

**THE MIND,  
MEDITATION  
AND  
HEALING**



THIRD SERIES

THE MIND,  
MEDITATION  
AND  
HEALING



The Teachings and Lectures of  
Helio-Arcanophus  
Founder of The Atlanteans

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# THE MIND, MEDITATION AND HEALING

Series III

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

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

For further details please write to:

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<sup>1</sup> (p4)

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## “Seek and Ye Shall Find”

Seek and ye shall find, for God limits no man, it is man who limits himself.” In this lecture I should like to explain more fully what I mean by this statement.

Man incarnates on the Earth planet to undergo a series of evolutionary experiences which he is able to pursue by virtue of his gift of freewill. By this freewill man can choose to seek or not to seek, to follow God or not to follow God, as he wishes. In fact, throughout his lives man always has the choice of saying yes or no, of doing or not doing; and through these continual decisions he learns and experiences in the way he chooses and at the speed he chooses.

Were God to impose limits on man his freewill would at once be destroyed and he would no longer be able to seek as he wished; he would become stereotyped and his life predestined; his way of life would be bounded on all sides by insurmountable walls. In other words, man would be turned into a negative being.

Let us take the example of a child who is as yet unbound by environment or social laws; he searches naturally, asking questions without fear and with an open mind, which is surely a lesson in itself.

So, my friends, I would say to you all: step forward without fear; search and, if your minds and intentions are like those of the child, genuine and honest, then your search will be rewarded and you will find that nearness to God wherein lies the great wisdom of the universe and the answers to so many of your questions.

## Which Path?

Remember, there are many paths to God and which path you select is not of very great importance since eventually they all reach the Godhead. Of course, some take longer for their routes are winding, while others are more direct. You should follow that form of thought or belief which is best suited to your own approach to spiritual matters; this you will only find in the course of your own seeking.

A word for those who participate in any form of orthodox church-going: it is useless unless you do so with a genuine desire to bring yourself nearer to God. If you are merely attending the services<sup>2</sup> because you feel that it is the right thing to do, or because you think it might make things easier for you when you pass over, it is not only a waste of time but will in actual fact serve to hinder your progress and evolution when you leave your Earth body.

## Ritual

In most religions certain forms of ritual are observed, some elaborate, some simple. Are these necessary? Since the spirit is essentially a thought state, the answer, broadly speaking, is no. But there are many people who find it easier to tune their minds to a devotional state with the aid of music and ritual and for whom a set form of prayer or discipline is helpful when raising their thoughts to God. In such cases it can be of assistance and, indeed, many minds thinking in harmony along a beam of thought as in a prayer multiplies the power of that thought.

Certain rituals do carry powers which vary in efficacy according to their age, their use and the occult power of their originators; but the power is limited to the ritual, whereas pure thought, if used correctly, has no limitations.

## Perfection and Infallibility

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

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<sup>2</sup> (p5)

## Spiritual Blindness

Spiritual blindness is a condition which is unfortunately highly prevalent in the world today. The causes of this are numerous but the greatest is probably our old enemy, fear.

To anyone who sincerely wishes to open his mind to receive the teachings of the cosmic universe I would say: open your eyes and you will see and understand that facet of Light which is reflected in your own personal stage of evolution, for no man or spirit can contemplate the Infinite in its true breadth while incarnate within the confines of a limited physical body. But, if he really searches, man can experience sufficient enlightenment to sustain him during any given stage of his spiritual development.

Yet there will be some who will read these lectures and be filled with fear, a fear that, should they try to understand, they will be passing into a dimension in which they will not be the master.<sup>3</sup>

Those who for reasons of fear or ego reject spiritual truths I would call spiritually blind. But those of you who have the courage to open your eyes and progress will find what you are searching for in whichever direction is right for you, whether it be the secrets of the universe, a cosmic philosophy, a path to God, or just a way of life.

If you have an honest desire to open your eyes and seek, try first to see yourself for what you are, no more and no less. "Man, know thyself!" Then prepare yourself to view the universe, not with fear, prejudice and intolerance but with an open heart and mind. Do all these things, my friends, and you will find God.<sup>4</sup>

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<sup>3</sup> (p6)

<sup>4</sup> (p7)



## How Should Children be Taught the Teachings of the Universe?

This is a subject which causes much food for thought in the minds of most parents. How do you present a picture of God and the universe to a child, so as to give him a broad understanding, a spring-board as it were for his own seeking in the adventure of life?

I would suggest that first and foremost a child is taught that there is an invisible force, greater than man and the world we see, which is known to most people as God and that this great being of love has always watched over man in the past as it does in the present and will in the future. The most important thing to remember when teaching a child about the universe and its many levels is that such tuition be natural and without the intrusion of fear.

Nature is the best illustrator of the divine pattern; it is the hand of God and it writes the universal message in the simplest of language. Children are very near to nature, to the animals, flowers and elements and they will accept what they see and translate it into their own terms of understanding according to the evolution of their spirits.

Through nature and the miracle of life and death one can awaken an understanding of the spirit of God: that force which gives life and yet cannot be seen. To a child this unseen aspect borders on the world of fantasy to which he will eagerly respond; so, having sown the seeds, allow them to germinate naturally as the child grows in curiosity.

When your children are old enough to understand what is being said go with them if you wish them to attend a place of worship or instruction, for your respect will give them confidence. If you would like them to consider a philosophy, such as that of The Atlanteans, bring them along to the meetings with you, for our teachings can be understood on many levels and there are aspects of our belief which can be readily understood by a child.

It is extremely unwise to tell a child that if he does not accept God he will not go to heaven, or to threaten him with dire consequences if he does not attend a certain place of worship. Pressurised religious instruction is guaranteed to put many children off religion<sup>5</sup> for the rest of their lives, or it may cause psychological complications which take many years to

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<sup>5</sup> (p8)

overcome. On the other hand, your child may be naturally a devotional type who thinks of Jesus, or whatever his conception of God may be, in a personal and deeply religious sense. Take care to respect his viewpoint even if it differs from your own, for if you should ridicule it you could destroy something fundamentally beautiful which that spirit may never again recapture in this life.

I have known many children who have found a great nearness to God through natural things such as animals and flowers, but this has been literally killed by the ignorance of both parents and religious teachers alike. If you love your child do not let this happen to him or her.

As to how broad or how specific you are on matters of spirit, reincarnation etc., it is up to each of you as an individual to present an understanding which you consider appropriate; but do not neglect to point out to a child that not everyone understands these things in the same way and that if another child or adult disagrees with his beliefs he must respect that person's different point of view. Tolerance and respect towards other people's beliefs, customs, habits and ways of living cannot be engendered too early in a child's understanding.

Let us therefore join together with our children in searching for that greater wisdom which will not only help us to understand the meaning of life but also the world in which we live, the universe and the Father/Mother God. Let us work together, for we have much to cover and the more willing we are the more we shall achieve.<sup>6</sup>

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<sup>6</sup> (p9)

## Fear, Competition and Discipline

### Fear

Fear can be one of the most potent weapons of evil. But, before I can explain how subtle an agent we are dealing with, a little analysis of the subject is necessary.

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

Then there is the type of fear, again brought about by ignorance, that makes its appearance when people are confronted by something they do not understand. They become frightened and adopt an attitude of either blind acceptance or fanatical opposition. Such people are difficult to help because their fear usually stems from a lack of wisdom or evolution; in other words, their spirits are young and not yet ready to rationalise the emotion they are experiencing. Patience and understanding are needed in helping these people; also the knowledge that they will eventually reach the stage when they will be able to view these things in their correct perspective.

But where the dark forces really make use of the emotion of fear is in the overwhelming insecurity that abounds on this planet and which has reared its ugly head in one form or another in each generation. Fear for survival, for the safety of loved ones, racial fears, fear of disease, fear of standing by what you believe to be right, fears wrought by political and ideological systems, by religious dogmas and persecution, fear of the atom bomb ....one could go on. Even on an emotional level man fears to seek the security of his own spirit but looks rather to material possessions, money or the love of another person in a possessive

sense. Man fears to be himself, to seek and find what lies within him. He has come to rely<sup>7</sup> upon other means, other people to provide this security; and without those props things go wrong.

There is something wrong in a system that creates such fears, many of which are quite genuine and not simply the manifestation of psychological illness. Insecurity is sometimes fostered for economic reasons; perhaps a man fears to lose his job, to be made redundant, so he works just that much harder than his body will allow, with the result that his health breaks up. Nor do many of the religious creeds, including Christianity, help in this matter. For centuries religions have followed a bible full of stories of God's wrath, a God that should be feared, a God that should and must be obeyed under penalty of being struck down or condemned to everlasting tortures. Let me assure you, my friends, such words do not stem from God; that state of wisdom has nothing but love and understanding to offer you.

Fear is alien to the Godhead, nor does it wish that any of its children should be made to suffer in its name. It is the forces of evil working through the limited minds of men which engender the emotion of fear, usually for purposes of power. The old story of "my god is better than your god and to prove it he will knock you down" may be a tale which is laughed at by rationalists of the twentieth century but, remember, for centuries earlier it was and even amongst some people today is believed implicitly and followed. I think the maxim is "might is right" and, in a world where force has held sway for so long, this blatant heresy against the love of God has ruled unchallenged, except by the occasional saint or mystic who has appeared in incarnation from time to time.

### Competition

Much of the fear referred to in my previous lecture results from the great emphasis that is placed on competition. The spirit of competition is considered by many to be advantageous and healthy but I do not agree with these sentiments.

When mankind was given this planet upon which to undergo a cycle of evolution it was not intended that he should do so in a state of constant competition. Games that are played for

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<sup>7</sup> (p10)

pure enjoyment and for their own value are a great aid to human development but, as soon as an element of fierce competition enters, a nervous tension is built up both in the players and the audience which is of use to neither. People become emotionally identified to such an exaggerated extent that the “other side” can become the object of violent feelings approaching enmity.

We see this in everyday living. If each man were to contribute to life the type of work to which his talents were best suited the world would be a happy and balanced place in which to live; but false values have escalated with the result that competition has become fiercer and only the more ruthless and in many cases less spiritual<sup>8</sup> people succeed under such conditions. A man may discipline himself to create a fine work of art which he lovingly fashions, yet he may spend the other half of his life in a job which he hates and fears to be sacked from in case he no longer earns the money to create his works of art! It is the birthright of man to express himself without fear or competition but within a self-disciplined framework.

Now I am not for one moment suggesting that a type of state should be set up where there are no rules and everybody does exactly as he wishes. Anarchy and cosmic law are arch-opposites. But rather let me recall the story that Jesus told of the talents. The man with many talents used them, as did the next man and so on; but the man with only one talent became resentful and, rather than use that one to make two, he buried it in anger declaring that if he could not have as many as the next man then no one should reap the benefit of his one talent. Of course, what he did not realise was that the only person who would suffer as the result of his action was himself, because to double his one talent would have given him the same satisfaction as the person who doubled his ten. In other words, what you give out you receive back plus the blessings of your master, as did the men in the story.

## Discipline

In contrast to fear and the spirit of competition, discipline is an essential part of cosmic law. It is right that each one of us should come under some form of discipline, rules or laws, until

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<sup>8</sup> (p11)

such time as we are able to discipline ourselves without these aids. This was the design for *homo sapiens*, but few have attained to this state of maturity so that it has been necessary to create civil laws as guides to the general discipline of living in a society. And from the spiritual point of view the “powers that be” have found it necessary to visit the planet from time to time to remind mankind of the path he should be taking and the self-disciplines required of him.<sup>9</sup>

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<sup>9</sup> (p12)

## Sin and Conscience

What is sin? Having looked at the way sin is regarded by many on the Earth planet I find it confusing to envisage what Earth-man regards as sin. I am, of course, referring to what you would call sinning against God.

Sin is a loose word and very misused. Let us say that by sin we mean evil, which can be either a deliberate violation of cosmic law or the result of ignorance or lack of evolution. One could define sin as being on one hand the application of evil and on the other hand the misuse, through ignorance, of certain forms of power or knowledge, whether material, psychic, psychological or spiritual. Most intelligent people think of sin as being something which opposes the dictates of one's conscience; this is not a reliable guide as man's conscience is often corrupted by social indoctrination.

I should like to define conscience as being the application of the sum total of a person's evolutionary experience that is stored in the subconscious mind and applied in the true sense only when free from false ethics. True conscience, of course, is the only real guide man has when in an Earth body; with the wide range of evolution amongst those incarnate on the planet at the moment it would be impossible to suggest any general standard which would be right for everyone. So once again the onus is on the individual; it is the responsibility of each one of you — both in regard to your own spiritual advancement and the growth and development of those spirits around you - and it will form the pattern of your karma for this and many lives to come.

The question has been put to me as to whether a thought or contemplation to do a wrong act is as bad as actually committing the act. This line of thought is favoured by certain religious bodies, but I cannot agree with them. If a person has a thought to commit an evil act and is able to put it from his mind, then his evolution is showing him the path of wisdom. If he commits the act, then he either has not the evolution to discern the folly of what he is doing, or he is making a deliberate effort to transgress cosmic law in which case the full force of the law will rebound on him. Many of the great masters were tempted as

can be evidenced in your holy books, but they had the strength to recognise the voice of temptation and over come its lure.<sup>10</sup>

There are people who regard quite petty thoughts and actions as being sins, many of which are no more than points out of step with current fashions in thinking and behaviour. Few people on Earth today have sufficient wisdom and knowledge to be in a position to inform someone else that they are sinning. Those people who seem to obtain such sadistic delight from telling their neighbours that they are terrible sinners are, in fact, the greater sinners themselves. It is they who need help, not those they condemn. "Let him that is without sin cast the first stone ..."

You would not beat a cat that killed a rat; in fact, you might even feel pleased that it had done so, although the rat is one of God's creatures as well as the cat. So why condemn the man who has a young unevolved spirit? I am in no way trying to suggest that there should not be social laws, but rather that there is a right and a wrong way of compiling and using them.

As you will have gathered from the foregoing, there is one particular sin which is often responsible for so many others and that is intolerance, the lack of understanding. Man must learn not to condemn his neighbour for doing something that he feels would be wrong by his own standards for, remember, standards are comparative; general standards may differ with each evolutionary era just as social standards vary with different countries, cultures and environments.

Although much of the petty sin in the world is the result of lack of wisdom or evolution it is also possible for a spirit to fall after it has achieved the higher planes of thought, for no spirit is perfect until it reaches the Ultimate. It is those higher spirits which have fallen that are responsible for the more subtle forms of evil and they often use their powers wrongly to misguide whole groups of people, or even a planet. A false cloak of righteousness is often assumed which will deceive many, but do not worry if you find you have been deceived in

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<sup>10</sup> (p13)



such a way for, as long as you have done what you genuinely believed to be the best for your fellow men and your own spiritual evolution, you have nothing to fear.

All spirits eventually rejoin the Father/Mother God, the Ultimate, even those that have fallen from a high state of spirituality, for this state of beingness is all merciful and forgiving and they are but its divine thoughts. In accordance with their freewill they may rise once again and regain that which they have lost.<sup>11</sup>

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<sup>11</sup> (p14)

## Sentimentality

Although sentimentality is basically an Earthly emotion it can exercise a great influence on the spirit; those discarnate entities that are on the plane nearest to the Earth plane are inclined to retain a certain amount of the sentiment they possessed when in Earth bodies. This gradually disappears, however, as they ascend to the higher or finer levels of thought. As a spirit progresses away from the Earth plane it can view a situation unclouded by sentiment.

When making these remarks about sentimentality I do not wish to give the impression that one should not have understanding, love and compassion, for these are true qualities of the spirit and they should not be confused with cheap sentiment. I should like to describe sentimentality as being an exaggeration of the emotions, either conscious or unconscious; in either form it is equally distorting. I have noticed particularly on your Earth plane that excessive sentimentality can become a habit or complex of an undesirable nature that can lead to mental imbalance.

I am not condemning sentiment in its loosest sense, only in its truest sense, for from my own position I am able to see that it is possible to know love, understanding, happiness and sorrow without the need for any of these experiences to be distorted by false emotional values.<sup>12</sup>

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<sup>12</sup> (p15)

## Disappointment and Disillusionment

These are states of mind from which every man, woman and child suffer at intervals throughout their lives; twin adversities which weigh so very heavily upon the lives and experiences of man. Why should this be so? My answer may seem somewhat of a paradox but, if you can understand it and see it as it should be seen, it will help you to go forward into life without suffering from disappointment and disillusionment.

Let me begin by saying that there is no such thing as disappointment or disillusionment. This may be difficult to understand so allow me to explain myself in a little more detail.

Disappointment and disillusionment are man-made tribulations which exist because a man is unable to understand life. When he learns to understand life, his own and his neighbour's, then he will realise that these ever-depressing worries are phantoms of his own creation. Your life in your present incarnation is as it is because you chose it to be so. Every event in your physical life is but a small part of the whole and, if at any one point in that life you were able to view it from the whole, your assessment of the situation would be very different from the way in which you see it from your Earthly viewpoint. You would be able to accept events, good and bad, as part of an unfolding pattern.

Many of the things that transpire in your physical life have to happen because your spirit is in need of those particular forms of experience; they are part of the pattern of your life, part of your karma. Taking all this into consideration should help you to dispel the anxieties created by life's disenchantments. Yet I am not suggesting that you should adopt a completely fatalistic attitude towards life, for that would be just as wrong. The events of one lifetime are but a very small part of your total experience; treat them as such and place them in a balanced, intelligent perspective. When you can achieve this, my friends, vast aspects of the greater universe will be opened up to you which will enable you to acquire a wider understanding of the cosmos and its laws and a renewed appreciation of the supreme handiwork of God the Ultimate.<sup>13</sup>

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<sup>13</sup> (p16)

## Pride and Intolerance

I once made the statement that pride and intolerance are two of the worst evils known to mankind and I uphold this. To me they are greater crimes than the taking of life for there is often a physical or psychic reason for the latter; but for pride and intolerance there are no excuses. I couple them together because as attitudes of mind they are very closely linked.

The world must rid itself of these two evils if it is to evolve, for the results of what might appear to be petty sins are more far reaching than man might think. There will not be one person who reads this who does not know of someone who has suffered and been deeply hurt through the pride and intolerance of another; perhaps you have even been guilty of this yourself at times. So why not do something about it by setting an example? Through tolerance towards others and swallowing your own pride, try to let those who practise these wrongs see themselves for what they are, no more, no less, for pride and intolerance are evils which only the individual can cure in himself and of his own freewill.

The natural reaction of mankind on the Earth planet is to attack what he fears and he fears what he does not understand. My friends, look at this evil that we call fear, with its two associates, pride and intolerance! The world would surely be a much happier place without them. Unfortunately, many of the religions do not support us in this for they preach a doctrine of fear and bigotry, pride in one's own righteousness and intolerance of the creeds of others. What a pity we cannot hear the true teachings of Jesus Christ, whose name is used with such glib self-confidence by unenlightened clerics and laity alike and whose teachings have been misused for the self-furtherance of power hungry men down the ages.<sup>14</sup>

This brings me to another related evil, that of selfishness. So many people in the world today have become selfish and when questioned about it they say "Why not? Everyone else is!" Such an attitude of mind does not help the situation for someone has to start working in

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<sup>14</sup> (p17)

an unselfish way before the concept of selflessness can spread across the planet. Once again it lies with each individual; it is no use waiting for the next man to start.

Selfishness could be compared with a snowball in that the further it is rolled the bigger it gets. The reason for its prevalence in the world today is that the material pace has become so fast that people do not stop to think or to take a good look at themselves, to see themselves as others see them and as God sees them.

Likewise, unselfishness also snowballs, for the habit is catching and shines forth from those who practise it.

I say this to you in all earnestness: try to set an example by showing people that you can get through life quite happily and successfully without being selfish or greedy. The world is due for a great evolutionary step forward and those who have managed to learn something from my teachings on pride, intolerance and selfishness will find these observations of great assistance in future times of stress.

There are many who are too blind to see themselves for what they are and, unless they make an effort to improve the situation, they will remain that way for the rest of their present lives and probably also the next. It is not easy to cure oneself of these things, but it is well worth the effort for it can only bring happiness.<sup>15</sup>

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<sup>15</sup> (p18)

## Happiness

Happiness is a state of being often referred to, an emotion often sought for, one which sounds simple enough yet can prove so very hard to achieve. What is happiness? Is it a good thing in itself or is it useless where evolution is concerned? Is it temperament? Is it elation? Is it material or should it really be spiritual?

As I see it, happiness is a state of mind which is brought about through a reflection of life's activity, an acceptance which produces a feeling of relaxation and equanimity.

The emotion of happiness may be induced according to the evolution of the individual. With some people it is a fleeting state invoked by artificial means; for many it is a temporary respite from the pressures of life while, with others, true happiness knows no other source than a spiritual one.

On the Earth planet happiness is often confused with physical excitement. There are entertainments and pleasures which excite the nervous system and tune the whole body to a high level of physical tension. Is this happiness? No, it is a fleeting satisfaction of bodily desires. True happiness is something of higher feelings and thought, something of the spirit. I would prefer to think of happiness as something simple like the warmth radiated by a kindly act or helping hand, a sense of achievement in giving to others. I am not speaking here of smugness or self-satisfaction, but of true service born of love. That is happiness.

Happiness is a form of contentment and contentment is brought about by an honest assessment of your life. You can examine your life and see its ups and downs. Perhaps you have suffered a material disappointment or a spiritual retardation, but from the over-all picture you will realise that you are what you are; ahead lies daylight which will illumine your path of endeavour and help you to raise yourself above any depressed state of mind. With this philosophy to support you you will have reason for feeling contented, reason for accepting matters and reason for feeling happy.

Happiness is something which very often man cannot find because he looks too far for it. He seeks happiness in the clouds or in the next man's garden, but it is really right there at his fingertips.

You can go out for an evening's entertainment and make up your mind before you go that you are not going to enjoy it; may be you<sup>16</sup> do not like the entertainment or the artists performing it, or even the management presenting it and, believe me, my friends, you will not enjoy it. On the other hand, you may visit an entertainment of a very poor artistic standard but, because you have gone there with the idea of enjoying yourself, you will do so.

The moral I am making is that happiness depends upon your attitude of mind, your being content to accept the situation as it is and people as they are. When I say "accept the situation" I do not mean that you must not look forward to improvement, for from an evolutionary point of view it is wrong to stagnate; but the way in which you deal with a situation or respond to a person will depend upon your attitude towards them. The greater the acceptance the greater the understanding and harmony and, hence, the greater the happiness.

Happiness need not be something of an exotic nature, nor is it something that is false, for falsity is contrary to its basic nature. True happiness is like a beacon of light that radiates from those who experience it, spreading its influence upon all those who come near.

Sit down after you have read this lecture and reflect in the following way to yourself: "When I look back over the past few weeks I have had happiness. I have had ups and downs, lost my material job, lost a friend. But I have also gained a friend and found another job, so I am happy for I have taken a step forward. I have learned how to take disappointments and what it is to lose someone whose friendship I had trusted and valued. From what I have learnt in riding these experiences I am now ready to go forward and meet the next. I have achieved as much as I can in so far as what I am and can truly say 'I am content ... I am happy.'"

It is in such a state of thought that you will progress spiritually, for you are growing within yourself through understanding and harmony.

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<sup>16</sup> (p19)

Happiness can be found by all of you if you let it come to you, for it is something to be accepted, not an indefinite and enigmatic state which can never be attained. Ultimately, it is a question of faith, faith in God, some may say; certainly faith that we are all part of an integrated universe and that the more we flow in harmony with it the more our needs will be catered for. In faith we find relaxation and acceptance and, thence, happiness. Think into my words, for they may help you to understand that you can be what you are and at the same time be happy.<sup>17</sup>

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<sup>17</sup> (p20)



## Psychology

Most of you who read this will have a general idea of what human psychology and psychiatry are all about and this should give you the necessary background to these few words on the subject.

Psychology is a limited study; it is limited by the very nature of man's mind. Let us move beyond these limits and explore further into the depths of human understanding. What do we see there? We see the physical brain, that labyrinth of cells in which are stored unlimited knowledge, memories and ideas; in fact, a vital piece of machinery in the physical body. The trouble is that Earth psychology does not progress beyond this point. It neglects to take into account the fact that the spirit has a direct connection with the human mind through the brain and can not only influence it but also directly communicate with it. How far this communication can go is in accordance with the evolution of the individual concerned and the alignment and harmony that exist between the spirit, the etheric body and its physical counterpart.

When a healer looks beyond the human mind he will see that often a mental aberration can be caused, not by a disorder of the brain itself but by a maladjustment with the etheric body. This may result in many forms of crime, sub-normalities and mental weaknesses as well as the more obvious and extreme cases such as obsession and possession.

We must examine the problem in order to realise that this connection between the etheric body and the human mind is of vital importance. When the connection is bad it is often possible for a spirit from the lower astral to exert a strong influence on the mind without actually "possessing" the person; a case of this nature can often be mistaken for a case of possession. Most of you have encountered people who are "not quite themselves" in moments of stress and strain because in such circumstances the control of the body by the spirit is often relaxed. People in this state can sometimes attract limpets, escorts or entities of some sort that cling to their auras; these can soon be removed by a good mental healer or occultist. Many cases of weakmindedness come into this category and people who have

been dominating personalities in life often, after death, cling to those whom they have dominated when incarnate.<sup>18</sup>

The healer tackling such a case would bring the natural spirit closer to the body and send the intruder on its way.

Are psychology and psychiatry good things? They can be, provided the psychologist in question takes a broad view of what he studies and opens his mind to the concepts of parapsychology and existence on an occult level. If he does not do this and pursues his work along one narrow line of thought he will be limiting his knowledge and in doing so will see and understand only half the picture. In the not too distant future I should like to see occultists and psychologists co-operating in their work to heal the mind.<sup>19</sup>

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<sup>18</sup> (p21)

<sup>19</sup> (p22)

## Noise

The increasing noise volume in this day and age is causing considerable anxiety to many medical and socially minded people. It undoubtedly has a psychological and even a physical effect on the individual and I have been asked whether it also has an effect on the spirit.

Mankind may well think that in the interest of the economy noise does not matter. In fact, some of the younger people actually like noise, because it provides them with a form of stimulation that sets the nerves on edge and pumps adrenalin around the body a little quicker. But one cannot live in a constant state of excitement and it is not fair to expect the spirit and its physical body to be the recipients of the unpleasant vibrations caused by excessive or discordant noise.

Sound travels in waves that form a vibration. If it is intensified or becomes less harmonious these wave-patterns become more erratic; this causes a build-up of tension in the physical body that in turn jars the spirit. Is it any wonder then that there is an increase in mental disorders and that diseases like cancer, which are directly attributable to tension, are manifesting more frequently? And yet man in his strange phlegmatic way accepts the rising level of noise with barely a murmur. In fact, most of you manage to contribute to it in some small way with your motor-cars and mechanical aids to living.

But this is a mechanical age and who am I to criticise it! When I first gave my teachings some seventeen years ago I referred to it as the age of materialism, the age of the physical. But man must remember that he has now entered a transitional stage, for he cannot stand still; the Aquarian age which faces him is a mental one where he must learn to step beyond that which is purely sensory. As usual, man is slow to respond to the evolutionary stimulation of a new age and there will be many who will want to ignore it altogether.

It is important for man to realise that the mental intrusion created by the increasing noise level and disharmony of sound, as well as having a detrimental effect on his sense of hearing and psychological balance also affects his spiritual progress. Let me illustrate my meaning by discussing some of the techniques used in what is termed "brain washing". One of the

favourite methods employed in<sup>20</sup> interrogation and indoctrination is to clear the subject's mind entirely so that the interrogator can then inject whatever he wishes into that brain. This clearing process can be achieved by forcing the mind unnaturally along a single thought track until it reaches a state of complete rejection that is soon followed by a breakdown. In this state the human brain is extremely vulnerable and will accept new ideas without resistance. Another technique used for achieving this state of breakdown is noise. Sound produced at a calculated pitch and volume can make a person incapable of rational and analytical thought. It can break down the communication between the spirit and its physical body, which leaves the brain wide open to suggestion either from an interrogator or from a discarnate entity; in fact, from any intruding thought.

Consider a modern factory with its many noise levels. Is any attempt made to control this? On the contrary, it is usually increased by the addition of what could crudely be termed music. The effect of this continuous onslaught of noise causes communication between the spirit and its physical counterpart to break down; tension is created and illness results. Is it any wonder that when a man arrives home after a day in the factory he feels fit for nothing, unless he has a mind strong enough to pull himself together? When the individual cannot find the opportunity to enjoy the privacy of his own thoughts because his mind is blanked by the most unsubtle and uncivilised form of noise, this can become torture to the mind and spirit. This, my friends, you call civilisation.

You sit back in your chairs and you marvel at man's journeys to the moon, his pathetic efforts accomplished at the expense of still more noise! Perhaps I should apologise for referring to these voyages of discovery as pathetic, because from the point of view of your Earth technology they are brilliant achievements; yet how much greater they would be if they were achieved by more subtle means. The astonishing thing is that there is knowledge of other means at man's disposal! Scientists are only now seriously considering using power such as that generated by the Earth's own gravity and also by the sun; and yet knowledge of magnetic and solar power as means of harnessing energy was known to and used by the ancients centuries ago. But present methods provide better financial returns and, as you live

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<sup>20</sup> (p23)

in a world which is ruled by finance, it is this that governs your research. Today, finance is so important that it even dwarfs politics, for in most cases politics follow finance just as religion follows all other considerations.

And what about sonics as a form of propulsion? The ancients knew the power of sound over gravity, the use of a force in a manner harmonious to cosmic law.

The moral behind what I am saying is that if you are going to succeed on this planet — and I mean succeed not only in terms of material achievement but also in spiritual advancement — then you really need to take a fresh look at your whole pattern of life and<sup>21</sup> decide upon a new approach that will accommodate both your material considerations and your spiritual needs.

Noise has a very far reaching effect on man and I sincerely hope I have managed to convey to you the importance of controlling it. There are sounds that can help you because they are harmonious and sympathetic to your particular personality. One man's music may be displeasing to his fellow men; but, whatever your selection, I beg you to consider why you have chosen it. Does the music of your choice help you to relax, does it leave you in a benevolent mood, kindly disposed towards the rest of the universe? Or are you using it to excite yourself, to set your nerves on edge and get a cheap thrill? Perhaps it even induces a feeling of aggression in you!

There is a certain base stimulation in noises such as that created by racing a noisy motor bike through a main street; it frightens elderly people and gives the rider a sense of power. It can be exciting to dance to a band that employs rhythms calculated to drive all other thought from the mind and stimulate the lower chakras.\* As you may know, there is a relationship between the rhythm of a drum beat and the beat of your own heart. A skilled primitive tribal drummer can use this knowledge adversely to create a rift between spirit and body so that a trance-like state is achieved. And here we are back to mind-bending again!

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<sup>21</sup> (p24)

When you talk of additional airports, even larger vehicles and new domestic appliances, I ask you to remember my few words about the effect that noise can have on the spirits of all concerned. This is what is meant by unselfishness and consideration of your fellow-men. Noise has many connotations, some of which are far more dangerous than the average person can realise. So seek your moments of quiet and, if you must experience sound around you, try to ensure that it is of a harmonious nature and not a potential source of danger to either your body or spirit.

\*The effect of sound upon the chakras is covered in greater detail in the Second and Third Atlantean Meditation Courses. Those readers who would like to take a positive step towards combating the effects of noise are recommended to these courses, which are three in number. They include exercises in concentration, creative imagination and the advantageous use of both sound and silence<sup>22</sup>.

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<sup>22</sup> (25)

## The Mind

Every physical body has an organ — known to you as the brain — from which all action and thought stems. How does this connect with the spirit? Does it have any influence over the etheric body and what, in fact, are its functions?

There is ample scientific evidence today to show that the brain is not a reasoning mechanism in itself but a sort of highly complex computer, subject to conditioning and programming in exactly the same way as a machine. The size of the organ and its capacity is irrelevant when considering the evolution or wisdom of the spirit. The intelligence of a person can only give a brief glimpse of the true personality, due to the external programming super-imposed over the influence of the spirit. Knowledge entailing the absorption of facts can be fed to certain types of brains without the spirit necessarily possessing the wisdom to handle the information that is taken in.

Let us try to make a clearer picture of man. First and foremost he is spirit and that spirit enters a physical body at the time of conception. As the spirit enters the realm of matter it becomes denser in itself; it is cloaked in an etheric body that aligns with the physical body when the latter is conceived. Should the physical vehicle and its subtler counterpart come out of alignment at any time, trouble either of a physical or mental nature will ensue, depending upon the position of the misalignment.

So now we have a living being, consisting of a physical body that houses a spirit within an etheric body. The physical body has a brain, a kind of computer, which the spirit programmes and gradually assumes control of as the body matures. When the spirit first takes on the new body it possesses memories of all its former experiences in other lives, but upon being born again these past memories are closed off from the conscious mind and, unless they are re-stimulated in some form or other, they remain in an area of the mind known as the subconscious.

The brain as an organ is responsible for the ordinary motor reflexes of the physical body, but it has many other functions. Like a computer, it records and stores knowledge and observations and it also deals with instinctive reflexes and emotional responses. Between

the conscious mind — the area of the brain responsible for<sup>23</sup> normal conscious thinking — and the spirit lies the subconscious; it is this subconscious area which is the real filter between the dimensions of spirit and matter. Experiences which man records in his life, but which his mind is unable to cope with at the time, are pushed aside into this storage compartment of the brain which also has access to all former records from the spirit itself. This is why, when a person is subjected to hypnosis, it is possible to find out not only those irksome little matters from the days of childhood which have been thrust aside but also to probe former experiences in previous lives.

None of the lessons learned or the experiences undergone by the spirit are ever lost. They can be tapped subconsciously in sleep-state, or by hypnotherapy, or at moments when the spirit comes in closer to the physical body, creating a stronger link between the spirit and the conscious mind and thus opening up the memory bank. It is in this way that many people are able to remember previous lives. Psychiatrists will tell you that it is good to dream, for the dream state affords access to the subconscious mind; within the experiences of sleep-state a person may exteriorise inhibitions and frustrations on one hand and bring through spiritual knowledge on the other. The spirit also travels astrally during sleep-state and many so-termed dreams are simply the brain's interpretation of what the spirit experiences. As with any computer the terms of reference the brain may use are limited to its programming, but the spirit does possess the ability to over-ride undesirable programming and convey its own wisdom to the conscious mind.

The present lack of liaison which exists between the conscious mind and the spirit of *homo sapiens* is not a natural thing and has been brought about by his preoccupation with purely material matters at the expense of his natural spiritual heritage. The closer the link between the spirit and the conscious mind the more a person is able to draw upon the natural wisdom of his own spirit. Tensions, frustrations and lack of balanced living all work against achieving this, while a calm and balanced approach to life allows the spirit to come in closer and influence the conscious mind more directly.

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<sup>23</sup> (26)



When a person begins to interest himself in psychic matters and the flow from the subconscious mind enters the conscious mind there are often temporary imbalances due to the inability of the brain to compute the new impressions and sensations. Often these can be mistranslated with a result that certain chakras are over-stimulated. In a spiritually integrated person these small hurdles are soon overcome, but when the imbalance persists it is a sure sign that the psychic path is not for that person. This also happens to a much greater extent when drugs are used to extend the awareness artificially, a practice which can be harmful to both the physical body and the spirit.

When the physical brain is overburdened it can suffer what you would term a nervous breakdown. The mechanism which effects<sup>24</sup> the liaison between spirit and body is affected and until the balance is restored that person will remain unwell. When subjected to this type of stress the brain is highly susceptible to external suggestion. The same thing happens to a computer, which will break down if over-programmed and its memory bank will become ineffectual until it is re-programmed.

A considerable number of people in the world today have forgotten how to use their minds. They allow themselves to be programmed by advertising, social conditions, environment and unscrupulous political regimes. In fact, they move with the herd and are unable to individualise in a way that would benefit their evolutionary progress. Instead of their spirits controlling their brains and bringing through the wisdom of lessons learned in the past, they live in a pipe-dream where thinking is made easy for them by whichever institution is currently fashionable or politically expedient. Man should rid himself of this mindlessness and tune in to his true self through quietness and meditation, using his freewill to set aside temporarily the material distractions, the noise, the restlessness and constant entertainment. A return to nature is one of the answers, although the problem is deeper than just that, for the imbalances which have permeated throughout your planet have many connotations.

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<sup>24</sup> (27)

The important thing to realise is that neither the instinctive desires nor the accepted ethics of society are necessarily the right paths for every individual, for true conscience lies only in the spirit whose still small voice is often missed in the hurly-burly of the computer age.

So, remember, those few quiet moments are important, for within their privacy you may be able to draw aside the veil of false codes of ethics, strip the veneer off your so-called civilisation and thus find a union with God and the universe which is your true inheritance.<sup>25</sup>

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<sup>25</sup> (p28)

## Mysticism, Psychism and Occultism

Everyone is psychic to a greater or lesser degree and many people have experiences of a psychic nature at one time or another in their lives. This so-called sixth sense enables a person to become aware of other dimensions beyond the physical in the realms of thought and spirit. It is correct, therefore, to say that psychism is a step towards mysticism, although overdevelopment of the psychic sense in an undisciplined manner will lead a person in the opposite direction to mysticism. If used in a correct fashion, that is in order to uplift oneself and those around one, then it is a definite and positive assistance into the realms of mysticism.

What is mysticism? Ignoring the dictionary definition and tackling it purely from its spiritual meaning it is progressive evolution through voluntary will. It is something which is banned to nobody and, whilst it is true to say that the great masters were mystics, so have been many millions of other people. Mysticism is but a greater understanding and realisation, it is the broadening of one's wisdom to comprehend the knowledge of the greater universe, an uplifting of one's thoughts to the Father/Mother God, the Ultimate. It is not necessary to spend years of contemplation in order to do this; it is merely that, when a spirit has attained a certain degree of evolution, it reaches a stage where it has the breadth of vision to open its mind to receive the greater wisdom. It is something that any one of you who reads this can achieve if you set yourself out to do so, for God does not limit the progress of your evolution and you can progress as fast or as slow as you desire, in accordance with your free will.

If you wish advice on how to achieve this I would say that, if you feel it is within you, you should first of all look at your own life and try to put it with all its complexities and idiosyncrasies into a correct perspective, one that is not swayed by sentiment, prejudice, blindness or false egotism. If you can achieve this the rest will unfold to you.

Mysticism and psychism should not be confused with occultism. The ability to understand the universe and one's fellow men does not necessarily endow one with powers to manipulate the forces of the universe. The occultist is the person whose psychic polarity is of a positive nature and who has set out to study the manipulation of universal forces, these

being neither good nor evil in<sup>26</sup> themselves but simply forces. The medium, or sensitive, is the person who is negative and receptive psychically and can be manipulated by universal forces; he is the receiver. Either or both of these polarities can be mystics or they can function equally well without being mystics. Nor is it necessary for the mystic to be either an occultist or a medium; he is rather a contemplator of the universe. As I have said before, my friends, so many times: God limits no man, it is man who limits himself. The way to God is not through introversion; it is no good seeking within if you do not also seek without; for the universe is infinite, as also is God.<sup>27</sup>

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<sup>26</sup> (p29)

<sup>27</sup> (p30)

## Meditation

In this modern world, where the advantages of good discipline and periods of quietness are fast being denied to man, there is a growing need for a form of meditation that is easily adaptable to western requirements and which, at the same time, affords the meditator an opportunity to discover possible channels of self-expression and self-realisation through mental discipline.

We have therefore devised a series of meditation courses consisting of a system of simple mental and physical exercises designed to give an awareness and control of the mind, body and nervous system which can help every person in ordinary living and also aid those who have a psychic potential to approach it in a disciplined manner.

If one has the type of concentration needed to focus on an object and sustain this concentration at will, then one can also utilise the principle to “collect” oneself either physically or mentally in times of stress or strain. Command of the nervous system can afford control over pain and anxiety; and if, at times of great worry, the mind can be temporarily relieved of its tension by such a form of mental discipline, then the spirit can use the period of respite to get through to the brain the best line of action to take to overcome the problem. The calm afforded by divorcing oneself from a serious problem, even if only for a few minutes, can go a long way towards solving it. These are all things for the ordinary person which have nothing to do with psychism.

In the future, at the time of the axis tilt, healers may not be readily available and it would be of great help to be able to exercise a control over one's body and nervous system which could stem the flow of adrenalin accompanying fear. An exercise used to assist auric control by being aware of each part of the body is also invaluable at such times, as noise and upheavals can cause the spirit and etheric body to become out of alignment with the physical body.

This simple exercise is incorporated throughout the meditation courses and will help the individual to re-align himself without help from an outside source.

Concentration on a given point or object to the exclusion of all other thoughts or sensations can give great control over the body at a purely physical level. Yogis use this in a more advanced way to<sup>28</sup> control their breathing; they are also able to extend it so that they can instruct their nervous system not to register pain or physical discomfort. It takes many years even to approach such a degree of control and our courses do not aspire to such heights; they are not designed for the professional but rather for the ordinary person who seeks to enrich his life within the limited framework of a workaday environment.

Visualisation and creative imagination are other aspects of mental development provided by Atlantean meditation courses. Exercises have been carefully designed to aid the expansion of consciousness within a disciplined framework so that the path of self-realisation may unfold for the student, thus helping him to establish his identity and release his full potentialities.

Although our courses do not claim to cover the subject of Hatha Yoga in any depth, the third course does explain comprehensively the art of correct breathing and its undoubted benefits to both mind and body. By tackling meditation in a modest but disciplined way we feel we can benefit our own lives and the lives of those around us considerably, for these meditation courses will help to bring the spirit closer to the body; from this vantage point it can effect a more efficient control over the actions and decisions of its vehicle, thus assisting it to achieve its true karma through an increasing awareness and harmony with God's universe.<sup>29</sup>

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<sup>28</sup> (p31)

<sup>29</sup> (p32)

## The Power of Thought

The power of thought is infinite; indeed, it could be regarded as the law of the universe, for the Godhead, all the different forms of evolution, the people existing in the various solar systems, the animals, physical matter throughout the cosmos, all these in their infinity owe their very existence to the power of thought.

Every aspect of human life is the result of thought — philosophy, art, science, all forms of invention, healing and, indeed, life itself — for are we not all thoughts of God? You see, my friends, the Godhead itself is but supreme and infinite thought or intelligence.

Thought influences your life from birth to death. There are many things in the world today that could be achieved by the power of thought if man only knew how to use this great gift.

I have instructed many in the art of healing the body and the mind, but these powers are no secret for the technique lies in the harnessing of the power of thought. Every human being is capable of using thought positively to a greater or lesser extent, the only limiting factors being those of ability, innate wisdom or evolution and knowledge of how to use that thought-power. In other words, nothing and no one else can limit you except yourself and your own attitudes of mind.

The universe itself is thought existing on many different levels from the finest to the densest; the amount of the universe you yourself can conceive is infinite in so far as you are able to broaden your thought to accept, understand and comprehend it. I have taught in the past and am still teaching today the use of the mind to tap these powers which exist throughout the universe for, from the universal point of view, the extent to which the power of thought can be harnessed is limitless.

Upon your Earth planet, at various times throughout its history, there has been a great deal of nonsense talked about the secrets of the universe. These are not petty rituals nor are they some mysterious knowledge only attainable by a few. As I have said before, the secret of the universe is the power of thought. Consider for a moment that if it were not for the power of thought none of you would be reading this lecture. You could not do one thing in your life if it were not for thought; you could not eat, drink, sleep or walk. The majority of

diseases of the body and the mind and, in<sup>30</sup> fact, the majority of all Earth problems today are due to the lack of thought force, for this lack is in itself a negative power and as such becomes just as great a potential force as the more positive thought force.

Over the ages a great deal of ritual has been used in occult work, but none of this is necessary as the same results can be achieved by the power of thought. You may ask what can be achieved by the power of thought. A great deal, of course. There is healing to help all forms of life and forces to be released which can assist in bringing a balance to the planet, so that all beings can learn to express themselves with love, tolerance, humility and understanding towards their fellow-beings. One has to think clearly and strongly and direct one's thought positively, that is with the flow of the cosmos.

As you direct your thought, waves are sent out — call them vibrations if you like — and these waves travel through the ether into infinity. Every sound or thought which is made is recorded for eternity in infinity. So you can imagine that when, for example, during a war a force of hatred is set up it can have a powerful effect on the enemy. This is a negative use of thought-power.

The Atlanteans harness the power of thought, with very different motives, for sending out positive thoughts of love and healing.

Consider these waves of thought which travel indiscriminately into the universe; they tend to become diffused if they are not channelled into a definite direction. But a trained mind can direct thought into a beam which can maintain its strength until it reaches its goal.

Each person has an etheric body and surrounding this subtle body and its physical counterpart is an aura. The aura acts as a protective barrier against thought vibrations that are travelling about in the ether; were it not for its existence, every human being would be completely open to all thoughts and expressions that have been uttered throughout the history not only of your Earth planet but of all other planets and solar systems in the infinite universe.

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<sup>30</sup> (p33)



Of course, this does not happen, firstly because there is this auric barrier and, secondly, because the human body and mind are not sensitive enough to receive these impressions and thoughts.

This inevitably leads to the question of how mediums receive communications; surely they must open their auric barrier? This is true, for when a medium enters a state of genuine trance there is more to it than relaxation and bodily conditioning. The medium must learn to sense the presence of an entity, challenge correctly so that only those spirits that are working for the power of Light may present themselves and, finally, open the aura to allow the communicator to enter. I have also taught my occult workers to protect the medium by the use of the power of thought when any work of this nature is undertaken and challenge, with the medium, to ensure that the spirit is what it claims to be.

This power of thought, then, can be used for healing the body<sup>31</sup> and mind, for bringing into balance, for protection. How powerful can it be?

So great is the power of thought that it could be used to quell riots and disturbances, it could be used to stop a war; but it must always be sent in the right direction and not used for evil or selfish purposes. It must never be used to over-ride a fellow being or even a creature from another form of evolution. He who feels tempted to send out negative thoughts with intent to harm another — thoughts that work against the flow of the cosmos — will draw the full force of the law of rebound upon himself. Jesus understood this in all its depth; he said simply, “As ye sow, so shall ye reap.” Those who are entrusted with the gift of using this thought-force must always recognise the Ultimate with humility and obedience.

The powers of the universe are of themselves neither good nor evil, they are simply forces; it is only the use made of them and the intentions of the individual concerned which make them black or white, selfish or selfless, evil or good.

Is it necessary to condition the physical body if one wishes to harness the power of thought for healing and allied purposes? In my opinion it is essential that the physical body be kept

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<sup>31</sup> (p34)

in a balanced and fit condition, which means Inner and outer cleanliness and a light diet that discourages the lower forces. This involves abstinence from any form of red meat. I appreciate that people have their lives to lead and today, especially, when one sometimes has to eat in public restaurants there is often little choice. But for your own safety I would say that this must be observed, for red meat lowers the density of the body and the blood content encourages entities of the lower astral.

For a reasonable period before working — and by that I mean at least twenty-four hours — total abstinence should be observed from any form of alcoholic drink. It is also advisable for any members engaged in this work who are unioned with a partner to abstain from certain physical functions for a similar period before using thought-forced in a positive and directed way.

With regard to drugs, these should never be touched by anyone involved in this type of mental discipline. I have dealt with the drug question and the detrimental effect drugs can have on the evolution of the spirit in another lecture. I am, of course, referring to the hard drugs and hallucinogens, although I also consider that even light stimuli such as coffee and tea are not exactly aids to the spiritual or physical development of man! If all these points are observed strictly, then there will be no danger and the workers concerned will be able to maintain a high standard. Some of these rules may seem unnecessary, but I can assure you that when you are entering into more subtle dimensions the slightest defect can attract a multitude of undesirable influences.

These are not impositions but little suggestions designed to help you to protect yourselves and to go forward without fear. After taking<sup>32</sup> every point into consideration I know you will agree that, irksome though they may sound, they involve little sacrifice when compared with the spiritual upliftment and fulfilment you will achieve from the help you will be able to give to others by observing these suggestions.<sup>33</sup>

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<sup>32</sup> (p35)

<sup>33</sup> (p36)

## Atlantean Healing

There are many types of healing in use in the world today, some of which are more effective than others. Healing can be concerned with the purely orthodox as with general medicine, with the fringe sciences such as acupuncture and naturopathy etc., or with what can generally be termed psychic or spiritual healing. The type of healing used in The Atlanteans could be broadly termed psychic but it does, in fact, differ from the more regular forms of psychic healing. Atlantean healing is the positive application of the power of thought to those imbalances that are the true cause of all disease, both mental and physical. The principle is as simple as mind over matter, but like all simple things it is Only by practice, experience and understanding that the fullest benefit can be obtained from it.

The Atlantean healer learns to use his or her mind as a transformer for those cosmic forces that exist throughout the universe, about which your scientists delight in telling you in this day and age. Thought power is no longer an hypothesis, it is an established fact. Thought can destroy; when wrongly used it can cause psychosomatic disorders, breakdowns and many mental illnesses. I have taught people to use the other edge of that sword, the side which builds, mends and puts matters right.

Thought sounds a vague enough thing in itself, but do not imagine that the utilisation of thought force limits one to a control of the nebulous and etheric. A healer who is capable of transmitting a certain form of power can indeed effect great physical changes such as the dispersion of unwanted tissue and the healing of bone conditions.

Since the Whole basis of our healing is thought there is no need for the Atlantean healers to touch their patients at all; any movements made with their hands are only done as a form of directive for their power and to aid them psychologically in concentrating their thought-force to the best of their ability.

Every spirit in a human body has an aura. It is an etheric substance emanating from the spirit that surrounds the physical shell and acts as a case or covering for it, thus protecting it from all cosmic forces. If the physical body and its counterpart, the etheric body, had not this protective robe or force-field, they would be open to influences of all natures and

would certainly not survive. The<sup>34</sup> human aura can be opened voluntarily or involuntarily and anyone aware of this can learn to keep his own aura well closed. A person's control, doorkeeper or guardian angel — call it what you will — helps to control the aura of its charge so that as little harm as possible can come to that body. A balanced mind and healthy body will help to maintain a strong and healthy aura.

When a person's aura is open all substances of a malevolent nature may enter. A sudden physical strain or jerk can serve to cause an opening, such as in the case of an accident where a leg is broken or flesh injuries sustained. Cases of disease involving viruses, germs etc. can soon be brought under control by realigning the physical and etheric bodies and sealing the aura, for such particles of life cannot exist unless they breathe from the ether; in fact, they live on the impurities in the ether. It is also possible to cleanse the aura and the body to a certain extent by the use of a cleansing ray. Medical science has found that the use of bandages and artificial forms of sterilisation is effective in cases of surface wounds, inasmuch as they give the aura time to adjust itself while the natural healing processes take their course. By the use of the power of thought the Atlantean healer seals up the aura in the affected places, so that the resident impurities will die from lack of nourishment and can be dispersed in the normal manner. This speeds up the healing process.

All diseases cause a maladjustment between the physical and etheric bodies and until this is righted the physical condition will not improve. If the sufferer is a strong willed person he may be able, with assistance from his spirit, to put right the maladjustment, but in most cases the services of a healer will greatly speed up this rebalancing process. Diseases such as cancer are brought on by friction between the physical and etheric bodies, caused very often by severe emotional stress; here again the physical condition will not improve until this is adjusted. All cancerous parts have an alien entity of their own and unless this is removed no amount of healing or surgery will effect a cure. The removal of such an entity is carried out by an experienced mental healer before the application of Atlantean healing.

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<sup>34</sup> (p37)

This brings us to the subject of mental healing, which is a more complicated and somewhat broader field of work for we are dealing not only with the physical body and the aura but also with outside entities. No person should be engaged in mental healing unless he has been specially instructed in it, for if this advice is ignored there could be a danger to the healer's own mental balance.

The power of the human mind is very great, as psychiatrists of today are rapidly learning. Many diseases of the human body, physical as well as mental, are psychosomatic, originating from the mind. Thus, physical and mental healers will often work together on one case, for it is necessary to cure the cause before the effect can be tackled successfully.<sup>35</sup>

When a person is a natural sensitive — that is, mediumistic — he is not always aware of the fact. Many cases of schizophrenia, hallucinations and so-called vivid imaginations are merely those of sensitives who walk through life with open auras through which penetrate all sorts of other spirit minds. They can even be possessed for periods when they are “not quite themselves” without the possessor being necessarily of an evil nature. It may be a spirit from the second plane that wishes to communicate something which it has learned or to send a message to a loved one. When a person is receptive he is not only receptive to good influences but to all influences; hence the cases of brilliant artists and composers who receive much of their inspiration from the “other side” but whose private lives are often far from inspiring. A good and well-trained sensitive will learn to keep his aura closed at all times, except when he is working and fully protected.

To return to mental healing: when confronted with a case of mental maladjustment the healer must first ascertain the cause.

Causes may be many and varied, the most common ones being (a) when the spirit within the body is a young or weak spirit and is influenced by those around it in the spirit world. In such a case the spirit will pay more attention to an interfering spirit than to the task of controlling its own physical body and this causes great confusion of mind to the person

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<sup>35</sup> (p38)

concerned; and (b) cases of possession, ranging from the violent elemental type to the more subtle possession by a spirit from a higher plane.

Let us deal with the former first. We can assist a weak spirit by bringing it closer in to the physical body so that the two can work in greater harmony away from distracting influences. The spirit will then be able to assume greater control of its body. It is rather like the puppeteer who controls his dolls by pulling strings; if one of those strings snaps then that portion of the puppet to which it is attached will cease to function correctly. If, however, he refastens the string the limb will again respond to his will.

Cases of possession include lunacy, sex-mania, many crimes, fits and violent changes of personality. The possessing spirit must be exorcised and sent to its own sphere of evolution. When a person has been subjected to the strain of being controlled by an alien entity it will take time to build up both the physical body and the aura after the correct spiritual adjustment has been made. A post-possession case must be watched very carefully and recharged regularly until the native spirit has regained complete control of the situation.

Sadism and sado-masochism are but two of a series of aberrations that occur when a young spirit takes on a physical body with a clever brain. The spirit has neither the wisdom nor experience to control and channel the mental energies into creative fields, so the mind seeks outlets in perverse physical expression. People of this nature attract lower entities of their own order and if they are not<sup>36</sup> careful a spiral of degradation can ensue. They can best be helped by joining a disciplined and ethically well-organised group or section of society and, of course, if they should attract discarnate intelligences of a low order a healer occultist would be of assistance.

Mental healing encompasses neurosis, psychosis and allied troubles, breakdowns and all psychosomatic ailments.

Finally, we come to the question of physical and mental deformity, such cases as spastics, cretins, mongols and backward children.

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<sup>36</sup> (p39)

Fuller details are given to healers who specialise in this type of healing but, briefly, such conditions are usually due to (a) lack of alignment between the physical and etheric bodies so that the spirit cannot influence the physical brain to assume control of the nervous system of the affected parts; (b) the entrance into a human body of a spirit that is not in a suitable state of evolution for human existence; or (c) a karmic condition personal to that spirit.

As for diagnosis: legally, the layman is precluded from making a medical diagnosis, which is indeed a good thing. So, in observance of the law, Atlantean healers do not make a point of telling their patients what they feel is wrong. However, by the use of an extra sense, call it etheric sight or the third eye as you will, the Atlantean healer is often able to dig down to the primary cause of the trouble and offer a few tentative suggestions that could help the patient to rid himself of his trouble in the ordinary course of life. The advice might be for more rest, or a regulated diet, or even an immediate visit to a physician; but no more. The healer is always prepared to listen to any problems and discuss possible solutions.

There are no intermediaries in Atlantean healing, no guides, spirits or deceased doctors that take possession of the healers and do their work for them. All is carried out in conscious command, for this is the age of reason when man must learn that to lean on the discarnate when he is in fact capable of doing the job himself is helping neither them nor him.

It has been found from experience that healers fall into certain groups or categories according to their own individual make-up and the way in which they act as channels for the cosmic forces.

According to the type of ray produced by the mind of the healer, so will he be equipped to deal with, say, a physical case, a psychological case, or a patient who is badly disturbed mentally. Cases of possession must primarily be dealt with by an occultist.

The human body is governed by the stage of evolution of the spirit. There are also strong links between the psychological make-up of a person and his physiological appearance, so a great deal can be learned from the study of physiology as understood by writers such as Kreschmer, Dr. Charlotte Wolfe and Beryl Hutchinson. But it is the spirit that controls the human mind, for the brain is but a machine and, without the spark of spirit to send it on its

way, it would be no more than a zombie. (See lecture on “The Mind”.) The human body was designed to function under certain conditions<sup>37</sup>, that is within a given temperature range and with balanced amounts of chemicals in its system. Should there be a sudden alteration in any of these conditions the spirit will be forcibly ejected from the body, causing the person to faint, enter a coma or even die.

Let us take alcohol as an example. The human system has an average alcoholic content and if this is added to slowly the body can acquire a limited tolerance. Some people are unable to acquire this tolerance and their bodies reject the excess soon after it is taken in. This is the result of a certain defence mechanism triggered off by the spirit as a protection against physical poisoning or loss of conscious control.

However, many people do not have this and when any excess of alcohol is retained in the body the chemical imbalance becomes accentuated and the symptoms of drunkenness will result. If the excessive intake is repeated too often the body becomes slowly poisoned. One of the symptoms of drunkenness is insensibility, or lack of control of the spirit over the body; the misalignment caused by this condition can attract alien entities and even encourage possession.

This rejection of the body by the spirit will also occur if the temperature of the former is changed to any degree, for the spirit or ego will only retain control under set physical conditions. Drugs act in much the same way, forcing the spirit from the body; the inhalation of certain gases which cause an unnatural imbalance in the chemical make-up of the body has a similar effect. (On the subject of hallucinatory drugs please see booklet entitled *Spirit Evolution*.) Care should be taken when a person is in a state of unconsciousness (either natural or forcibly induced) that alien entities are not allowed to take over the cords controlling the body and cause a possession. It occasionally happens that a person “never seems the same” after, say, an operation when his spirit has been forcibly ejected by the use of anaesthetics. In the treatment of mental cases shock treatment is often employed; this will serve to eject the possessing spirit for a short period but unless the aura is sealed it

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<sup>37</sup> (40)



may well return, as the native spirit alone, without assistance from a healer, would find the task of holding it off too difficult.

It is possible to bring about miracle cures but great power would have to pass through the healer and the amount of power any healer can take at one particular time is dependent upon many factors. The physical body needs to be trained to take a high vibration and few people today are prepared to put themselves out sufficiently to achieve the necessary balance between spirit and body to take such power.

Since Atlantean healing is carried out by the power of thought, time and space are no barriers and a considerable amount of absent healing is undertaken. Whilst some healers find they are able to concentrate more easily on a patient who is present, others find that by picturing the sufferers mentally or tuning in to their vibration they are able to achieve an equal amount of concentration.<sup>38</sup>

Although we speak of a “healer” who “cures” a sufferer, what the healer is actually doing is assisting the patient to cure himself. A healer is a person who is a suitable channel for a certain type of power which, when directed by thought to the etheric body of a sufferer, aids the patient's own spirit to make the necessary adjustment.

The healing ray is a double-edged sword that Atlantean healers are trusted not to misuse for they understand the karmic rebound this would cause; neither is it to be used for entertainment purposes but solely for the benefit of mankind.<sup>39</sup>

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<sup>38</sup> (p41)

<sup>39</sup> (p42)

## What is Karma and Does it Affect Healing.

Let us examine the question of karma. A great deal has been said on this subject which has perhaps tended to confuse the issue.

Some people even find the concept of karma a convenient excuse for many things. If they can find no answer to a question or situation they are apt to say "it is karma!" So what is this elusive thing? Is it a law? A blueprint? Let us examine it together. I say "together" for the knowledge is within each one of you; I am going to release it in order that you can recognise and collate your own thoughts in a progressive direction.

Karma is a plan. You might say it is a plan of your life, a plan of your friend's life, a plan of your Earth planet, of everything around you. But how far does that plan go? Where does it begin and where does it end? What determines the plan?

Let us consider the last of those questions first by explaining that karma incorporates the law of cause and effect. The karmic plan of a spirit is no haphazard collection of events but is to a great extent determined by the sum total of that spirit's previous experience. Once free from the body a discarnate spirit is able to look back over its entire evolutionary experience to date and, as a result of this, determine the sort of Earthly existence it now wishes to undergo. Some of this karma or plan will arise as a direct result of the spirit's previous life, but if a wise choice is made it will also be a complement to its over-all evolution.

When a spirit is discarnate it is not limited by time or space as you are on Earth. Let us say that it reaches a stage or understanding in which it is ready to incarnate into a physical shell; it seeks a body which it feels is going to give it the form of experience it needs.

For instance, a particular spirit might realise that it requires to experience as a sailor who will be drowned at sea. It will be helped and guided by higher spirits to choose a suitable body that will provide the necessary experience it is seeking. Because that spirit is not bound by time and space it can look along a life and see the path it will take; it will not see the details of that life but it will see the milestones, the important events. The spirit sees

that in this<sup>40</sup> particular life it will run away from home and go to sea; that it will not marry but will meet up with a close friend from a previous life and see the world; that it owes this friend a debt of gratitude and wishes to repay him in some way etc. Having ascertained the plan or karma of such a life it would enter that body at the moment of conception. Each one of you has a karma of your own life and it is up to your individual freewill as to whether or not you fulfil that karma.

The freewill a person possesses stems from the spirit. Each individual spirit chooses its own way to evolve and there are an infinite number of ways of evolution. No two spirits have ever trodden an identical path of evolution; each chooses its own individual path to fulfil its karma. This choice is made by the spirit exercising its freewill outside the body, before incarnation, because once it has been born as a person here on Earth that person is subject to prevailing laws, environment, world conditions and many other factors that create certain limitations to the expression of freewill. This is the challenge that a spirit takes on when it incarnates: to express itself within the limitations of the physical body and prevailing environment in which it finds itself, whether it remains in its country of origin or moves further afield.

So, remember, you chose your physical body before you entered this life. Having incarnated you still have freewill to choose the finer details of your experience for, indeed, you have the choice to make the best or the worst of your incarnation, to fulfil it or to let it drift aimlessly; and you are making that choice every day of your life.

I am now going to make a statement regarding karma which may come as a surprise to some of you. A spirit *could* complete its entire evolutionary karma in one life, although this would be very exceptional, or it could choose to do so over a number of lives, tens, hundreds or even thousands. This it chooses of its own freewill.

Here I am referring to the over-all karma of the spirit and not the particular karmic facet it elects to face in any one Earth existence.

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<sup>40</sup> (p43)

It could be said that on average a spirit would take six to ten incarnations to ascend to a higher plane, but spirituality is not really something you can work out in a specific way for it is so individual.

Some spirits may take many incarnations and others very few. If anyone tells you there is a fixed number of incarnations for a spirit to undergo they are misleading you. It is up to each one of you to fulfil your evolution in the way you are best able.

Similarly you will meet the person who has returned to pay what is termed a karmic debt for a wrong or harm perpetrated in another incarnation. He can work off this karmic debt in the first five years of his life or it can take him a lifetime. He may never complete it in the life in question; this often happens, in which case his spirit will have to return and re-live those karmic experiences in yet another incarnation.<sup>41</sup>

As Atlanteans you may ask what we can do about it. How can we know if we are fulfilling our karma?

The first lesson is very simple, so simple that you will say to me, "But we know that already. You are telling us what we know." My answer would be, "If you know, why don't you do it?" The first lesson in anyone's life is to learn tolerance and understanding.

Two simple words which mean so much and yet seem almost non-existent as I look around your Earth planet today. That is where you start, in your attitude to those around you. At the same time you learn to see yourself for what you are and this is the hardest test of all. There is hardly a person on your planet today who truly knows himself, although some can go quite a long way towards it.

Stop for one moment and look at yourself fairly and squarely. What do you see? Cut away all the things you would like to be and think you are and look at the real you; for you are what you are, no more and no less. If you can do that honestly you will then be able to see your friends and neighbours for what they are and, in accepting them as they are, will help

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<sup>41</sup> (p44)

both them and yourself. Having reached that point you will move forward steadily and progressively in balance and harmony.

You came to Earth to experience; to experience such things as are available on this planet. A part of this experience is to seek spiritually. On one hand you are evolving in a body which is limiting, but on the other hand you are following the unlimited path of spirituality. All these things fall into the unfolding of your karma and, in pursuing a balanced life and following the dictates of your true conscience, you will flow *with* the laws of the universe and realise your true karma.

Let us now look at karma in relation to illness and healing. Does healing affect karma? Yes, it does. But — and I am going to use a very large but here — it need only do so in as much as you as individuals wish it to.

For example, let us say that when you were in spirit you realised that in your next incarnation you would gain some useful experience if you suffered from a certain disease. You came into this life and eventually you caught that disease. Suppose we healed it; would that be denying you your karma?

My answer is a very simple one. If in taking that healing you can place it in a proper perspective, understand why you are receiving it and understand that God does not wish you to suffer, that it is possible for you to rise above the necessity to suffer, if you can appreciate all this and use the benefits that you receive from such healing to help other people, then you will not only have achieved your karma but you will have learned a greater lesson than you would have done from having the disease and not being healed. This is what is termed transmuting your karma.

There are some cases in which the healing of a disease by spiritual means is part of a person's karma, for such an experience can open one's eyes to a broader understanding of the universe.<sup>42</sup>

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<sup>42</sup> (p45)

Your Earth planet is fast approaching a period in its evolution when physical suffering will be less prevalent. Spirits wishing to atone for karmic debts will therefore either elect to do so in service to their fellow men, or choose to incarnate on another sphere that is passing through a period in its evolution in which suffering of a physical nature is still being experienced.

In our healing we are using thought, for in its power there is unlimited scope for mankind to heal diseases and disabilities and to help people to adjust their lives. The higher the healer seeks the more power he will be given to work with. Such is the will of the Father/Mother God and we believe, as Atlanteans, that if we go into the world with this knowledge and understanding we can help people quietly and kindly.

The subject of karma has many aspects and side issues of which I have covered a few in this lecture. I have tried to give you an overall picture of my teaching on this subject and hope that you will gain from it a deeper understanding and an enrichment of your own life and the lives of those around you.<sup>43</sup>

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<sup>43</sup> (p46)



