

LIFE
EVERLASTING
2nd revised edition
(LECTURE NOTES 1948-49)

as given in a series by
DR. MURDO MACDONALD-BAYNE
M.C., PH.D., D.D.

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Originally given out as lecture notes in advance to students in series between late 1948 to mid 1949 and formerly presented in L.N. Fowler paperback edition *Life Everlasting* (1980), and 2004 Mystica Publication Revised Edition.

2nd Revised Edition,
First Paperback Edition.
2006 MYSTICA PUBLICATIONS LTD

3rd Printing 2011

ISBN 978-0-9582774-0-2

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P.O. BOX 13-581 CHRISTCHURCH
NEW ZEALAND

ACKNOWLEDGMENTS

This volume could not have been put together without the assistance of: Clothide Scheffer, Corrie & Margaret Straub, Paul Straub, Harry E. Knowles, Louise Wade and David & Daisy White all of South Africa. Also thanks go to Bruce Hogarth of Christchurch, New Zealand for his assistance with the sound recordings

PUBLISHERS PREFACE

An attempt was made in the late 1970's to release some of the remaining unpublished material (Lecture Notes 1947-1954) in book form. The first being "*Life Everlasting*" which was published (1980) to be followed by the then unpublished "*Cosmic Consciousness: Your Silent Partner*." But in both cases the material was unfortunately not presented in the original sequence that the lectures were themselves given, therefore not in line with Murdo MacDonald-Bayne's particular teaching style.

Murdo was very specific about how his material was to be released. His lectures, given in serial form, followed the ancient method of teaching or transmission of knowledge from master to disciple, a method used by both Eastern and Western Mystical traditions. The format was one of a spiral system, always returning to a subject or point, but each time revealing a bit more and advancing to another level in awareness. Murdo stressed repetition of re-reading his books or lectures to his students. He stated, "the style adopted in these Lectures is intentional and the repetitions are deliberate. The double object is to convey the Truth to the mind. It is through this unique form of wording and of repetition that the student is able to grasp the reality that is invisible and which is the basis of the visible. When we understand the invisible we are more able to understand the visible.... I trust that you will progress through these Lectures diligently, quietly and slowly. Repeat the process as often as you can. The more often one reads, the more one begins to understand."

It is therefore to be noted that these Lecture Notes only formed the basis for Dr. Murdo MacDonald-Bayne's talks from which he gave further explanation on the actual night. The Lecture Notes even on their own are still very inspirational and full of wisdom.

PUBLISHERS NOTES ON
2006 REVISED PAPERBACK EDITION
“*LIFE EVERLASTING: 2ND REVISED EDITION*”

The following lectures were given in Pretoria, South Africa, between 19th October 1948 and 28th June 1949. (They also had been given at different times in Johannesburg between 1947-49). They formed the basis for the posthumous book “*Life Everlasting*” (compiled from the lecture notes by Paul Troxler of Pretoria a former student). In 2004 Mystica published a Revised Edition of the 1980 book and presented these lectures in the original form and order as presented to his students along with those missing from the previous edition. Since 2004 more material has come to light which required the 2nd revised and expanded edition to be produced. Where known the Publishers have kept the original title of the actual Lecture Notes, otherwise an appropriate new title has been given related to the contents of the message.

In honour of the work done by the late Paul Troxler (1905-93) in keeping Murdo’s teachings alive in South Africa, this book is so dedicated.

NOTES ON SOUND RECORDING
“*IS IT NECESSARY TO STRUGGLE IN LIFE AND IS STRUGGLING A
BAR TO OUR SUCCESS AND HAPPINESS?*”

Taken from a recording made in Johannesburg at Escom House on Thursday night 3rd March 1949. As with most of the recorded lectures a portable Webster-Chicago wire recorder was used, that is, the lecture was recorded onto a spool of stainless steel wire. A digital (PCM) transfer from the original wire spool was made on 2nd July 2005, from which a final Master was made and released in Digital CD MP3 format (MMB 2002).

MURDO’S BIBLICAL REFERENCES

Besides the standard King James Version, Murdo often quoted from another source, Moffatt:

“A New Translation of the Bible containing the Old and New Testaments.” James Moffat (translator), revised, 1935. Harper & Brothers, New York, 1935.

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* Missing lectures not included in “Life Everlasting” (1980) edition.

1. This lecture has been expanded to include verbatim the text taken from the actual sound recording of the lecture.

1948
(Pretoria Series)

THE PRESENCE OF GOD IS THE ONLY REALITY

My last communication to you was for the purpose of creating pure thinking individually. No other person can do your thinking for you. This you must do for yourself if you want to be free. If you accept what others say as an authority you conform to their thinking thus you no longer can think freely, you only imitate. Some have not felt the full significance of what I said. Some are unable to think except in terms of what they have already accepted from others which have become beliefs. Pure thought can have no reaction to beliefs, ideas and prejudices. Some think that this pure thinking cannot be done in their daily existence. This is but an escape from responsibility to think correctly and succumbing to conformity which is limitation. Some rebel against the sweeping away of all organised belief.

What I want to point out to you is that first of all you are human beings in whom the Presence of God is the only Reality. Now this Presence is never in opposition to itself in any or all human beings. Now where does this opposition arise from? Suppose we take four persons of different denominations. These four will be perfectly happy together provided their beliefs are unknown to each other. Immediately their beliefs are known there is antagonism. Now they do not differ because they are essentially human beings but because they hold different beliefs. I want you to see clearly that beliefs is the main cause of separation.

The other day two people were talking in the most friendly manner until one said that he was of a certain faith. Immediately there was a coldness and their friendly feeling disappeared. I spoke to them and explained that all were first of all human beings in whom the one Life is the only reality and which they both depended

upon for their existence and that their beliefs were but ideas which they had accepted from another. But if they would take a few minutes to think it out they would see that both their beliefs were utterly false because it divided them and caused separation and this separation was only in their minds and not in reality for the Presence was indivisible and was never in opposition to itself. This was the only Truth, there could be no other. You must learn to think purely for in Spirit there is no separation hence no religious denomination and no differing cults or organisations, no nationality that separates one Spiritual Being from another.

If you look into your own lives you will see that there is a constant struggle to conform but there is no need to struggle to live. You live without struggle but when you struggle to conform you put Life in a prison of your own making.

All your effort is merely to adjust your ideas, your feelings, your actions to the dictates of another, to an authority whether it be system or belief. You will see that this struggle, this effort to conform, to imitate does not lead to understanding but makes you hypocritical, insincere to yourself. You do not know what you really think, what you really feel because you never doubt the pattern, you never question the authority. Like sheep you follow the dictates of another and are led to the slaughter. Therefore those who lead you destroy you.

Now if I tell you that God is Love, Wisdom and Healing and you accept this as true yet you do not discern that which is untrue you will still perpetuate that which is untrue and the Truth is not you. If you still adhere to your division in nationality, in religion, in the differing creeds and cults then you cannot think purely for you will only think in accordance with your belief which separates you and this is utterly false for the Presence cannot be divided against Itself and this is Life and Life is the Living You and you are the one who is living and not your beliefs, nationality, prejudices and ideas. These are of the mind steeped in illusion and ignorance. Truth is indescribable and that which is describable is not the Truth. But I can tell you what are the hindrances to understanding. By becoming aware of the hindrances yourself,

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by confronting them, by discerning them, by penetrating them with your pure thought you will free yourself from them and thereby realize that harmony, that poise of understanding.

Then you will see these hindrances with all their subtle variations that prevent you from living in the present. Living in the Presence, that in Itself is freedom and perfect living which alone is immortality.

Now what I am going to say to you is of great importance. Do not fight these hindrances nor pacifically endure them but become conscious that they are false, that they are a hindrance to the clarity of true discernment. You can become free only by examining them without with your mind utterly free from all attachment, free from prejudice, free from ideas or beliefs. If you use comparisons then there cannot be understanding. You are only deluding yourselves again. If mind is suffocated with the demands of loyalty, with the fulfilment of certain duties towards any organisation which demands conformity you will be incapable of true understanding. If your mind is attached to particular beliefs and prejudices which satisfy you and give you a sensation of greatness or of power, as long as there is this attachment there cannot be discernment of the true. It is only when you are unattached that the understanding comes in which there is no effort, no discipline. The Presence requires no effort to express Itself neither has It to discipline itself into action. It itself is pure action and in this there is the freedom of the individual who realizes it.

We see in the world a continual struggle, each one is seeking security, materially as well as spirituality. In the material this means piling up wealth and possessions which bring conflict and sorrow, in the spiritual there is the desire for the acquisition of virtues. Thus virtue becomes a vice. There is no security in either of them. Hence the world becomes the arena of competitive systems of material and spiritual which creates quarrels and conflicts. Mankind has separated the world into the material and the spiritual but there is no separation anywhere, the one is but the expression of the other. All is of the one Source, division is in the mind and this is the cause of struggle.

When you become aware that you are the creator of your own prison and no one can break down these prison walls but yourself you will begin to destroy these walls. Being a prisoner of wanting and craving you are perpetually concerned about what is Truth, what is God, what is light? You can know this only when you are out of prison. But if in the intensity of your suffering, if you only try to imagine what is freedom without knowing the cause of your suffering you do not break down the walls of your prison but merely bring an idea into your prison. It is only by breaking down the illusion created through wanting, through craving that you rid the mind of the idea of destruction so that there is no longer a struggle. Struggle is limitation and limitation is—born through craving.

Immortality, eternity cannot be grasped by a mind in limitation but by living in the Presence, that Ever-present with intensity, but without struggle, for the present alone is eternity. In the Present alone is the fullness of understanding which is supreme intelligence. The mind is forced to grasp the truth that the Infinite Intelligence, the Presence, is within you. This pure thought is possible only when all illusions have been discerned. There need be no mental effort to realize that there is a Cosmic Power resident within your own mind and body for this must be so. The Presence is ever-present and the Present then is the only Reality.

He that cometh to God must know that He is. Therefore through pure thought we arrive at the conclusion that God, the Presence, is within us now. This enables us to act intelligently free from limitation, free from craving, free from fear, free from false beliefs that separate mankind.

The Presence is active now in your affairs. But if you look away from the Living Presence, this indwelling Intelligence, to look upon appearances, then you will be lost in the illusion. The realization of the immediate Presence of God in your affairs is so effective when understood that it eliminates from the mind all fear, all craving, all limitation. When the cause of fear, craving and limitation is discerned it falls away, it is dissolved and Reality takes its place.

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By understanding what is not true we arrive at that which is true. You are the expression of Life itself, the expression of the Living Presence. Steadfastly refuse to let tradition affect your thinking. Do your own thinking free from tradition and limited beliefs. Jesus identified himself with God, at the same time he discerned the error that kept man in bondage. Therefore identify yourself with the Presence that is ever-present and that is the immediate Present. It is not your family nor tradition nor your Church nor your nation nor any special organisation that keeps your heart beating.

Listen to your heart for a moment and ask yourself who or what is keeping my heart beating. When you have thought purely you will come to the only conclusion that is possible, that it is Life that is present in you. You are alive with this Life. When you realize that it is neither Church, State nor Nation nor belief nor ideas that keep your heart beating you will free yourself from this false illusion that hinders your true expression.

Have due regard for your family and all that makes up your individual life and furnishes you with companionship but do not get your values confused. Steadfastly refuse to worship your nation, your Church thereby becoming a slave to these things. Submit yourselves to the Presence only for in it you will find everything, your family, your nation, your Church but you will also find that it is never in opposition to itself nor does it divide itself. It is the same Presence in everyone, in the family, in all nations!

Realize this Presence, then all division passes away. In the Sanctuary of the Silent Healing Power all enter in free prejudices, free from ideas. Mohammedans, Buddhist, Christian, Jew are all equally aided, there is no distinction made. We of the Spirit world are working with you and when you realize that there is no distinction here then there should not be any distinction with you either. The work of the Sanctuary is continually blessed by the Angels of Light, the great Solar Angels of the Cosmos. Their blessing is also upon you and your work of the Sanctuary.

BENEDICTION

Thy Love hast gone forth stirring the hearts of millions and re-echoing its Presence so that all shall feel its warm and attractive power and humming Thy name, seeking a resting place in the Garden of Ever-lasting Flowers, each petal revealing Thy glory, yet peering with half open eyes, not yet fully awake to the Rays of Thy Love that wait to pour into the bud of Thy Creation.

Thou art indeed sweet to the Thy human creation. Thy unending Love, Wisdom and Healing is the nectar that sweetens our lives and leads us ever nearer to the full realization of Thy Divine Presence in us.

SO MOTE IT BE

SPIRIT IS THE LIGHT IN MAN

The Spirit that we now know as the Light in man, involved itself in its own substance by ingression until it reached its depth of involution. It then began its evolution and today we know that the Spirit of man is struggling to free itself, and nothing can stop its progress. For this great and overwhelming force of Nature is the true governing agency of our planet. Although differentiated into form, It remains the same Absolute Spirit, undifferentiated, the **one** and only **One**.

The time is not far distant when mankind will be freed from the bondage of politics, economics, dogmas and blind orthodoxy, their end is near. Hear the cry for freedom from every part of the globe. Mark the change in the thoughts of mankind. See the mass of advanced literature that is on every hand and how eager people are to get it.

It is this urge that is making you all seek this true path to freedom.

As there is a cycle in man's earthly life, when he comes into it, and leaves it, so there are greater cycles in which he is moving and which are moving forward the whole of mankind, to greater freedom and glory of the power of the Spirit that is within.

The solution of the great mystery of death has already been solved on the Cross of Calvary and many more since that time have also solved the mystery. To those there is no more seeming death, for those who pass out are present as though they were still with us. This knowledge will eventually be the property of all, as the spirit sensitizes the senses as our progress is made. The spirit is evolving the human instrument in its greater cycle of unfoldment so that mankind as a whole is changing.

Just as the end of man's earth cycle ends abruptly so will this greater cycle of spiritual unfoldment take place, and the inner urge that you all have for enlightenment and awareness of the truth is the herald of the new age to which the old age must give way.

Freedom will be easy for those who seek this unfoldment yet it will be difficult for those who cling to the old age of bondage, superstition, greed and ignorance to free themselves. It will be easier for a camel to pass through the eye of a needle than for one who clings to the old age to enter into the Kingdom for "he that bindeth shall be bound, he that freeth shall be freed. He that leadeth into captivity shall go into captivity. He that killeth with the sword shall be killed with the sword. As the old age endeth so in that hour shall the new be born." These are the words I got as I began to write this lesson.

As there is only one mind in which we think, in which all our thoughts are active and tend to produce their kind, it is most important to us not only collectively but as individuals, that we should recognize this fact. And the more we know about the Universal Mind and our own individual minds the better it will be for all.

The real secret of power is to be conscious of the all-embracing power behind all creation, which is individualized in us, and which is the only reality in ourselves.

The Universal Mind is carrying out the desires of the Absolute at the same time it carries out our own individual desires and innermost thoughts whether we know it or not.

We cannot interfere with the great evolutionary forward movement of the Divine Spirit, but we can co-operate with it, and by doing so we are carried along the stream of life instead of battling against it. Therefore the more conscious we become of our unity with the Universal Mind the less conscious we shall become of our conditions and limitations and the more we realize we are one with the great scheme of Spiritual evolution the more free we become; freed from the conditions and limitations we impose upon ourselves.

SPIRIT IS THE LIGHT IN MAN

As we become aware of the inexhaustible power which is behind us and which is within us, we can rely on this power as we draw upon it, to develop our greater possibilities of which at present we may hardly be cognizant. Yet by the application of this law we can manifest upon the objective world of our things which at one time we thought impossible.

Our ability to think is the proof that we inherit the creative power that created the Universe and which is now expressing itself through its own creation, and is the very power we ourselves use to act upon the Universal Substance. For we are the very channels through which this Infinite Mind is expressing itself, and whereby this eternal energy is being manifested.

To become conscious of this, is to really live, for we become attuned and attached to the Universal Mind which is limitless and contains infinite possibilities for us when we co-operate with it with results exceeding our wildest dreams.

The individual mind contains the quality of the Universal Mind because it is one and the same, as a drop is to the ocean. When that drop becomes one with the ocean it is the ocean, so is the individual mind one with the Universal. The qualities of the Universal become those of the individual who becomes aware of its oneness. Thus the individual receives its power from the Universal to meet every situation which may arise in the individual life.

Our ability to overcome conditions depends upon the consciousness of this power, therefore the more conscious we become of the source of all power the greater will be our power to control and master every condition in life.

To the degree that you feel the creative mind can and will reproduce your desires, just to that extent will it manifest itself in creating them. Hence according to your understanding it shall be done unto you. Therefore the one hundred per cent positive mind becomes the ideal mind. This ideal mind is not obtained by loose imagination without due regard to facts or due regard to our thoughts and emotions.

Our habitual mind reacts to our present situation or condition. We must observe what our thoughts and feelings are and if they are dominating us. We should note carefully if our minds are

manifesting fear, worry, joy and sorrow, hate and love, doubt and faith, and what are the varying degrees. What are our reactions to specific things and circumstances that definitely pertain to our happiness or success, our advancement and our unfoldment. Whatever happens to be the situation, stop for a moment and realize the cause of your confusion and feeling of despair. Instead of looking upon every lack and limitation, focus your attention upon the positive aspects, learn to get your facts arranged properly and in sequence. Build from the foundation constructively bearing in mind that the Universe is built upon a foundation of true facts. Do not allow your imagination to escape into the realms of the impossible, not at first anyhow, not until you have gained confidence in your own ability to accomplish.

Do not base your foundation upon opinions. If you are of the opinion that a stone will remain in the air when you throw it, you will find that the fact does not coincide with your opinion, for the stone will come to the ground through the law of attraction.

A positive mind will produce successful ideas while the negative mind cannot. A positive mind is a balanced mind, a negative mind is not. A positive mind allows no outside interference to affect its constructive ideas; a negative mind does. A positive mind learns to reason the cause of any apprehension, a negative mind fears and fails to reason.

A positive mind is always calm under difficult circumstances, which leads to successful overcoming, a negative mind becomes irritated, fearful, antagonistic which breeds defeat.

Observe well the separate negative and destructive ideas, and suggestions, which keep cropping into your mind, for it is by dealing successfully in your mind with these specific negative ideas that victory can be achieved.

My experience in helping other people to be well and happy, and to accomplish, has proved to me over and over again that the necessary elements to health, happiness and achievement lie hidden in our own minds. Most people do not understand the language of nature because it is too simple!

(Here end this Lecture)*

* See page 25

UNDERSTANDING THE POWER OF THOUGHT

We are sometimes confused with terms in understanding the power of thought.

First of all let us consider mind as a substance that can be changed and is continually changing according to the thoughts which are seeds that are sown in mind, and use the mind substance in their formation.

Wisdom or intelligence possess the power to produce. Intelligence possesses an identity or consciousness, a combination of will and knowing how.

The body is the substance of mind in a passive phase, having no power of its own although it has natural senses in its own sphere.

The soul has intuition and clairvoyance independent of the natural senses.

Mind is spiritual matter and I have found that by the power of my own thought I can change the mind of my patient and produce a chemical change in the body like dissolving a tumour.

The general impression with most people is that mind is intelligence with will or direction.

Now I make mind a substance subject to the intelligence.

The word “fire” does not mean the material to be consumed but the process of consuming it. So mind is the spiritual substance that can be changed.

The power that governs mind is Spirit—consciousness and intelligence—or will, direction and intelligence, capable of creating.

Wisdom is the expression of First Cause and is superior to mind and moulds it.

Thought is a seed which we put into mind just like a seed of a flower or plant that comes forth in the form of an idea. It then waits like fruit to be eaten.

For instance, a thought is sown in the mind while we are ignorant of the truth. It grows and comes forth and produces a strange sensation in the stomach. The spirit is disturbed and tries to get rid of the enemy. This disturbance may be called an ulcer and the effect is called disease.

Now if no name had been given or fears existed the tree or idea would die of itself because it was not watered by belief in the condition.

Disease is what follows the disturbance of the mind or spirit matter. The mind is disturbed like the soil of the earth ready to receive the seed. This disturbance contains no knowledge or thought any more than a building that is on fire which disturbs the inmates who try to flee not knowing the cause. It embraces the mind without truth or error, like a weight set in motion without direction. Weight like mind substance never sets itself in motion but being set in motion it is called mechanical power. So is mind set in motion by spiritual power. Both are governed by laws of truth and error, the fruit shows which of the two governs.

If directed by the wisdom of God no bad results can follow, but if directed by error and ignorance it shows as error, which is belief in error which has no intelligence. Ignorance is its life and truth is its death. By the destruction of error comes the introduction of true science of life and health, which is the wisdom of God.

Error is disturbance in matter or mind. The matter or mind is not destroyed but the opinion or belief in the disturbance is annihilated.

The form which follows the disturbance is called disease. Here is where the error lies, the effect is taken for the cause. We take an opinion for the truth and this is the error, for what we know we have no opinion of. Knowledge is the destruction of an opinion which is made of mind directed by error. Therefore the truth is the destruction of this opinion or belief.

The theory that mind is one thing and disease another has left people in darkness and ignorance and causes more misery than all other evils put together.

UNDERSTANDING THE POWER OF THOUGHT

Mind is spirit matter which, being agitated, disturbs the spirit. This disturbance contains no knowledge of itself but produces a chemical change in the fluids of the system.

These disturbances may be produced in various ways through shock or fear, by the death of a friend or by religious beliefs and fears while ignorant of the truth. These are communicated to the Spirit and sets it to work to create what we call disease after the form the spirit or consciousness gives the mind.

The mind being matter under the control of the Spirit, is capable of producing any phenomena. When the truth is known to the consciousness or spirit, the phenomena disappear and truth expresses wisdom. With this understanding the error being a chemical action in the substance, disappears, the disturbance is overcome and truth remains. Herein lies the power of the truth being eternal and ever-present. Truth is life, ignorance is death.

Now can you grasp the difference between opinions and facts? Facts like mathematics is scientific, and opinions and beliefs are not scientific and create error.

Facts is knowledge and where there is knowledge there is truth. Opinions like beliefs have no knowledge and without knowledge we are liable to error. "The Truth shall set you free." ". . . And the Word was with God and the Word was God and the Word was made flesh and dwelt amongst us." This is the wisdom of God, the perfect expression of the "I am." So the prophets know the eternal secret. The "I am" was made flesh and dwelt amongst us.

There is only one Infinite Mind in which everything is and can be created. Therefore all must be mind. Matter dissolves into mind substance when energy is applied to it, thus proving this to be a fact.

Jesus said, "He who is greatest amongst you is the servant of you all," thus revealing the Father as the all-perfect wisdom, the perfect Giver, the Servant of all, showing the great Truth that to become aware of this, the Divine Nature expresses itself of its own free will.

This is the great knowledge sought by all, yet how simple is the truth. Once the Spirit in man recognises its source it is

free. Jesus proved the freedom of this truth by freeing others by the same truth. And by this self-same truth I will free you also.

The majority of people talk so glibly about that which is within. They talk about this thing which is within as if it were something apart from themselves, something separate and distinct. If this is so with you, then this thing is worthless and has no power and no wisdom, it is just an image in the mind, an opinion or belief. Those who are in this stage are almost in the same position as those who know nothing about it. “Thou shalt not have an image before me.”

The truth is we are the individualization of the Infinite Spirit and live and move in Infinite Mind, and to know this our Reality is proof against all error. This is the problem that eludes the intellectuals, they try to make truth conform to the standard of their limited thought, forming it into creeds, dogmas and opinions, limiting themselves and their adherents.

The Infinite is now as It was before it particularised “Itself” and determined Itself into finite selves whom we know here as men and women—ourselves, in conditions of time, but the majority do not realize this.

As Infinite they had no beginning, while in their manifestation as unit selves in time had a beginning and have an end. When they withdraw from certain conditions of time into inner states of being where time is replaced with state, there is a beginning and an ending to each state of conscious life so far as regards the outward manifestation of the same inner self and through all changing states. Yet the same unit had no beginning and consequently can have no ending as regards its actual life principle.

There is a beginning and ending to every stage through which the Spirit must pass but the inmost Life Itself knows neither beginning nor ending; though apparently differentiated as a unit of Life, yet it is undifferentiated as to the Life Itself.

Consciousness never occurs apart from life nor does it cease when life withdraws from its various states. It is life that is the essential substratum underlying the phenomena of consciousness,

UNDERSTANDING THE POWER OF THOUGHT

for consciousness is a quality inherent in Life itself and it is the one Infinite Conscious Life, and is the source and basis of being and becoming the ultimate Reality. Paul says, “We live and move and have our being in Him.”

There is but one Life Infinite, Ineffable, Inscrutable in Itself, which is made manifest by and is the central animating principle in every form that appears to have life of its own, in every world, in every sphere, throughout the myriad Universes of Universes.

Although the Infinite will ever remain inscrutable, unknowable and incomprehensible, we can become “aware” knowing that we are the expression of the Infinite Life which is not subject to any law, state or condition of being, yet this Life which is ours by Divine right expresses itself in an infinity of forms.

To identify ourselves with this Life and the wisdom of its true expression is the guard against all error, beliefs, and opinions of others, no matter who or to what organisation they belong. We will be fortified against all that assails us from without, when we know ourselves from within to be one with the one life that is eternal, birthless and deathless.

“I will put my Law in their inward parts and write it in their hearts; and I will be their God, and they shall be my people. And they shall teach no more every man his neighbour and every man his brother saying ‘Know the Lord,’ for they shall know Me, from the least of them to the greatest of them, saith the Lord.” Jeremiah 31: 33-34.

SO MOTE IT BE

* This lecture and the one preceding “*Spirit is the Light in Man*” are both parts of one lecture given in Johannesburg on 23rd January 1947 (Lecture #1) being part of an early series entitled “How to Make the Cosmic Forces Your Own,” they were apparently split for the Pretoria Series that forms this book.

THE INFINITE MIND IS ALL THERE IS

The Infinite Mind is all there is and there is nothing else, there is no “outside” it—all creation must be in it and of it. Therefore all is mind. This is the only logical conclusion we can come to. It is with this foundation that all those who realized it have become great.

Matter is a term given to the opinion which we hold in regard to it. Yet no one has been able to define what matter is. Scientists have proved that matter changes into a substance unknowable. This substance is mind. All is mind substance, therefore your body is mind substance.

This mind substance is changeable and changes according to our beliefs, opinions and fears in regard to disease, death and other external experiences.

The animating power in the Infinite or Universal Mind is Spirit. This Spirit causes all form and changes in that form to take place. It is the ruling factor which brings forth Universes, planets and all forms of life that exist upon them.

This Spirit is consciousness. It is self-conscious, that is, it is more than Consciousness it has will and direction, and has Intelligence as well. It is the controlling factor in the Infinite Mind and it is the controlling factor in finite mind. It is the only thing that has consciousness, therefore all creations having consciousness must have Infinite Spirit in them. It is the power behind thought. Thought is its means of creation. Its thought carries with it the means of sustaining its creation and this creation is the Intelligence in action.

The Infinite is the whole, the finite is that which is the image and likeness within that whole with the same Spirit functioning in the same mind-substance, with the same creative mode of action.

That is why the finite is the image and likeness of the Infinite. To the degree of our understanding in regard to this so is our power increased, so are we freed from all limitation, sickness and death.

There can be no imperfection in the image and likeness of the Infinite, then, any imperfection must come through our ignorance of this Truth. The more we realize this to be true the less we will react to the external, the less we will believe in sickness and death. The less we will believe in failure and limitation.

The more we can discern our thoughts, emotions, cravings and desires, so we will be able to strike at their roots and destroy them. When we discern our errors, and our belief in them we will know what is not real, when we discern what is not the truth, we will be better able to understand the real. Then the truth shall set us free. When we rid ourselves of our beliefs and opinions, the real which is always present will be established in us. Our beliefs are mostly based upon the opinions of others. Our beliefs when established in us become subconscious and active and tend to change the mind substance which includes our body and which changes according to the dominant ideas we hold in our minds. This change takes place because the substance is changeable.

If our beliefs are created through ignorance these beliefs reproduce themselves and this is the illusion. This is a self-evident fact that cannot be denied.

Our belief in disease produces disease, our belief in the Truth of the one Living Ever-present Perfect God is our freedom. God does not have to be created by us, "He is" now as He always was, the Omnipresent Omnipotent Omniscience.

Our belief in dogma and creed and religion based upon fear and illusion will produce the evils that our illusions and fears represent, that is why belief in the separate religions by different peoples has caused more suffering in the world than anything else.

Next comes belief in disease as represented by the medical fraternity. More harm has been done to mankind by these two than all the other evils put together.

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It is for the purpose of clearing away the confusion from your minds that I have been sent.

Do not think I am claiming any special privilege, by no means. The Truth I have you all can also have and what I can do, you all can do if you will believe in the truth that I represent. This is the true teaching that the Christ revealed through Jesus and which has remained throughout the centuries as the only true guide to mankind.

I will prove to you that disease is a belief, an error which takes root in the mind and is not a real thing.

The world today believes in disease, believes in its power. Now tell me where does its power come from? As it cannot be the product of the Infinite it must be the product of the finite, not understanding its true nature, and through this ignorance the finite creates in the mind substance which it has control of, and the form of its beliefs is produced.

Beliefs can also take hold of the mind and create mass thought in the form of oppression, in nations, groups and religions. One of the greatest of these erroneous beliefs was the belief that the Deity was masculine only. With the result that women through the past ages have been oppressed and looked upon as inferior to men and this to a great extent is the ruling thought today, but it is fast coming to an end.

Woman was degraded by the medieval ecclesiastics in their ignorance as representing temptation and sin, when a celibate life was mistaken for a saintly life. This belief has hindered our progress for centuries. But the recognition that the Infinite is feminine as well as masculine will run concurrently with the elevation of the status of women which is now occurring everywhere. The principles of Love, Kindness and Purity, especially represented by her will consequently permeate human institutions in increasing degree, and as facts are bound to prove as we learn more about the human life. We will learn that there is as much female life in the male as there is male in the female, for this Infinite Life or ultimate reality will be shown as we progress in this Cosmic Course to be an Infinite-Self, not solely masculine,

that is Father, as has been taught through the ages. It is feminine or Mother also, and in exact proportion to Its masculine expression.

The modern recognition of the immanence (Webster's Dictionary—inherent; indwelling; denoting that the universe does not transcend consciousness, but is inherent within it) of the Infinite in the finite makes it indisputable that it must be both masculine and feminine. Consciousness represents the masculine and Intelligence and growth the feminine and they are never separate nor can they be separated. The Father-Mother-God is in all things and there is nowhere where it is not. It is in equal proportions in all things seen and unseen. It is a dual unity, being positive and negative which creates interaction, or propulsion and attraction inherently in all things that have manifested life, and is electro-magnetic in character, consequently positive and negative, which is another illustration of its inherent dual unity and throws an illuminating light on its omnipotence.

If you are really interested in listening to me you must put off all superstition, for this truth belongs to you just as much as it belongs to me. Do not take what I say as mere words and phrases or some kind of hazy eastern philosophy. It is not any of these. It is the way that you can lay your hands on the fullness of Truth so that you can liberate life itself in all its glory of pure reason and pure love. The union of these brings the culmination of the flower which is the blending of wisdom and bliss, enduring vision and enduring happiness. This is not only for the few but for the whole world and you and the rest of humanity are the world.

I know that many will grasp this truth sooner than others, but all must grasp it in the end before we can become one, united in the whole.

Youth and age both have their illusions, the old have their illusions in concealed superstition in which they take refuge, the young mostly have no belief but live in the illusion of concealed indulgence. The old find comfort in their superstition and beliefs which have grown up with them, while the young lead to aimless revolt against such beliefs and superstitions without any guiding-post or landmark to guide them to the truth.

THE INFINITE MIND IS ALL THERE IS

These lectures if studied disregarding all previous beliefs and opinions will open up the way to freedom which all are seeking.

We must free life from all the illusions we have created in regard to it, and allow it to function freely through us. By this we establish the true serenity of thought and the purity of emotion which belongs to the freedom of life. To strike at the root of illusion which makes up our beliefs we must know what the root of the illusion is. We must intensify our desire with regard to the Universal Life and kill out the desire of the separate or personal life. We must not destroy desire but desire truly and when we do this we will have attained the kind of desire which does not lead to illusion and bondage but that which leads to freedom. When this is accomplished there is no fear for the conflict of life but there is joy in its activity. Then there is no illusion or conflict. With this true understanding life becomes a joy that is ever-present in its action through the **individual**.*

SO MOTE IT BE

* This Lecture and the following one "*Happiness never comes through Possessions*" are both parts of one lecture given in Johannesburg on 30th January 1947 (Lecture #2) of a series entitled "How to Make the Cosmic Forces Your Own." They were split for the Pretoria series that forms this book.

HAPPINESS NEVER COMES THROUGH POSSESSIONS

Happiness never comes through possessions and when man finds this out he enters the second stage of desire for the subtle things, such as the grasping at spiritual comforts which shall protect him from the conflicts of life. He reaches out for guides in order to protect him on the higher levels. But this in turn will all prove illusionary.

The third stage is reached when he tries to escape conflict by giving up all attempts to find happiness outside himself in a life of seclusion. But this does not liberate life to freedom. To liberate life is to know it, to live it with others, enjoying its activity with others.

You must have an independent outlook in life, your thought must be original, not merely mechanical, influenced by beliefs and superstitions of others. Independent thought-action and feeling free from all authority, creeds, dogmas or system must be cultivated.

However difficult it may be at first you must practice without shrinking. It must flow spontaneously from the inner impulse of life itself, not from anything outside itself. For such only breeds confusion and sorrow. You cannot confine life in a cage then keep on substituting one cage for another in the desire for freedom.

You are only happy when you find the truth yourself and not the truth of another. Follow the voice of Intuition, the voice of the Eternal within which is the Infinite expressed in the “finite” which is the image and likeness of the Father-Mother Principle.

Free life by living courageously, confidently, gloriously. Living, and Loving, not possessively or with the sloppy thing most people call love, but with that deep understanding in the

silent recognition of the Living and Loving God that dwells in every soul. Loving all, resisting nothing.

If you find others opposing your freedom, remember the words “he who binds shall be bound” and “he that frees shall be freed.”

The effect of external worship has been to divide mankind who is carried away in bondage. The moment you worship a super-human being you are cruel to man. Look down any street and you will see vast churches and men and women in tears. When you can come to worship God in the person next to you you will begin to understand the purpose of life.

In our expression of life we must be fearless, positive. There is no failure only experience and this experience is wealth. Try to work not for possessions but for true expression. Then your actions will be crowned with success because fear will have vanished. Your work becomes a joy in your spontaneous action directed by an Intelligence beyond the personality. Possessions come as a natural sequence but with them there is no possessiveness that brings conflict and sorrow, for our eyes are fixed upon the real,—the creative power that produces, and not upon the false which is fleeting and temporary.

Do not be afraid of large ideas as long as they are based upon facts and a solid foundation. When these ideas are held long enough they destroy all undesirable tendencies. Petty and annoying obstacles will be removed from your path.

By increasing your mental capacity through understanding you will be conscious of a greater world of thought which places you in a position to accomplish things of greater value.

By this method you will find no more difficulty in handling big undertakings than you do in small ones.

To organise victory this must first be accomplished within oneself, then it is natural to make it real in the objective world.

When we realize that the Infinite Mind is present in the finite mind we no longer waver at every turn, because our victory is already established within. We must also remember that the Universal Mind is also the manifestor of our conscious mental

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habits. As long as these habits are in accordance with the law of progression we are on the wings of victory. But if these mental habits are the reverse we need not bewail the result for we are their creators. In this way conditions are produced and we find that our lives are simply the reflection of our habitual thoughts.

The science of Life is then the greatest of all sciences. The Law of the Infinite Expression is that the Spirit Consciousness attracts to itself the substance necessary to out-picture what is held there. The same Law persists in the finite, being made in the image and likeness of its parent. Therefore our dominant mental attitude attracts conditions corresponding to its nature.

There is a distinction between the individuality and the personality. Our personality is the expression of our habitual thoughts which are retained in our minds, the outer being the reflection of the inner. If we love we shall be loved, if we hate we will be hated. If we laugh the world laughs with us, if we cry we cry alone. No one wants to associate with a nagger or a pessimist, they are a drug to one's happiness. If you know yourself you will not be affected by either the pessimist or the optimist for you will know in the individuality an inner reality that is far above either.

Let our happiness rise from within from the knowledge of our unity with the ever-present omnipotence then it will be true happiness, not a happiness that is the result of that which is external for there we find the opposites, happiness in success, sorrow in failure, disease and death and this is an ever see-saw movement of the unenlightened mind.

When we change from the outside to the inner realm so will our personality change and the real individuality takes its place. It will not be made up of the ups and downs of the ordinary existence, it will be the true expression of a calm and joyful expression of Life itself, freed from the effects of the illusion of the outside world.

As soon as you have acquired this inner realization you will attract new things, they will drift towards you as a piece of steel drifts towards a magnet.

There is no standing still, we either go forward or backward, there is no standing still in the world which is continually moving forward. We must move forward or the clock works backwards for us and many have found this out to their cost.

Security can only be obtained by steadfastly uniting with the ever progressive spirit in man. It is the cosmic evolution that is ever urging us on to greater heights. When we realize that the transcendent force of the Spirit of the Cosmos is within each of us, we will know that there are no privileged few. But as long as we believe that this Cosmic force is alien and apart from humanity and only given by Divine right to a few we will continue to be oppressed and controlled, cajoled and bound by those who exploit our ignorance.

The real work of humanity is to recognise and free the Divine Spirit in man, to recognise that all power comes from within, that no one has any power more than another. The social crimes that are rampant in our midst is the result of this belief of inequality and the fantastic doctrine of Divine Authority being placed in the hands of a few. Through the ages more misery has been caused through this stupid belief than any other form of institutionalism.

What frees us from all our limitation is to recognise our unity with the Infinite Universal Life. The Universal Life is impersonal and makes no exception in favour of any individual. The Universal Life does not act from anger, jealousy or wrath. Neither can it be flattered, cajoled or moved by sympathy or petition. It works through co-operation and those who understand this appear to be favoured because he has found the source of all wealth, health and power.

The source of this wonderful all-embracing, loving Giver, is not only in ourselves but deeply rooted in everyone, and in our association with others we get the experience which is so essential in order to understand reality.

When we understand our thought processes and the things that are not real, we will have a better understanding of that which is real. When all thoughts of superstition, hate, jealousy, envy,

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possessiveness, failure, limitation, sickness and death are rooted out, that which is left will be the ever-present Divine Nature in mankind. Then we will know as we are really known.

I hope I have made this clear to you. Anything less is of little value to you. There is so much sloppy trash written and spoken today, instead of liberating the life by it we only substitute another cage.

Now I have explained carefully to you why societies or organisations cannot lead you to truth. Truth is purely an individual affair, eternally subjective. Societies, organisations, etc., are objective and the moment you worship someone else or another “I am” you are dwelling in an illusion. Think well over this.

Truth is not concerned with money, tithing or gifts; nor is Truth concerned with loyalty. Truth is beyond all personal allegiances—these are all personal things. Yet some will make you believe they belong to truth and they make you believe that your health and success depend upon them. You must escape all these illusions. If you are mentally bound to these things then you are not free. They have nothing to do with Truth, it is merely a mental attitude. Step out from all these beliefs and see how magnificently you can thrive in your own strength, in the recognition of your oneness with the Infinite Life.

This is truly the Christ Life.

“The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my Life; of whom shall I be afraid?”
Ps. 27: 1.

“If any man serve me let him follow me and where I am there shall also my servant be. If any man serve me, him will my Father honour.”
John 12: 26.

SO MOTE IT BE

EVERYTHING IS IN VIBRATION

Everything is in vibration and the different vibrations make up the different things we see and feel, not only in the visible world but also in the invisible. All is within the one mind and the cause of the different vibrations is the prevailing thoughts.

The vast panorama of nature is being constantly changed by the change in the rate of vibration. The same process is taking place in our minds and bodies usually unconsciously according to the prevailing mental attitude we maintain. Any inharmonious vibration that may be prevailing can be immediately changed by our consciously becoming aware of this condition and changing same by our changed attitude towards it. That is why it is so essential that we become aware of our mental attitude always aware, noting the kind of desires, emotions and thoughts we entertain. If we become lost in our mental attitude we are incapable of strict examination and the result we blame on others. This only adds coal to the fire we have kindled ourselves.

If we maintain a grudge towards someone or some condition or if steeped in superstition we are incapable of deeply discerning our mental attitude. The vibrations set up within is being expressed in our lives, in our bodies and our circumstances. When these conditions become manifest, unaware that the cause is within we seek outside for a cure, with the result that we never find it for the cure must come from within ourselves.

We read books with the idea that this will relieve us. Everything we do is done with the idea of ridding ourselves of our trouble, we read our trouble into every kind of literature we can lay our hands on. We may seek relief from others who are as ignorant as ourselves as regards the cause of our trouble and who often advise us to read certain books with the result that we are very little if any better than before, only to become more confused, for we substitute one cage for another.

Little do we realize that it is Life that is seeking freedom from this confusion. Many Truth students are moribund with affirmations and are not enlightened regarding the real truth of the real way to the freedom of life. They keep on repeating words and phrases, a temporary relief may be obtained, but it is only temporary and many have found this to be true.

Life itself is free and natural, it is the true expression of the Infinite Mind in the finite mind. If the finite mind is **not aware of this**, we create beliefs, build images in our minds in regard to what our beliefs represent. We put life into one cage after another. This only produces for us experiences which are contrary to our true nature, and then we rebel. We seek outside ourselves for some relief so we ask others for the bread of life but we are given a stone. We may accept what we are given but soon we find we have just substituted one cage for another, so life goes on in the continual seeking for freedom. We carry our conditions around with us, we present them to this specialist, that specialist, this psychologist or that. Some specialists will give it a name, others will say “I cannot find anything organically wrong with you, it is in your mind.” The first has added to the harm already done by identifying the condition with other conditions which are known in our world of ignorance, with the result that we believe that all other aid is futile and resign ourselves to a life of misery.

What the second says is partly the truth but gives little relief to a person who knows and suffers agony with no means of eliminating the condition. So we wander along to a psychologist who looks into our minds, mistaking effects for causes, trying to find this cause and if the cause is found this ends the matter. Still we are just as bad as before because when one devil is released without putting in the truth seven other devils may take its place, so we try truth teachers, and some say, “Now I will give you some books to read.” So we read our troubles into the books and become more confused. Another will say: “You do not give enough. Open your purse and give and you will be free.” But this is just exploitation of the ignorant who suffer,

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and when we do give, we find ourselves with less, materially, but just the same in regard to our trouble.

This is exploitation in its worst form and many people are bluffed by it. But the poor sufferers still have their cages. Some may give us phrases to repeat but this is just another form of mental hypnosis which wills us into a false feeling of security from which we must eventually awake.

I hope you see the point I am driving at. It is the freedom of life and life can only be free when the individual frees him or herself by knowing the truth about themselves, by discerning that which is not true and disposing of it as we would an old coat and recognising then our inner reality and freeing it from all its cages, no matter what they may be, religious or otherwise.

Error produces error, beliefs produce only beliefs. You cannot substitute one error for another error or one belief for another belief. Life does not need any of these things. It is free and wants that freedom of expression that is seen in the little child, for such as these make up the Kingdom of Heaven—the Kingdom of Freedom.

If we are uncertain of our own judgement we instantly resort to authority and tradition. This has the effect of weakening our capacity for judgement and defrauds it of its true aim.

What we need is to become more and more impersonal so that judgement becomes freed from entanglements. To become strong and free we must not appeal to authority outside ourselves. We must take sole responsibility for all we do, then we begin to rely upon ourselves. We must not run away from suffering, we must know what it is, then we shall be free from it, and this can only be done by a process of impersonal progressive discernment, and when we establish that impersonal outlook in ourselves we will find that we will no longer cling to authority and tradition, which are cages in which we live.

Most people are imitators. They live on second-hand ideas for the fulfilment of life. People of the same type gather together. You will notice that the greater the mass the greater the ignorance, because they have the same outlook. It is only the few who will

get down to self-development, that is the only way to realize life's purpose.

The majority think that life's purpose is sleeping, working for material gain, eating and having plenty of amusements to drown the suffering that it brings.

The next group are those who seek relief through religion of some kind. So the great Spiritual thing in Life is standardized and the individual is smothered.

The individual is taught to want and to give but this is always a going away from oneself. It is our being we have to recognise, this is the only positive thing in us and this is what everyone is seeking. To obtain it we must not depend on external things. Our wanting or giving are personal things and has nothing to do with Truth. The majority try to buy themselves into Heaven. When we enter into this being which "is" we become the sunshine in which all things grow and in this being we will find that there is nothing which is evil or good, bad or indifferent for these are relative things and are not the subjective reality we are seeking. These things are made in man's ignorance of his true nature. We create the vibration and this produces the condition we ourselves rebel against.

This knowledge is of priceless value and by applying it we shall know what we can do. We will realize that our present physical condition and environment is the result of our thinking. Our errors are externalized by the power of the thought they engender, therefore we must examine our method of thinking.

We must remember that every thought attracts its kind and produces the vibration which we see manifested on the screen of our lives.

To make a mental picture of physical perfection is not enough, there must be a discerning of the motives and thoughts that cause these conditions otherwise we will not be free. The mental attitude which we hold will keep expressing itself in the subconscious and will show itself in the objective, sooner or later. We may hold a picture of the perfect physical but if the mental attitude towards others and life in general is distorted

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then we shall not be free. The old conditions will keep cropping up from time to time. We must rid ourselves of all these things by deep discernment.

By this method thousands have destroyed all manner of physical and mental disturbances in a few days and sometimes in a few minutes.

(Here ends this lecture)*

* This Lecture and the one following "*The Cosmic Unit*" are both parts of one lecture given in Johannesburg on 20th February 1947 (Lecture #3) as part of a series entitled "How to Make the Cosmic Forces Your Own." They were split for the Pretoria series that forms this book.

THE COSMIC UNIT

It is through the Law of Vibration that the mind exercises its power over the body. Every movement in mind is a vibration and this is mind in action.

A vibration of fear immediately modifies every atom in the body. Every life cell is affected and an entire chemical change is made in every group of cells.

With this knowledge we can change the vibration and produce the condition we desire to manifest in our body and circumstances. We use the power every minute but are not aware of it, thus producing undesirable results.

When we are in accord with the intelligence of the Universe we produce desirable results and this should not be difficult now that we have gained the wisdom that will help us to understand ourselves. We will cease to produce the unpleasant and disagreeable sensations we so much rebel against.

A great contributing cause to these conditions is the misconception that we are endowed with separate independent self-existence and this fallacy reacts throughout the world today and it is this ignorance that must be dissolved away in the individual mind.

The paramount ideal pursued by all is the acquisition of wealth, with the result that the well-being of the less fortunate is a very minor consideration; all being absorbed in the competitive struggle for existence and in which by common consent the less fit go to the wall. Under this system many unfortunately live solitary lives deprived of sympathy and kindly consideration **from others similarly situated.**

Our inner state is the guide to our outer physical state, that is, when we understand ourselves better and the cause of our troubles, we will participate in an associative mode of living opposed to the fallacious conception of the separate independent self-existence we now maintain.

We will be in keeping with our inner state of being in the Cosmos which is waiting to be expressed in our outer state or condition in time in which we now live. As time goes on mankind will get to know itself as a Cosmic Unit in a united Whole.

Our present state will be gradually abandoned and replaced by the realization of sharing as an associated unit of life in the Life of an integral living unity in which solitude is forever left behind and replaced by the stimulus of comradeship in pursuit of common aims and ideals.

Indeed each consecutive stage in our ascent inwards or into higher modes of being, is a state of identity which is accompanied by the entrance into the conscious sharing in the experience of an expanded manifold; a manifold of which the integral units become consecutively spirits, angels and even gods as the unit-self rises higher in the modes of being, ever uniting in the expanding and enlarged unity of each stage; and in the experience of the whole of whose integral units we consciously participate: the combining composition of the manifold being in each case a mighty and still mightier self.

This interesting fact which no modern speculative thinker has yet advanced is the model or archetype plan upon which this expansion of an integral manifold takes place, in which each unit enjoys reciprocal interchange of experience with other integral units, is illustrated in the identity of the self known as man-woman in whom a manifold of experience is united without ceasing to be a manifold.

Thus the Infinite in all His glory and perfection of the whole becomes the consciousness of the unit.

This is illustrated in man-woman, in the functioning of the self-conscious life through the integral neurons of the brain, through which the manifold of experience is held united in identity—these neurons exchange their content of experience reciprocally in reflection, their total experience is synthesised in the identity of the finite self.

The unit of Life uses the brain and the nervous system to express itself on the physical plane, each organ is a group of

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cells independent yet united in the whole body, each cell is independent yet united in the organ. This is the microcosm in the great Macrocosm.

But the same principle applies in the Mighty Selves referred to, in whom the integral units are living self-conscious Angelic-selves. Their manifoldness is also united in identity without ceasing to be manifold.

The finite-selves integrated in the Solar-self exchange their experience reciprocally. The whole of their experience is synthesised in the identity of the Solar Self. The Solar Self which comprises the Solar Angels will be referred to later.

Not only does this Mighty Solar Self comprise all the selves who descend as neucloids into the earth and return made in the image of their Makers; but also all selves who have evolved in connection with the other planets in the solar system. Yet the unit-selves who have ascended from this earth come to share consciously in the experience of that manifold.

In this great Cosmic scheme which I am showing you is reflected in the unit-self, you and me, while living on this earth.

The Grand Scheme of the Great Cosmic Architect which includes myriads of Universes will be ours as we progress, this alone should turn our eyes away from the petty things of the material world thereby enabling us to do greater things for mankind while living here.

Now each of the Solar Systems is associated with a Mighty Self, comprising all the integral selves of that system in its identity, and as each unit-self is ascending inwards from state to state passes ultimately from our Solar System to that of its interior parental Sun and System, and comes to constitute a relay-link in the Life Current between the two and thereby comes to share in the experience of the selves constituting the identity of the parental Solar Self.

What conception can we form of the vastness of the knowledge thus embraced and which becomes available to every entity comprised in that self!

I feel that in this lecture we have sufficient for us to grasp for the moment but as we progress, I am told, we will see a plan so

immense and wonderful that the mind of man can only partly comprehend, but as information is conveyed with regard to the process of self-manifestation by the Infinite Self-Conscious Life in and through its finite selves it will lead us to an apprehension of the possibility of forming a conception of the all-embracing Infinite in which we live and move and have our being.

The fact that the mind can apprehend it is proof that such is a fact although it cannot completely comprehend it. Our Spirit, soul and body in this plane correspond as the microcosm to the great Macrocosm. This will give us a feeling of greatness that cannot be obtained through any other source. Logic is like Euclid, it leads us to the true plan. The question is how far can we go.

Einstein's mind was an expression of higher mathematics of the Universal Mind and in this Course our minds become the expression of the Cosmic realities, for our minds are but a rudimentary mode from which higher and more intensified modes ultimately develop. We are the reflection of the mind-consciousness that permeates the whole Universe for the finite self remains undifferentiated as to the Life itself, the Reality within.

*Special Note: As I write this material I am amazed at the information and being only a humble instrument I bow to the greater Intelligence that reveals these truths. I am told that this information has been relayed through many different degrees of consciousness before it reaches this planet of ours and I feel it a great privilege to be the means through which it is given to you.**

“If I go and prepare a place for you, I will come again and receive you unto myself, that where I am there ye may be also.”
John 14: 3.

Here the Christ spoke, revealing the oneness of all Life, the Inseparable unity of all units in the One Life.

SO MOTE IT BE

* This note is contained in Johannesburg series # 3 Lecture Note dated 20/2/1947

Lecture 8 (7th December 1948)

LIFE IS

LIFE IS. Life is free and natural. Life is consciousness, awareness. True awareness is a consciousness of the present only, not of the past or the future. These are ideas, cravings in the mind. You may have been poor in the past so you want to be rich in the future. Your past memories fill your mind and this sets up a resistance, then Life, the only real thing, is smothered by your ideas and there is a struggle that goes on all the time in the mind and this leads to frustration.

If you will free your mind from craving for the future, you will lose the memory of the past and then you will live in the present which frees you from the opposites in which you live. By doing this you will be free from craving that creates the resistance to true expression. Then Life itself will be freed through you. Its desire for complete expression will find you a clear channel through which it can flow. Then there is no conflict but pure action.

You will find that you cannot escape by pursuing an opposite because the opposite contains the thing you are trying to escape from. If you dislike someone it is useless for you to say you must love him, that breeds hypocrisy. Neither can you say mentally, "I must rid myself of dislike" for you will still have the distinction of like and dislike and you are only intellectually deceiving yourselves, for the quality you think you have is but a deception. But if you recognise your dislike and the reason for it you will free yourself from its entanglements.

Life has no likes or dislikes, nor is it caught up in opposites, it is free and natural and as we are the life we must free it by uncovering it from all that mental conflict we ourselves create.

What I want to show you in this lesson is the action of the mind which creates resistance and frustration, which prevents the freedom of expression you are seeking. The mind is like a

pendulum it swings from one side to the other, from the positive to the negative and vice versa. It is only when we can discern what we are doing that we begin to be free.

The only way to freedom is to perceive completely and when this is done there will be no craving which creates its opposite. When the mind is alert it frees itself from the cause of limitation which is craving. When we are watchful, pliable, we go to the very root of the cause.

We create the opposite in mind by wanting; to free ourselves we must realize that Life is ever renewing itself and is ever pliable and is ever recreating itself, that it is immortal and eternal. This indescribable, deathless and birthless Life is not static, it is a concentrated essence expressed in energy ever active, therefore there can be no end. To be one with Life is to be ever active in the present. If you seek an end and try to hold that end you are frustrating the Life that is trying to free itself.

The Mind is ever wanting and craving, giving and taking. We are blind to the fact that Life is impersonal and is the only reality. Life does not need our ministrations, these are personal factors. We must learn to get out of the personal into the impersonal which is truth. Please do not confuse the issue.

I am not saying that giving is not good—for Life is always giving to those who understand her. She is lavish and seeks nothing in return. What I want you to do is to discern deeply the nature or motive of the desire behind your wanting and giving and this depends on how honest you can be with yourself.

Is your giving based upon the desire to get something in return or is it based upon pity or is your giving based upon egotism, that you are so important that your giving will be appreciated. If this is so then your giving is destroying the receiver, it is merely a subtle form of exploitation. Please do not misunderstand me, what I want to do is to free you from the entanglements of your mind and point out to you the freedom of the Life which you are in reality. If you can perceive the true meaning of life you will be free from all that binds you and by which you bind others, for this only causes sorrow and confusion. When you are stripped

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bare of all craving past and future which are merely personal things which hinder and frustrate true expression, you will begin to understand Life.

To be kind is good, but to be kind to one and not the other, is not being kind. To be kind you must know what kindness is. To say we must be kind to one another because we may not live long in this world is but a false state of spiritual security. This is not kindness but sentimental exploitation. Life does not need this sort of kindness. When we realize we are the Life we inherit kindness that is not provisional, and has no motive, no virtues or qualities, it just is what it is, REALITY.

I am trying to show you what is not real and when you know what is not real you will have a better understanding of the real.

Some are continually seeking company to escape loneliness, suffocating their minds with ideas, or losing themselves in good works to smother it. They may cover it up over and over again with many sensations but this loneliness will remain, but if you become aware of your loneliness and face it and never try to escape from it you will see in what manner you are trying to escape from loneliness, you will perceive the subtle deceits of the mind and each time you are aware of your escape you are enriched in wisdom through your awareness.

To be ever watchful to face up to all things is the only way to dissolve them. To try and escape through their opposites does not relieve you but brings more sorrow and conflict. You will then learn that opposites are in the mind and are not born of life or consciousness, but born out of craving. Through knowing what it is then you will be free from its limitations.

When we know the things that are binding us, crippling our thought and our true emotions and wasting our energy, and this is quite easy to know if we do not try to escape in their opposites, we will face up to these things and dissolve them away for they have no power except the power we give them.

(Here ends this Lecture)*

* This lecture and the one following "*To Know what Truth is*" are both parts of one lecture given in Johannesburg on 6th March 1947 (Lecture #7/8) as part of the series entitled "How to Make the Cosmic Forces Your Own." They were split for the Pretoria series that forms this book.

TO KNOW WHAT TRUTH IS

Through the process of freeing ourselves from the cause of all our hindrances we will begin to know what truth is.

We cannot imagine what truth is for Life is not an idea. If we try to imagine what truth is we will find this truth that we seek a dead thing, and all our achievements will turn to ashes, and this is what most people are doing. Their whole structure of thought is based upon imitation, then achievements are full of emptiness but few see the misery of it.

Do not try to imagine what truth is, saying it is one flame in many lamps or we shall be united in the future, otherwise the future will always be as far away as it is now.

It is not imagining what it is, but living in the present knowing that it is now the same as it has always been and you are "It" but if you submit yourselves to the standardization of thought prevailing in the world you will never know It.

We are actually the expression of one whole and are expressing that whole now, this is the ecstasy of life realized in the present. If our minds are hindered by the future or the past then we cannot know that ever-present Life of which we are one.

Most people will never know the Truth because their personality is in the way. The personality is filled with cravings, wanting, ideas of self which is separation and limitation. The personality must be entirely removed before you can know the ecstasy of the all-embracing Life Consciousness that is not subject to any limitation, idea or fancy.

Personality and separation is the cause of the failure of many who try to know the truth, for while these illusions remain, freedom is impossible. Some try to teach the truth; how can they teach the truth when they do not know what it is, this is

merely exploitation. Some may have been helpful personally but this is not the revealing of the glorious truth.

Some may say they have been put on the path—what path? Do you not see that this is but an idea in the mind? If I try to describe the indescribable to you you will never understand it even if you try to copy it.

The majority pattern their lives after what they have seen or read or believed and say this is the truth while others differ. Where there is confusion of thought there can be no truth.

Life is not confused, it is the mind that is confused and prevents true understanding. The whole is wrapped up in theories and ideas and none are the truth. Truth is Life and Life is free and natural. Your cravings for truth lead you from one to the other and you become more confused.

When you rid yourselves of the resistance to truth then you will know it. Therefore I ask you seriously to search deep into your mind and rid it of all the causes of resistance and frustration. When that is done then only will you know something of the Truth.

If you are only interested in truth because it will give you something, you cannot look to reality to give you freedom, it does not do that but makes you a slave to your idea. Reality is freedom. Now remove the cause that prevents this freedom then you will begin to understand.

What I am trying to do in this lesson is to free you from your own limitations by deep discernment not by escaping into the opposite where you again get lost, just as you are lost now in a maze of ideas and images, likes and dislikes, love and hate, kindness and cruelty, wanting and giving.

Life does not like one and dislike another, nor love one and hate another or is kind to one and not to another or eternally wanting so as to give or giving so as to get, this is all exploitation and is not Truth.

These things belong to the mind in ignorance of the freedom of truth.

If you can clear away some of these hindrances the light of truth will begin to dawn upon you and your further progress will depend upon your progressive discernment.

TO KNOW WHAT TRUTH IS

Some of you may ask why we came into existence at all. “Why should the Infinite Life, the One Whole and Who remains One, create finite selves of itself?” This is proof that the Infinite Life Consciousness cannot be static which would be a negation of itself. Infinite Conscious creation is thought in action, pure thought and action.

The Infinite Life contains within Itself its finite conceptions. There is no I myself distinct from the Infinite Life although each integral inseparable self appears to be endowed with self-consciousness.

The unfoldment of this self-consciousness reveals a unity of one whole, therefore the differentiation only pertains to self-consciousness in appearances, for the finite selves ever remain undifferentiated as to the Life Itself.

We remain united in the identity of the Infinite-self, as similarly the manifold of our experiences is held in the unity of our own identity and through the discernment of that which is not real.

When we can discern the personality or apparent separation as being only an image in our minds, we become conscious of the oneness of Life, oneness with the Infinite Life Consciousness. We may retain that “I myself” which is but a reflection in the mind and it is this reflection we take as reality and this is the illusion—we take the shadow for the reality.

That which you can perceive is not Reality but that which perceives **is** Reality and this Reality goes beyond mind. It is this conscious Life that organises its own mediums for expression and thereby perceives its expressions, in this way God is aware of us.

You cannot comprehend what your consciousness is, but **you know that it is** and as we begin to unfold so does this Consciousness recede into the inner states. As we are aware now so too will we retain that awareness, yet it becomes greater and greater as we become to discern more of the mighty Universe within external to our consciousness. So do we become more aware of that Reality that is behind them all, the all being held in that one Consciousness we know as the One and only One which has individualized itself; and we are that individualization.

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It was this understanding that enabled the Master to say “All power is given to me in heaven and on earth.” “I of myself can do nothing it is the Spirit of the Father within me that doeth the work.”

“The words that I speak to you all I do not speak of my own accord; it is the Father who remains ever in me who is performing His own deeds.”

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