, and I am here having in mind Fander and the question he put to you as the last and probably painful question of his, we may then soon balance activity with even peace and quietness of mind. I see no other solution to any personal question than constant abidance in the Quest of the Overself which means the desolving of the ego mind,now, what I do not know is how many different means there are to achieve this-and, what means may profitably be advised the various types of people one may wish to help.

(5) Do you think Andersen too would feel the intense atmosphere of peace as I did or would his inferiority complex be a hindrance? I suppose that would be the case.

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SWAMI MADHAVTIRTHA:

(1) HOW DO YOU ACCOUNT FOR THE SIMILARITY OF ALL DREAMS IF, AS YOU ASSERT, THE WORLD IS ONLY MY PRIVATE DREAM?

" Sir James Jeans and others are doubtful as to whether there is a world where there is no observer. But the very thought os such a world will bring the thinker as the necessary observer. Besides, such unknown world must have some space-time division. But space-time are relative and require some observer as they are not part of the objects. A relative world has existence only when known. There is nothing that is unknown in a dream. Even the self is wrongly known. The condition of my knowledge is the condition of my world in dream as well as the waking state.

There are not many dreams. Other persons in the waking state are in my day-dream. Self-knowledge does not allow the existence of many individuals. The origin of ignorance lies in the mind of the man who puts the question about this matter.

(2) WHAT GUARANTEE EXISTS THAT YOUR ULTIMATE STATE IS NOT ALSO A RELATIVE ONE?

"The ultimate state does not exclude anything. The infinite does not exclude the finite yet, there is no conceiveable relation between the two. There are no relations except between things finite. There can be no relation between the absolute and its appearances.

(3) ARE YOU NOT TOO OPTIMISTIC ABOUT THE VALUE OF SCIENTIFIC DISCOVERIES HELPING THE WORLD GAIN A MORE METAPHYSICAL UNDERSTANDING OF REALITY?

"Ordinary observer's knowledge, is a kind of ignorance. If I put my knowledge in the right condition, it is not necessary to think of others although that knowledge will have a wide-spread effect.

One American writer Mr. Ushenko writes in his "Philosophy of relativity" that Sociality is compatible with physical independence of different attitudes towards oneself precisely because the Social Agent takes all of them except his own in imagination. He does not, actually disintegrate into a multiple ~~living~~ being because the imaginative attitudes are only supplementary appendices to the single physical attitude connected with the state of his body. But an event which is physically split into several perspective agencies is a group and not a single event. Furthermore, it is not a unified group but a sheer multiplicity of appearences.

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Haanel Cassidy:

(1) Healer feels: Heat in his thumb, which is used as a focus.

(2) The Patient feels: Tingling in the finger and perhaps toes.

(3) May feel heat in any part but particularly in part being treated.

(4) Fall asleep for a few minutes. Haanel uses the method taught in course. It is based on holding the breath and generating a hot spot in any part of the body. The inhaled breath is held, at other times exhaled. He treats himself by falling asleep while treating himself in bed

(5) It does not matter if patient has faith or is sceptical of healer.

(6) Haanel feels a positive out-going of force when treating passing out of his body thru his right hand.

(7) He directs the force to different nerve-centers. Thus the center in the middle of the back is for treating stomach ailments.

(8) In treating the center I most commonly work on is the one behind the left ear, so many parts can be reached thru it. The next useful center is the base of the neck; the others are down the spine

(9) In treating he applies the forefinger to the center and practises the slow deep long breath, then holds the breath and directs the current of force do n the arm to the center.

(10) The patient sits in chair while I stand and treat.

(11) P atient who sits in chair for treatment by healer must NOT cross legs as that closes circuit and prevents receipt of healer's power.

(12) "F or the past twenty-five years I have been able to relieve some of the lesser physical ills by the mental direction of healing forces. I have relieved, and sometimes completely cured, colds, sore throats, stiff necks, indigestion, headaches, menstrual pains. In one case, a skin affection of long standing, diagnosed by the doctor as caused by an allergy, quite disappeared. Some people respond more readily than others but this does not appear to be directly a matter of belief or disbelief on their part. In several instances those who expressed complete skepticism had to admit they had been helped. In many cases any admission of improvement is too much to expect: one woman suffering from an acute attack of asthma slept for ten hours without the help of drugs after the first treatment, and for the first time in weeks, but she

never expressed any belief that she had been helped.

This power has been gradually increasing, and recently is much stronger and more reliable than it has ever been. Within the past year a case of conjunctivitis which had resisted all other treatment was cleared up in a few days by this means.

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B. Russell is of the same opinion. He says that the same reasons which led to the rejection of substance lead also t to the rejection of things and persons as ultimately valid concepts.

Scherodinger also says that consciousness is never experienced in the plural-Ordinary consciousness is connected with the body and as we have acquired many apparent bodies since childhood, the one consciousness appears to be plural and that consciousness sees plurality outside also. What seems to be a plurality is merely a series of different aspects of our consciousness. This means that when one is thinking too much about others or is living in such atmosphere his consciousness is apparently in a false position. This is proved not only by the highest Indian wisdom but also by the new science.

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MARTINUS: Denmark

(1) I never utter any condemnation of others and abstain from criticizing other spiritual teachers or movements. I seek to practise tolerance.

(2) We recapitulate past births until the age of 25/30 years and only then start the fresh development.

(3) Many failures in marriage are due to marriage at too early an age, for people find themselves only at 25-30.

(4) If illumination comes too soon people become fanatics or thinking they are equal to Jesus. The force of the illumination makes them more conceited.

(5) In about 3000 years there will be one government of the world by spiritual initiates, wise men, and with that no more wars.

(6) When one tries to own the other, it leads to failure. Animals and primitive persons have happy marriages, because straight male OR female. But civilized persons have been developing into opposite sexes, hence the confusion of sex polarities.

(7) You, P.B. have now finished the recapitulation of former Indian reincarnations, WHICH IS what you have really been doing until recently. Henceforth you are starting your real new development.

(8) The next war will be the Armajedden of the Bible. It will be the culmination of animal man's epoch and his jungle-struggle mentality. And just as the Bible predicts a "new earth" to come after it, so we shall see a spiritually based civilization after it. The fear agonized cry of an animal fleeing from a wild beast is in reality the entity's first aspiring call to God.

(9) M. keeps to his study and receives no visitors before 11 a.m. He starts work on his typewriter at 4 a.m.

(10) I am 60 years old. In 2 or 3 years' time I hope to complete the series of books I am now writing and expect then to pass away from the body, for my mission to teach men to love one another will be completed, my work to explain its scientific validity will have been done.

(11) My help is given through lectures and writings, correspondence and individual interviews.

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(12) The war must come, because its suffering is required to arouse mankind from their indifference to spiritual knowledge and to fulfil the karma of what they have done in the past.

(13) The war will be terrible and the large capital cities will be destroyed. But it will not be followed by chaos or anarchy. Almost immediately after it, there will be the begining of a

(14) There will be much more seeking for spiritual light soon after the war.

(15) Those who have not fallen into current materialism but have sought the knowledge and obedience to spiritual laws will be protected and come unharmed through the war.

(16) Scandinavia will suffer less and be safer than the rest of Europe, even though it be occupied by the Russians.

(17) The real evil today is Stalinism, which is twin to Nazism. Communism is only an idealist theory, but it is not really being practised in Russia. The earth is living being and tries to shake out of its system poisoned blood. Just as it shook off Nazism, so will it shake off this Stalinism. Because the latter is doomed, its leaders show fear and suspicion. They ban spiritual literature out of this fear.

(18) The course of evolution develops each of two principals in us - the positive and negative, the male and female - and then equalizes and balances us. When this equilibrium is achieved, the individual is ripe for initiation and his intuitive faculty begins to unfold.

(19) Mystics and yogis who renounce the world prematurely, may get illumination too soon and be too unprepared. The event will be a stimulation of their egos in certain direction, such as vanity.

(20) I would sooner have around me a happy meat-eater than a sour vegetarian. Joy is an aspect of spirit.

(21) Alcohol is harmful to physical and mental health, hence I recommend abstaining from all such drink. The difference between whiskey and wine is only a difference of degree in the harm done. Tea and coffee, although also stimulants, may be taken so long as they are not

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taken to excess, or to the strength where their drug deposits become excessive and harmful.

(22) Smoking is banned because it harms like alcohol (both are poisonous drugs) and also because it is immoral to burn growing leaves.

(23) No cut flowers should be used. They are decaying, and to take their lives needlessly is immoral when one can use potted plants and ferns, and even climbing ramblers, inside rooms.

(24) It is dangerous to do astral projections, because evil powers might enter the body.

(25) The most practical way to progress is not by meditation on peace, but by meditation on one's enemies and to try to overcome hate for them.

(26) The starting of a new spiritual era will be immediate after the war ends. This is because so much force will be reconcentrated.

(27) In 3000 years mankind will be transformed.

(28) To help others or to get help for oneself from advanced souls, think of it just before falling asleep at night.

(29) One can go and travel out of the body unconsciously and that is safer than astral projection.

F. ROBB :

( ) The basis of healing is given in V.G.Rele's "Mysterious Kundalini". This is what you used tonight.

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JACQUES ROMANO:

(1) I am 86 years yet my muscles are hard as iron, my shoulders broad with chestexpension, I am never sick. The highest kind, th number one yogi must have good health. Your guru may be a number two or three, he cannot be a top level yogi for he is sick. I is the first consideration for ill health disturbs the mind and inteferes with meditation.

(2) Bett r than all yogi breathing exercises is the following: Expel all the stale air from the lungs, through the puckered-up half-whistling mouth. Then sharply draw in fresh air. It will automatically be a deep breath for you will need to refill the whole of the lungs. Unless the stale air is first expelled, no breathing exercise will do enough good for it will mix the good with bad air.

(3) Always walk with erect spine, and sit with it too. This keeps youthfulness and strength and health.

(4) I despise books and book-study. All my knowledge has been gained by intuition, observation, analytic thinking for myself and extra-sensory telepathy. I learnt to trust my own impressions. When I 'read' people clairvoyantly I do so by looking away fro the person a half-turn, and listening deeply as if to catch some thing being spoken to give me the required information. I can paint pictures & play music, am an expert chemist and medico, yet I have never taken formal courses of study in these subjects. I learnt to do by doing. I did not go to teachers but used my ow instict to guide me.

(5) The greatest yogis live in hidden retreats. I have found the in Arabia & India in such places. Once, when I was young, I wandere alone in the desert and then gave up, the search seemed without end. One of the masters from such a retreat rescued me: He said "If you had only had fifteen minutes more faith you would have found us!"

(6) I practice adaptation to environment and make myself one withwhatever kind of persons I happen to be with at the moment. This not only puts them at their ease, and myself too, but give them the chance to move a step closer to me and thus be helpe spiritually. Only when I am alone in my solitariness, can I afford to be myself as I really am. For these reasons I never reveal who I really am, never tell the unevolved or the masses how great I am inwardly in powers or how many famour persons are in my circle of acquaintance.

(7) No dog or beast has ever bitten me. This is because I let myself feel I am it, because I identify myself with it

(8) I do not want to become a fanatic; that is dreadful. Hence I wear no labels, adopt no fixed point of view, have no settled purpose, acquire no followers who merely echo what I say.

(9) Man's is a finite mind. How can he know what is in the Infinite Mind? That is impossible. Hence all talk about God's purposes, aims, etc is mere imagination and speculation. Those wh claim such knowledge merely get their own thoughts.

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(10)The anti-histamine drugs are harmful. (11)The simplest preventive of seasickness is to eat less and lightly for a day or two before sailing. Take only soup,fruits especially orange and grapefruit,and lightly-digested vegetables. Avoid all starch foods and bread. Miss entirely the meal before sailing.With so little in the stomach,there will be little to be brought up if vomiting starts. But at the first feeling of nausea take 3 drops of peppermint oil (using dropper) on a lump of sugar. (12) If pe iodine is taken internally (the non-poisonous kind,which I make, of course) it increases resistance in sickness.

(13) All organized religions are merely businesses,profit-making or exploiting.I rebelled as a young boy against the ignorance hypocrisy and superstition of religion,as I saw it in the Church Even in the Oriental monasteries that I visited later,I found mostly laziness, superstition, exploitation,greed and ignorance.

(14)King Solomn's Temple, the first we have recorded,was not originally a church to be visited once a week. It was a place where the priest was only a teacher,not an intermediary, who showed people how to pray. Their prayers were made at home, in the privacy of their chamber. The Sunday,Saturday or Friday weekly visits of Xtian,Jew or Islamic religions were priestly accretions for profit.

(15)When I am clairvoyantly 'reading' for a person, I look away from him by half-turning my head upwards;this is to get into my own solitariness.At the same time my thinking s stops andI Become passive, listening inwardly. It is instantaneou

(16)There is no need of retreats for spiritual development. The life in the world,if one is mentally alert, provides all the experience for obtaining such development. Hiding in a dark cave is also unnecessary,and its artificiality proclaims its dwellers as inferior yogis. However a warm climate is certainly conducive to meditation. Nor is the Buddha-posture a requisite. The cave's darkness-benefits can be got by painting the walls of one's room in a non-stimulating color, that is, grey. The squatting can be equalled by using a low-seated chair or stool. Closing the windows to avoid cold draughts and keep inside air o warm, will be as good as going to India.

(17)I accept all the changes of climate as a challenge to develop the resistance wherewith to meet them. Such development fosters my health and strength. The seasons are my gymnasium,wherein I exercise my will and power

(18)I do not say that rligions should be destroyed,as atheists do but that they should return to pure religion, which is expresst in the Sermon on the Mount. (19)Fabre D'Olivet's discoveries bout the ancient cosmogonical character of Hebrew alphabet and language, are quite correct. Each letter had numerical value and each number has cosmogoncial meaning

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(13) All organized religions are merely business,profit-making or exploiting.I rebelled as a young boy against the ignorance hypocrisy and superstition of religion,as I saw it in the Church Even in the Oriental monasteries that I visited later,I found mostly laziness, superstition, exploitation,greed and ignorance.

(14)King Solomon's Temple, the first so here recorded,was not mighty,nor a church to be visited once a week. It was a place where the priest was only a teacher,not an intermediary, who showed people how to pray. Their prayers were made at home, in the privacy of their chamber. The Sunday,Saturday or Friday weekly visits of Xtian,Jew or Islamic religions were priestly secretions for profit.

(15)When I am clairvoyantly 'reading' for a person, I look away from him my half-turning my head upwards;this is to get into my own spiritualness.At the same time my thinking (s) stops and I become passive, listening inwardly. It is instantaneous

(16)There is no need or reason for spiritual development. The life in the world,if one is mentally alert, provides all the experience for obtaining such development. Living in a dark cave is also unnecessary,and the artificiality prevalent in the dwellers as inferior yogis. Rather a warm climate is certainly conducive to meditation. Nor is the Buddha-posture a requisite. The cave's darkness-benefits can be got by painting the walls of one's room in a non-stimulating color, that is, gray. The equanimity can be equalled by using a low-seated chair or stool. Sitting the yogis to avoid cold draughts and keep insides air warm, will be as good as going to India.

(17)I accept all the changes of climate as a challenge to develop the resistance wherewith to meet them. Such development fosters my health and strength. The seasons are my gymnasium,where I exercise my will and power

(18)I do not say that religions should be destroyed,as atheists do but that they should return to pure religion, which is expressed in the Sermon on the Mount. (19)Abbe D'Olivet's discoveries about the ancient cosmogonical character of Hebrew alphabet and language, are quite correct. Each letter had mystical value and each number has cosmogonical meaning

ROMANO:

(20)Man has varied possibilities xxx of outlook but the animal has only one: to eat or to be eaten! (21) I never eat bread. Milk is harmful, so I dont take that too. (22) Thirteen is the number of highest wisdom. Yoga is its achievement. Hence the numerical value of 'j' and 'g' in Hebrew (there are no vowels in the language) is 13. The word yog,yoga, yogi,and the idea behind it, was as certainly known to the ancient Israelites as to the Indians. (23) Those who talk of their own honesty, are really clutching at the virtue. There exists an inner conflict within them against dishonesty, and this is its sign. The same with other virtues. much (24)I possess a healing ray which emanates from my body and can be felt by the palm of another person as a cool current. It instantly stops a patient's pain. (25)The human entity after death is nothing more than a thought. (26) I have died to the body. This frees me from the time-space relations connected with it,especially the desires. (27)I have cured sufferers from arthritis and rhaumatism by putting them on a mono-diet of grapes. They eat nothing else each day for a time—say five days at a time. I myself go on a fruit mono-diet annually. (28)The universe is governed by law. Prayer cannot interfere with xx the laws. If all the 2 billion people on earth prayed for the Missisipi river to flow backwards, it would not do so. Yes such is the imposture of organized religion that it mumbles prayers everywhere and teaches people to pray for their desires. Why, God, as the infinite and impersonal xistence, does not even know of their individual existence! (29)When I have been in sore need of money, I found checks in the mail to cover the amount needed. They arrived from benefactors unsolicited andunexpectedly. These persons said they could not sleep at night for the feeling which came to them that they ought to send me the money. (30) Part of the Christian religion wasborrowed or made out of Buddhist traditions. (31)I refuse to answer questions whetheror not I 1 believe in reincarnation. If I say yes, then my followers will blindly believe it too.That makes for fanaticism. I want them to judge it for themselves. (32)Civilization is peopled with xxxxx fanatics and fools; they have no wish or capacity for/deep analysis of things so necessary to find truth. They are governed by mere opinions. Their opinions have no value. Why should I argue with them? I let them say what they like. The masters do not try to teach them (33)The Four Gospels were the work of many different writers,brought together. (34)I personally knew Kahlil Gibran. His character was far lower than his reputation which is exaggerated. (35)The New Testament has been mistranslated in many places. A symbolic phrase like 'offer your left cheek' is nt to be taken literally at all.

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ROMANO:

36 (~~20~~)The harmful element in tea is its tannic acid. This may be counteracted by using lemon with the tea and by not infusing i more than a short time, so as to leave it weak, and by diluting the brew. Otherwise tea certainly makes for nervousness and restlessness.

37(~~21~~)Everything we have experienced from infancy is registered in the mind. By deep hypnosis I have recovered unknown or forgotten incidents of the past from subjects. In this way I have traced the origin of fears too.

38 (~~22~~)I use honey in my hot drinks but brown sugar is also good. I never use white sgar. (39) Although marriage is not a bar to spiritual attainment, if the wife is not harmonious spiritually there will be discord and consequent disturbance of the man's mind & interference with his way of living.

40 (~~24~~) I knew Abdul Baha. He was really a spiritual man whereas the yogis who have come to America whom I've met were not. The latter commercialised. (41) I never eat lunch and take only a light breakfast. I eat no flesh food. Man was intended to be herbiverous and there is better proof than merely the shape of his teeth. (42) The harm of bread is that it is digested in the mouth and then ferments in the stomach. Whole wheat is just as sinful as white bread in this way. Rye and Black bread are much better and much less harmful; still I would not eat any bread myself. The substitute you should use is rice and potatoes for they are digested in the stomach.

43 (~~27~~)There are no such things as ghosts, materializations and spirit communications. The idea arose in primitive dreams from dreams, which are mere imaginings. All the phenomena of spiritualism can be explained by subconscious mind. They may be quite actual but even so these apparitions are self-made mental images unconsciously thrown up thru suggestion or desire.

44 (~~28~~)Conversion between Protestants and Catholics merely means what a man likes, it is tatse, whereas converson from Christianity to Islam Buddhism etc means a real search for truth.

45 (~~29~~)The canonized saints of the church have no power at all to help their devotees. They are dead and really gone

46 (~~30~~) The psychologists reading of character from the face is imperfect and maybe deceptive. This is because the face is ruled only by the conscious mind. It is better to watch a man's hand and feet, for there he unconsciously gives himself away.

47 (~~31~~) If bread must be eaten, it should be thoroughly masticated. I like matzos and eat them occasionally.

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(J. ROMANO)

(135)I was never harmed in my life because I had attained self-discipline. It is the greatest protective power in the world.

(136)A great writer, muscian, executive is really unbalanced. He has over-developed one thing at the expense of the rest of his being.

(137)

(H. EDWARDS)

( ) Patients cooperation is a great help to secure healing but not absolutely essential. This is best given by self-negation, becoming as quiet and passive as possible at time of treatment. Too much enthusiasm on his part is not help but a hindrance, for it disturbs this quietness. It creates an emotional tension; also rapturous emotionalism undesirable creates similar tenseness.

((2))It is really enough for the healing process to start, if th the patient or even a third party, tells me about his sickness. The Spirit-healing forces then take it up from me, as I silently ask for their help at the same time. They continue to work on it; I do not really have to attend to it again.

( ) I live a normal life, not an ascetic one like Parish. I have always been a teetotaler however even before this healing work began.

( ) There must be a request for help, on the healers part.

( ) It is hard, almost impossible, for patients to get out of their ego-tenseness. This prevents them from fully taking in the healing power. Therefore I give my absent treatments from 11:oo pm to 1:00am for most patients are then asleep and their personal tension is at a minimum. My best results come from these sleep treatments, when patients do not get a chance to interfere by their thinking.

( )Macmillan had a breakdown. Shows something wrong in his work. I always recuperate at once after the days work. In fact, the healing currents that pass through me to others leave me fresher than before they entered.

( ) I repudiate all healing theories which say healer must protect himself against picking up sick conditions from patient by shaking his hands vigorously or washing the alleged bad magnetism off his arms.

( )The fact that anyone speaks to me of their sickness or of someone else's sickness, the mere laying of the problem before me in a ½ minutes request for help is sufficient to start the healing forces at work on their case. For I inwardly and immediately turn it over to them.

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MRS. KINGSLEY TARPEY:

(1) I feel a non-physical power of descent thru my head into the arms and feet, and pass into the patient as I hold his hands--It ferrets out the sick organs itself.
(2) The patient feels a warm glow coming from my hands. During or immediately after the treatment, he often falls asleep for a period of about 15 minutes; it blessful and refreshing & soothing
(3)

(4) The affect of this treatment on character is also noticeable. Quick temper has often been reduced.
(5) When holding hands I tell patient not to concentrate on it, but to let go
(6) I found that pictures painted by me conveyed the radiating to patients, who needed only to place the picture within 3 feet of their body. I is not necessary to gaze on it. The same effect can be got from WATER I have magnetized.
(Memo by PB: Could it not also be got from some hand written letters.)

PRIEST MARNELL LUBECK JESENDKY:

(1)I can see the chakras.
(2) Be circumspect and do not behave more unconventionally than you have to--thus avoid people talking adversely about you(

(3) In meditation, if you start with hands flat on thighs, change at the peak point of meditation by raising palms upward
(4) If a pure life is not lived, when kundalini is aroused, the result is dangerous.

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PRIEST MAHANDI SUDEK LEBEDEV:

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WAT SUTAT: SUPREME MONK OF SIAM

(01) High Supreme Priest of Siam lives at the temple-monastery of Wat Sutat. His post is called "Sangha Raja" i.e. King of Priests...

(1) He was 83 years old. I felt a melting presence in my heart whilst I was with him, a silence of the brain and a simplifying of the mind.

(2) His Holiness told me that we must cleanse the mind until it it is white. We must refuse to accept even mentally any evil. He said that there are forty different methods of practising Yoga in the Buddhist system, but only a single goal for them al He suggested that western aspirants should practice the breathing exercises of seeing the breath (visualising) come and go through the nose. After that it will be easier to achieve "ninita," that is to stay thoughts. He said there are three stages on the path, first, purification, second, visualization through mind and third doing or achievement.

(3) He said that Nirvana cannot be expressed in speach. He explained the story connected with my statuette brought from Anchor. The body had been sitting for a week just prior to achievement of Buddhahood when a great storm arose, and striking around heavily. Buddha sat alone unsheltered. A seven headed cobra appeared, coiled its body beneath him and thus raised him from the damp ground, while spreading its seven hoods over his head as protection from rain.

(4) My impression of the supreme monk was one of great peace in his presence and that he has signs of Sattipana. On the very first interview he gave me his blessing, said that I was the only European who had ever come to him to study Buddhism. Whilst at the final interview he presented me with an ancient bronze statue which he desired me to take back to the West and show my students there. He said that he regarded me as his Chela and that I was to write to him whenever I needed anything. Finally he pointed to his heart and bade me remember what he had given me there. —P.B.

KU VAGIRRANA: (Colombo) PL

Buddha fully agrees with Kant that the only world we know mental.

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LT: Student's Replies

Bernardine Renault's

It is not the work in life for one person to make decisions for another. You must learn to rely on your own inner feelings. You alone are the only person in possession of full facts and therefore the only good judge of your actions. If, then, you feel it is right for you personally to marry, by all means do so. Marriage to a carefully chosen partner who is in agreement with your ideals and asperations need not be an obstacle on the path to reality, but rather an aid.

If you have discussed every point of life which is important to you with your proposed partner and found your ideas shared, I see no impediment to your marriage. However, as you have written for advice, it may be because you have some doubt in your mind. If there is, you must find it and face it and reconsider marrying this person. But do not worry that it will prevent your spiritual progress by marrying. Most people marry and it is a normal function of human life, and therefore not meant as an obstacle to spiritual growth.

Take your problem into your heart and think upon it as if you were another person receiving the facts - impersonally. Then be still in mind and body and your answer will come. Thus you will also develop insight and self reliance.

~~Peace be with you,~~

Dur

Student Helps

Remarkable Results

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Peace be with you

Healing comes from a sincere desire to be well as the universal energy can only pass through a receptive vessel. Whether your friend chooses to be receptive or not depends on his Karma. If he earnestly desires healing he should rest the full amount required. It seems foolish that he should be so shortsighted regarding his condition. He must surely realise that he can only give the best services to others when he is fit and well himself. He must learn the truth of the old saying 'Physician, heal thyself' and not attempt to deal with the ills of others until he is completely recovered from his disorder. You must impress upon his mind his duty to be well, that he is not as indispensable as he thinks - if he were to die from his illness his services would have to be dispensed with regardless of the sufferings of his patients!

The required rest should be taken and during that period he should have fast days weekly starting with 24 hours and gradually lengthening the time to 72 hours until his system has eliminated the poisons. During that period he should have a colonic irrigation, take biochemic celloids Nat.Sulph and Ferr.Phos in 6x potency - 4 every 30 mins for one month plus the homeopathic treatment which he can prescribe for himself.Diet should be light and wholesome e.g. breakfast should begin with warm lemon juice with honey added for sweetening, cereals and fruit with a little milk, toast. Lunch mixed salad i.e. lettuce, cress, tomatoes, cucumber, nuts or nut meat, radishes, raisins or dates (as available of courseand without condiments - dressing of lemon juice and olive oil may be added). dinner, one thin chop, fish, chicken or if vegetarian nut roll with lightly steamed mixed vegetables to which nothing except perhaps a little salt, should be added.

Your friend should try to free his mind from all worry for a few weeks and have a complete change of environment. You can help him with calm and peaceful thoughts of health and happiness and cheerful, intelligent conversation. If he cares to attune to me at 3 p.m. daily (Greenwich meantime) I will send him absent treatment.

His life is in his own hands and he must understand that the body is the temple of the soul and as such must not be abused. If he cares for you he will make this effort for your sake at least.

Do not worry but seek to understand and place the decision in the hands of the Infinite and then all will be well.

You seem to be suffering from a guilt complex and like all disorders of this nature the cure rests within your own hands. If you earnestly desire healing you must be prepared to make some personal effort; from your letter I gather that this will not come easily to you. But from this moment you must abandon your appathetic attitude and begin firm thinking upon the things you can really accomplish. This positive outlook will banish all your fears, especially those which you are harbouring at the moment on insanity. You have been to a neurologist and have been found in an upset condition but not mentally unbalanced. Accept this decision of qualified opinion and set out to find the pleasant things of life. If you look for gloom you will find it-likewise if you seek for the normal and pleasurable things you will find them and your nervous system will be renewed.

There are many people who have had the same trouble as yours. It is one of those things which crop up at odd times in the life of men and women of various ages and can be overcome by the performance of certain disciplines. These rules are only accomplished by sustained

effort and a humble heart but their value can not be gauged as they lead you to the heights of attainment. They are 1. the overcoming of abnormal bodily appetites 2. the mastery of confusing thought 3. the willingness to be of genuine service to others through a spirit of compassion.

If possible go away for a vacation now and analyse your life from as far back as you can remember to the present date. See where you have succeeded and where you have failed and then begin upon your new outlook. Enjoy yourself and help others to do the same. Try and change your habits and routine and you will find this helpful toward keeping you on the right track. Refuse to give in to any negative thoughts. Go on to a light vegetarian diet for a few weeks (if you can keep up with the idea of being a vegetarian all the better but do not overdo it if too difficult for you). Drink fruit juices, warm milk drinks for that period. Try and interest yourself in some new hobby.

When your vacation is over come home and begin your new hobbies, join some group or society with constructive aims which interest you. Put aside a certain period each day for quiet meditation. This can be accomplished in spite of crowded living conditions. A slow walk, breathing slowly and deeply and clearing the mind from thought will do very well until such time as you may be able to relax completely at home. When you retire at night concentrate from toes to head in separate portions, upon the release of all tension and open your mind and heart to the universal power that it may flow through you and heal you. If you really want to advance you will make this effort and you will find that the opportunities will come to spiritually grow. Living your daily life well is a sure method of advancing in all ways. Forget your own problem. It will be solved by helping others to solve theirs. You are really well - remember that ...

It seems from the experiences you relate that you have invited an astral entity into your being who was interested in physical culture while embodied in this life. By your desire to become psychic you have entered into the passive state of a medium. This is the outline of your case and is not unfortunately, a very good development. If you wish for spiritual unfoldment you must give up your interest in psychism now. Psychism is a dangerous path to pursue. Do not seek for phenomena but Reality. If you read Dr. Brunton's 'Discover Yourself' and 'The Quest of the Overself' you will grow to understand what I mean. Read these books calmly and carefully; re-read if necessary. You are treading a slippery path at the moment by becoming clairvoyant too soon and I want you to heed this letter as a friendly warning from one who has guided many like yourself and watched the sad plight of others who would not listen. Pray that this false power that you have acquired may passaway as soon as possible and do not seek to meditate for a few months. Meanwhile read Dr. Brunton's books and live each day cheerfully. Try a new routine in as many things as possible that you do. Try and do as much as you can to help others. Seeking psychic powers for the purpose of solving your own problems is selfish and will lead you astray - for psychism eventually becomes unreliable.

Our problems are sent as lessons to help us grow in the school of life to help us graduate as first class human beings. If we seek to avoid them and solve them some easy way their value will be lost and we shall have to repeat them all again - in a more difficult fashion than before. We must face our trials and gather the good from them.

Spend the next few months in acquiring books on healing thus fitting yourself for a service you wish to render. Borrow books from the metaphysical library in your city carefully avoiding the snares of psychic literature. Live quietly avoiding all unkind thoughts, abstain as much as possible from flesh foods. This will not be as easy as it sounds but will be of great value for your unfoldment.

Above all, do not seek for powers which you have not learned to control; they will unleash themselves upon you for your ultimate harm no matter how pleasant and controllable they seem at present. Only a Master is able to wield such powers successfully. Think deeply upon the meaning of the words of the Master Jesus which are so applicable in these times when people are so keen for powers without the necessary knowledge and purity of soul to govern them viz: 'Seek ye first the kingdom of Heaven(the Overself)and all things shall be added unto you'.

No experience is in vain and if you can come to understand that you will face your present difficulty in a much more peaceful and restrained manner. Every obstacle can become a rung on the ladder of attainment if you know how to use it and approach it.

You must fix a definite time to be alone in a quiet place each day. When you are there settle yourself in a comfortable position and remain thus for 15 minutes or more, breathing slowly, deeply and rhythmically - and thinking of absolutely nothing. This may sound simple but you will only need to try a few times to realise that it is not as easy as it seems. You will be constantly distracted and your intellect will try to ask all sorts of questions and push forth various memories but do not relent; the effort will pay large dividends spiritually and you will come thru your present dark period much more illumined. Once you can enter a state of repose many things which seem problems now will melt away. You must relax completely and as the tension flows away from toes to head slowly so will your thinking take on a more even tempo; This will provide the readjustment which you seek.

It may be of interest to you to know that a large percentage of the medical students in the world are afflicted with all the symptoms they study. They are not ill of course but merely demonstrate the power of fear on the mind and the body reacts accordingly. As soon as the foolishness of the situation is understood the fear vanishes and so all the symptoms and tensions go too. As a psychiatric student you should be able to draw a parallel to the above example; and further in your metaphysical studies this state of mind applies. There is no reason for you to despair. Qualified psychiatric opinion has concluded that you are normal; accept it as a fact. You do not write the letter of an abnormal type but if you constantly seek for abnormalities you will soon make some for yourself. If you only look for the negative conditions in the world that is all you will find. God made the world and found it good; I see no reason for any of us to disagree with Him! Make frequent trips to the countryside and bathe yourself in its quiet and beauty. Think deeply upon the trees and streams, the birds and flowers etc. and see if there is anything to complain about in the world except our own individual actions ... In such an atmosphere you will learn the meaning of peace and will quickly discover that you are <u>never</u> alone. Even the tiniest insect is governed and watched over by the eternal laws of the universe. We are all well cared for in spite of the fact that all is gloomy to you.

Do not let your intellect master you. True genius comes from the development of insight - intellect is its good servant. Insight cannot

unfold if you allow your intellect to claim all your waking state with interminable questions. You say that you have acquired all of Dr. Brunton's books; so I would advise you to work thru them slowly and carefully with a calm mind instead of a 'consuming fire' making sure that you understand each point before going on. In such good reading company you will be restored and guided to that center within your own being where all problems will find a purpose and meaning and much wisdom will be yours.

Do not worry, for your experiences have been shared by many and your methods are not so unique as you may think. Seek to help others in a worse plight than yours.

It is with regret that I tell you that your desire to meet the Maharishee will not materialize as he died. You should not worry. He has gone to his reward. You have yet to work for yours - and this can be accomplished without the aid of an earthly Master.

Do not spend your energies striving to find some adept in the flesh - such only happens when one is duly prepared by bodily, mental and spiritual purification. If you feel you have risen to such a state, your 'Master' will not take long to appear, but as you express the opinion that you are in dense darkness, the aforementioned purification is how to occupy the whole of your life. This is not an easy task but if approached with a spirit of cheerfulness your endeavours will not appear to be too bad. Every experience is to help you to reach your ultimate goal. If you can keep this in mind, life will not be such a torment to you.

Your intellect is trying to master you by sending doubts and non-existent problems into your mind. Overcome this by setting aside a definite period each day to being perfectly still in mind and body. This may not be as simple as it sounds, as you will soon find out upon experiment. When you are able to keep a motionless body and a mind emptied completely of all thought you are making much progress and the reward will be great.

If you persevere you should have some mind mastery in a few months. Do not fear, but be quiet, calm and loving in your outlook toward all things.

P.B. and I discussed your work, and we feel that now is the time for you to disengage yourself from divine contemplation and bid your inner voice farewell for a period. Now is the time to be practical and to fulfil the demands of the material world to which you still belong. You must train yourself to be active and passive in turn; therefore it is suggested that you find yourself work of some sort and go there daily. Thus you are adding your strength to the needs of the community and can spread the Light you have gained among your fellow workers.

You must teach by the example of your pure life and you can only do that by mixing with your fellow beings and by taking part in their activities, no matter how worthless those activities may seem to us. Only by living thus can you retain balance in your life and distinguish between true spiritual insight and the illusion of your desire body.

I think you may not have understood the portion in "The Quest of the Overself" which refers to the teacher's boil, and you possibly have taken the wrong impression. There certainly aren't any boils in 'heaven' but certain teachers are able to take on the bad Karma of their pupils and this manifests in various physical ailments, ranging from boils to cancer. This bearing of the pupils' burden elevates the teacher to Master and the pupil in turn is enabled to cut down on his

(4)

number of rebirths.

It is not wise to dwell on such details for they become obstacles on the path to spiritual unfoldment.

As you say, the future looks a little grey - but do not fear; this is all part of a purgative process which will bring about the necessary change of heart before humanity can learn the true meaning of Brotherhood.

The only thing to think about is one's own spiritual development in spite of prevailing conditions. Fear not, and relax physically and mentally and spiritually abandoning yourself to the Divine inflow of love. Set aside a period daily for quiet meditation and for practising the exercises outlined in Dr. Brunton's books.

Your constant desire to be a purified vessel combined with watchfulness (i.e. daily retrospection, meditation, plus the exercises outlined in Dr. Brunton's works, which all amounts to continued EFFORT), will guide your feet slowly but surely along the path to enlightenment.

Press on and do not lose courage. You may be tempted with doubts and aridity of spirit, but do not falter, for the reward is great and the obstacles are but part of the race.

Re-read and study carefully the books of Dr. Brunton which you already have and, after you feel familiar with their contents, try and procure the remaining works as you are able. Relax completely and set aside a definite period daily to practise the exercises and for silent meditation.

Do not be anxious to join any group but rather progress alone, even though you have particular problems or need spiritual guidance.

Do not despair over your weakness. This is no doubt sent for your ultimate strength if you can learn the lessons of patience and perseverance from it. Just practise your meditations as instructed. If you do them correctly you cannot strain yourself. I expect you have acquired more books now and have gathered the necessary information which forms a background to your studies.

A non-flesh diet is very helpful. If you are married you should practise restraint on occasions but not celibacy. Celibacy is helpful to many who have progressed a good way spiritually, but for the average it depends upon people individually and can prove to be too much of a strain.

You must not lose confidence nor harbor fears. Every experience leads to ultimate good. Relax completely at a certain time daily and, as the tension flows out of your body, clear your mind from all thought and <u>feel</u> yourself becoming a channel as the universal healing power flows through you. Press on to the high goal. Ill health cannot stop you - only your own lack of faith can do that.

Everyone is heading for the same goal, whether they be Buddhists, Christians, Taoists or anything else. Many will encounter delays and be side-tracked by some of the obstacles which beset us - others will progress more rapidly, depending on their spiritual character, and growth.

There seems to have been some error in your method of meditating and I should review that immediately. I presume that you have some of Dr. Brunton's books outlining the method, though I feel it may be better for you to abandon the practice of meditation altogether for just a few months. Meanwhile, before going to sleep each night, relax completely, feeling the tension flow out of the separate parts of the body, beginning at the toes and working up to your head slowly.

Open your heart to the incoming force of universal healing power- pray for protection and then go to sleep without fear. Become confident that you can conquer this force and it will gradually depart. Do not become nervous.

Change your habits. Go on to a fleshless diet, create some new hobby or interest and perhaps even change your job or place of abode. Do not give any thought to your dream. Have positive, cheerful thoughts and within a short time you will be ready to begin meditating again.

Your sincerity in wishing to be of service is refreshing and I am glad to note the good spirit in which you take your trials. Keep this attitude shining and you will make much faster progress than you yet realise.

Do not long for meetings with great souls. If you purify your life in every way this will be the preparation whereby you will attract great souls to you. If you desire to be of service, the purifying of your life and the consequent inner unfoldment will be necessary - for we cannot help others fully until we have found ourselves.
Do not worry about the opinions of others. Always think of them kindly and be silent. Experiences both painful and pleasurable are stepping stones to higher spiritual achievement. These are your great teachers: no personal guidance is really necessary. Buy worthwhile books if you wish to study, but do not try to think too deeply. Rather aim at hearing the inner voice which will set your mind free of all problems if you will but listen.

Make the eternal Quest for the Overself. This is accomplished through daily periods of quiet meditation, together with the relaxing of the body and the freeing of the mind from thought. Practise this for a few months and you should find yourself improving. In the meantime, if there is anything troubling you particularly, let me know.

I am sure your effort was the result of a restrained and yet progressive compilation of facts within your mind long before they appeared as the finished thing.

So too with your spiritual progress. If you study quietly and calmly and then apply practically what you have learned, meanwhile purifying your life through good diet and thinking habits, you cannot help but succeed. The tendency to rush excitedly is the mark of the beginner and yet his efforts will always meet with failure until he learns to slow down his thoughts and enter each day into quiet repose for a definite period, varying from 15 to 30 minutes. The control of thought, until such time as you can empty the contents of your mind at will, is to be aimed for.

Abstain from flesh eating to purify the body and cultivate compassion toward all creation. Do not seek outside of yourself for a Master and, if you do happen to meet one, you will recognise him immediately; there will be no need to ask him if he is one. Aim at finding the Overself. This can be accomplished on any part of the globe - no search outside of yourself is necessary to discover where the eternal Kingdom lies.

Practise what is contained herein for several months sincerely and and then you will make real progress.

You were indeed fortunate to meet Mahatma Gandhi and Sahabji Maharaj. By meeting them you made contact with two of India's greatest saints in this century and it would perhaps be wise to linger on the memory of your encounter with two Masters rather than keeping up a

search for a further Teacher. Rather turn these energies toward making contact with your Overself which, when once found will eliminate any further desire to be guided by a Master.

In all these years you must have surely learned the value of being still in mind and body. If you have not you must start immediately, for this is the period when the inner voice is heard and this is the greatest guide and teacher of all.

Meanwhile, the experiences which life presents, the books which come your way and the people you meet are all leading you toward the eternal goal. These are your greatest guides to the world within. Release all feeling of striving to find a Master outside of yourself and look within. Meditate upon this fact daily - that the Master has been long waiting for your recognition. While you travelled far and sought for a guide all these years outside of yourself, he has been patiently waiting.

Still the mind of all its restless cravings and questionings. Make a solemn effort to do so at the same specific time daily. By mastering the intellect you make it the obedient servant of intuition. If you would unfold without unnecessary delay you must accomplish this task. I shall help you as best I can from a seemingly far off spot, but which in truth is much nearer than you may think.

Do not despair because you are seemingly making little progress spiritually. The fact that you are making the effort is of much importance. Persevere for you are bound to win.

You must ignore your psychic faculty and aim at developing your intuition. This is gained by definite daily periods of quiet where body and thought is stilled. This is a discipline in itself which you must continually practice. Psychism pays no dividends and is dangerous in the hands of those who have not discovered the Higher Self.

You are not alone in your rugged road to travel - there are many in front who have had to do the same journey and there are many still behind. Do not wait for the instructions of another, but set out upon the Quest of the inner realm wherein all things are made clear. You are never alone or unhelped in your efforts.

Work on the interview previously given you. There was sufficient subject matter in this to study and develop for the future.

Do not despair because you cannot find anyone outside of your mother interested in the Quest; indeed most people are not so fortunate as that and have to try and progress alone. Keep up with your good work, practising regularly. If you need any advice to assist you in your unfoldment, please feel free to write to me.

Dr. Brunton does not distribute photographs. He feels that many might regard him as a Master and venerate him as such through these articles, whereas he is still a student on the path.

May you receive many blessings as a Questor.

The Maharishee died and your photograph and letter could not be passed to him, but I am sure that the desire in your heart for the blessing to help your spiritual unfoldment will have brought it to you in any case.

Do not be discouraged because of your shortcomings - be grateful that you see them and press on with the work of conquering them. Many folks are still wandering around under the impression that they have no faults and they cannot advance until they realise that they have.

The fact that you understand more in Dr. Brunton's books now than you did when you read them previously is a sign of developing understanding.

(1)

Your efforts will be rewarded and the struggle will not be in vain.

It is a definite sign of progress in you to note that your realizations and understanding expand as you continue to re-read and study Dr. Brunton's books. Keep up the good work, putting aside a definite period daily for silent meditation and practice of the exercises outlined. Relax completely and abandon yourself to the love of the Infinite.

d.t.suzuki

(16)Zen's aim is full awareness. When drinking this cup of tea, for instance,I must enter into the ac consciously rather than mechanically. (17)Satori is a general fundamental experience which underlies all the particular ones. is not experienced like them;they come and go. It is always present. (18)The trees grass and hills around a Zen monastery are conducive to contemplation whereas the shut-in walls of an American room are not. (19)Zen monks drink tea because it helps to keep the mind awake. If you object that it also stimulates thoughts into greater activity,balance against that its power to prevent one losing the fruit of meditation, for Patanjali lists sleep as one of the great hindrances. (20) No guru can impart Satori to another person.Nevertheless it is needful to have a teacher. He acts as a guide,explains, instructs and provides koans for meditation.

Dr.FRANZ WINKLER

( )The anthroposophical path believes celibacy is preferable but it does not reject marriage. It says full achievement of the goal can be got even within the married relation. Sex is permissible provided a middle ground, a delicate balance is found between the path of Ahriman (hedonist) and the path of Lucifer (ascetic).

( )Psycho-analysis may do some good but it has also done much harm. I often get patients who have been injured by it.This is because it is groping and working in the dark, in ignorance of the astral forces behind the human consciousness.spiritually

( )It is wrong to say that you cannot help others before you are yourself fully realized. In trying to uplift them, you are shamed into making yourself better merely to live up to what they expect of you! Secondly,the unselfish doing such service for others causes you to be helped in your turn. Thirdly, the power of the pen is enormous today. You as a writer can wield much influence to guide or ennoble your readers.

( )You have a large following of students and are karmically entangled with them. I know that many are looking forward to your next book. If youmow take to the anthroposophical path and thus take a higher road to truth, you lift all those student -s up with you;all will benefit by it. If however you refuse, thenthey will stagnate with you. But you cannot desert them.

( )The pull of the Orient has been overcome by you, yet it will one day recur again, albeit not so strongly. Now, wit that gone the choice is between anthroposophy and no path at all I may not influence your decision. You have full freedom of choice but also the responsibility of knowing that all your students will suffer or benefit by your wrong or right choice.

( )The masses are subject to karma almost wholly but an advanced individual like yourself has full freedom of will and choice. It is a transition period for you, a cross-roads.Even I do not know what decision you will make, such is your freedom, what road you will take.

( )The evil forces are allowed to test an aspirant but they do not want to see him yield to their temptations.If he fails, he is thrown back for a long period of time. Help is given him during his trials but it usually does not take the form he wants,hence he rejects it,as for example, warning or counsel.

( )The advanced disciples are extremely rare today yet even a single one can do an immense amount of good. He becomes like a lighthouse in the dark astral world.,throwing out help to many people who would otherwise be without guidance or inspiration.

( )The Christ,as a Being, is in all hearts but not known until the door of the heart is opened to Him. But the process of opening the doors has dangers:other entities may come in,darker forces. Hence need of anthroposophic knowledge

( )The reason why you are unwilling or unable to come to a decision and accept anthroposic path is because you know it will carry certain responsibilities with it and create some changes of your way of living,changes that will be not convenient. For inctance, you will have to settle down and not wander about.

( )In the end even the evil forces which tempt and test an aspirant exist for his benefit. The test is needful to this growth. So there is no ultimate evil.

( )Tkx Each new incarnation brings new experiences to an individual. But you are theonly person I have known of whom this is not true. You are actually reliving your past births again in the present one. Your Oriental spiritual experiences are such. But now the time has arrived for this to end, hence you are faced with the decision whether or not to accept the Occidental path. From now you really begin a new incarnation

With affectionate regards,

(C A R B O N)

Z E N K O A N (exercises)

These really are insoluable hence, ~~when~~ the pupil reaches a point where he has to give it up as an insoluable riddle; With this, he gives up the intellect and ego, and gets illumination.

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Dr Karen Horney (Interview with PB)

(XVII) The theoreticians of psychosomatic medicine don't see the glaring contradicton in their teaching. They say that mind is the cause of the body's sickness and then proceed to give mind an equal importance with body, instead of a greater as they should. For mind is thereby shown to be creative, hence, on a higher and different level from body.

(XVIII) The Freudians are materialistic. They cannot rise to your and my position--which stands for the primacy of mind or spirit.

(XIX) After writing the first draft of a book, I notice what it lacks and add that.

(XX) Hubbard, author of "Dianetics" makes such extravagant promises and exaggerated claims almost from the beginning of his book, that I threw it aside and couldn't go on reading it. The 10,000 people who flocked to his lectures in L.A. are just what one would expect from Los Angeles--uncritical judgement.

(XXI) His system may be a form of hypnosis. Anyway, in offering an easy short-cut to the goal it falls into the category of all such methods; they are false and delusive or escapist. They try to avoid facing squarely up to the need of working rigorously on oneself by promising the goal without such labor.

Dr Kranthorney (Interview with Dr B)

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Interview

REV. ROLAND BROWN

(1) I have no set technique or procedure for healing. Sometimes I touch the affected part of the body but often I do not. Whatever urge I get at the time is what I follow. I allow no preconceived notion to tell me what to do, except that I always pray for the patient. This prayer is usually uttered aloud, although sometimes it is silent. It is always a prayer to Jesus, who is for me the tangible felt presence of the abstract God.

(2) The phrase "Ye shall know the turth, and it shall make you free" is often quoted by Christian Scientists, but it is usually misquoted because the context is left out. The complete sentence begins with "If ye continue in my word and do these things, ye shall know the truth etc." In short, obedience to Jesus' reading is indispensable prerequisite to finding the truth about every situation or getting correct guidance to solve every problem. Without it, our human egoism mines itself in the intuition and confuses us.

(3) The Korean War has produced a stalemate. But even if it ends with Victory for oneside or the other, it still settles nothing. Other wars will follow it. There is no end to them by depending on force. The world crisis on trying to show humanity that a new way must be tried or we shall all be annihilated. That new way was told us by Jesus. It is LOVE. Instead of sending down bombs on the Chinese, we should send large quantities of a valuable medicine like penicillen; free and as a demonstration of our goodwill. This is the cheaper way in the end than war.

(4) To say that Jesus' way of love is practical for individuals but not nations is wrong. We have never tried it, hence do not know. Every person who tried it but they are few---found it succeeded. The

(5) Jesus has provided us with what are no less laws of the spirtual life than those discovered by science. They are eternal whereas those of science maybe changed tomorrow. In my own personal struggle for the kindgom, I found that no matter how often an adverse thought entered consciousness, by immediately casting it out, eventually it tried and vanished permanently.

(6) My use of spirtual healing by prayer does not shut out the use of medicine and surgery, as the scientists would shut them out. God gave us these methods too; the spirit uses differenxx t channels.

DR. PRESTON BRADLEY

(1) I do not preach from notes. I never know what I am going to say on the platform or in the pulpit. When the stenographic report is handed me later, I am sometimes sorry at having said certain things, sometimes amazed at their quality I feel chagrin and remorse at not having used my opportunity better; nevertheless, I know large numbers have been helped.

(2) I like human people. I do not care much for saints. I like people that can make mistakes, stub their toes and break their hearts.

(3) People are writing for creative and constructive voices but they do not speak.

REV. ARTHUR FORD

(1) - A true medium must be humble and grateful with little ego about him, otherwise someone is sure to stick a pin and deflate his ego.

(2) The technique of developing mediumship or psychometry that I learnt in India where I lived for several months, Europe and other places, was used in ancient mystery schools. Its object is to detach us from objective conditions. It is as follows:

(3) Practise 20 minutes twice daily. Between the eyes is a sensitive set of nerves that is the center of clairvoyance. First forget the word "concentration". That is a tense active holding of mind, but what you need is calm pass, visualization, the ability to be still long enough for the spirtual self to express itself. Introvert yourself from objective sense, sights or sounds. Best is to lie on bed, in a darkened room, then learn to breath rhythmically. Mediumship is a form of yoga. Oxygen is really same as , and this you breath in after you have created a quiet subjective mood. Choose some spirt and visualize, get the mental picture

im and inhale counting 8, exhale 8 also. All time see the picture, hold it. It will have a pnotic effect. The whole art it to detach yourself from the objective things which hold us all the time. If this exercise is done at nite, you will essily fall asleep altho the subconscious will go on working with the mental image. After a period other faces will come to you that you are not trying to visualize. You may see an eye, that is really your own spirtual eye projected and seen when you are in the 4th dimensional plane.

(4) Healing comes from the heart---

(5) The preoccupation with objective things prevents clairvoyance; hence this introspective exercise runs counter to it.

(6) A western form of yoga headstand is to rest 15 minutes on a slanting board, head downwards. This feeds blood to the atrophied pineal gland and helps to reactivate the organ of spirtuality. I did it daily for several years.

(7) My is healing and feeling extended to an innerplane. Its beginnings lie in the intuitive feelings of attraction and repulsion we get about persona.