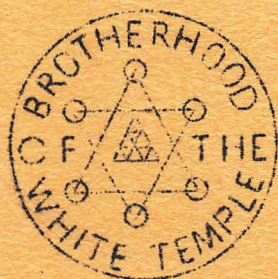


# THE NEOPHYTE AND THE PATH



PRICE \$1.00

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THE NEOPHYTE  
AND  
THE PATH

DISCOURSES

ON

PREPARATION FOR MASTERY

*by*

*Dr. M. Doreal*

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BY

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SEDALIA, COLORADO

THE THEORY

AND

THE PRACTICE

OF

BY

WILLIAM L. BROWN

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# THE NEOPHYTE

## AND THE PATH

A series of discourses on preparation for Mastery. A sequel to the Book, "Instructions of a Master to His Chela".

## FOREWORD

In the first series of discourses I gave the preliminary knowledge which was taught by Theron to the Neophyte who was being prepared for a higher work and you will recall that Theron had turned Seton over to Chirel for instruction in the deeper mysteries. Someday I may be permitted to give the hidden mysteries revealed by Chirel to Seton, but at the present time the world is not ready. "Many are called, but few are chosen", to receive instructions from a master, for desire alone is not sufficient. One must have made himself READY before the master appears. In the following discourses you will be shown just what "BEING READY" implies. To understand just how and where the following discourses were given requires some preliminary explanation.

You have heard of the power some individuals have to project the ego, personality, or consciousness from the physical body to distant parts of the world, and also to other worlds. The highly developed occultist is able to do this AT WILL, retaining absolute con-

sciousness during the entire time. He is not asleep, nor in a trance state, neither is he seeing a vision, but is fully aware of all that takes place because through the effort of his own will he has consciously left the physical body and directed his ego to the place HE desired to manifest.

From time to time those highly developed souls, who are able to leave their bodies at will, gather in certain places to be taught by various masters. It was at such meetings that the discourses given in the following pages were spoken. They are the essentials necessary to be thoroughly understood if one wishes to become a master, or even contact one. They were given in detail to the highly developed students so that they might be able to thoroughly understand and pass on to others the means whereby they too could contact the Great Masters. "When the pupil is ready the master appears", but what this readiness consists of has never been fully made clear in the minds of the average metaphysical student.

There have been so many ideas and conceptions, many of them so contrary to the known laws of life that it is no wonder that the student is confused and hardly knows where to start and what to believe. If you will earnestly and sincerely study the following pages, and then DO as the instructions teach I bind myself solemnly to the promise that YOU will contact a master or masters and be



taught the deeper mysteries of laws and life. But, understand clearly that you must enter this study with sincerity, patience, desire and selflessness instead of selfishness.

## SALUTATION

By  
Theddas

Adept of The White Lodge.

Out of darkness into the LIGHT have ye come, O man: Upward, ever upward to the stars above your soul extends to brightness, eternal!

Out of darkness of the earth, of the material ye ascend to the heights of glory.

O man! born into light, eternal light of the soul, into ye the negative, the force ye symbolize as evil have come - overcome!

Lift up your consciousness, become part of the great one, for ye are all one, in oneness eternal. One with the stars, one with the Cosmic Light, one with eternity and infinity, aye, one with the mighty Cosmic Soul ye call God!

God is in you, God is one, God is all, God is light. Out of darkness comes God, the immortal, eternal God of light that dwells within you.

O man! cast aside the temple that ye have been bound within, loosen the fetters which bind the real you to the material temple - the body. Step out into the freedom of light, of love and of life into service. Soar on the wings of the dawn into that realm wherein naught that fetters and binds can follow. Be free of the ties and bondage of the finite, and limit thyself only as the Cosmos is limited. Such, O man, is thy true heritage.

## A WORD TO

## THE NEOPHYTE

"Man", began Theron, has always had a great desire to expand in consciousness and understanding. He has progressed materially and spiritually toward the ultimate goal - oneness with the all pervading consciousness. The greatest obstacle in his path has always been lack of understanding. The great master Jesus told his disciples that "unto you it is given to know the mysteries of the kingdom of Heaven, but unto them it is not given, for seeing they see not and hearing, they hear not". Lack of understanding has always PREVENTED the master from giving that which he desired to give.

There are many people in the world who desire the goal promised by the wisdom teachers and yet are making no TRUE EFFORT to find it. This is partly due to teachers who having no understanding and knowledge of their own, attempt to point out a way which they have not travelled themselves. Truly they are the blind leading the blind.

No teacher who has not CONSCIOUSLY expanded into the infinite can teach of the infinite to others and even then he cannot truly teach it unless he has also attained the power to harmonize the vibration of his consciousness with the seeker and expand both into that plane wherein the infinite operates as an in-

finite quality. There one sees and hears unspeakable things, comprehensible only to another who has been lifted to the same plane of consciousness. Many teachers talk very glibly of teaching the inner mysteries without understanding that they have a language and terminology all their own. There is a law, material as well as occult, that space is qualified by that which occupies it. If the great consciousness which we symbolize as God is infinite, and an infinite thing occupies infinite space, then it is manifestly impossible for an infinite consciousness to descend into finite space. For it to do so would qualify the finite space until it becomes infinite also. Understanding this law of qualified space, we know that the infinite spiritual consciousness does not descend to the material, but rather that the spiritualized consciousness of man must ascend to the infinite plane and there contact the infinite quality of God. Only thus can true knowledge be attained, and only the adept can show the chela this higher plane of infinite consciousness.

Realization of the infinite brings to us an understanding of law that changes our entire outlook on life. We know that everything in all planes and all universes is ordered and follows law and therefore only through following fixed and definite laws can we hope to attain to the goal.

The individual who has built his life on a foundation of law and order has

a much better chance of finding a master than one who has lived in chaos and disorder. Be steadfast, knowing that only through trial and turmoil can the disorder which has become an integral part of your being be eliminated, and the smooth rhythmic vibration of the light of the Cosmos enter.

## D U T Y     A N D

## R E A L I Z A T I O N

The attitude you hold toward your fellowman is a great factor in your development. In the present day world every man considers that he is solely responsible for self, and perhaps for those immediately dependent upon him. He feels that if he has DONE his DUTY in providing food, shelter, and education, he has performed his part. He does not realize that duty toward family is not by any means the most important duty in life. The great duty which every man owes is the duty to spread the light of truth as he sees it. He may be erroneous in his conceptions, but usage and discussion will eliminate errors.

Another aspect of duty is that which reflects the concept of the brotherhood of man. This is the real duty which evolves upon every individual. It is true that there have been communistic and socialistic attempts to force brotherhood and mutual help upon individuals,



and nations, but these are foredoomed to failure, because brotherhood in its highest and truest sense is not a matter of outer forcing, but is rather a result of the growth and unfoldment of the consciousness.

No one can hope to find a master until he has gained the real concept of the oneness of man and God, and the oneness of all souls. He must be able to look behind the veil of race, creed, and religion, and see the inner kinship of soul with soul. When the master Jesus said, "at that day ye shall know that I am in the Father, the Father in me and ye in me," he was stating a wonderful truth which has been misunderstood by the religionist of the present age.

Man - the real inner man, is a part of the Great Consciousness which is God. If this is realized fully, the statement of Jesus is clearly comprehended. The ancient kabbalist taught of God as a lantern sending forth many rays of light, each ray entering a human body and becoming an activating consciousness, or soul, of that body. Thus we see that in the final analysis the souls of all men are rays of light from the one Great Flame.

Even though in some the rays appear to be dimmed, or darkened, yet in the ultimate, the light in the source, is undimmed.

Realization of the One Source of

all souls brings to us a closer kinship with all mankind. When we realize that when we act as drags or hold back one of our brothers, we are in reality holding back ourselves, we will be more careful of our actions. Man's great drawback is that he is selfish instead of selfless. When he provides his family with the comforts and luxuries of life, he feels that it is reflecting glory, and honor, upon himself. His own ego is inflated, and he unconsciously feels that every one is admiring him for his fulfillment of duty. Instead of being selfless, he is selfish, for his regard is in the real, or imagined, admiration of his fellows.

We can safely say that ninety-nine out of every hundred actions performed by a man have a basic selfish motive. This must be eliminated before one can find the master. Selfishness is a result of the feeling of individuality, not oneness. When one feels the universal oneness of all men then he knows that what he does for his brothers is also done for himself, for as he grows, so grows the Cosmic.

The why and wherefore of the creation of man, has been a subject always steered clear of by both religionist and metaphysician, for man has had the fear of God imbued in his consciousness by thousands of years of ignorance and darkness. If he would realize that God created man for the sole purpose of making a conscious entry into the finite

plane, he would begin to know more about the purpose of God in creating man. Man was not created for the amusement of Deity, but as a means to a definite end.

In a previous discourse I spoke of the occult law, of "space being qualified by that which occupies it." The Infinite Consciousness had to have a medium through which to step down (to use an electrical term) its power, otherwise, when it entered the finite space, it would have become Infinite.

Man was the medium chosen by the Infinite Consciousness through which to enter finite space. He acted as a transformer, so that the power of the Infinite could enter finite space without changing it to Infinite space.

But why did God desire to enter finite space? Because God is not the stagnant, dormant, perfect being the religionist has conceived. God is in a constant process of growth and expansion. If God were perfect there could be nothing new brought forth and no advancement or growth would be possible. Absence of growth and expansion is stagnation, and God is not a stagnant being. If God did not grow, then man who is in continual growth would eventually catch, and pass God. This, to many seems blasphemy but it is far from it. If instead of looking upon God as a perfected being, we realize that he is the ultimate of present perfection, we would discover the truth. As man grows, God grows, and as God grows, man is given new and

greater, opportunities for greater growth. Man is as necessary to God, as God is to man, for man is the hand of the great Macrocosmic Body, and it is through the hands that work is performed.

Thus man is not the helpless puppet created for the amusement, and enjoyment of God, but is an integral part of the Cosmic plan. Realization of the oneness of man with God draws man nearer to God, and in drawing near he finds, not a personal God, but a glorified light of which he himself is a reflection. As Jesus said, "is it not written ye are Gods"? We find that the Gods are all reflections of the one God, just as the rays of the sun are reflections of the fires of the sun.

As ye enter the consciousness of Oneness, let your body be filled with light.

## REASON AND FAITH

The greatest asset to the seeker on the path is the development of the power of reason. Without reason man cannot hope to find the masters. Many teachers contend that reason should be subjected to faith, but this is against all logic. The only power man has which enables him to discriminate between the true and the false is his power of reason. If he rejects that, he has lost his power of discrimination, and cannot be certain as to what to believe. Man can never find God through belief alone, for mortal mind, without the power of reason dominating, is swayed by emotionalism, and cannot see clearly.

If we look around us at nature we find a perfect law and order operating. The seasons move in their course, the plants spring up, flowers wither and drop their seeds, which in turn come forth in the spring as new life. The planets whirl on their axes and follow their appointed course around the sun. Everywhere we find exactitude and reason, and yet we are told that the God which created all these things did not use reason, but is a God of blind faith. When man refuses to use his reason he is separating himself farther from God. Consider the man, when he performs any work even such as tilling the soil, or building a house he does so because he reasons from cause to effect. Through



using his power of reason the farmer knows that there is a certain time of year to plant and another to harvest. This power has been developed through teaching, example, and observation, yet when we try to understand God we shut our eyes and walk blindly.

In the first chapter of the Gospel according to John, we find the following verses: "In the beginning was the WORD, and the WORD was with GOD, and the WORD was GOD. The same was in the beginning with God. All things were made by Him and without Him was not anything made that was made. In Him was life; and the life was the light of men, and the light shineth in the darkness and the darkness comprehendeth it not". The proper understanding of the above verses is a key to the unfoldment of reason.

The WORD in the Greek is *Aeros*, or *Logos*, and has been mistranslated and misunderstood. Its true and mystical meaning was not WORD, but REASON. Substitute reason for word in the verses just quoted, and you have the great secret; "In the beginning was REASON, and REASON was with God, and REASON was God. All things were made by REASON, - and without REASON was not anything made that was made. In REASON was life; and REASON was the light of men. REASON shineth in darkness, and the darkness comprehendeth it not.

Do you not see how clearly it explains creation and the ordered universe

around us? The power of reason is the ONE QUALITY man has which raises him above the other creations. It is the quality which man has which is responsible for the statement, "that man was created in the image, and likeness of God". If reason is man's connection and likeness to God, then logically it is the ONLY path through which he can find God. By denying reason, and following blind faith, he has cut off the only path which will lead him to the true God. The real God is so much greater than the petty, anthropomorphic Gods of religion that they fade into darkness, when the light of reason is turned upon them.

Man has been told by priests that it is blasphemy to question the dictates of God, as spoken by THEM, and that only absolute FAITH can bring them to God. This inculcates the idea of dependency, which is a great detriment to individual growth. As long as man is dependent upon priest-craft for finding God, so long he will never find God. He must learn to stand on his own two feet, seeking God in the only place God is found - within an individual's own consciousness.

The light of reason tears aside the veil of mysteries which surrounds the Absolute, and man blends his like qualities with the predominant quality of God. Let reason rule, and instead of receding farther from God, you will draw closer.

## REINCARNATION

The greatest reason for man's failure to find a master is his lack of understanding of two great primary laws of Life - the law of Reincarnation and the law of Cause and Effect. If he only understood them in their fullness he would be able to so regulate his life that it would run in far more harmonious and peaceful channels. Everything that happens to the individual, happens because of a fixed law; cause and effect. Since the very beginning of things every action has created a cause and the way the effect of this cause has been met has in turn created another cause which also brings forth its effects. Little does the average man realize that day by day he is molding his future life. Some think that cause and effect is fate, but this is in no way true. The cause is set up and brings forth its effect, but man has the free will to meet the effects in any manner he sees fit. The manner in which he chooses to meet the effect sets up a new cause which sometime, somewhere, will be brought before him as an effect. It is for this reason that we find so many people, who; for no apparent reason, are continually being confronted with circumstances which they have apparently not earned. Somewhere the past, either in this life, or another, they have set up the cause which is culminating in the present. In the same manner, some people seem to do everything negative, and yet prosper, but be sure that either in this life, or

another they will be brought face to face with the effects of the causes set up.

Theology teaches that man has an immortal soul that survives the death of the body, while material science teaches that man's ego began with birth and ends with death. It is taught that the soul is created new and uniquely for each individual body, or one earthly body, and after that creation it becomes immortal. It must suffer, endure, and realize, a series of experiences here on earth as a test before it can be received by its maker. At any moment death may come, casting the body into the grave from which it will be resurrected at a day of judgment, at which time the soul goes either to a place of punishment, or of joy. It will be judged for its weakness and sins, and punished or rewarded, as it has earned during its material incarnation. But one great question arises here: where does the soul go between the death of the body and the judgment day? It can go neither to a heaven or hell, for it has not been judged. Reincarnation is the only answer which will satisfy the reasoning mind, for it gives us a reasonable explanation.

We consider God just, and yet if the beliefs of many were so, God would be the very ultimate of injustice. Consider the soul born into the world in the body of a child. One soul remains only for a moment or hour and passes from life; another soul enters a body

and lives for fifty, sixty, or seventy years, and dies. Have the two had the same chance? We must answer no, for the child who lived only an hour, or minute, had none of the things to meet and overcome that the one who lived for many years had to face.

The only thing which will give equal justice for all is for each soul to pass through the same or similar experiences; thus only can there be equal justice for all. We are told that, "the sins of the fathers are visited upon the children even to the third generation". If this were so, in the light of the previous statement that each soul was a new creation, God would indeed be unjust. Why should a newly created soul suffer for the things another soul has done? It would be just as logical for an officer of the law to pick any person at random and make them pay the penalty of the law for a crime committed by some one else. The real reason why a soul is born into a crippled or diseased body is because it has, in a previous life or incarnation, set up causes which caused it to be born in that kind of a body. The environment into which we were born in this incarnation was regulated by the cause set up in a previous life, and every moment of this life we are setting up causes which will regulate the kind of environment into which we will be born in our next incarnation.

The understanding of reincarnation sheds light on many facts of life which,



otherwise are filled with discrepancies. Everything smooths out when we understand that this life is only one of many and that as we have lived before, we shall also live again. This life is not the only chance we have or will have but we must go on and on, life after life, until finally we overcome life, and in overcoming life we also master death.

All souls have their origin in God and to God will return again, AFTER their WORK IS COMPLETED.

A beautiful symbol to express this, is, that of the tree growing upward from the earth. The earth from which the tree draws its life is a symbol of God, the Cosmic Consciousness, the tree a symbol of material creation, each leaf a symbol of a human body, similar in shape yet with some minor difference in each; just as there are differences in the human body. The sap that flows through the trees, and into every leaf is a symbol of the soul that is drawn from the Cosmic Consciousness into the material body of man. For just as the sap, or life essence of the tree, flows through every branch and leaf, so also does the Great Soul flow through every human body, making it one with the Cosmic or God Consciousness.

The leaves in the fall of the year turn brown and fall from the tree. Then occurs to the leaf that which we symbolize as death. The leaf, falling to the ground and being beat upon by the

rain returns again into the earth, or original matter, or vibration, from whence it came. But the sap is drawn back, and enters again into the roots of the tree, and in the spring comes out again in a new leaf, a new body, a new incarnation; merely having passed through change. So, also, does the soul, after passing through the change called death, return from the Cosmos into a new body, a new life, a new incarnation.

Realizing this we can see that there is literally no death, only change. There is perfect law and order throughout all the universe, and nothing exists that does not follow law. There is a certain and definite value in being able to recover the memories of past incarnations, for, by learning the mistakes of the past we can learn what NOT to do in the present.

If you will determine to meet each effect as it comes to you in such a manner that it will be most helpful to the mass of humanity you will begin to attain that state of selflessness which is at-one-ment with God. Know that effect always follows cause, and you will find it easier to meet things in such a manner that life will flow in a smooth and peaceful stream.

## DISCRIMINATION

One of the first faculties the neophyte has to develop is the power of discrimination, for without it he can never separate the true from the false. He should be able to listen to anything, and decide whether it is right or wrong. It is only by exercising this faculty that he can tell the true teacher from the false, the true Master of Light from the black masters. For know that as there are white Masters who are seeking to raise man to that state of consciousness where he will blend with the Light, there are also black masters who are seeking to drag man back into the darkness from which he is emerging. These are known in the East as the Black Dugpas.

From time immemorial they have existed, side by side with the white Masters, striving constantly to tear down their work, but always light has overcome darkness.

There are certain words of power handed down from the ancient days when this warfare was more open, and of these words, TIA-BEL-AMET is one of the most potent. It has the power to tear the veil of illusion which the forces of darkness build around themselves, and cause them to appear in their true likeness. Sometimes one of the black masters will appear surrounded by glorious light, always promising an easy way to mastership if you will only follow him.

But in truth there is no easy way, only the way of hard, earnest work.

When, either in vision, or dream, such appear, test them by using the word of power, either mentally, or audibly, and if they are black masters the veil of illusion will be stripped from them, and they will appear in their true light. It can also be used for harmonizing the vibrations of a room, or house, and has the power to drive away evil, or negative vibrations.

Many people are seeking an easy way to light, but there is no easy way. The REAL Master only appears after earnest and sincere effort on the part of the seeker. It is true the Master is always ready to come, but he literally cannot until the pupil has made himself ready. Mastership, as far as HUMAN evolution is concerned, is considered the top of the ladder. Mastership means more than just seeing, or being filled with light; it means complete knowledge and understanding of all laws of this Cosmic Cycle.

Everything evolutionary is slow of progress, and the evolution of the human soul is no exception. It has been millions of years in reaching its present state of development, though it is also true that countless billions more have passed into mastership than have yet to gain it. One cannot be mentally dead and gain mastership; he must be alive and alert, using every faculty to grasp the smallest hint that comes his way.

He must never allow himself to be blinded by the promise of ease and rest held out to him by those who desire to hold him back. He is told if he will just relax and meditate upon peace, love, and harmony, he will find God. This is false. Unless he adds action, he will find that he will still be in the illusionary world he has built. Right thoughts, an open mind, a definite goal, discrimination, and then action will bring him closer to the goal.



# C O N T A C T I N G

## T H E M A S T E R S

Every seeker for LIGHT has been told many times of the Masters and their powers, but there are few persons who have seen one of these Enlightened Ones, or Masters. We speak of the masters without oneself, but in this lesson we are going to show you the way to the Master within yourself. Only the one who has first developed mastership within himself, can hope to find the Masters without. One of the first laws that the seeker must learn is that God helps only those who help themselves. The seeker who really tries to develop his hidden powers and never falters at an obstacle, no matter how great, is sure to ascend from the ignorance in which he is bound, to a knowledge and wisdom that will place him among the gods.

All things, whatsoever, man has ever accomplished, may still be accomplished by man if he will put the three lettered word TRY in a prominent place in his vocabulary.

The will of man is omnipotent, when used to advance his mind in knowledge and wisdom, for will is the concentrated desire of the soul. When the soul has grown to a full realization of itself, in the material, it emits a vibration that is discernible to the Master across the gulf of space. Faith and belief are not enough; the neophyte must,

through application of the laws, grow into, and become, both the sending and receiving station of Cosmic powers. Knowledge of the secret is not sufficient, steadiness of purpose and willingness to apply oneself are the main requisites. The powers and energies that are at the command of a Master are not to be had for the mere asking. They are obtainable only through a successful abnegation of mental littleness, petty selfishness and reasonless egotism, and by victorious performance of the tasks set by the Cosmic Consciousness for the soul to perform.

The tasks transmitted by the soul to the mind and in turn by the mind into objective reality, are essential to the rapid growth of the consciousness of all who gain conquests in the various avenues of human endeavor. They must be filled with wisdom, that eventually they may become known to the masters. A will thus trained by the soul is the only road to the Master within. A will thus developed brings to the neophyte a greater understanding, a greater power, and a greater strength, than he could ever dream existed.

Many are called but few are chosen, because they faltered by the wayside in endeavoring to get something for nothing. They refuse to put out the time, and the energy and the effort, required of the true seeker on the pathway to Light. Many who fail, do so because of haste, impatience, mistrust, fear, and lack of

concentration. Another great obstacle one encounters when seeking the Master within, is a desire to tell all one knows; to speak of things that should not be mentioned, in order that the speaker may be considered a person of importance. By this egotistical attitude the thoughts are turned to the outer material world and not to the inner world, and in this way the seeker shuts off from himself the flow of knowledge that might come to him. In the silence alone is strength - the silent tongue and steady hand, alone, are worthy to contact the Cosmic. Masters are men, who through steady work and application have overcome and governed circumstances, instead of, permitting circumstances and things to govern them. These men become absolute individualities, majestic of purpose and willing to suffer the tortures of hell, if necessary, to attain the goal; for they realize that after sacrifice comes the blessing and the peace, after the labor, the reward of ONENESS with the Universal Consciousness.

There are certain aims, forces, energies, powers and abilities, longed for vainly by millions of people throughout the world, but they lack the tenacity of purpose, and the application to work under difficulties, which is necessary for the seeker who finds the pathway to the Master within himself. If the seeker has a desire strong enough to surmount all obstacles, even though he be a weakling, he will never go far astray.

One of the greatest things that the neophyte must learn is to obey for without obedience he will be led astray by the glittering promises of the world. It is the universal law that he cannot imagine, or desire anything which he is not capable of attaining, if he is willing to obey the law, and pay the price not in money but in effort, and possibly in self denial.

There are certain laws that the seeker must know. The laws governing thought, and thought creation, are of first importance, because all creation begins in thought. Next the manifestation of soul powers, the laws that govern the projection of consciousness, and the projection of thought forms created by the power of the will.

The development of the will is the prime factor in the development of the spiritual light in the material body. An improperly developed will can never find the Master within, because the will directs the mind in the channels that lead into the path of mastership.

The law of silence, as I have said before, is one of the first laws the neophyte must learn. Figuratively speaking, he must go into his closet and close the door. Thus only, can he have access to the source of power. Self must be overcome before the seeker can find the Master within himself. It is the desire for self that binds man to his physical body and prevents him from be-

coming one with the spiritual light, the object of all seekers.

Many schools of advanced thought say that they can give you initiation that will take you into mastership, but this is not true, the real initiation comes from within. The spiritual initiation cannot ever take place in classes or groups, nor can the most secret truths be taught to groups. No two people are ever identical, nor are the needs of any two the same. Therefore, initiations must be individual and not in groups. It is true that group initiation often raises the vibrations of the seeker to such a point that he can obtain the inner initiation, but remember, the true initiation comes within oneself. Initiation is more than the taking of an oath and passing through certain forms or ceremonies; it is more than lectures, or lessons; it is something deeper than intellectual culture. It is the knowing of truth, through feeling it, and expressing it, in body, mind and soul.

Ask thy inner self, what thou wilt find in mastership, and the answer will be, ONENESS WITH GOD.

## MASTERS AND

## HOW THEY WORK

The dream of every seeker for truth is that some day he may become a Master. The word Master has, perhaps, more false definitions than any other one word. Each of us has his own conception of everything else. In this lesson we are going to learn something of the Masters, and of what true mastership consists.

More often, than to any other, the term master is applied to certain highly developed ones dwelling in the Himalayan Mountains. Theosophy teaches that its knowledge was given to its founder, Madam Blavatsky, by two or more of these Masters. Most of the schools of New Thought in the Western World base their teachings upon knowledge given them by these Masters. The Masters themselves are seldom seen by the average man or woman, and, when they are, they are not recognized as being different from other men, unless they reveal themselves. The center of their vast and secret organization is in a hidden city in Tibet, known only to the initiates, and never revealed to others. Only those who are chosen by the Masters themselves can ever find the Mystic White City of the Masters. You may ask anyone in India if he knows any of the Masters, or has knowledge of anyone that does, but you will never receive an answer. That is one subject that is taboo among the Hindus;

yet all through the land, you will find an undercurrent of whispers about them. Those who know them, know too much to talk, and those who do not can surmise. There has always been this veil of secrecy between the world and the Masters, but when the individual is ready, the Master appears. This has been necessary, for the average unawakened man or woman is not prepared to learn what they have to teach. For those who are earnestly desirous of learning the real wisdom, the veil is lifted, and the following information is made available:

The Masters are those units of consciousness, who have attained the third degree of Illumination, either upon this or some other planet, in this Cosmic Cycle. After attaining Illumination they have a perfect knowledge of all that the Cosmic Mind has experienced, and are working in harmony with the plan of the Universal Mind. They know that all units of consciousness must be raised into harmony before the Cosmic Consciousness can go into a higher Cycle or existence. So they reincarnate in physical bodies, of their own free will, to help the other units of consciousness rise to their own state. It is for this reason they are sometimes called Elder Brothers, or simply the Brother. In past ages they were called the Children of Light, Suns of God and Mighty Men, and in some cases were regarded as Gods. They were thus named, because they were so far above ordinary mortal that man could not look upon them as being like himself. While

they serve humanity, by coming back to help others, they are in reality helping themselves also, for a harmony of ALL is necessary before God (the Cosmic Consciousness) can advance to a higher state.

So a certain number of the Illuminated Ones come to each planet to direct the dissemination of knowledge to those in a lower state of development. One hundred and forty-four Illuminati were assigned to this particular planet, and the number never varies. Under these there are other groups of highly developed Chelas, or pupils, who are working with them and under their direction, to raise the mass consciousness of the world.

At various times the Masters have worked through many organizations, such as the Masons, Rosierucians, and the Kabbalists. The Masters being custodians of ALL knowledge that has been gained throughout this Cosmic Cycle; have supreme power when they wish to exert it. All of the records of the ancient races since time began (hidden from profane eyes) are preserved in their archives.

A council composed of twelve Masters remain in the hidden city at all times to direct the operations of the other one hundred and thirty-two and their helpers. The one hundred and forty-four Masters are known to the world as the Great White Lodge. They are always ready to help one who is ready to be helped.



The old saying, "when the pupil is ready the Master appears", is very true, but he does not appear until the pupil is actually ready; and the work of the Brotherhood of the White Temple is to prepare the pupil, and make him ready to meet the Cosmic Masters.

You must remember that the Masters are different from you or anyone else, only in the matter of development. You have potentially the same powers the Masters have. They however are aware of their powers and you are not; they are able to use their power and you are not.

Many of us have the wrong conception of Mastership; we think that it places us on a pinnacle of superiority, when in reality, it makes us ONE with all things, a state in which the merely personal, or individual, is absorbed into the whole.

You have been taught that a Master is one who has risen above all human emotion and experience, and dwells apart and above humanity; the true Master however can feel every emotion to its depth, because he has experienced all emotions; but he has gained the knowledge of balance and control of all human feeling. If a Master could not feel the suffering and striving of humanity he would be unable to help, for he would not understand, and humanity's striving would mean nothing to him. The true Master does not dwell on a mountain top, but on a plane where he is ONE with all humanity.

There is one saying I would like you all to remember: "Mastership is gained only through experience". Thus one who desires Mastership must experience everything in life without faltering, for only by so doing can the inner self be attuned with the Cosmic. He must be, "all things to all men", for only thus can he realize the things that are part of the life of the average man.

The true Master can enter into the Spirit of the things the people around him are doing, regardless of what it might be; he can drink with the drinker, gamble with the gambler, and yet not be touched by any destructive vibration like them, for he knows that only by placing himself on their level can he hope to raise them to his own plane. That is why the Master Jesus-Christ was known as a consorter with sinners and publicans; that is why men called Him a wine bibber and a glutton. He was able to enter any atmosphere without condemnation of the things that were being done. He knew, as all who have come into Mastership know, that the only sin is that committed when one who knows, refuses to give the true seeker the knowledge of how to reach the goal. This is the only thing that can be properly called sin, and it has no existence, because one who has attained Mastership never refuses.

Christ consorted with so-called sinners, because he knew that only by being with them could He lift them out

of their darkness. It was this he meant when He said, "If I be lifted up, all men shall be drawn unto me."

Go ye forth on your road, and seek to so live that men will be lifted up by having known you.

## ILLUMINATION AND ONENESS

Have you ever wondered what you must encounter and master on your path to Illumination, and just what this path is? What is it we hope to find at the end of this path? It is sometimes hard to picture a thing before you have experienced it, but, from time to time, and more and more fully, you will be able to grasp the significance of Illumination.

When you are able to vision the possibilities of the Illuminated ones, you are beginning to see the way, and can more easily face the obstacles which appear inevitably to hinder you in your attainment of Illumination.

By the study of the Illuminated ones, their powers, and concepts of life, we can gain a fair comprehension of the ideal state of mind and body into which we hope to develop, - known to us as Illumination. The possession of Illumination does not mean that some new organ or object has been acquired or attached

to the physical body. Illumination means that the faculties and potentialities of your body, mind and soul have been so developed and strengthened by a strenuous course of training that the powers which are inately inherent within you are functioning in a much greater harmony than ever before; that your harmony is sufficient to enable you to be in complete attunement with the Cosmic Consciousness and become one with it.

It is the fundamental purpose of all our work to direct or show you the way for you to develop yourself to that state of consciousness. "Illumination is sometimes called, by the Occultist, the Sun State, when he wishes to infer that the consciousness of the Illuminated one has come into the Light.

In the Bible you find the phrases, "the Son of God", (which if correctly translated would be "Sun of God") and Christ's statement, "I am the Light". The one who is illuminated has become so much more conscious of knowledge, wisdom, and power than the average man in the world, that he is a Light among men and lightens the burden of the mass consciousness by giving this Light or Wisdom to help man see the WAY.

In the Bible you have not been taught the true meaning of this Light, which Jesus showed by his Life on this planet. The Bible has become very difficult to understand; first, because of the incompleteness of original manu-

scripts, which were written about two hundred years after his crucifixion; second, because of the many errors which have crept in through its translators.

The written language of the Hebrews did not have any vowels or punctuations until the ninth century A.D. Therefore, it is easy to see how the translators could have, for example, chosen the "o" vowel in each translation of the word composed of two consonants translated as "sn", when other vowels could have been meant by the original scribe.. When "SNJHVVH" was written, many meanings were ascribed to it.. The meaning thereof which Jesus meant to convey to the understanding of mankind was the SUN of GOD, or the LIGHT of GOD.

Among the Jews the meaning of JHVH is considered unattainable, so the pronunciation is that of ADONAI, or Lord. To other people the word is pronounced with the vowel "e" and "o" and "a" followed by a final silent "h", this giving us Jehovah, a word meaningless because uncertain in its sounds, loosely translated as "God", - but JHVH really signifies the mightiest NAME of God. Thus, we might very reasonably call JHVH, "a power", a state of power, "a Divine Name of Power", "a Divine state". The real meaning of the SUN STATE, let us call it, (Sun of the Mighty Name of God) is known only to metaphysicians after they have achieved, through deep study and arduous thought, the necessary oneness with God.

The metaphysician who gains Oneness with the God or Cosmic Consciousness, causes the Wisdom, or Light, of his consciousness to shine into the world of darkness, and is, therefore, called Illumination by those in the darkness who recognize his Light. The Consciousness which we call Shri Krishna, the Christ, Mahatma, and Buddha, are those whom we know to have become one with the Cosmic Consciousness and Suns of God.

There are certain exercises given at the end of these discourses. If you use them, certain definite results will manifest for you. You will have learned to SENSE the consciousness and send it to different parts of your body. Later, you will learn that the consciousness has infinite possibilities. By these exercises, you will discover that you have developed your ability to think and to feel to a much higher degree than hitherto; and you will later realize that your power to assimilate knowledge will be increased wonderfully.

Later you will train your objective mind to assimilate the experiences of your past incarnations. Then you will be able to open the door to that large storehouse of knowledge, which is within you, and draw upon the wisdom which is truly your own. During this state of development, you will be finding your real self, by collecting the experiences that you have lived through since the beginning of the world. In this manner you will be learning profound truths

about yourself. You will become aware of who you are today; you will know who you really have been, and you will know WHY you are what you are today; you will perceive your part of the Cosmic Plan as it unfolds toward the future. Because the true wisdom is found "within" it was wisely said, "know thyself and thou art truly educated". The statement carries even a greater weight when you realize that you are a part of the ALL. After you have gone back in time to your beginning in this Cosmic Cycle as one with the Cosmic Consciousness, this realization will be fully gained.

There are other possibilities which you will learn to understand when you have sufficiently developed your powers of concentration and visualization. One of the outstanding possibilities is the ability to project your consciousness. By the complete elimination of your material body, your consciousness may project itself with the speed of thought, to any part of the universe, into other dimensions and worlds. When the consciousness is freed in this manner, knowledge and understanding of other planets, peoples, etc., are accumulated; knowledge and understanding is increased and your mind ennobled by the resulting comprehension of all the parts of the universe. You can begin to see what an immense treasure of knowledge and wisdom there is in store for you, as you become AWARE, on your Path to the State of the Sun.

Now, let us dwell a moment upon the principle of the Oneness with the ALL, which makes the things possible. Because of this principle, we find our being, or our existence, to be as it now is, as it has been, and as it shall be; in the beginning, we were one with the Cosmic Consciousness, and not divided. We are now connected with the Cosmic Consciousness, in a state of division or separation, and we are seeking our reunion with the ALL, and in the future, near or remote, hope to recombine with it, becoming ONE with this Cosmic Consciousness. We shall do this only when we are completely aware of, and at one with all that exists or is contained in this Cosmic Cycle. In so progressing we are the seekers, freed of all chains. We are a light of the Cosmic Consciousness shining among those bound in the material, whom we hope to awaken, inspire, and help free from their bonds.

As individual units of the Cosmic Consciousness, we are called Illuminati when we have recombined or united ourselves with the Cosmic Consciousness of this cycle. When we have accomplished this, our service then becomes the service of the ALL and for the ALL. All wisdom, all knowledge, and all power of this Cosmic Consciousness are ours in the rendering of this service.

First, in our growth out of self-consciousness into Cosmic Consciousness, we see the Light. At this stage we have reached the first degree of Cosmic Con-



sciousness. Later when we step into the Light, we are in the second degree of Cosmic Consciousness. The second degree prepares us for the becoming of the Light itself, and when we are the Light, we are Illuminated. It is easy for the student to lose the Path and fall again into darkness. There are many pitfalls of illusion, many adverse forces to hinder him from advancing on his path, yet keep on he must if he is to win. Always the way is clearly shown to the one whose desire and perseverance are strong and unbending. He must will to conquer the obstacles that appear in his way.

The one who has gained Illumination cannot lose it while in that incarnation, and the way to regain Illumination is never lost in his future incarnations unless he wills it. However, each physical body into which an Illuminatus incarnates, must be brought into attunement in order to become a perfect channel for the expression of his Consciousness in that body. In other words, he must go into Illumination from each body he enters.

In the case where Illumination has never been acquired before by a consciousness, that consciousness when it becomes Illuminated, is called a Sun of Man for the remainder of that incarnation. However, if Illumination has been acquired by a consciousness in a preceding incarnation, the Illuminated one is called the Sun of God and in the East is sometimes called a twice-born.

# CONQUEST OF FEAR

One of the first things the Occult student must learn, on the path of attainment, is the CONQUEST of FEAR. Fear is the greatest barrier between man and the achievement of his ideals. Fear is the dweller on the threshold, the barrier that separates man from his higher self. The destructive influence is not confined alone to the physical; its tentacles reach out and grasp the heart and mind of man in every walk of life, in every attempted achievement. Fear is a subtle thing; it does not always announce itself. It hides behind many guises; its forms are manifold.

Fear in lower animals is a mental reaction, expressing itself as a vibration in the physical body, for the purpose of self-preservation - nature's protection from the useless sacrifice of life. Nature always attempts to protect her creations, to give them the opportunity to reach the full stature of their being, the full expression of their existence, be it plant, animal or man.

In the purely animal stages of man's existence, and also in the early stages of man's primitive existence, his reactions to nature's circumstances were vital and ever present. Then, his reaction had to be met largely in a physical manner. He could not hide behind the

screen of civilization, he could not step to the telephone and call an officer of the law for his protection, nor could he write a check on his maintenance fund and buy food with it. During these stages everything had to be met by a definite reaction, for then he had to protect himself and his family by definite decisive actions, relying upon his own physical powers.

He had to secure his own food by hard effort, passing through many hardships, too numerous to mention. A necessity always found a definite reaction within him, his expressions were simple. He did not know much of repression. Therefore, we find, in the emotion of fear, under present civilized conditions, a mis-direction of natural forces through repression. Before, upon the appearance of great danger, his emotional reactions started a vibration within his body. This vibration started the adrenal glands secreting, which in turn stimulated the muscles and nervous system, preparing him for instant activity.

Thus energy, upon being given the proper outlet, used up this secretion of the blood, and the body remained normal. Now, under our present complex system, when undergoing the suppression of fears, we do not have that normal outlet. We have the reaction of fear but are unable to do anything about it. The law has taken it out of our hands, and we have what is called repressed fear. These fears, themselves, are much more complex

than original primitive emotion. We not only have fear of physical danger, and fear of hunger, but have fear of losing property and fear of what people think of us. We have fear of our ability to accomplish something we desire, fear to meet people, fear to express ourselves, fear in a thousand forms. The fear vibration has thrown the secretion into the blood stream and we find ourselves, under present civilized conditions, with no normal means of outlet. The result is that there is no physical expression by which it can use up these stored up chemicals, or toxins. This explains many of the peculiar emotions, and the ability to trace them to their original source - gains freedom for the student.

The first consideration in the mastery of any emotion is the knowledge of facing the emotion, therefore, let us face and understand this thing called FEAR. It appears in the body as a physical vibration just beneath the solar plexus. All students of metaphysics and occultism know that by drawing the consciousness from one part of the body to another, relieves the tension in the offending member. Therefore, after tracing and understanding the nature of the fear, and tracing it to its ultimate source, - the next step is to draw the consciousness from the fear center and place it in the brain, and here attempt to think constructively. This facing of an emotion has the desired tendency to dissect all negative qualities and leave only the plain truth in view.

How well we remember the fears we had in childhood, the fear of coming punishment, the fear of the dark, the fear of the boggy-man. How we dreaded that coming punishment, the interview in the woodshed with father, but after the first resounding whack, the fear itself vanished and the pain was not so bad as the fear. How well we also remember the fear of the dark, (later on that same fear is expressed in the fear of the unknown), and how when we entered the dark and found there was nothing in it to harm us, our fears vanished. And, as we became adults, the fear of the boggy-man vanished, as we realized that it was only the myth of superstition. All the follies of our groundless fears, how they vanished into nothingness.

We have considered the intellectual angle of fear, and now we shall consider some of the things that lead to fear and which make individuals susceptible to it. We have learned that fear is an uncontrolled and little understood vibration - a vibration that has escaped our control. And now I want to call your attention to the fact that any emotion, and all emotions, if habitually allowed to rule the student, will overpower him with a sense of weakness, will obsess him with a sense of his being mastered and make it difficult to view himself as master. Any emotion which controls the student and masters him, warps the judgment and compels him to draw conclusions colored by that emotion. Control in one thing leads to the mastery of oth-

er faculties. Mastery of one school of thought makes it easier to master other schools of thought. So in becoming master of one emotion, it is then easier to understand and master all emotions.

In closing, I will give you the physical aids in the conquering of fear. One is keeping an abundant supply of oxygen in the blood. Another is absolute relaxation. Fear is a state of tension, and finds fertile soil for growth in a tense mind and body. The solar plexus is the storehouse of spirit. A constriction of the solar plexus causes an inadequate supply of vital life-force to flow to the various parts of the body and to the vital functions of the brain. In fact, one of the openings to fear is caused by the sense of inadequacy, a sense of inferiority. The individual having a full supply of life-force finds his mind functioning rapidly. He has confidence in his ability to cope with all situations. The fear of inability to cope with situations, mentally and physically, is one of the most devastating of fears, and if allowed to go on, intermittently over a period of years, will result in a collection of fears called inferiority complex. All conditions of mind and body have a tendency to reproduce. Therefore, learn relaxation, learn the facing of facts. Learn to take in nature's free air without restriction. Learn to laugh. Desire to know. Strive to bring into expression the qualities of your better self.

## EXERCISE

This exercise will be found very valuable in mastering fear: - Seat yourself in a dark room. Have everything as quiet as possible. Close your eyes and center your consciousness between your eyes; try to feel as if all of your being were centered in the one spot; hold it as long as possible; direct it to the throat, hold; to the inside of the throat, then to the solar plexus; hold. Try to feel as if there were a heart beating in regular throbs, pulsating in your solar plexus. With your consciousness centered there, try to feel it contract and expand. Then relax and remain perfectly quiet for five minutes.

## LIFE AND BALANCE

### ON

## THE THREE PLANES

The most important and far reaching study that man can contemplate, is life itself. Everyone is interested in life in some form or another. It makes no difference whether our interests are love, health, finance or politics, their roots are imbedded in the mysterious soil of life. How we may be happy and prosperous during our short life's span is a thing close to the heart of every thinking man and woman. However, most of us admit we do not fully understand

life, yet the relation between life and nature must be known, for a well rounded and balanced life.

To comprehend life we should understand Nature in all her phases, animate and inanimate. Many people think that the study of natural or Cosmic laws is too large an undertaking, and that man is too frail to comprehend the mighty laws of God. Is it not true that all things, including ourselves, are parts of the infinite whole, and are we not learning something new every day about Nature? Why can we not eventually understand Nature's laws, since we are continually growing in comprehension? It is a question of the expansion of our powers of understanding.

A foreigner is required to know something of the English language and the laws of our government before he can take out naturalization papers to become a citizen of the United States. Could a man ignorant of the laws and the customs of the United States, and without a working knowledge of how to conduct himself in the country, be a good citizen? It is evident that such a man could not be a desirable citizen until he had learned the laws and customs of the country. Naturally, the citizen who knows the laws of this country is better equipped for citizenship, and can fare far better than the man who is ignorant of them.

The principle we have applied to



the citizenship of the United States is also applicable to every citizen of the Cosmos. We are parts of our Cosmos, or God, and in order that we may act as intelligent and understanding citizens of the Whole, we must know the natural laws of our universe. And as we know the Cosmic Laws, we are able to live in harmony with them. Our sufferings and pains are primarily due to our attempt to ignore or oppose them, knowingly or ignorantly. Our happiness and prosperity, physical and spiritual, are definitely in proportion to the degree in which we live as harmonious units of our Cosmic order.

It is desirable that we study the laws of the Cosmos and the relationship which they bear upon our lives. It is essential that we know these laws and how we may adjust ourselves to them if we expect to live a happy and fruitful life. It is imperative that we know the purpose of the order of which we are a part if we are to know why we are here, what is expected of us, and how to be useful Cosmic citizens.

We find nature manifesting everywhere. If we studied nature as a separate thing from ourselves we would separate our field of study from the most perfected manifestation of the Cosmos. We would be discarding the instrument which was doing the investigating, that is, ourselves. The tools of a chemist or physicist must be thoroughly understood before he can intelligently per-

form his experiments. The study of man is essential for the student who wishes to analyze life.

In our analysis of man, let us divide him into three parts or planes, the physical, the mental, and the spiritual. Man lives and exists on these three planes. Man is composed of a physical body, which is subject to the laws and conditions of the material plane; a mind, which functions according to the laws of the mental plane, and a Soul, which functions upon the Spiritual plane. These three things go into making of that unit or entity we call man. Without any one of these three parts, man ceases to be man. The laws of the Cosmos and their relationship to the functions in man on these three planes are taken up in other lessons.

To consider man as a physical being without the consideration of his other two parts is like seeing only one-third of him. When we see only a part of anything, we cannot understand fully the use of those which we do see, because we cannot comprehend their uses in relation to the parts that are hidden from us. Only by seeing man as a completed unit can we understand him. Then, only are we able to comprehend each part and its functions in terms of their actual inter-relationship.

The human body is truly a wonderful organism. The modern scientists have learned a great deal about human anatomy

and physiology but they all admit there is still much to learn. It has been found that the body is constantly renewing its chemical constituents. Many noted physicians claim that the human body would never wear out if man could learn how to avoid abusing it. The nervous system and the brain are so constructed that every cell can be brought under the control of the mind, if one has the knowledge and will to do so.

The human mind is less understood than the physical body. Some have asserted that the mind is something abstract and undefinable; others even deny its existence separate from nerve action. All are at a loss in their endeavor exactly to define and determine what thought is, and to explain how it is formulated.

The soul of man is so little understood that many people, even after years of study have arrived at the conclusion that the soul does not exist. The most outstanding reason for this confusion is lack of real knowledge. Until we can understand the forces and the laws that exist upon the three planes, we cannot truly say that we understand life.

The modern man's conception of mind is founded upon the things of the material world he has observed. He is limited in his means of inspection as long as he applies his study solely to the things that are external to himself. As long as investigators work in the world of

objects alone, they will set up as laws of nature mere theories that some one else will inevitably later disprove. This is the great weakness of the objective method. The true nature of man's being cannot be understood until man has studied life in its deeper, more metaphysical aspect; only then can he understand himself.

We have heard it said that to become truly educated one must know himself. This is just another way of saying that real education is for those who know themselves physically, mentally and spiritually. Man may be compared to a chain of three links. Each link constitutes a necessary part of his being. The degree to which he is able to live as a normal and healthy being depends upon how well each part of him is functioning. "A chain is no stronger than its weakest link".

The physical body of man is the material tool of the immaterial mind. The body must be healthy and normal before the mind can do its work well. The mind in turn, must be clear and rational before it can be attuned to the "master within". Unless the three are properly coordinated and balanced, discord and lack of harmony are certain to result.

A person who studies only the material and the mental phases of his life is not balanced in his knowledge. He is likely to see life incorrectly and disproportionately as one looking through

a certain kind of lens sees only a distorted part of the picture. He cannot thus see the picture completely. Those things which he does see, do not come to his vision in their proper places and they appear in disorder, since their use and purpose cannot be understood. But if he understood the spiritual phases of life also, those disconnected parts would fit in harmony, beauty and order, and could be seen where discord appeared to exist before.

The student of the material world, after having rejected the spiritual, usually looks upon life as chaotic and inharmonious, without plan or purpose. Being limited in his vision he develops the idea that he must get everything that he can while the getting is good, and the consequences are that he becomes selfish and brutal in his dealings with his fellowman.

The person who neglects the physical and seeks the spiritual life only is equally unbalanced. Most people who do this are not aware of what true spirituality is. The spiritual part of them is seeking expression in the material, and this urge they interpret as a calling solely to the spiritual. When this urge has been kindled with the thing that they mistake for spirituality, they believe that they are rewarded with what may be called a religious ecstasy. This religious ecstasy may be found in any number of forms, but seldom does it ever reach beyond the height of emotionalism.

These unbalanced individuals enjoy their sacrifices and failures upon the material plane, since they believe that thereby they gain more spiritually. Their hope to attain perfect bliss gives them a great satisfaction, for they believe that, after they have been duly tested, the reward of eternal happiness will be given them. Those who have gone to the extreme in torturing their physical bodies are known as ascetics.

In the life of Buddha we find exemplified how we may attain Illumination by traveling the road which he taught as the Middle Way. He first tried the physical way by accomplishing many great feats of strength and endurance. The glory and happiness in these he found to be unsatisfying. Then he joined the monks who lived in the mountains, and after fasting and practicing asceticism in all ways that were known, he found that this alone did not get the expected results. But when he followed the Middle Way, which balanced the two others, he soon found the spiritual light. To every true seeker his life stands out like a beacon on the pathway of each metaphysician desiring to know God, and gain Illumination.

In the Bible we find that Jesus taught us to balance our lives on all planes; on the physical plane, "give unto Caesar that which is Caesars" and on the spiritual, "that which is God's, give unto God." He also told us to be temperate in all things. To cleanse the

temple, we naturally must make the physical body a healthy and harmonious instrument for the abode of the soul. When we have learned how to function normally and intelligently upon the three planes, we shall have found our soul.

Jesus Christ's great message to man was none other than the Brotherhood of Man. The Father, whom He spoke of, is the Whole or the Cosmic Consciousness and men are parts of the ALL, - ALL is One. "I, in the Father, the Father in me, and ye in me". With this understanding it is only logical to love one another as he commanded.

## THE FOURTH DIMENSION AND ASTRAL PROJECTION

The exercises which you received in these discourses will, if followed diligently, develop and train you in the mastery of yourselves and of Cosmic law. Illumination cannot be conferred upon you; you must attain it. By self mastery you can prepare yourself for operation of Cosmic law and self attunement with the Cosmic Mind. Each exercise is designed to train and develop the centers of power within you. If you are persistent in your exercises, you will find your mind becoming more alert and capable of better concentration, as well as

possessing many other characteristics of attainment.

Only through PERSISTENT TRAINING can mastership be attained. The studying of the law without gaining ability to operate the law will not bring you to Cosmic Light; you must be a skilled operator of law before you can become an adept in occultism. It is the purpose of the Brotherhood of the White Temple to teach the Cosmic laws and how to operate them.

The ability to project oneself on the astral plane is the first great step to the path of Illumination. The astral plane is the plane of vibration on which the conscious thought of the soul travels. To the occultist this plane is known as the fourth dimension. There are other dimensions, but this dimensional plane is most often spoken of among metaphysical students, as it is the dimension with which the beginning student makes his first contact during the process of spiritual development.

The fourth dimension is easily accessible to those knowing the law of vibration. All dimensions in themselves are, basically, vibrations of matter. The difference between the three dimensional, and the fourth dimensional worlds, consists in the angle and rate of their vibrations. When a student can project himself to the fourth dimension, the other dimensions of the Cosmos become accessible, for the astral is the plane



from which one can comprehend the Infinite.

By practicing the exercises which accompany these discourses, you will cleanse your physical body of all inharmonious vibrations, and elevate and refine the harmonious one to a point where you will be able to find the Master within. Before you can project yourself, you must raise your vibrations to make contact with the soul. The soul does not lower its rate of vibrations; we must lift our material rate of vibration to the soul plane. When you have found your soul plane, you will be capable of consciously projecting yourself upon the astral plane.

Some of you have been taught that you have an astral body, or a sort of semi-material entity within your physical body, that it is material and vibrating on the astral plane at a higher rate of vibration than the three dimensional body, and that it can be projected out, into space. Following we shall give you a new conception. What has been called the astral body is no other than the FOCAL POINT OF THE SOUL, working or manifesting as a connection between the physical and the spiritual plane. This focal point of the soul operates on the fourth dimensional plane and can extend itself to any point in space or time. When you go on what the occultist calls astral voyages, the only thing that leaves the body is the focal point of consciousness, which is removed from its

habitual point of physical contact and focused elsewhere.

The conception that man has a body other than the physical is one of the most widespread beliefs among the races of mankind. We find among the ancient Egyptian religious writings a three-fold conception; first, - a physical body, second, a perishable spiritual entity, and third, a soul. This spiritual entity moves between the material world and the place of the soul, or between the visible and the invisible worlds, and is able to manifest on both planes. This same entity we call the astral body. As you advance in your studies and exercises you will meet with ample evidence of this explanation, and will gradually clarify your understanding of astral phenomena.

We have said that the astral body is the soul-thought manifesting itself on the fourth dimensional plane. Those who have been taught that the astral body is separate and partly material may find it hard to believe that it is, in reality, just a creation of the consciousness. But further experimentation will bring absolute proof of this. Is it not a simpler method to remove the focal point of consciousness from the physical body, and re-focus it elsewhere, than to send out a partly material body by power of will?

Therefore, if you wish to make a contact with a place, (for example, Cal-

cutta, India) you go through this process; you enter the subjective mind, contacting the vibration of the fourth dimension, and then send the conscious-thought out in a way that you will learn of when you are ready for the experience. This focal point is extended to Calcutta, and through the consciousness you receive the impressions of sight and sound. When you return to the physical body these are impressed subjectively upon the brain, and may be recalled by the objective mind, just like any other impressions.

We shall learn to do many occult things as we travel our path to mastery, and it is for this purpose that we must develop certain forces and centers within our bodies. This is the purpose of the experiments that we are undertaking in our exercises. When we have developed to the proper point, all the mysteries in the Cosmos will be known to us. Projecting the thought is one of the first steps to the attainment of Cosmic power. You should, in time, be able to send your thought to any place you desire.

You have, perhaps, heard of this power among the adepts of India, and probably thought it to be beyond your reach. It is possible for you to attain your full illumination and have this power in this incarnation. In time you may learn the laws that control all things in nature, and when you have learned how to apply them through the

development of the spiritual centers within you, the knowledge and the ability to do the things that you have been taught to be supernatural will be yours.

It is best that you go slowly and thoroughly, assimilate the lesson material as you proceed in your studies. It is highly important that you lay a solid foundation upon which to build your spiritual structure. In these lessons and exercises you are creating a foundation which will be so well constructed that when you have reached the main path leading to the Higher Wisdom, you will not need to fall back to rebuild a faulty foundation. You cannot become an occultist in a day; you must grow and expand, making each day bring you a step closer to your goal. You should not become discouraged when you do not get the results you expect from an exercise, but work more diligently upon that exercise.

The concentration, relaxation, and visualization for which these exercises train you, will enable you to develop to a point where you can project your thought to any place you desire. There are many other things which you will learn to do as you attain the art of astral projection. Fourth dimensional travel will open for you the door of all knowledge. One of the greatest uses of the astral plane, you will find, is that it is the medium by which you make contact with the masters, and are personally taught by them.

## EXERCISE

The following exercise if carefully followed, will be of great benefit in developing the power of astral projection.

Lie flat on your back, hands relaxed at sides, feet not crossed. - Breathe evenly and rhythmically, taking the same time to exhale that you do to inhale. Concentrate your thought on the toes of your left foot, then the heel, ankle, calf, knee and thigh: then change to the right foot and repeat. Concentrate on the privates, abdomen, solar plexus, heart, chest and throat. Hold your thought on the throat for a moment, then center it between the eyes, and hold it there for a moment. Move it toward the back of the head and center on the pineal, hold for a moment, and move outward toward the left side of the head. Repeat as often as you desire.

# HOW TO RELAX MENTALLY AND PHYSICALLY

One of the greatest of all lessons that the student must learn is the value of relaxation after intense concentration. It is very easy to say concentrate but it is a much harder task to do so. Most people think that to concentrate, one has only to think steadily of some particular object, but this is only a step in preparation for real concentration.

First of all, there must be a condition of relaxation in our body before we can hope, really, to concentrate; and we must have as near absolute quiet as is possible; we should place ourselves in a position giving the utmost sense of ease to our body. To aid in relaxation, we should wear as few clothes as convenient and these should be loose and comfortable.

Many people mistake meditation for concentration, but in reality these are as far apart as the poles. In meditation we relax our bodies and choose some particular thought to meditate upon. Placing this thought in our minds, we turn it over and over, looking at it from many angles, examining it with all its connections. This is meditation, but it is far from concentration. In concentration, we have an absolute fixation

of thought upon one object only, letting nothing else come in. The ability to hold the thought upon one object comes only after much practice.

The ability to concentrate perfectly is one that is very necessary, not only in occult and metaphysical work, but in the everyday affairs of our life. However, no one can go very far in occult work without the ability to concentrate; therefore, a great deal of our work has to do with concentration exercises. When we have the ability to concentrate properly, we can hold unwaveringly any object we may desire to examine, without outside influence being allowed to interrupt our thoughts.

There are certain centers in our bodies that need to be awakened in order that the Cosmic Mind may function through us perfectly. These centers are awakened by the concentration of the will upon the object to be gained. While learning concentration, we find many new sensations developing in our bodies, and we soon find that, as our ability to concentrate grows, we can influence things and conditions around us.

Following, I give a few simple exercises in concentration that will prove of great value to the beginner.

Remove all clothes that bind, have the room as dark as possible; hold some object, such as a pencil, cross, bottle, or any small object before your eyes;

gaze steadily at the object, and try to see nothing else. When possible, it is well to do this in front of a dark curtain or cloth. After gazing steadily for two or three minutes at the object, close the eyes, lay the object aside, and relax every muscle of your body. Mentally picture the object at which you have gazed as being directly between the eyes, and hold this as long as you can.

Another exercise that is of great benefit is to hang a dark cloth on the wall; place in the center a cross cut from white paper, seat yourself about ten feet from the wall and gaze fixedly at the cross. After looking for a few minutes, try, by concentration, to have it revolve from left to right, then from right to left.

Another exercise is to place a lighted candle on a table in front of you, seat yourself and gaze at the flame; concentrate upon the flame moving right or left, up or down, and you will be surprised at the way the flame will follow your thoughts.

All of the above exercises are very good for concentration, but there is another thing that is just as important in our development, relaxation. Very few people really know how to relax perfectly, yet it is one of the greatest and most necessary of all exercises used by the student of the occult.

Few realize that lack of relaxation



is the reason the things they command the Cosmos to manifest do not materialize. We attempt to go on concentrating upon the attaining of an object, after we have given a command, when we could get much better results if we could only learn to command, then to relax. But how shall I gain this relaxation, is the question the student is sure to ask.

First, realize that relaxation is more than just relaxing the muscles; it must also be a mental relaxation. Also the ability to control the solar plexus is one of the greatest aids in relaxation.

I shall now give an exercise to help you gain this. After achieving complete concentration, fully expand the solar plexus two or three times, by muscular action, not by breathing, then draw three deep breaths, exhaling fully each time. You will then be able to relax much more fully mentally and physically.

Practice the exercise faithfully and you will soon be able to concentrate better than you were ever able to before.

## OPENING THE OCCULT CENTERS

Every individual desires to function to the utmost of his possibilities, though there are very few people who are able to do so. Man has started to awaken to the cry "onward and upward". He seeks development of self on at least one or two of the three planes of being. These planes are: (1) physical; (2) mental; (3) spiritual, and perfect balance must eventually be attained on every one of these before the student can reach the height.

Every human being has the potential power to do everything his mind can conceive of and many things of which his mind can barely conceive in its present stage of development.

Before anyone can say he is a perfectly normal human, he must be perfectly balanced on all three planes. This balance can be brought about only by conscious effort of the will, and the will functions only where desire has been awakened.

In the development of power we must first balance ourselves on the physical plane by training our minds to function accurately in the objective sphere and gain absolute control over the physical body. Control is the great essential in the development of the individual. If a person has the proper control, there

is no height to which he cannot climb; and if he lacks it, there is nothing he can do as far as development is concerned until he starts earnestly to work toward gaining that goal. Hard work, earnest desire, sincere purpose, and the will toward accomplishment are the fundamental requirements of the person starting on the path of development.

Most of us realize that we are potential gods, but have little conception of how to awaken that God-power that is inherent within every individual.

The purpose of this lesson is to show just how that God-power can be awakened and brought forth into manifestation as an actuality.

Your physical body was created as a channel through which the Cosmic force might manifest itself. All you lack is the knowledge of how to use this potential force that is waiting the call to be drawn forth.

The many lessons I have given you will start you on the road to mastership, but it is an unequivocal fact that no one can make you a master; only through your own work and effort can you ever reach the heights. I can but show you the path you must follow to attain the goal.

In this and the preceding lessons, I have been endeavoring to plant your feet on the path, to start you in the right direction. The rest is up to you.

Will you go on achieving or will you stop? The answer is with you.

Man is consciousness manifested; - even his material structure is basically only consciousness in a different rate of vibration. When you awaken to the knowledge that consciousness is ALL, the first step toward spiritual development is made. You AS-A CONSCIOUSNESS, are one with everything; - the stars, the planets, the trees, the rocks, the lightning and the elements are all one with your consciousness. The great problem is for the student to rend the veil of negativity and become conscious of the ONENESS of all consciousness.

The great reservoir of consciousness is dammed up, waiting only release-ment to manifest itself with full power.

There are certain occult or psychic centers in your body that must be awakened before the consciousness has a free flow through your physical structure. In Yoga philosophy you are taught of the seven Chakras, or Lotuses, through which the Kundalini is drawn. According to Yoga teachings, these are located in a fourth dimensional tube in a relative position along the spinal column. When these lotuses are awakened, power comes to the individual. This is a misconception, taught the people of the Western world by so-called Yogis who know little of the subject themselves.

The endocrine or ductless glands of

the body are the real psychic centers, and the force, instead of flowing upward only, first flows down into the body through the pineal and then through certain other centers, and then upward. There must be a descent before there can be an ascent. This force does not flow through physical channels, but along fourth dimensional passages. The order and sequence of this flow is this: Cosmic force enters at the pineal, manifests in the spiritual centers and then flows downward to the thyroids, adrenals and gonads, and then upward through the pancreas, thymus, para-thyroids, and pituitary gland, and back to the pineal, thus completing the circle. (For more complete information examine the College Work of the Brotherhood). It is this failure on the part of the Yogi to give the downward path that makes it impossible for the seeker to attain mastery by the Yoga method.

Jesus, the Christ, said, "No man ascendeth up into heaven save he that descendeth from heaven." In this symbol is given the key; namely, descent before ascent. The consciousness must be called down from the spiritual plane and allowed to flow through the entire body, before the God in man can manifest itself with full power. The channel in most of us is closed; the purpose of the following work is to open the channel so that the power can flow through when we so desire

The opening of this channel is

brought about by the coordination of the objective and subjective minds with the Cosmic Mind. In previous lessons we learned how to co-ordinate the objective and subjective minds. Now let us learn how to make a connection between these and the Cosmic Mind. The Cosmic Mind is the Source from which all things came, so if this connection be complete, vast possibilities are revealed.

The point where the Cosmic Mind connects with the physical body is in the pineal gland. As we told you in the first lesson, the subjective mind is in the second section of the pineal, while in the first section the Cosmic Mind establishes a connection with the physical.

There are several methods by which the two material minds may be brought into connection with the Cosmic Mind. Following, three very excellent methods are given and you are requested to practice diligently the instructions.

(1) Draw your consciousness into your head, that is, center all of the force of your being in your head and directly between the eyes. Visualize a hollow tube as leading from between the eyes back to the pineal gland; conceive of the tube as stable and solid; move the consciousness back and forth between the pineal and pituitary several times. After accomplishing this, visualize the tube as turning upward from the pineal and reaching out through the top of the

head. Move it back between the eyes, then repeat the whole process several times.

(2) Center the thought above and between the eyes, visualize a light there and draw it slowly backward to the pineal and upward to the top of the head.

(3) Center the thought on the pineal; visualize a light, growing larger and larger until it fills the head.

If these exercises are continued over a period of time, you will eventually open the channel between the minds. Eventually power will be able to flow into your body and you will be ready to direct it into the fourth dimensional channel which extends through the body.

The first awareness of this power will come to you as an intense vibration set up in your brain. When you feel this, you are ready to send it through the channel. The direction of this is a matter of will and concentration.

While the vibration in your head is intense, direct it, by your will, to the thyroid, then the adrenals, gonads, pancreas, thymus, para-thyroids, pituitary, and back to the pineal. The oftener you are able to do this, the easier it becomes, and the better the channel is opened.

As the force flows to all parts of the body, there will come an awakening,

a quickening of every cell in the body, and you will feel vitally alive. There will come such a sense of power that you are able to do things that before have been impossible to you.

It is the amount of force that flows through you that makes the difference between a superman and an ordinary man. If you persevere in your work, you will soon become an outstanding character, because of the vital power and force that is yours.

In these lessons I have placed your feet on the path to the greatest goal in the world - balance on the three planes. Here my responsibility ends and yours begins.

Will you go forward, growing ever stronger and more powerful, or will you slump back into your previous negative state?

The very fact that you are studying conscientiously and sincerely shows that deep desire has been awakened in you

The Brotherhood of the White Temple teaches the principles and laws to provide a way through which you can go on into higher occult and metaphysical work. We have written a series of lessons that explain the mysteries of the universe in a way that is easily understood. They teach you the cause behind all effects, and the reasons for man's existence. We can safely say that there is no phase of



man's being that is not explored to the utmost. We teach you not only about things, but how to do them. Speculative metaphysics is only the stepping stone to operative metaphysics. We teach operation of all Cosmic Laws, as well as about them.

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