

The Milk Is White



By Jan Gardner

THE MILK IS WHITE

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Ignore the messenger.....heed the message!

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Thought creates
Creation manifests
Thought manifests.¹

The "Quo Vadis?" File

¹ These three lines encapsulate the cause and effect of everything relating to life.

CONTENTS

PREFACE	1
CHAPTER 1 - STEP BY STEP	3
CHAPTER 2 - OUR FIRST REALISATION	10
CHAPTER 3 - THE BODY/PERSONALITY.....	16
CHAPTER 4 - DEATH	20
CHAPTER 5 - LOVE.....	23
CHAPTER 6 - LIVING THE TRUTH	27
CHAPTER 7 - AN APOCALYPSE?	37
CHAPTER 8 - REALISATIONS	39
CHAPTER 9 - THE "Quo Vadis?" FILE.....	40
POSTSCRIPT.....	47
APPENDIX.....	49
THE PATHS TO ENLIGHTENMENT.....	50
The "Quo Vadis?" File II.....	52
"Quo Vadis?"	53
Mind Control	53
The Universe and Karma.....	53
Little Acts of Good.	53
"God" the Title.....	54
On Loving Ourselves.	54
Death.	54
Happiness.	54
Thought.....	54
Fear.....	54
Our True Self.....	54
Negative Feelings/Situations.	55
An Affirmation.	55
Patience/Solitaire.	55
Justice.....	56
Happiness	56
Controlling Life.....	56
Darkness and The Devil.	56
Mind - Clouding Our Sky.....	57
Good or Bad?	57
The Mind & the Inner Voice.	57
Doing Your Best.....	57
Spiritual progress.....	57
Blocks To Learning.	57
Solitude - Being alone, isolated.	58
Dependence/Independence.....	58
Attack	58
Let Go! and Win!	58
IF.....	58
Addiction.....	58
To Change the World.....	59
Love.	59
Illusion.....	59
Self-observation.....	59
How is Life?.....	59
A Question of Focus.	60
Absorbing Spiritual Truths.....	60
The Living God.	60
Choice.....	60
Emotion.....	60
God's Will.	60
'Inside' and 'Outside' the Universe.	60
We as Co-creators (with God).	61

Taking Responsibility.....	62
The Soul.	62
The Itch.....	62
Giving.....	63
Opportunity.....	63
Karma and 'Merit Points'.	63
The Body - Defects and Illnesses.	63
Be Forgetful.....	64
What is the Mind?	64
The Soul Incarnate.....	64
Unloving talk.	64
"Why Me?"	65
Self-betterment.....	65
Rituals.	65
Faith and Fear.	65
On the Path.....	65
Medical Practice.....	65
Wants and Needs.....	66
Human Conflicts.	66
The Rat Race.....	66
Anger, Hate and Animosity.	66
Friendship.....	66
Parent/Child.	66
Is Karma Immutable?	67
The Gender Pendulum.	67
Scepticism.	67
Success As Defined by Money.	68
Duty and Responsibility.....	68
The Crescendo of Collapse.....	68
The Environment and Karma	69
Enlightenment.	69
Giving Advice.	69
The Still Mind.....	70
"Living For Others."	70
Dislike Of Someone.....	70
Marketing/Advertising.	70
The American Ideal.	70
The Soul.	70
Light.	71
The Inadequacy of Words - an example.	71
The Test of Manipulation.	71
Moral Decay and Illness Today.....	71
Balance and The Universe.....	72
Statistics.	72
Stress.	72
Happiness.	73
Meditation.	73
Food and Drink.	73
Body Changes.....	73
"Convenience."	73
The Seesaw Of Emotions.....	74
Success.....	74
Urge and Desire.....	74
Regressive Progress.	75
Remembering Past Lives.....	76
The Boat Of Life.	76
Non-attachment.....	77
God's gifts.	77
"The Way".....	77
Navigation.....	77

Soul Purpose.....	77
Crediting God.....	77
Territorial Ties.	77
Killing.....	77
War and God.....	78
The True Achiever.....	78
Emotions/attachment/memory.....	78
"Let no man put asunder."	78
Love.....	78
Spirituality.....	79
Self-healing affirmation.....	79
Commandments.	79
Possessions.	79
Light.	79
Civilization.....	79
Fear of Death.....	80
Looking after No.1.	80
Labels.	80
"Wasted Years."	80
Religion and Mysticism.	80
Seek and Find.	80
"I Love You!"	81
Authorship of This Material.	81
The Environment.	82
Invasion.....	82
Xenophobia.....	82
Love.....	83
Human Discontent.	83
Recognizing Truth.....	83
Reciprocating a Gift.	83
Progression & Regression.	83
Immortality.....	83
Health, Wealth & Happiness.....	83
What is Money?	83
Reliability/Punctuality.....	83
Letting Go & Non - attachment.	84
Research.....	84
Seeking Wider Knowledge.	84
Contrition.	84
Karma and Balance.	84
Parental Advice.	84
The Paradox of Good & Bad, Right & Wrong.	84
Karma & Balance.	85
The Earthly Experience.....	85
Accepting Responsibility.	85
Contentment and Satisfaction.	85
True Self-sufficiency.	85
Action and Reaction.	86
Omissions of the Buddha & the Christ.	86
Winning & Losing.....	86
The Physiological Response To Thought.	86
Pleasure and Happiness.....	86
Is Money the Driving Force of the World Today?	87
Comprehension & Fact.	87
Beauty of Body and/or Personality.....	87
To Idolise or Idealise?	87
Obsession.	87
The Demise of the "Civilized" Peoples.	87
Experimentation on Animals.	87
Religious Excess.	87

Immunization.	88
Respect for Non-human Life.....	88
Riches and One's State of Being.	88
Actions and Harm.....	88
Money.....	88
Religion and Self-help.	88
Conceptualising 'God'.	89
The Brain.....	89
The Spring of Knowledge.....	89
"The Christ Within".	89
The Downfall of the Human Race.	89
The Buddha & The Atman (Soul).	89
The Unavoidable Path.	89
Learning & The "Fear of God".	90
Authorship of This Material (2).	90
Marriage.	90
The Placebo Effect and Healing.	90
The Body - Self-created.	90
The Manifestation of the Soul as a Body.	90
"If you live by the sword"	91
Inequality the Cause of Violence.	91
The Soul's "Wardrobe".....	91
Judgement or Observation?	92
Karma the Boomerang.	92
Ignorance and Opinion.....	92
"Judgement Day"	92
Achievement.	92
Peace - Individual & World.	92
Life, the Train Journey.....	92
Forcing Belief.	92
The Buddha's Teachings & The Great Spirit.....	92
Inner Peace & Peace on Earth.....	93
Long Life & Child Death.	93
War and Compassion.....	93
The Eternal "Now".	93
Health of the Body & Mind.	93
The "Way".	93
Success.....	93
Income/Wealth.	93
A Basic Prayer.	93
The Eagle Flies High.....	94
"Out of the blue" - Supra conscious Activity.	94
The Crutch & the Gift.....	94
Building Monuments to 'God'.	94
The Salmon and the Soul.	94
"I know." & "I am.".....	94
EnLIGHTenment.	94
Arrogance and Ignorance.	94
In a Good Cause.....	94
The Critic Within.....	94
Real Success.	95
Debating the Pros & Cons of Spiritual Truths.....	95
The Fog of Emotion.	95
Every One's Only "Religion".	95
The Physics of Karma.	95
War and Invasion.....	96
Spiritual Growth - an erroneous concept.	96
Creation.	96
The Truth and the Pond.	96
Inner Bankruptcy.....	97

Awareness of One's True Identity.....	97
Spirit - Soul - Body.....	97
The Uniform of the Enlightened Soul.	97
Thought as "an intelligence".	98
The Body.	98
Seeking Advice.	98
Spirit & Soul.....	98
Karma and Rewards.....	98
The Comfort Zone.	98
Full Enlightenment.	98
Behaviour.	98
Negative Behaviour - the Cause.	98
The Purpose of Life & the Universe.....	99
Self-indulgence.	99
Mental Drift.	99
Mind/Thought.	99
Morality.	99
The Future.	99
Creation.	99
True Happiness.	99
Mind & Soul.	99
Riches.	100
Enlightenment and the Bean Seed.....	100
Finding God.....	100
Life - an illusion, dreamlike.	100
Emotional Peace & Human Behaviour.	100
Right and Wrong.....	101
The Soul.	101
Rebirth In Non-human Form.	101
Christianity, Buddhism and taking responsibility.	101
Love.	101
Renunciation of worldly things.....	101
The Body - It's Making.....	102
Flightless Birds we are.....	103
The Circle - The Source.....	103
Recognition/Realisation/Enlightenment.	104
True Reality.	104
Science and Intuition.	104
The Soul, Thought & Thinking.....	104
Understanding.....	104
"I AM" - the awareness of.	104
Problem solving.....	105
Enlightenment and the Absolute.....	105
Choice and Karma.	105
Attachment & Non-attachment.	105
Thought and Thinking.....	105
Education.	105
The Earth, the Universe, Life - The Absolute Reality...105	
Birth and Death.....	106
Enlightenment.	106
The Sceptic & being sceptical.	106
The Mystic.	106
The Soul and Choices.	106
Emotion.....	106
Terminology - spiritual.	106
All is One.....	107
The American Culture.....	107
Being "Still".	107
Karma.	107
The "Point" of Reality.....	108

Impermanence.....	108
The Akashic Records.	108
Love - what is it?	108
Ceasing the Vicissitudes of Life.	109
Doubt.....	109
The Science of The Reality	109
The Truth and Ignorance.	109
Free Will and Karma.....	109
Happiness and Joy.	109
Joy and Happiness.	110
Problems & Solutions.	110
Three Realities.....	110
Life is not as it seems.	110
The Truth.	110
Love and the Mango.	110
Needs and Wants.....	110
Loss of Faith in God.....	110
Age of the Spirit, Soul and Body.....	110
Guilt.....	111
Strength and Weakness.	111
Patience.	111
Loving One's self.	111
The Message & the Messenger.....	111
The Simple Solution.....	111
The "Quo Vadis?" File II - INDEX.....	1

"The milk of cows of any hue is white.
The sages say that wisdom is the milk
And the sacred scriptures are the cows."

The Amritabindu Upanishad.

The unspiritual man does not receive the gifts of
The Spirit of God, for they are folly to him, and
He is not able to understand them because they
Are spiritually discerned.

If ye keep my ways, I will love thee, will abide
With thee, and bring to thy remembrance all things
From the foundation of the world.

The Bible

PREFACE

Why am I writing this book when all that is needed by seekers of the Truth is already available from many sources? Why do I embark on this with no experience in such an endeavour and with the knowledge that 'little me' will be attempting to convey some rather awesome spiritual truths? I have no idea how this will turn out and am responding to an inner prompting, a recent meditation period during which a computer keyboard floated down accompanied by the message, "The answer lies in the keyboard!" and advice to us in the Edgar Cayce¹ Readings that we should start where we are, with what we have in hand, and leave the result to God - the Creative Forces. This advice is essentially the same as one aspect of the "non-attachment" taught in Buddhist and Hindu teachings that is to do with acting without attachment to the fruits of the action. What I do know is that this book will be a synthesis of the teachings of those who have come to us periodically with the message of the Great Spirit.

The Force, the wonderful Intelligence, that we variously call God, the Creator, the Creative Force/s, Brahman etc. will, in this book, be called the Great Spirit because that comes closest to my conceptualisation of that which is beyond our ability to conceptualise. Also, because the Great Spirit is neither male nor female references such as He and She will not be used but instead, with complete love and respect, the term It.

Because nothing happens to us without there being prior influences or occurrences leading up to a given point in life, and because nothing happens by chance or without good reason, it seems that it would be helpful to describe, as briefly as possible, those aspects of, and influences in, my life that appear to have led me to where I am at present.

I was born into a family with a Buddhist father and Anglican Christian mother neither of whom made any attempt to indoctrinate us, the three children, in their beliefs, and neither were they zealous in the practice of their beliefs. In fact, in my father's "shrine room" statues of the Buddha and the Christ were given equal pride of place in that they were each placed equidistant from the centre of the "altar". As children we went to church on Sundays and Christmas day.

When I was about nine years old in a boarding school I was a member of the church choir and attended church on Sundays. I used to notice all the various brass plaques - on pews, the tower and elsewhere - stating that each was donated by this one or that one and I could not understand why, if someone gave something, they wanted to announce it to everyone.² Also, at the time of my impending Confirmation I came to the conclusion that what I was being taught in church was somehow flawed and, perhaps because of this, I decided against getting confirmed. Not long after this I prayed to God asking that my bed-wetting be stopped and, when this was not granted, I decided that there was no God and became an agnostic but not an atheist.

By the time I reached my late 'teens I was, and had been, wondering about the apparent injustices in the world. I wondered why black people were treated the way they were in parts of the world, why the Jews were persecuted, why some people were deformed or crippled, and so on. I had, at the age of fourteen, bought a book on the life of the Buddha and this, no doubt, had a bearing on my thinking. On later reflection it was also obvious that by my late 'teens an interest in the supernatural had manifested as books about people appearing after dying, Colonel Fawcett's experiences, during and after life, in the Matte Grosso etc. fascinated me. When I was eighteen I read a book entitled "Time - the Forth Dimension" that proved to be too much for me to absorb so I gave it up, but not before one little exercise in it had an effect on me. The exercise involved the reader looking into a mirror, behind that was another mirror creating an infinite number of images of the viewer, and pondering the question of whether what one saw was all there was. This made me realise, or at least suspect, that there was more to me that met the eye that other than the me I had been looking at was an imperishable me.

At around the age of twenty-two or twenty-three my sister, who for some reason thought it would be of interest to me, lent me a copy of "Many Mansions" by Dr. Gina Cerminara. This was a major turning point in my life because in it was the explanation of those questions for which I had been seeking answers. For me there was an intuitive recognition that the information set out in the book was true. The next relevant book I read was "The World Within" by the same author and this continued my enlightenment.

For the next twenty five years or so life unfolded for me with its ups and downs and the new knowledge I had acquired did not have a noticeable influence, but it would be fair to say that it was running just below the surface. Now, in retrospect, I would say that was the period of my life set aside for my worldly

¹ Pronounced Cay-see.

² Some years later, on the venerated mountain called Sri Pada and Adam's Peak in Sri Lanka, I encountered a similar situation where pilgrims, mainly Buddhist, were being encouraged to make donations by their names and the amount being announced over the loudspeaker system.

pursuits overseen by the soul and, although this period took me through some extremely difficult experiences these did not adversely affect all facets of my life at the one time. Consequently, when in 1985 at the age of fifty, I found myself in a situation of total bankruptcy - in regard to emotions, finances, employment, accommodation etc. I was at a very, very low ebb.

Synchronistically (sic), two months prior to this 'bankruptcy' occurring I had, at considerable effort and cost, got a copy of "Many Mansions" flown out from England as my previous copy had been borrowed by someone and not returned. Consequently, when I hit rock bottom and needed it, it was at hand.

From the ashes the phoenix rose! I read and reread "Many Mansions" and "The World Within", started meditating, joined The Association Of Research and Enlightenment to obtain as much information as I could on the Edgar Cayce Readings, and bought as many books as possible on spiritual and associated subjects, leaving the choice to intuition rather than intellect. Also, after all the years of agnosticism I one day knelt down and resumed communication with the Great Spirit although it took me some months to achieve this.

Subsequently I started having mystical experiences and, of these, one type was where I would be 'lead to' a book I had, or someone would lend me a book, in which I would find the answer to a question to which I was seeking an answer. Once, after I had been wondering why so many weird and wonderful things were happening to me, I got up out of my chair for no apparent reason, went to the bookshelf, pulled out the Edgar Cayce book called "The Individual Reference File" and let it open of its own accord. On the right hand page the following paragraph hit home: "But whom the Lord would exalt, He first brings low that they may know that the strength is of the Lord - and not in the hosts but the still, small voice that beareth witness with thy soul, thy spirit, that ye walk that straight and narrow way that leadeth to understanding. And in saving those of thy own shortcomings, ye find ye have been lifted up."

I was asleep one night in August 1985 when a one-page text appeared on my 'mental screen' and I awoke with a compulsion to commit it to paper. I went to my desk, got out a sheet of paper, wrote down what I had seen and went back to bed and sleep. It was all done in fifty-five minutes. When I got up in the morning I read what I had written and found that all I had to do was correct two minor grammatical errors. Having done this I typed it. This is what it was:

"1983 and 1984 was my baptism by fire. Its consequence was to make me realise for the first time that love of another, and hence all others, more than love of myself, was not only possible but a fact. It was a period that re-started me on a journey of thought that had commenced when I was a child of around nine years. It was as if all the mental deliberations of the past forty years, some remembered, some forgotten and some, perhaps, of which I was not conscious, were caused to be channelled into the tube of a funnel and thence almost explode into the ever-widening mouth. There was an awareness that here was the light at the end of the tunnel, that here was the answer within reach and that I must search for it. As I searched it was, and as I search it is, as if the light is getting brighter; it is almost awe-inspiring and tangible at times.

What is being revealed to me is something wonderful and my problems pale into insignificance and are supplanted by a total force - Love.

I have been grappling with the challenge of having to dispel from my mind an experience of very deep love, which trauma concluded, by not using the tool of highlighting the bad to salve the wound but by seeking positive means so as to retain love for another soul. This was not easy as opposing forces caused fluctuations in the line of intent. But, the more I read, the more I analyse, the more I think and the more I, therefore, understand, the easier it becomes because I am on the path of understanding at last. Ahead lies the road, beyond that the highway and, beyond that still, but out of view, the bridge and I am happy within myself."

In 1985 I started writing deep, philosophical material where the act of writing was almost forced on me; I just had to stop whatever it was I was doing and go to my desk and write. This writing did not seem to be channelled in any way; it was more a combination of discursive thought and intuition although some of it far beyond the capacity of my conscious intellect. At times the subject would gestate for some weeks with me not knowing the outcome although I was aware that something was in the making.

I write this book in the hope that it will be of help to people and that this action is in accord with my long time affirmation, adapted from one of the Cayce Readings, which is, "May it be your will not mine, Great Spirit, which manifests in me and through me and, each day as I go in and come out, may I be a channel for your blessings. Here I am, take me, use me."

A lot of the information in this book is in simple, conceivable form. There is much which cannot be communicated or understood, or both, which is not given here.

CHAPTER 1 - STEP BY STEP

The Truth, with reference to the purpose of human life on Earth, is like a pyramidal mountain. As we seek the truth we climb this mountain on all sides, on varying paths, with each path suiting our individual needs and this is not an easy trek because we are wearing lead soled boots and heavy clothing acquired in the past that we will gradually shed as we ascend. This trek is like one we would encounter in a tropical jungle which is full of clinging vines, protruding roots, is sometimes slippery underfoot, and has gullies and cliffs we can fall down, as well as beautiful birds, flowers and scenery. Often we have to hack our way through obstacles, toil up and down slopes and may suffer cuts, sprains, bruises and broken bones. At times we may have to stop to rest or we may feel like giving up.

Along the way there are many springs for us to quench our thirst for knowledge and all are from the same source within the mountain. As we climb we experience the Truth from our peculiar standpoint at the time. However, since there can be only one ultimate truth, when we reach the top we all come to the same pinnacle of knowledge and state of being.

Another analogy of the Truth is that of a multifaceted diamond. Imagine one hanging in the middle of a group of people. Each person has a different perspective depending on such things as light intensity, angle of reflection, the height of the person, their distance from the diamond and so on. If they choose to move around they will encounter varying aspects of the stone as well as varying aspects of the light. Yet, the stone and the light essentially are unchanged.

In the Upanishads it is said that the milk is white irrespective of the colour of the cow. This is another way of expressing the oneness of the Truth.

So how do we find the truth in all that is written and spoken about this? How do we sift through all that is presented to us as the Truth? Firstly, we must be aware that this may be distorted in some way. This distortion can be caused by the following:

- Delay between the moment when something is said and the time it is set down in writing or repeated verbally. In the meantime, memory loss and the nature of the mind modify the original.

- Deletion in part, or intentional modification of the original. An example of this is where, say, the requirement of the equality of the sexes conflicts with existing customs or threatens the existing societal superiority of one sex.

- Errors in translation, or the inability in translating to find an accurate correspondence to the original intent. Take, for instance, the biblical reference to the camel and the eye of a needle. With reference to Aramaic, the language that Jesus spoke, a couple of alternatives to 'camel' have been suggested. One is 'rope' as the word for camel and that for rope are extremely similar. In the circumstances it is obvious that the choice of the word 'rope' would have been far more appropriate for the purpose of this analogy than 'camel'.

- The fallibility of the human mind which is liable to alter the original, even if only subtly and unintentionally, as it translates, transcribes or interprets nuances.

- Symbolism: Where this is used we are faced with a quandary because, firstly, we may not be aware of its use and, secondly, if we do not have the key or keys to the symbols, the intended meaning is open to interpretation. As an example take the reference in the Bible to "subduing the Earth". This has led to all sorts of problems because it has been taken literally and the Earth despoiled and dishonoured as a consequence. If, however, as has been suggested, the Earth, in this context symbolises the mind's attachment to Earthly things, that is the phenomenal world or the 'world of matter', the reference is to our subduing this mind and what it generates.

- Finally, as far as we are concerned here, is the way in which we, intentionally, in ignorance, because we have been told so or because it suits our purposes, give meanings to words. Take the word 'conquer'. Historically, we have taken this to mean war rather than love although in the essential context of the teachings of the Masters it is the latter that is the only factor.

The above are only illustrations of what can happen and the astute reader will seek elsewhere for more information and/or exercise great discretion in accepting what is presented as the Truth particularly where it is not first hand.

Ultimately, as we seek and, in seeking, as we read, listen and think, the answer can only come from within. From this source, as we apply what we learn and as we seek humbly through meditation or any other activity, we obtain unadulterated information to suit our needs and our capacity to absorb at the time. It is important that we do not unquestioningly accept what we read or hear, even when it appears to come from within for the mind is a great trickster and we are easily fooled, particularly when our ego is involved. Critical analysis is very important especially if we are told that it is sacrilege to do this. This independence of thought may be difficult to maintain or exercise as we may feel that we are being disrespectful to the source of the information but this feeling is unwarranted because, where information is proffered out of love, no

respect or unconditional acceptance is demanded. Where such demands are made it is an indication of ignorance or self love not true love. It is a grave error to even attempt to fetter the mind of another.

It would be fair to say that only fully enlightened souls, the Christs, the Buddhas, the Avatas, the Masters etc. can truly say, "This is the Truth" and that others can only say, "This is my Truth". In any case, even the non-core pronouncements of fully enlightened souls are subject to societal prerogatives, the capacity of the people of the time to comprehend and the appropriateness of the time itself in cosmic terms.

The journey on the path of learning that is as continuous as life itself is continuous, is triggered in any one Earthly lifetime by any number of factors. Some appear to be coincidental, some chance or luck but nothing happens without good reason and there is no coincidence, chance or luck in this. It is said that when the time is right the teacher appears; this is very true except that the teacher may not be in the form of a person. Whether we are aware of it or not we all have an innermost yearning to find the Truth and, thereby, return to our original and true state of being - that which we were when we were created. Underlying any trigger is this yearning manifesting at or near the surface, and we have the option to respond or otherwise for we always have the choice and the free will to exercise that choice.

When the time is right all sorts of things can happen to us. Most of us are completely oblivious to this and only when major events occur do we reflect on how they came about, if we reflect at all. If, for instance, we look at an event such as meeting someone who has, or has had, a major influence on us, we may find that many years before we were in different countries and that, gradually over the years, each of us, responding consciously or unconsciously, did things that eventually led to our meeting. The fact that all the events in our lives, including options, are planned and organized in such a way that each of us is given the learning experiences we need for our spiritual growth. This 'planning and organization' is a vastly complex mesh of creative energy beyond our comprehension as to its precise workings and only barely comprehensible in its totality to some. However, comprehension is not necessary. What is helpful is to know that such a 'system' exists.

Helping us fulfil our purpose on Earth are those we call spirit guides or guardian angels - wonderful, loving discarnate entities who are dedicated to helping us. Apart from the influences that our higher consciousness brings to bear it is the nudges and urgings of these beings that we hear or feel, sometimes physically, at critical times in our lives although such times may not appear to be critical at the time. Often we only realise their importance on later reflection. However, these beings are not really human in form, as we often like to imagine. They are 'energy fields' not of this plane but in it - just as is the non-material component of our physical 'reality' - and may at times manifest to us in human 'form' if and when it suits a purpose. For the present it is probably easier for us to visualise these entities in human form. Our higher consciousness is also continuously exerting influence on us through our conscience as well as in other ways but this influence does not supersede our will. However, there **are** exceptional circumstances where there is intervention and we see this in instances where, for instance, a person is in grave physical danger and the danger is inexplicably circumvented. This could happen in the case of someone who is needed for something special by 'the powers that be' and whose demise would negate that purpose. All told it is comforting to know that we are never really alone.

The process of learning is like a conical spiral standing on its base and with the spiral having the unusual characteristic of also being a series of rings. Thus, one flies around one ring for a time, absorbing and applying knowledge, and then, when all factors are conducive, one flips along the spiral aspect to the ring above with the momentum of achievement and the inner desire to 'know' - a soul urge that is very powerful. If the time is right for us in a life the desire may lie dormant at some inner level until such time as it is appropriate for it to surface, or come near to the surface. Like a flying fish it may remain just below the surface for various periods and then fly in the air for a time, all this to suit the individual's needs exactly. When it is near the surface we may intuitively sense the urge to 'know' even though we may do nothing about it.

The illustration above is that of a conical spiral as it may make it easier for the reader to visualise the upward progress to a point of realisation; in other words it is a three dimensional example, a cone. Some may prefer a two dimensional illustration and, in this case, the spiral would lie flat and progress would be from outside inwards. What matters is that there is a visual aid to assist understanding.

So, we zip around one circle, zip up to the next, then to the next, and so on until we reach the centre and then "Eureka!" we are home! If only it were that easy!

Some people keep on zipping around one circle without making the jump upwards and we see this in someone who is always on the run from one talk to another, one meeting to another, covering the same ground again and again without making any headway; but this does not matter as there is plenty of time and upward movement is inevitable in the course of time.³ For some of these people it is more of a social whirl than a constructive search and they should not be condemned for this as that is where they are at the time.

³ Terms of time and space are used in this book to facilitate communication without confusion but time and space do not exist in reality because all is one.

When the time is right for them they will move on. For others it may be that they are only on an intellectual search that is only a process of fact gathering even though they may think that they are actively learning.

Let us here differentiate between intelligence and intellect. Intelligence is an innate ability to perceive, comprehend, reason and understand whereas intellect is to do with the acquisition of knowledge of an academic nature. Intellect is dependent on intelligence but intelligence is not dependent on intellect. Many highly intelligent people are not intellectual, mostly because they have not had the opportunity of education and some because they have not had the inclination to study, and many highly intellectual people are not intelligent outside their specific sphere of intellectual study. Those with intellectual deficiency are actually highly intelligent. The proverbial "absentminded professor" would be an extreme example of this. Therefore, no one need feel unqualified to seek, or at a disadvantage in seeking the spiritual Truth. If anything, the intellectual has a greater tendency to experience mental blocks or tunnel vision than the purely intelligent person.

Although our prime spiritual goal is to return to our pristine state of being through full enlightenment, our most fundamental inner driving force at the human level is the search for happiness. The other strong drives like survival and sex, both stemming from the necessity of the continuation of the species, are animal instincts that are programmed in the animal aspect of us. Unlike other animals, however, we have been given the ability, should we choose to use it, to control these instincts.

We seek happiness in love for another, money, position, and power and in many other ways. We also try to avoid pain, illness and even death by prolonging life and, in this endeavour we often do a lot of harm to the happiness of others because our motive is essentially selfish. The human animal, of all animals, is the only one that despoils its natural environment, paradoxically despite its unlimited intelligence, in its search for happiness. Other animals find their happiness through contentment in the present. Of course, since we seek this elusive happiness outside self in the material world we are on a futile journey - we are barking up the wrong tree. Sri Sathya Sai Baba gives us an enlightening illustration of this, which is like this: There is a tall coconut tree with its golden fruit at the top and lying along the ground from its base is its shadow. A thirsty individual comes along, looks up at the tree with its golden fruit far up at the top and decides that the climb will be too difficult. Then he or she sees the shadow, conveniently lying along the ground, and decides that this way would be so much easier and chooses that option.

Most of us are chasing this illusion ignoring the fact that the fruits at the end of the shadow cannot be grasped, and cannot, therefore, quench our thirst but that as the day lengthens so does the shadow.

Another aspect of the learning process can be likened to a very large jigsaw puzzle. At first there is a mass of little bits making no meaningful picture. Subsequently, as we read, listen, analyse, accept and practice, pieces fall into place little by little and the picture grows. Apparently unconnected areas may develop but these coalesce as time goes by. In any event we become aware of progress and the picture builds up to make more and more sense. In later stages, however, as the picture fills out we find that the border keeps moving outward and the size and scope of the picture increase. This is because, until such time as we are fully enlightened, we will not have the full picture. Perhaps not even then as there may be finishing touches to be made in other, less dense, planes of vibration.

Sometimes, when we come across a truth for the first time, or one which registers for the first time, we recognise that we have actually known it all the time although not consciously. This is because all knowledge exists within and triggers bring it into the consciousness when we have created the right conditions for this to happen.

The word 'search' implies the act of looking around for something, an outward activity and, because our conditioning is what it is, we find it difficult to search within with the result that we tend to beat around the bush and get side-tracked by the volume and, perhaps, complexity of the facets confronting us. Each of these facets could be of importance and of considerable interest and motivation but there is a trap we are likely to go round and round in a circle, or spiral outwards, learning many things but not moving towards the essential knowledge. Our thinking needs to be oriented towards an inward spiral as it is in the centre thereof that our goal lies. We have to move to the centre to shorten the path we have to traverse.

For various reasons our capacity to learn varies with the individual and we need to be aware of this, and accept it, lest we stultify our progress by diverting energy from the inward spiral of our thinking and dissipating it in feelings of inferiority or superiority.

In the world today more and more people are seeking thrills of the mind and body in ever increasing ways and many of these are harmful, or potentially harmful, either to the body or the mind, or both. This may be an external expression of the inner knowledge that the results of the spiritual search, as they unfold, are far more exiting than anything that external stimulation can provide, for the learning process **is** exhilarating, but exhilarating in a way which is incomparable with anything else. Furthermore, there is no danger to mind

or body⁴, and the exhilaration is permanent for each experience, provided that one continues to apply oneself, unlike the mind/body thrills where the exhilaration is short lived and, therefore, requires repetition and may result in a feeling of loss, even depression, after it is over.

There are five stages in the learning process, namely: finding, assessing, believing, knowing and applying. Finding is the product of searching; assessing is the process of critical analysis; believing is either acceptance or recognition; knowing is an inner awareness of the truth of something; applying what is learned to one's life is part of the process because that application increases the vibration of seeker and this opens the door to further, higher level, knowledge.

Sometimes, and this increases in line with one's progress, something is 'learned' (for want of a better word) by an upwelling of intuition and that something may have no apparent connection to the search at the time. This is best described, if inadequately, by the Hindu word "dharshana" which means "something seen".

Knowing and applying has to become part of us to be meaningful and to take us forward and it is necessary, therefore, that we live what we know day by day, minute by minute, second by second, and it is here that the impact of our worldly priorities and values exert their influence. It is here that the true test comes; it is here that we decide to opt out because that is easier, or decide to continue. It is our choice and our unfettered right to choose.

In applying our newly found knowledge in our lives it happens to varying degrees to each of us that we feel that we are acting negatively. There is no cause for concern in this because this feeling is the result of a lot of things hitherto in our mental makeup being thrown out by a new wisdom, and quite a normal and understandable experience. Soon it will be replaced by a very positive and emboldening mental state. We are like birds bred in captivity that, being unaware of liberty, are content with their limited state and vision. On their liberation they are unsure and insecure in their new conditions.

As we climb the path we sometimes reflect and, in doing so, recognise the positive changes that have occurred in us and this gives us satisfaction, even joy. Also, as we climb the scenery changes and we may wander a little away from the path for a rest or a change but these are temporary and peripheral and we must not lose sight of the path or we will lose our way. If we do it this way we can enjoy the scenery on the journey.

The climb also involves moving up through the foothills at the base of the mountain. As we stand at the bottom and look up, the crests of the foothills align to give the impression of a fairly uniform incline upwards with unseen but expected gullies between them; however, this is not necessarily so as, in practice what happens, or could happen, is that we toil up to the crest above but, on reaching it with a feeling of relief and achievement, we find ourselves looking down into a valley preceding the next climb to the next crest And so it may go on. However, any disappointment is far exceeded by the feeling of accomplishment and the sight of the pinnacle ahead a little closer.

What we do as we move forward can be compared to us laying down paving as we absorb and apply various principles and as we shed our negative aspects and attitudes and replace them with new and positive ones. The path itself is, within general parameters, already set down before us but in setting the paving tiles in place by our efforts we are slowly, one by one, consolidating our path and giving it a definition. It may well be that at times we falter or take a step backwards, but the tiles remain in place and give us a firm footing when we tread there again. We never destroy what we have created in this way even if we slide back a long way and return tired and bruised but a lot wiser.

It may be that at times we are aware that we are doing or thinking something wrong, or not quite correct, and we may panic a bit or chastise ourselves but there is no need for such negative reactions because, firstly, the fact that we are aware of the error is a good thing and, secondly, the solution is quite simple - we say to ourselves, "That is me at the present time and I accept it." And we can move on as our awareness and acknowledgement of this, as well as the implied desire to eliminate it, will set the mind to building improvement.

Over time it is likely that we become aware that somewhere along the line we have, in a sense, become a little detached from life; that whereas, previously, we had been **totally** involved in what was happening to us and around us, we have become less the involved and more the observer. Of course, being the observer, as opposed to being involved, puts us in the position of being able to observe ourselves - a very big advantage. This too is part of the learning process and should be used well.

Self observation enables us see what we are thinking and doing either at the time or later, and thereby enables us to resolve to "do better the next time." If we so choose. This is self-analysis and should be critical self-analysis without being critical of ourselves and. That may appear to be a contradiction but it means that we must face up to ourselves squarely without being self-deprecatory. Self-deprecation is a de-

⁴ Damage, even severe, to mind or body, or both, is possible as the motive is base (impure). For instance inducing the kundalini forces for the purpose of a thrill can result in burnout comparable to, say, a 500-volt current being passed through a 240-volt appliance.

structive force and we need to be working with constructive forces only. To be able to correct something we have to know what it is. As an illustration let us imagine ourselves walking down a street. We suddenly notice a strong, nasty smell and find that it is coming from the bag on our back. On investigating we discover a parcel of rotten food. This smelly parcel is not part of us, it is merely something we have with us at the time and, therefore, all we have to do is drop it in the next garbage bin and resolve to check the bag regularly in future.

Observing others is also a handy tool to use but, in doing so, we must be especially careful not to be judgemental and restrict ourselves to only making an observation. By observing what others do or think we are more detached than we tend to be when observing ourselves and, therefore, have an objective picture. As far as we are concerned in this activity is **only** to learn from these observations that we may be doing likewise. The above relates to negative thinking and/or acting by others but the opportunity for us is just as great in the positive example we observe in others.

Most of us are egocentric in our thinking and this manifests in our actions - in other words, we tend to act self-ishly most of the time more by reactive instinct than conscious thought. Reactive instinct is 'baggage' acquired from past experiences as different from naturally 'programmed' ones necessary for our survival. Through observing others and, thereby, ourselves, we need to train ourselves to always be aware of our thoughts and actions, particularly in regard to how they affect others.

Here are some examples to illustrate the sort of things we are considering:

- Parking in a "Disabled Persons" parking space because "We will only be a minute." or because of pure selfishness.

- Getting rid of personal domestic garbage in street or shop receptacles.

- In public or office toilets, taking no remedial action if what is aimed at the bin misses the mark; or finishing a toilet roll and not replacing it; or replacing a roll and dropping the used tube on the floor.

- In the supermarket, selecting an item and later, deciding that it is not required, leaving it anywhere handy instead of returning it to its correct place.

- Borrowing something with every intention of returning it as soon as it has served its purpose and then forgetting to do everything possible to return it without delay and, finally, forgetting altogether.

In all these instances what is being demonstrated is more love of self than of another or others and there is never any excuse however one may try to rationalise the situation.

Being aware of what we are doing and thinking, together with the desire to make ourselves better people, starts in the mind the process of making this goal a reality for, as the Cayce Readings state, "The mind is the builder." This building process is a gradual one and it is only after a time that we realise that we have changed that we have taken another step forward.

My experience with books relating to matters of a spiritual nature has been such that it may be of help, or at least of interest, to the reader and I set it out here for that reason. I found that each time I read a particular book, with various periods intervening, I picked up things of importance that I had not picked up before. Some times, these were things that were beyond my understanding earlier, and sometimes, things apparently had not even registered. Some of these pieces of the jigsaw had a big impact and it seems advisable, therefore, to keep worthwhile books - buying a copy if the one read was borrowed - for future reading, which may be in response to 'unaccountable guidance'. There could well be various articles of interest in magazines etc. to which this also applies but it is not always easy to lay one's hands on them when needed unless we have filled them in some system of easy reference.

It seems to me that the progressive absorption of bits and pieces during the course of reading works something like this: We all start at an individually specific level of vibration (atunement). We are all, physically, mentally and spiritually; energy manifest in a unified but simultaneously tripartite state, and this energy vibrates at a level in relation to the sum of all the various aspects of ourselves. As we increase our spiritual awareness and make it part of ourselves the rate of vibration increases. To illustrate this we can take as an example a cube of ice which is hard, cold and solid and, in that state, difficult to penetrate and immobile. When it is warmed it changes to water, which is cool, soft and fluid - more mobile and penetrable. Boil the water and it becomes steam, which is highly mobile and penetrable hot vapour. All that has happened here is that one body of energy, as matter in the form of water, has moved through a range of vibrational intensity from low to high and, in doing so, became progressively more capable of absorption. And so it is with us.

The same applies to the meditational state of an individual be it during meditation or as a result of habitual meditation. The degree of vibration determines the insight and understanding of which the individual is capable and the level from which he or she can obtain information. The mind is like a transformer in an umbilical cord connecting us with our source and source information. It is an item in the supply line set to a particular level of energy flow and meditation helps us to increase supply according to our needs, which, in turn, depend on the progress we have made along the path. Meditation is also like the use of a radio tuner to

give us good reception between where we are and the air waves which, incidentally, we visualise as being "up there" when they are all around us and throughout us.

All knowledge exists and all we do when we learn, discover or invent something is access this knowledge. This 'library' of knowledge is called the Akashic Records or The Book of Remembrance as well, no doubt, as others. It is not possible to describe this 'library' but, to achieve some degree of comprehension, we can use the model of a field of energy on which is imprinted everything that ever has been up to any moment in the present. This includes all thoughts, actions, sounds (e.g. music, speech etc.) - all vibrations, in fact. It is like a vast recording disc or tape in the way it works but not in form. It is this that enables us to review every detail of our immediate past life when we divest ourselves of our body in what is called death. Some, of course, review life during life or immediately preceding departure. We also have access through the dream state, meditation and, at times, from the superconscious via the subconscious in the waking state.

It is said the Albert Einstein obtained the keystone of his theory of relativity from a dream, and that a similar thing happened to the inventor of the sewing machine. In the latter case, he apparently had everything worked out except for the major challenge of how and where to thread the needle when he had a dream in which was a rank of Roman soldiers holding their spears vertical in front of themselves. Looking at the spearheads he recognised the solution to his problem and designed the needle like a spear with the hole in the blade. In both these cases, and the thousands of others that there are, the knowledge exited and had only to be accessed. Such access can also be through intuition when focused on a challenge, spontaneous intuition out of the blue, meditation and the state of mind induced by the habit of meditation with eliminates clutter in the mind.

The Bible's exhortations to "Seek and you shall find." And "Knock and it shall be opened unto you." Are undertaken by the enquiring mind in its search for the Truth. Implicit in these exhortations is a guarantee of success and, probably, of assistance. For various reasons not everyone is seeking and knocking and that will come when the time is right. Many of us try, with the best of intentions, to coerce others into seeking but this is only the need of the coercer not the need of the coerced. The latter can only seek when everything is in place for seeking and to push earlier is often counter productive particularly where indoctrination and fear exist. In any case it is selfish even if the intentions are the best.

It has been said that, over the span of time of which we are aware, and in keeping with our capacity to understand, the Great Spirit gives us progressively more and more elucidation of the Truth. This occurs with embodied souls such as Enoch, Melchizedek, Zoroaster, Siddhartha Gautama, Jesus, Mohammed and many more such, those unknown sages responsible for the Hindu scriptures, as well as 'messengers' - we may call them minor masters or wise men or women - who have less widespread impact but are there to cater to the needs of the enquiring minds of the time. At all times there are also Spirit Guides, or Angels, communicating with us directly on an individual basis or through channelers for more general dispersion. Then there are those who, through an altered mental state, are able to access the Akashic Records. A classic example of this is Edgar Cayce who provided us with a mass of information of universal importance.

If we study the collective human consciousness over the years we can observe a gradually increasing intellectual capacity, which has been largely applied negatively, but which, relative to spiritual matters, has resulted in progressively reducing the inclination to blindly accept what is presented as "gospel", and increasing the inclination to questioning, reasoning and self-determination- in other words, independent thinking. This is not evident en bloc or in significant slabs but can be likened to spots and patches of yeast emerging in dough and spreading inexorably through it as well as from it. Particularly in Western culture this has been more and more pronounced until recent times where large numbers of people are covertly or overtly, consciously or unconsciously, seeking their identity and purpose. Subjects that in the past have been taboo for religious, social or intellectual reasons are not only acceptable but avidly discussed.

This increased intellectual capacity corresponds with that innate desire we possess to recall, through re-learning, that knowledge that we had when we were created in spirit 'form', and what we are given is in keeping with our capacity - that created by our will which is created by our desire, a primal thirst. Hence, with the passage of time, our understanding of the Great Spirit, Its purpose with us, the mechanics of what has been set up to facilitate our original state of being, and the Law effected for our benefit, has grown from worshipping objects like the sun, through increasingly esoteric levels, to venerating an incomprehensible something which "is" and, through greater understanding, realising that we are part of It and It part of us and identifying with it accordingly.

Of all the teachings of the Masters that which is most obscure is what Jesus taught because five of the six factors mentioned at the start of this chapter, which obscure original teachings, apply to the Bible. The discerning student of one or more of the numerous translations and versions of this book should be able, through intuition, intelligence and diligent and discerning intellectual application, to extract that which is the Truth and, by studying other relevant or connected information, get a less obscure idea of the spiritual message it was originally meant to convey. In fact more and more Christian theologians are on this particular path of discovery at present. Other teachings too have their variants from the original as a result of the fac-

tors referred to above as well as the intermingling of customs and beliefs foreign to the essential teachings. It is inevitable that by the time we all get near the top of the mountain we would have sifted the wheat from the chaff and become the masters of our own destiny through independence of thought and action.

It is important that we be aware that there are many souls incarnate who are misguided, through not having overcome selfish desires, into presenting themselves to us as Gurus and Masters and seek our allegiance and all that entails. Others have the spiritual knowledge but because they do not live that knowledge mislead themselves into using it for selfish purposes. Hence independent thought is very important. "By their actions you may judge them" and "Beware the priest who is also a businessman" is wise counsel to keep in mind.

There are others who, with the best of intentions, try to convince us that the texts on which they rely are the only true one. Sadly this ignorance demonstrates a lack of understanding of the Truth. Some present for our acceptance and salvation what may be likened to a beautiful bonsai - a plant whose shape is contrived, whose roots do not probe deeply and whose branches are low and do not reach into the ethers. In making any choices we should be aware that a rope incorrectly knotted is difficult to undo.

The Truth is really very simple but cannot be described in its fullness with the tools of human communication. Often aspects of it can only be experienced. This is why so much is written by so many, in many different ways, presenting a complex and confusing spectrum. In such an environment we can only seek the Truth on what are called "higher levels" or outer 'levels' that are 'outside' the confines of the body-mind.

There is only one Great Spirit⁵ so we can all stop claiming superiority for our own special one!

One beautiful dream I had speaks volumes. In this dream, which evokes a painting, the backdrop is a deep stillness signified by shades of dark grey representing the Great Spirit.⁶ Superimposed on this is a large semblance of the Christ with arms extended horizontally sideways; below and in front of the Christ is a long table along the horizontal axis, but lower on the right than on the left. The table is laden with a magnificent feast but is screened off from the foreground by a curtain that is dense at the left extreme, almost non-existent at the right, and graded in transparency from left to right. In the foreground are some people at varying distances from the curtain. The focus of light tends towards the centre, where the table stands, and two or three of the people have extended their hands through the curtain to partake of the feast laid out for them. This dream is like a parable telling all of us of a feast lovingly laid out for us just beyond a curtain that we have draped before us, and that all we have to do is to reduce the density of the curtain's weave until we can see as well as reach in to assuage our hunger. The feast is **that** close!

As our quest takes us up the mountain we would do well to remember this:

"Quo Vadis?"

It means, "Whither goest thou?"

It symbolises the thinking and analysis of a free mind.

It is no religion yet it is all religions.

It has no leader for you are your own leader.

It has no priest for you are your own priest.

It gives knowledge for acceptance or rejection by you.

It requires nothing but an open mind.

It offers, to the closed mind, opportunity.

⁵ This very statement is an inaccuracy but is used to enable the reader to have something to 'grasp' - a mentally 'tangible' reality. The statement is one of duality (which is an illusion) as Spirit, and us, and everything else being one, singling out anything in this way is not in accordance with the Truth, the Reality. This is an example of the limitation of our ability to describe what actually is.

⁶ If the backdrop were brilliant light there would be no picture.

CHAPTER 2 - OUR FIRST REALISATION

"I am a Soul."

This realisation is important because, with it, we are better able to understand the true purpose of life on Earth. Furthermore, as we almost continuously react to life, it is difficult to be aware of our true identity; it can, however, be put to good effect through self-observation and reflection on those observations. This reduces reaction and promotes action.

There are two aspects of realisation. One is that of becoming conscious or aware of something and the other is that of making something actual, concrete, or to bring something to fruition. In the first case knowledge becomes part of the superficial layer of our consciousness, the intellect, and in the second case the absorption encompasses all layers of the consciousness; it becomes part of us as opposed to becoming a veneer. To differentiate between these two aspects in referring to the first and its grammatical derivatives we will use the small case 'r', and in referring to the second and its derivatives we will use the high case 'R'. Hence, a Realisation is of immensely greater import than a realisation.

In the Buddhist schools of thought there is one major difference in the interpretation of the Buddha's teachings and that is that, according to the Theravada school, he stated categorically that there is no such thing as the atman (otherwise referred to as the soul, ego, self etc.). Other schools, for instance the Mahayana and Tibetan schools, do not agree with this interpretation and hold the view that the atman is and, when I was last reading the relevant part of the Rev. Dr. Rahula's book "What The Buddha Taught" for the third or fourth time in many years, I felt deep inside me that, even though the Buddha may have stated this, what was **not** stated implied the existence of the atman, but only in the most difficult to grasp fact of its existence as "one with the Great Spirit"⁷ or in the context of "All is One". This aspect of our existence will be dealt with more fully later in this book.

In the 'beginning', a timeless point, The Great Spirit created us in Its image and we were and are, therefore, chips off the old block or sparks of the original flame - exactly the same and with the same creative ability. Hence the description "Co-Creators with God". According to the Cayce Readings we were created to be companions to the Great Spirit as well as co-creators, but I do not see the word "companion" as meaning that we were created to provide company for It as this would indicate an attachment or a need - a purely 'worldly' attribute which even we do not have in our primal state. I see it to mean something like 'associate', which is something quite different.

When we think about being "created in the image of God" it is our tendency to think in terms of our body specifically, and those of others in our group, society or race on a more general basis. We also tend to think in terms of our own gender. Thus we see "God" as similar to us and those with whose body characteristics we are familiar, and this creates separatism in our concept of the human race that flows on to the way we think and act towards others in respect of their physical characteristics or "God" or both. The flaw in this is that there are billions of individuals in this world and, with the exception of identical twins perhaps, each differs from the others in a multitude of ways. This being so the question arises as to whether "God" is fat or thin, old or young, black or white or brown or olive and so on. To any thinking person the answer to this is patently obvious - we can only be "in the image of God" (which is Spirit), as Spirit, and Spirit has no 'form'. For present purposes let us call this spirit self the Spirit to differentiate between it and the 'soul', the latter being the Spirit that lost its way. The Spirit and the soul are 'thought forms'.⁸

After we were created we, with the creative powers we inherited from our Creator, and together with that Creator, manifested the universe of matter and set in train the process by which it would evolve as it has, by the power of Thought - the same force by which we were created in the first place. Thought is the creative force behind **everything**. Seven very significant words. This world of matter, as we know it, is the universe, and in the universe is, of course, the planet Earth that was created⁹ for our enjoyment - not for our interference or self-indulgence - as spiritual beings. However, not being satisfied with merely enjoying this wonderful place¹⁰ in the abstract way intended we started little experiments of our own using our creative ability to manifest forms like those around us, such as the animals and vegetation, but, like children using Plasticine, we were not very adept and the result was a variety of strange forms. The memory of these is reflected in mythological part human/part animal creatures. It is likely that our creative ability was adversely affected by our moral decline in that we were interfering with, or trying to manipulate, a perfect creation - one in abso-

⁷ My words.

⁸ This is an intentionally simplistic description of something indescribable.

⁹ Creation= Thought - energy - particles - matter - 'heavenly bodies' including planet Earth - life.

¹⁰ The Biblical Garden of Eden?

lute balance where every microcosm was in absolute harmony with the macrocosm. The arrogance that we can improve the unimprovable started then and is rampant today.

We were left to our own devices because we had been given freedom of will when we were created. Freedom of will allows for the making of choices but in our primal state everything was, and is, in perfect harmony, in perfect balance, and in this state there is no need for to make choices and, therefore, no real need for freedom of will. However, it is a fact that it is only when we have this freedom that what we do with it is constantly being tested. This is so in the case of everything perhaps - until and unless we have something we do not know how we will use it.

What happened to throw the fine balance of our primal state of being off balance was dissatisfaction with things as they were, despite their being perfect; the misguided sense that, perhaps, we could improve on creation, or the arrogance of self aggrandisement in assuming that we could improve things - of pride coming before a fall. To this day a large proportion of humanity has still to learn the lesson that to attempt to improve on perfection creates imperfection.

In a situation like this it is counterproductive to attempt to instil wisdom, and the best and only solution is to allow experience to be the teacher even if this experience turns out to be harsh for the 'child' (Soul) and difficult for the 'parent' (The Great Spirit), except that, in this case, the 'parent' has the satisfaction of knowing that, ultimately, we will return to the fold chastised but wise, as a Spirit.¹¹

Our creative experimentation continued and we became progressively more involved in the Earth, or material, plane of vibration. The bodies we created, though different to those we now have, introduced us to hunger and thirst, cold and warmth etc. and the pleasures of sex,¹² the latter adding to other expressions of the five senses. Initially we were able to enter into and depart from the material plane at will but, with the passage of time (that, together with space, we were now experiencing) we got more and more enmeshed in matter until we reached the point where we were unable to depart at will. Thus, we were caught in the 'birth and death' cycle of matter and only death could release us from materiality.

Not all the created Spirits succumbed to the temptations of the material 'world' and, while we were still able to communicate, those who stayed behind tried to cajole us into re-evaluating our priorities and returning to them and the Great Spirit. Because we failed to be swayed it was decided that a Spirit known as Elder Brother, the senior Spirit, would enter the material plane in spirit form, with the name Amilius, to show us the way out,¹³ but this was unsuccessful because we would not listen to one who, unlike us, was in spirit form. It was then decided that the only way to lead us back was by the example of a Spirit in bodily form in our midst and by setting up a law by which we could achieve this return. The bodily forms we had made for ourselves being unsatisfactory in many ways as they were inexpertly put together, a new one was created as a basic model and five Spirits

incarnated in five bodies, of five different colours, in five different parts of Earth¹⁴. All had the same mission.

One of these Spirits was Elder Brother who took the name of Adam for his new body, and started his mission that, for many reasons, was to take him through numerous different lives culminating in that of Jesus¹⁵.

The Cayce Readings, the source of this particular information, do not appear to mention what became of the other four 'Adams' but we do know that, since Adam, there have been many Masters, messengers, prophets and others sent to Earth to show us the way, remind us, or give us more information either because we are better able to absorb it or to spur us on.

The Law to help us return to our state of origin is totally just because it is we, and only we, who 'judge' ourselves and administer justice to ourselves. It is the universal law that for every action there is an equal and opposite reaction, or the law of cause and effect. This law applies to all matter irrespective of its makeup and, as far as we are concerned here, is exemplified by the statements, "As you sow so shall you reap.", "An eye for an eye, a tooth for a tooth." etc. This is the Law of Karma. The literal meaning of the Sanskrit word 'karma' is action but it is used as meaning 'the result of action' and has the same meaning as the statements quoted above. Our thoughts and actions cause karmic reactions, pleasant or unpleasant, depending on whether the thoughts or actions are positive or negative. However, if we genuinely forgive an-

¹¹ The parable of the Prodigal Son.

¹² Sex was made pleasurable to ensure procreation.

¹³ Since then, both the Buddha and Jesus have shown us the Way.

¹⁴ This means that 'human' life pre-existed Adam (As referred to in the Bible with reference to Cain) and that it was not connected with the new 'Adam' body. Hence the palaeontological "missing link" does not exist.

¹⁵ See *Lives of the Master* - Glenn Sanderfur. A.R.E. Press.

other for an injustice done to us we cancel any karma that we have still to face with respect to this specific injustice. For instance, if we have slapped the face of two people in the past and we are slapped by someone and retaliate only with compassion (love) for that someone, the remaining negative karmic debt of one slap is cancelled by our positive action or reaction. If we have no remaining negative debt to be cancelled the state of our being moves up a notch because we have become more loving.

Some of us ask God for forgiveness for errors of commission or omission but this is not necessary as, where there is no condemnation, there is no forgiveness. A loving God does not condemn - it is just not possible - but would be pleased if we did not condemn and, consequently, have to forgive.

We should be careful not to adopt a negative attitude to life because of any situation in which we find ourselves. One negative attitude is fatalism, and it does not arise in us when we are aware of the Truth and how it works. In fact, with this awareness, we remain positive and happy in all situations of adversity, and never lose our self-esteem. As is said in the Bible "Your greatest possession is being content with what you possess." And what you possess covers both material and situational possessions.

It is said that we are "timeless", that we are "infinite" - in that we have always existed and will exist always - and we may well ask how this could be when we were created, and an act of creation implies a time of creation. The answer is that the Great Spirit of which we were created is timeless - infinite - and we, therefore, being part of It have the same attributes. When a fire creates a lick of flame or sparks they are parts of the fire though separated from it, and have the same characteristics. If the fire were internal or infinite so would be the licks of flame and the sparks.

Now that we are aware of our origin and what we really are, we can try to realise this awareness by putting the mind to work on three exercises and contemplating two analogies.

The exercises:

- Consider your body. You see it as solid. Now take your mind through the known facts: Energy fields and particles of energy are passing through it all the time; it is composed of billions of cells; these cells are continuously being broken down and being replaced by new ones; cells are composed of molecules that are composed of atoms; atoms are composed of electrons and protons, that in turn are composed of smaller energy particles and so on; all these particles are not stuck together but moving freely in space. Is your body solid? Do you see it as you did before? Who is doing the seeing? You are doing the seeing, so who or what are you?

- Stand outside in the open and look down at your feet. Take your mind past your feet right through to the other side of the Earth and continue to follow that line out into space. What do you feel?

- In a quiet spot sit still and imagine that you are dead. Visualise your body disintegrating into its chemical constituents and flowing away. Do you see yourself flowing away or are you just watching? If you are watching who or what are you?

Apart from functioning on a physical level we function on three other levels that are the conscious, the subconscious or unconscious, and the superconscious. These can also be termed the body mind, the soul mind and the spirit mind. The first is aware of what goes on in the material world through the five senses of sight, hearing, smell, touch and taste. This includes intellectual knowledge from reading (sight) and discussion (hearing); the second is the storehouse of all we have learned from everything we have experienced in the current life to date and all previous lives from the time we started meddling with perfection; the third is what we have as our birthright, our creation as part of the Great Spirit, all knowledge to which we all have access provided that we can eliminate the barriers we have created which block this access. Where the superconscious is concerned no questions need be asked because all answers are known. When we have cleared away all the worldly barriers caused by being money-orientated, selfish, grasping, acquisitive and unloving we are able to fully access the superconscious and we are then fully enlightened.

The conscious is only necessary for us to function in this the material plane and, therefore, when we move out of our body back to another plane, this aspect of us ceases to exist and the subconscious becomes that in which we function. Similarly, as we move through the various vibrational planes, increasing our vibrational intensity as we go - assuming that we are not going backwards - we whittle down our subconscious until it no longer exists and we are then left with the superconscious. This is "heaven" or "nirvana" but not necessarily the end of the journey.

The analogies - to illustrate our three-in-one composition:

- 1.Let us take the example of a hand wearing an inner cotton glove over which is worn a reasonably thick leather glove. In this the hand represents the Spirit, the cotton glove the soul, and the leather glove the person, or persona. The five fingers represent the projection of the three components into the five senses of

the material plane. The hand and its fingers are very sensitive; this sensitivity is lessened by the cotton fabric of the inner glove, and it is further, significantly reduced by the leather of the outer glove in direct proportion to the thickness of the leather. Conversely, because of the layers the inherent sensitivity of the hand cannot reach the outside.

2.Examine a pearl oyster. It has a shell that it closes tightly when threatened, a fleshy body and, hidden by that a pearl. On the outside it is rough and unclean but the inner side is beautiful mother-of-pearl surrounding the living creature and the beautiful pearl. To expose the pearl we have two options; one of which is to laboriously rub away at the shell over a long, long time, and the other is to induce the relaxation of the muscle and, thus, let the oyster open wide. The latter option is the quicker one, and we can do this by seeking the Truth and applying it in our lives. It is essential that we **change for the better** and no amount of rituals, or visits to temples and churches, or the confessional is of any benefit with a change for the better.

Generally speaking, those of us in the so called developed world, or those of us who espouse its values, have so lost ourselves that self-aggrandisement lies thick on the surface of our being. We are so bloated by this that our eyes are tightly shut and, in the consequent darkness, we see ourselves as all-knowing and are possessed by the arrogance which this brings with it. Our delusion that happiness can only be found in materialism has turned us into a huge herd of wild horses stampeding inexorably to the cliff's edge and, thence, to the sea and rocks below.

Bearing in mind that "the meek shall inherit the Earth", and that humbleness is a virtue. We may get a more accurate idea of ourselves if we visualise the Earth from a great distance and then attempt to see ourselves. We are so small¹⁶ that we are not visible. If we move further away even the Earth is seen to be just a speck of dust in the universe and, from this vantage point our vision of ourselves may be salutary; as also the insignificance of our self importance, as human beings, as projected into the scheme of things as a whole.

On realising that we are actually souls on a pilgrimage our attitude to others takes on a different complexion. Whereas previously we may have had an isolationistic view of things, we can now feel that we are one of a large group of travellers, and we all know that we tend to react better with fellow travellers than with others. Love manifests and we view the errors of others with compassion rather than with anger, or disdain, or negative feelings. A fundamental change comes over us and will become greater and greater provided that we live our new awareness and continue to do so whilst striving to improve all the time.

The body designed and manifested for the five Adams was also to be used as the prototype for those we were to use for our embodiment in the Earth plane and, for each such embodiment, or incarnation,¹⁷ we would have one specifically tailored to our individual needs during a particular life, via the human genome. This specificity is very precise as it takes into account a vast number of factors, of which some of the main ones would be, stature, colour, voice, physical perfection or imperfection, and the predisposition to illness and disease. Where the last mentioned is concerned, if it is a karmic requirement the predisposition will manifest, but it may be optional and, if this is so, its manifestation will be dependent on the options of attitudes and lifestyle available in the life to the soul, and the choices made, from those options, by the soul in the course of the life. For there to be a suitable body for a soul's purpose there have to be two parents with the necessary DNA to create that body, and this goes up the family tree. Bearing in mind that numerous other factors, such as country of birth, town of birth, home environment (e.g. siblings, parent's attitudes, physical, mental and spiritual environment), career potential etc. have also to be incorporated, it is an enormously complex task to create just one body and what it needs, not to mention millions at any one time. The planning, organization and control also goes back a long way in time. At least that is how it appears to us with our limited perception of time and limited knowledge. The reality is that it must be quite simple, for where knowledge is complete there are no difficulties.

When we hear of or experience the ill treatment of one by another, most would agree that the best punishment for the perpetrator would be that he or she experience exactly the same treatment so as to learn from it. We do not often think of it but it would be safe to assume that most of us would also like to see those who do good experience good in return, and that is exactly what the Law of karma does. We can hypothesise about the role of physical factors and their implications in one life relative to attitudes and/or behaviour in a previous life, with these examples:

¹⁶ This applies only to the human body/mind, or that component of the soul represented in it. The spirit 'self', the Spirit is infinite 'in size' (sic).

¹⁷ Literally "in the flesh" (in carno - Latin)

- Hands: One who spends a greater part of a lifetime ministering to the old and sick is later born with such beautiful hands that she is much sort after for advertising work for her hands alone.
- Height: A big man uses his height to lord it over others, scorned those of smaller stature, was a bully, and looked down on others. He later gets a short, frail body and for a lifetime has to take what he gave and has to, literally, look up to others.
- Colour: A racist who was prejudiced against blacks returns as a black in a society and circumstances precisely suited to his receiving the same as he gave previously.
- Voice: One devoted to singing to children despite having a very ordinary voice returns some time as an accomplished singer.
- Mobility: An accomplished and famous athlete becomes proud, vain and rude. The consequence is a defective body, and circumstances which call for humility. If, the second time, rudeness, pride and vanity remain, the process will be repeated for as long as necessary; also, if there are any residues of these attitudes remaining, these too will have to be worked out later but, perhaps, not through similar body conditions.
- Disease: Over-indulgence in eating and drinking not rectified in one life creates a sensitive digestive tract in another. This prevents the previous indulgence and the soul has to get used to severe control or abstinence.

These physical examples are fairly major ones but all features that combine to make up a body have their own subtle purposes. Hence, we created the body that we have today and create today the body we will 'occupy' later. Hands, feet, ears, noses and mouths come in all sorts of shapes and sizes; baldness and the manner in which it develops, plus birthmarks with their position and size, all have an individual effect on our looks and how we feel - but not only that; the combination of all these create a look which is our special look and gives us our own special feeling to go with it.

In the light of all this the advisability of cosmetic surgery raises extremely difficult questions, but not where it is purely for reasons of vanity.¹⁸

Another regular karmic necessity is that of alternation between bodies and attitudes of the male and female. This alternation could be consecutive or otherwise depending on all the interconnected factors that are involved in this process. It is relevant to remember that we as souls, as well as Spirits, are neither male nor female outside the Earth plane. The male and female aspects of **character**, however, are acquired soul aspects, and these are brought into balance over time via the male and female **characteristics** of human bodies and the male or female traits that go with them.

The purpose of the Law is not to punish but to bring into balance the duality of all the aspects of our make up and, until we achieve this state of balance, or oneness, the process of birth and death continues. Our repeated entry into the Earth plane can be compared to our going to a boarding school three times a year for a period. Our 'main life' is at home and our 'boarding life' is at school. This could be a pleasant experience but, even if it is not, we look forward to returning home at the end of each term. In life as we know it, however, there are not many who are sufficiently aware, or awakened, as to look forward to "returning home" and that without wanting to escape the current earthly life. However, this not our only place of learning. Here we experience and learn, whereas learning by itself is what occurs between our sojourns on Earth where our self-improvement continues in other non-material planes where we review what we have done, what we wish to do, learn about correcting our negative aspects and improving our positive ones, and whatever else is relevant to our progress. The various planes can be likened, for the purpose of this narrative, to schools and universities and in some way they correspond, according to the Cayce Readings, to the signs of the Zodiac. In this regard it is possible to see that, if one had to improve on some of the negative or positive traits that are characteristic of, say, Scorpio, one would go to the Scorpio University; and one may go to more than one school or university before it is time to go to boarding school again.

Life being continuous we can see that the knowledge and experience we pick up continues with us as well. From previous lives we bring with us mental or physical skills that we use and/or build on in the Earth life. However, we do not bring with us all the knowledge that we have available to us; we bring only that wide range that we need for the life in question. Thus, a gifted medical diagnostician or surgeon can be an example of one who is both using and building knowledge whilst a less accomplished practitioner may be only building on a desire, in a previous life, to help the sick and, thus, laying the foundations for extensive knowledge and skills in a later life. Similarly, in the case of what is called genius - without an attempt to ex-

¹⁸ See The "Quo Vadis?" File II - page 146 where this is expanded upon.

plain its cause - past talent is available for use, particularly if it was honed in the previous life. These are some positive talents.

Negative talents manifest in the same way, as exemplified by artful thieves, creative armament inventors/designers, forgers etc. it also happens that positive talent is subjugated by an overriding negative one where both are concurrent so as to present the opportunity of choice; for instance in the three negative examples above the talents could have been directed into positive careers or the career options available could have been rejected as a matter of principle. This is not to say that all people in these careers have made negative choices, this whole process is far too complex to set down anything but possibilities or probabilities. Using the example of the medical practitioner there could be the choice between an altruistic practice of the calling and the priority of amassing a fortune. Thus, service to self becomes more important than service to the sick - particularly to the sick poor. This sort of choice in any line of work will be presented until such time as the positive is triumphant.

From this it should be apparent that there is never any time that we must give up thinking and acting positively. Many people, faced with retirement from a life of employment or work are adversely affected, and adversely affect others - mostly those near and dear - by the limited vision that there is nothing left except at some time to die, and even the thought of that depresses or frightens them. If they were aware of the continuity of life they would probably be happy to start something new, knowing that "they would take it with them when they go". In truth, there is really nothing except ignorance stopping any of us, at any time, from looking optimistically and happily to the future - even on the day we die!

The cycle of birth and death, involving the diversity of emotions and situations we need to experience - the good and the bad, the pleasant and the unpleasant, as we usually perceive them - continues until we reach a point of enlightenment after which it is no longer necessary. Some say that this point is reached when we have Realised our identity as souls. Thereafter our progress continues on planes of higher vibration until we reach full enlightenment when we re-claim our "Godliness" or become Spirits again. Some souls who are no longer tied to the cycle of birth and death elect to return to the Earth plane if there is something special that needs to be done and they can do it. This is an extremely loving and caring act.

In broad outline at least this is the parable of the Prodigal Son. A parable is a concise, symbolic story designed to encapsulate a larger, more complex, one. When Jesus was asked why he spoke in parables his answer was because "people listen but do not hear."

CHAPTER 3 - THE BODY/PERSONALITY

The body is the set of clothes we wear during each life on Earth and to the clothes we can add a hat to represent our body-mind with its attitudes and emotions. The Buddha said that we are today what we have thought in the past, and the Cayce Readings say that we are today what we have thought and eaten in the past. Since eating is the result of thinking, conscious or unconscious, there is no difference between these two assertions. It follows from this what we think and how it is applied determines what we will be tomorrow.

To reinforce the concept of the body and its clothes, we can imagine ourselves in a theatre watching a play, and recall Shakespeare's words, "The world is a stage". There, in front of us, are various characters acting out various roles. They are all dressed according to the parts they play. Before and after the play we know that these are actors, but during it we forget this and they are, therefore, real to all intents and purposes. This is how we are in life - we do not remember that we are souls and see ourselves only as characters or personalities. In the first years after birth children often demonstrate that they are still aware of their soul identity, or a previous life identity; they say and do things which we, in our ignorance, dismiss as childish fantasies and the like. This can do the child no good as we consolidate in the child the shell it is building for the current life, as we have done. This 'shell' of repressed memory is necessary for us to make decisions purely on merit in so far as they concern this life; that is, without the conscious benefit 'hindsight'.

The characters we have elected to play can generally be categorised into twelve types in terms of present day astrology. We are confined to this information because that is all we know now, but we should retain at the back of our minds what has been said earlier about the various planes of learning and their relationship with the astrological science we use at present. The signs of the zodiac attribute to those in each sign certain physical characteristics and personality traits with the latter, and perhaps the former, being subject to other complex influences but, for our purposes at the moment, we can disregard these influences and the physical characteristics. The personality traits are best considered here in the sometimes-used format of two lists, one for the positive traits and one for the negative traits. Studying these we can see what we have to maximise, and what to minimise or eliminate. A word of caution is advisable at this point, and that is that it is usual that, when we study information like this, we will deny some or all of the negatives and, if we are modest, even deny some of the positives. Denial of the negative in us is a very common reaction in most humans, and this denial does not help us in self-improvement. It is also important to realise that the lists indicate all the extreme traits and that, therefore, we may have some of them only to a limited degree, and some not at all. There is the possibility that this exercise creates negative feelings because we are faced with a list of uncomplimentary things about us and, if this happens, the answer is to remember that it is we who chose them for this life in order that we could work to improve them. Self-observation and evaluation need to be objective and not subjective, accepting and not self-deprecating.

The concept of the stage, or theatre, is also useful in a very practical way when one is in a situation of dispute, anger, frustration or similar emotion, with one or more others, and is finding it difficult to solve it. In such situations emotion can cloud the real issues, but if one were to move from the stage, where one is in the dilemma, to a seat in the audience, an objective and salutary view is the result. From that vantage point it is possible to see clearly the part each person, including oneself, is playing in the drama.

The variety of bodies created for our purposes is so vast that we can only consider some of the most obvious ones to illustrate the Law of karma through that aspect which is the body. We should, however, remember that the same principles apply to **all** characteristics of the body, be it ours or another's.

In cases where the drug Thalidomide affected bodies, and in cases where similar, unusual, and often pronounced, variations from the broad norm occur from other causes, our usual reaction is one of extreme compassion, sadness etc. These are understandable sentiments and cannot be decried but, in fact, these bodies provide, for the souls within, wonderful and tremendous opportunities for spiritual growth - far more than for most others souls. Furthermore, the particular body is the creation and choice of the soul involved. These situations also provide attendant opportunities, of less magnitude, to those intimately involved with these children, later adults, as well as all those come into contact with them directly or indirectly. All these too have 'made a choice' to work with these circumstances. Negative reaction to, or by, those who have such bodies, results from ignorance of the true reasons and purpose of why the soul is where it is. On the surface it seems, as do so many apparently sad instances, unjust and unkind and so on, and some even abuse their God for this. On the other hand many millions of people have no need to react like this as they accept the reality of karmic law. When dealing with things such as an old body, or a body that is different to what is considered normal, or a malfunctioning brain, there is no need to "pussy foot" around the truth of what is by searching for, and applying, 'less offensive' terms to placate emotions. An old body **is** an old body, a malfunctioning brain **is** a malfunctioning brain, and an 'unusual' body **is** just that. What **is** required is loving acceptance of

the situation by all concerned, including, in particular, the owner of the body. An insult is only an insult if it meant to be one - the rest is just perception.

In instances where accidents cause horrific bodily damage and/or repercussions, quadriplegia being an example of the latter, there is no difference to that just set out as the purpose is, always, to provide a positive opportunity. It is true that many, mainly due to ignorance, react adversely in the situation and fall victim to negativism and self-pity, but there are so many who are like beacons of light in an often sombre world - outstanding examples of achievement which far exceeds any achievement of a material nature.

These souls, in their afflicted bodies, deserve and need our compassion, but not so much for their present situation as for the error they made some time before which necessitated this. More than that we need to have admiration for where they are and what they are doing because, if they are tackling their situation positively, they are bounding up the mountain which many others, most with far smaller challenges, are finding tough going. Those nurturing these souls, and doing it with a good attitude, are not far behind.

In all spheres of activity in the material plane a multitude of situations arise that cause physical or mental pain of varying degrees, and many of those affected by these ask, aloud or silently, "Why me?" Having the answer to this very important question will be of tremendous help to them provided that they are not one of those who deny their part in this. Without acceptance we cannot move forward.

Although individually specific reasons for one's situation in this context is only available from one who has the ability to access one's past records, or in dreams where interpretation can be complicated, not many of us have such people conveniently at hand. No doubt that it is nice to know such specifics but it is not essential. What is essential is that we recognise that there is a reason whose purpose is for our benefit. At this point one may well ask what one has to do for self-improvement. The answer to that should become apparent by the end of this book and through further seeking. Meanwhile, it is suffice to say that one should let Love, in all its manifestations underlie all thought and action. Also, remember, it is we who chose the life we have.

What of physical beauty and ugliness? Everything we have been endowed with is a test of how we handle it, and it is only relevant in the life in which we have it. It is not us - only a garb for temporary use. Hence the beauty today may have been the ugly duckling yesterday and vice versa. We are all equally beautiful in essence.

We can only speculate as to what causes physical beauty or ugliness, or any variation in between, for they are many, or a combination of many. For instance, beauty may be the consequence of prior 'inner' beauty and present superficial unattractiveness, particularly if accompanied by 'inner' beauty, could well result in physical beauty in the future. Beauty, however, could be a trap because if it is used in a destructive way, or creates vanity for instance, it becomes a spiritual liability and necessitate a later reversal to an unattractive body. But beauty can be used to foster beauty in others, or be used for the benefit of others, particularly those in need, or used for other altruistic purposes. On the other hand being unattractive sometimes results in the person becoming bitter and treating others badly as a result. This is no different to the misuse of beauty. In other cases an unattractive person can be so charming or loving and generous, or a combination of such characteristics, that he or she just glows with an 'inner' beauty that outshines the unattractiveness. Beauty is only skin deep and there are many beautiful peaches with rotten cores. It is a matter of how we use what we have. Life is like a staircase - we can fall down the steps and have to climb up again or keep on ascending, travelling light on some occasions and, on others, carrying heavy burdens. If we need help all we have to do is look up to the top of the mountain or look within. Naturally, knowing what life is all about is of infinite help. We are also never alone!

When we are beautiful and wealthy and all is going well, it is very easy to forget, or not be interested in, the purpose of life and take a wrong turning. With circumstances reversed it is easy to be despondent and negative, and also take a wrong turning. However, it would be reasonable to state that if one is acutely aware of the Truth, and living it, irrespective of one's circumstances, which, incidentally, may change one way or the other, it is unlikely that one would step off the Path. This is not to say that one has not to be ever vigilant.

Here we can focus on a great truth: Life is like a ruler poised in balance on a sharp fulcrum. We are able to look back or forward and experience cheerfulness or despondency according to what we wish to see. The important thing is that the past is the past and we can do nothing about it; the future lies ahead and is unknown even though we can think otherwise; and the only thing of which we have control is each moment of the present. It is only in the present that we can act.

The enquiring mind may wonder how it is that finger and palm patterns re-form after injury, fractured bones tend to heal in a manner at least approximating their original state, and that such a complex thing as a baby's body develops to a pattern as it does. There are genes and stem cells but these are the 'mud and the straw of the structure', so what fashions these into the remarkable final product? There is also the example of the behaviour of the human liver - if an undersized one is implanted, it grows to the appropriate size for the host body; and if an oversized one is implanted, it shrinks to the appropriate size for that host body, and all this in a matter of a very few weeks, remaining, thereafter, at the appropriate size. One might also

wonder how it is that our bodies, composed as they are of a mass of spinning particles, retain their shape and, particularly so, because we move all the time and often at high speed or violently.

Commencing early in this century Dr. Harold Burr of Yale University, U.S.A., conducted research into electromagnetic fields that he and his colleagues suspected existed for all living things. The suspicions became theory and this was proved and followed up for many decades with scientific papers being first published in 1935. Dr. Burr and his colleagues found that these fields controlled the functions of living things precisely.¹⁹ Meanwhile a Russian scientist developed a technique to photograph such fields and, in his experiments, found that a photograph taken of a living thing, after a part of it had been removed, still showed the field in place as it was prior to the excision of the part. Perhaps, here we have the explanation of the often-heard cases of amputees reporting sensations in a limb that had been amputated. Of course, the existence of fields of this sort has been known to those familiar with the paranormal all along as auras, which provide a variety of information regarding many aspects of the tripartite body. Explicit and implicit reference to such fields is part of spiritual philosophy.

The field governing the body is governed by a second field and these were named the Life Field and the Thought Field by Edward Russel in his book on the subject. For our purposes the Life Field is that described above and the Thought Field equated with our subconscious, which, in turn, is influenced by our superconscious. The body, the Life Field and the Thought Field form a matrix of three separate 'layers' interwoven to form one functioning entity, but here again we encounter the apparent paradox of something being one but separate - that is the nature of all things; the "All is One." This complex field is connected to the superconscious via the seven chakras of the body or, as they are referred to in the book of The Revelation, the seven churches, seven horses etc.²⁰

It is because of the holistic state of the multiple facets of what we commonly see as the body that psychosomatic ills, and what is simplistically called spontaneous regression occur. We all have within us the ability, as Spirits, to heal **any** part of our body but this ability is generally not available to us because it has been buried under all the rubbish we have heaped over ourselves, and which some of us are consciously trying to eliminate. However, depending on the degree of cleansing that has occurred there are some who can, and do, manage to heal at least some of their dis-eased parts.

As we have seen earlier, we, to put it simply, select, are advised to take, or are given a particular Earth life for a multitude of reasons and, as part of this, comes a body with all its peculiarities which first manifest in the genetic building blocks from which the body develops. Existing in the Life Field, and, therefore, in the genes, there is almost always a predisposition to diseases, again with specific purpose as nothing occurs without a reason. The predispositions in place for three reasons; the first is for where we have no choice as karmic necessity requires that one manifests congenitally or later; the second is where we make a choice in the life, before a disease manifests, which negates the relevant karma; and the third is where the latency develops into reality as a result of errors of omission or commission during the life. In a way, the last mentioned is like us having charted our ideal road for the journey, and alongside the road there are sharp craggy boulders (of illness) from which there are lessons to be learned if we wander. Hence, if we stay on the road we do not encounter the boulders and their impact.

On a purely physical basis all diseases are the result of, as the Cayce source so aptly puts it, dis-ease. To examine this let us first recall the active substrates of the body - the Spirit-mind (Superconscious), the soul-mind (Subconscious) and the body-mind (Conscious). These three comprise, in effect only, the Thought Field. Therefore, dis-ease in either the soul-mind or the body-mind adversely affects the body as a whole in specific parts in accordance with specific dis-ease. If there were a body in a pristine state it would be under the influence of only the Spirit-mind and, therefore, in a state of Absolute perfection and be devoid of any disease or malfunction, but when we acquire one it is in a state in keeping with the relevant soul-mind and the relevant blue-print for the life ahead. Other factors which affect the body are the various things we assimilate from outside it; that is those things we absorb through the mouth, lungs and skin (including the mucous membranes).

The body is constantly being re-constructed in the process of metabolism. Cells are broken down and new ones formed, more frequently in the softer tissues and less frequently in the harder ones. This process generates waste as does the digestive system and this waste, containing toxins, is excreted through the skin, the kidneys and the alimentary canal. An unsatisfactory diet or state of mind can cause incomplete elimination of these toxins that then have a negative impact on the body. Thus, in this regard too, our choices relating to diet and state of mind have a bearing on the state of the body and, therefore, hinder or enhance the performance of the body and, thereby, the manner in which we are able to use the body as a vehicle for our purposes in life.

¹⁹ For more information publications by Dr. Burr and his colleagues, and *Design for Destiny* by Edward Russel.

²⁰ See *Interpreting the Revelation with Edgar Cayce* by J. Everett Irion. A.R.E. Press.

Taking the case of food as an example, an over-acid diet creates imbalance in the immune system with the result that an influenza virus is not killed, the body gets influenza and we feel awful. As another, and purely hypothetical, example let us take an emotion like hate and assume that someone retains pent-up hatred over a long period. Being an emotion and, therefore, a thing of the mind, the body-mind is dis-eased and this results in the Thought Field, now functioning incorrectly in a state of dis-ease, causing mutations or uncontrolled multiplication in the cells of an area specific to the causal emotion thus creating, say, cancer. On the other hand, if hate exists from a previous life and is expressed either covertly or overtly, the result is still the same although, this time, the dis-ease emanates from the subconscious-mind. All negative emotions have a similar adverse affect on the body but not positive emotions, unless they are taken to excess as excess in anything is negative - moderation or balance being the natural order of things.

So, we have a 'tripartite' entity of energy in vibration, with the potential to be in perfect harmony and it is we who choose whether we want a beautiful symphony or discord. If we have the latter, as we all do to varying degrees, it is wonderful to know that with diligence and practice we can have sweet music. We should never forget that, at any time, it is possible to re-form and re-focus. We should remember that what we think and eat today we become tomorrow - in body and in soul.

Apart from being a vehicle through which we fulfil, to the best of our ability, those things we have come here to fulfil during any given life, the body serves two purposes - sex and sexuality. The first gives us great physical pleasure and, if correctly used as a means of expressing intimate, 'spiritual' love, it also gives us lasting joy. The second of the aspects is procreation, the means by which we create bodies for incoming souls. Sexuality provides female and male bodies embodying the variable combinations of Yin and Yang qualities necessary for the souls to create and experience a relationship with everyone and everything in the life ahead.

Sexuality is not purely a physical attribute. It is also an expression of the subconscious-mind, or soul-mind and, where this is not fully in harmony with the sexual status of the body, the former tends to override the latter and homosexuality results. There may be quite a few underlying causes for this temporary situation, but the main one would be that the soul now in, say, a male body was, previously, and probably in the immediate past life, a woman with strong female traits which still persist in the makeup of the soul and manifest in the present life as homosexuality or a tendency to it. Hence, the irresistible urge, sometimes despite all efforts, to become homosexual that is reported by so many. So we have a situation in which any of us could find ourselves or, indeed, could have found ourselves at some time or other. As in all life situations these are not problems but challenges, and what matters is how much one tries or tried. If not overcome this time around the challenge will be encountered until the balance is achieved.

Because of the manner in which thought, through the Thought Field, via the Life Field, affects and controls the functioning of the body the higher the level of vibration of the soul 'within' the body the greater is the soul's control of the body. This control includes the constant re-creation of its parts and, therefore, its whole. There is ample evidence that thought can be made to control breathing, pain, blood pressure etc., to prevent damage from heat as in fire-walking, to control the sensations of heat and cold and maintain a constant body temperature despite extreme ambient conditions, and so on; and an extension of this is that it is possible through thought to re-create, or re-vivify, the body. Of course, this cannot be done until the body-mind and the soul-mind have been 'eliminated', leaving only the Spirit-mind - the superconscious, the God-Self. It seems to me that Jesus the Christ made a few mistakes during his numerous lives on Earth and had to experience the karma that they attracted; that he purified himself over time and achieved full enlightenment and, therefore, his original state as "Elder Brother", thus setting the example which enabled him to say, "I am the Way"; and that, following his crucifixion and the death of his body, he re-constituted, or re-vivified, it through the power of thought, elevated as it was then by his Enlightenment, or Christhood.

CHAPTER 4 - DEATH

DEATH? There is no death. Life is continuous!

What a shadow of gloom death casts over most of us, particularly those of us of the "Western World" or those brought up in that culture! Black flags, black clothes, grim faces, sombre music, whispered speech and so on. Of course, people have lost a loved one and this causes a feeling of great loss, but there is no necessity for the gloom that prevails. If the truth were known there would be half joy and half sorrow. This in itself would halve the trauma of the loss of the loved one and facilitate a speedier return to normal life for the bereaved. Those in societies with a different outlook **celebrate** the death of someone in recognition of his or her release from Earthly life and their personal loss is not traumatic. If we consider the emotions engendered by the death of someone we find that, in general, where death has not been caused by traumatic events or is not that of a young person, most of the emotion results from a feeling of personal loss, with the feelings for the departed being limited, or almost non-existent. Hence, the feelings are 'self-ish' without being wrong in any way. However, in most cases this state of affairs does not help the departed soul as it is aware of the sorrowing and may even be jumping up and down to attract attention, and shouting, "I am fine! I am fine, do not feel sad!" This is an oversimplification as not all souls are aware of what is going on, or what has happened to it. But more of this later.

Strange though it may seem, it is true to say, as some spiritual teachings say, that to understand life one must understand death. If we could coin a new monosyllabic word for 'death' we might, with the demise of the word 'death', also achieve the demise of all that is incorrect about the event, and the mental attitude to it that causes so much unnecessary grief, which has crept into our beliefs over time. Sadly, this is an unrealistic hope at present and we must seek the truth about death in order to dispel the myth.

Most of us fear death very much. This is due to ignorance - either self-induced or the result of indoctrination which often included the instilling of fear, not only of death and its aftermath, but of God.

Life being continuous, death, in normal circumstances - that is where it is not sudden - is as simple as switching off a light and switching on another; or opening a door in one room and walking through into another, even though, in some instances, the appearance and/or behaviour of the dying person might seem to indicate otherwise. These analogies of the light switch and the door apply where the individual is at peace with itself and its situation, but the transition may not be quite so simple if fear of death or fear of the so-called judgement of a wrathful god, a strong feeling of unfinished business, a strong reluctance to leave loved ones behind etc. It is to smooth away all such concerns and facilitate a pleasant and easy transition that Tibetan Buddhism places so much emphasis on its teachings and practices relating to this aspect of life. However, many people who were to all intents and purposes ignorant of the facts of dying actually die peacefully after an apparently inexplicable transformation in the last few days or moments preceding death. There are many who talk of friends and relatives, or even angels, coming to "take them over" and are then happy.

We know, but only very deep down, when it is time to go back, and we only do this when we have completed all that we came here to do. Thus, we 'die' when the time is right for us as well as when it is right for those associated with us. In the case of the latter this because all things are 'pre-planned' and the experience is necessary in some way. When the time is not right, despite what happens around us, we will not die, and events which illustrate this occur daily. We call what occurs "luck" or "chance". As an example of this we can take the true case of a mother who was in a severe car crash after which she and others could not find her baby in the mangled wreck of the car. They later found the baby, unharmed and gurgling contentedly, on a grass embankment some sixty feet away. How often it happens too that only one out of a group of people is struck by lightning and killed.

The only death which is not pre-destined - although the circumstances and options are - is suicide and, in these instances we are told by the Cayce source, that the soul has to return almost straight away and go through the entire life again from birth somewhat the wiser for the experience. We are also told that in a life-plan or a life we are never given more than we can cope with, so it would seem that we suicide because 1. of a temporary perception that we cannot cope; 2. we do not apply our strengths to their fullest; 3. other reasons such as to get sympathy from or as revenge against, those whose sympathy we seek or those we feel have let us down; both of which are "I want" feelings and not necessarily based on fact. Most important is that the individual finds, on "putting an end to it all", that he or she is still alive and with nothing solved.

It seems probable that post-suicide return is not actually immediate, but that there is a short period of coaching, or reflection, and preparation prior to the return. Furthermore, ideal circumstances on Earth have to be available for the returning soul. In any event, to talk in terms of time is incorrect because, where the preparation is going on time does not exist, as we know it.

There are many possible reasons for a speedy return in these instances and one would be that the act of suicide is essentially selfish because, whether it is seeking revenge ("I will teach them a lesson."), sympathy or escape, it usually has an extremely traumatic effect on those left behind.

The situation with reference to euthanasia may be different because euthanasia involves consultation with loved ones, the situation is terminal, and pain is extreme and not adequately treatable; the matter of being uncaring of others does not arise, and there is the possibility that the lessons that have to be learned have run their course at that time as happens when someone is cured of any illness; particularly a very difficult one. In any case it is imperative that all other avenues have been pursued to their limits. The only way to find out what the karmic consequences of this type of suicide is for the person concerned to wait and see. As for the one assisting in euthanasia it is possible, even probable, that, **subject to the proviso that the motive is Love and nothing else**, no karma will accrue. Euthanasia for the purpose of not being a burden to others, or similar sentiments, would most probably attract karma because it deprives those others of a learning experience. However, the determining factors of karma can be very complex and, in the final analysis, we have to make the best choices we can and await the outcome.

Some of us have Near Death Experiences or Out of Body Experiences²¹ from which we learn that death is not what we think it is, and from that time do not fear the event.

We are not alone at any time in our lives, and we are not alone at the time of death either. In fact, we have 'company' at this time as well as before and after it. There is a great deal of anecdotal evidence of terminally ill, or dying, people having around them previously departed friends and/or relatives to keep them company and make them aware that all is well. In some instances these visitors have been seen by humans in particular nurses in the terminally ill wards of hospitals or hospices. It may be that in cases where disbelief, fear or other negative emotions are high, contact with such discarnate souls is frustrated. Even if that is the case, the barrier is only temporary and contact is made on death as the then soul can be at a loss as to what has happened, or where he or she is, and is confused or even fearful.

Following death, those who steadfastly refute the continuity of life, or those who are too attached to the life or the people they left, find adjustment to their new state difficult, and the latter, not being able to let go, stay around the people or places to which they are attached for varying lengths of our time. We can help these souls by telling them that they are loved, and gently telling them that it is time to move on. We could even pray for them as this would send 'out' positive energy to them, which would be helpful.

When we die, that is, when we simply leave our body, we are gently taken by those with us, including spirit guides, to an intermediate plane referred to by the Cayce source as the Borderland, an aptly descriptive word because it is like a 'zone of adjustment' between the Earth plane and others. Here, our emotional and spiritual needs, relevant to the transition, are ministered to in preparation for the next stage of our life. There are other interesting aspects to what happens or what we are able to do in the Borderland in the book "On The Death Of My Son" by Jasper Swain (Turnstone Press).

In the Borderland, and in other planes, we, having moved out of the restrictions imposed by our material state are able to use our creative ability once again, though to a lesser extent than we could before we entered into matter the first time, and do so to create all the things we wish to have around us, or so we are told in the book referred to immediately above. No doubt, this sort of acquisitive activity is indulged in only by those souls still hankering after material things, and the outcome of this indulgence is, ultimately, to make us aware of the futility of such possessions and, having grown as a result, we can move on to higher motivation in higher vibrations. An example is that of a man who, on Earth, was obsessed with money and, having found that he could create it at will, in whatever quantity he wanted, proceeded to do so until he realised the futility of what he was doing as money was of no use where he was and that joy was the order of the day whether he had it or not. He had been so focused on the money that he had missed the 'free' happiness. Another example would be that of a person addicted to food or drink, or both, on Earth who, in the Borderland, creates it or them in unlimited quantities but finds that, because the new 'body' is only a thought-form, the food and drink have no effect and, consequently, gave no pleasure.

At some time after we leave here, and after we are 'acclimatised' to our new state of being, we view a 'replay' of our entire last life which gives us a clear picture of everything we thought or did, as well as the effect they had on everyone and everything else. We absorb this information and work on it. The 'replay' comes from what was our subconscious 'mind' and now is our conscious 'mind' and, because the limiting effect of the latter no longer exists, it is instantaneous even though it spans a lifetime. As a matter of interest to the reader, this phenomenon of time, as perceived and used by the body-mind as a period of whatever length, appearing as it actually is, that is non-dimensional. This means that, amongst other dimensions it has no length (period); it also means that it does not exist because, if something has no dimensions it does not exist.

Instead of us being nothing, or being in a state where, miraculously, all our errors and shortcomings are put right, what lies beyond death is the continuation of the pilgrimage up our mountain, and we retain the point of progress we had achieved on Earth. It is still the same mountain because all that has changed is our perception. In other words all we have done is shed our 'clothes' and all material associations.

²¹Known as NDEs or OBEs There is extensive research and documentation now available on these subjects.

The death of children, and in particular, babies, is less easy for us to accept and explain than that of old people but if we look at this from the point of view that the soul departs when it has completed what it came to do, and that it is not a child, a baby or an old person, the difficulty lessens. The difficulty of acceptance is purely emotional. According to the Cayce Readings there are instances where the soul decides that it has made an inappropriate decision based on any one of a thousand reasons - or that something has changed that makes the original decision no longer valid or optimal, and withdraws from the body when it is in the womb or after it is born. This would explain miscarriages, stillbirths and cot deaths.

In regard to death in general, it must be noted that death has to have a physical 'cause' and that, to achieve this, illness or external factors eventuate. The latter could range from a physically traumatic to simple heart failure during sleep. Whatever the cause, it is tailored to suit the needs of departing person as well as the needs of those who remain behind. To illustrate we can take the example of a mother and a father who, whether there are children or not, have certain things to learn from each other in this life and have, as is always the case, chosen their current and future circumstances. One of the many things they have to work on is discord between them, in whatever gender capacity or relationship, in one or more previous lives and, in the present, they are not making the progress of which they are capable. One of the solutions to this is the advent of a child, and the loss of that child at an early age as this would present to them an opportunity to come closer together in grief, with the result that selfishness, hidden animosity or other negativity they have previously expressed can be dissolved, at least to some extent. Meanwhile a soul, most likely one previously closely associated with these two, volunteers to help them by being the child that is to be born and soon to die. This may seem to be relatively simple for the soul until we consider what it is like for a soul to 'enter' a little body, be born, and then grow with it. One can visualise this fairly easily but it more difficult to imagine the difficulty and frustration that must result from a 'mature' soul unable to express itself verbally and physically due to the limitations of a baby's body and brain. These difficulties and frustrations continue until adulthood. Comparing this with the simplicity of leaving the body it is obvious that being born is far more difficult than dying.

In cases such as this the incoming soul is exhibiting a loving and caring attitude of selfless giving. In the case of older children or young adults the only difference is the time span and that the longer the time span the greater the possibility that the opportunity is taken to make the life a learning experience as well. Understanding this aspect of death could well eliminate feelings of doubt, guilt etc. suffered by parents of such children. In fact, the feelings could be quite positive.

This sort of situation is yet another example of the unimaginable organization that is in place to cater to the needs of the billions of souls incarnate at any one time. But then, if one is omniscient, omnipotent and omnipresent this, plus the organization of the Earth and its biosphere, the universe and what ever may exist is more than easy!

Another aspect of death is the pain that can accompany it. We see pain in death in both humans and animals. A lion brings down a gazelle which cries out as it is being killed; a preying mantis eats the rear end of an insect whilst the front end is still alive and, sometimes, apparently, unconcerned; and humans are horribly mangled and killed in what we call accidents. The question is why does a loving God, one which is love, cause pain in these sort of situations where it seems pointless? Of course, for humans during a life, feeling pain as a karmic consequence of causing it is understandable and necessary. The answer to this question, relative to humans, could well be that, immediately prior to the final event of which death is a part, the soul is removed from the body and does not suffer pain directly but by observation, except where there is a karmic necessity for pain to be felt directly. Relative to animals it is likely that the sense of pain is 'removed' at the appropriate time.

In reality, death for us is a release and presents us with new opportunities. It is like our return home from boarding school where the somewhat unpleasant things that had to be done were done, or at least attempted to the best of our ability. Information varies according to source as to the number of planes in existence. For instance, the Cayce Readings tell us that there are ten, and that the Earth plane is number eight. If this is so, and since no mention appears to have been made by this source of the purposes of planes nine and ten, life after death is a far happier prospect than life on Earth provided that planes nine and ten are not dark, forbidding places and that our conduct has been such that we go there. However, it would be safe to assume that 9 and 10 are at a higher vibration than the numerically lower ones and that, therefore, they are more "light" and "bright" than dark and dismal. There are accounts in existence of people having seen or visited, in dreams or Out Of Body Experiences, dismal places where apparently lost souls exist. This is very sad to contemplate but we must remember that we are all pilgrims on the same path, albeit for some, a very long one. Therefore, most of us, instead of fearing death ought to look forward to it - having come to terms with the understandable sadness of leaving, temporarily of course, those we love - as we ought to look forward to what is left of this life.

CHAPTER 5 - LOVE

What is love, and what would we be without it? We all experience love in all its many manifestations but would find it difficult, perhaps impossible, to describe it; yet, without, it we would be totally miserable. Love is a fundamental of our spiritual state, it **is** our spirit state, and everything derives from it - even hate which is to love as darkness is to light. The former cannot exist without the latter. However, in the soul state, be it incarnate or not, this love is corrupted into various aberrations: These are 'external' and some of these are: Physical love - which is desire not love; love of possessions and material things - which is desire and attachment; romantic love - which is emotional love that may or may not have true love as a component; over zealous or over protective love; and egocentric love.

Love, true love, on the other hand, is: Love of others - even one's enemies, and this means anyone towards whom we feel any degree of enmity; true friendship - which is the foundation of unselfish love between a person and one or more others, including family; love of the Earth and all living things; love of all those not in the Earth plane; non-attached love of the Great Spirit; and non-attached love of oneself.

Love between people is varied in its intensity and form. Most often it involves a need (desire), conscious or unconscious, to possess, subjugate, influence, control, or affect another in some way. Thus there is attachment. In general relationships love is expressed as friendship with or without such attachment but, because there is freedom of association, the scope of such attachment is limited. However, as the intensity and/or the proximity of relationships increase so does the scope of attachment. In the case of lovers there is great potential for these emotional needs, or attachments, to manifest, and in the case of marriage, or any similar relationship that is considered by the participants or society to be binding, where there is a conscious or unconscious perception of confinement, the potential is greatest. Ideally, the best test of love in a relationship is freedom - just as we have freedom to love, deny, be angry with or hate the Great Spirit. This is not to denigrate marriage or a similar relationship but to praise it. Neither does it denigrate the dissolution of such a relationship when such is best in the interests of all concerned, after a genuine effort has been made to keep it together. Where, say, one party appears to be hard done by it is noteworthy that, if the relationship continued that party would not benefit from a worsening situation. These situations, and the challenges they present, are there, like any situation in which we find ourselves, in the scheme of things, for the purpose of our spiritual growth.

Love, the essence, which is the core of each one of us, is impossible to describe and it can only be understood through its derivatives, both positive and negative. It has been described as BLISS - another nebulous term. It is not a state of being, not even a state; it just is - so much so that its supply can never run out. Some people have experienced this love, or bliss, through NDEs; mystical experiences in the course of normal life; as a consequence of prayer or meditation; attempting to live their lives according to the highest possible spiritual principles which, in their essence, are pure love - love of the Great Spirit and their fellow souls on Earth and elsewhere. This love moves to the surface in us as we detach ourselves from the other, negative, manifestations of love which are the creation of the mind and, therefore, mere reflections of love. In detaching ourselves from love we do not reject or disown it but feel and express it whilst not being attached to it or its results - like the rock from which a spring flows is separate from the water that flows through it. Extending this analogy it is worth noting that the cascading water cools and moistens the ambient climate, and lush growth ensues.

We are asked to love the Great Spirit but how do we do this? Love is difficult enough to conceptualise, if at all possible, because it is an abstract thing. One can sing praise of the Great Spirit in the many ways by which that is possible, or one can do it by way of rituals, but songs and rituals are of little or no benefit if done mechanically without true feeling. It is also of little or no benefit to revert to selfish or unloving ways between such activities. Love, to be fully effective, has to be continuous and a way of life; it has to affect everything we think or do. If we really wish to love the Great Spirit we have to **live** love and **be** loving at all times. This means being unselfish, charitable in both thought and action, compassionate, non-judgemental, without hate, and so on - a difficult assignment. We need to remember that love is pure giving - non-attached, unconditional. In other words, in love the 'I' does not exist. Neither does the 'I' exist in the fully enlightened being which, the Soul having been fully enlightened, is Spirit, and one with the Great Spirit. Hence, in living love to the fullest, as best we can, we are on our way to illumination - on our way up to the top of the mountain. On the way up we can see the bright light at the pinnacle which leads us on, lights our path and, when we reach the top, envelops us..... and we become part of it.

In many cultures there is fear of God, and one hears about the wrath of God; that He said, "Vengeance is mine!" and that He metes out to us all sorts of terrible things as punishment for our failings. We are also told that God is love; but vengeance and wrath are incompatible with love. It would seem that the word "vengeance" is an incorrect or exaggerated translation of a far more benign word, or a word incorrectly selected to convey the original meaning. If, however, the full statement of "Vengeance is mine, saith the Lord."

Was meant to be "Vengeance is mine said the Law", as someone has suggested, it becomes meaningful in the context of the Law of Karma and its purpose, which is to help, not punish.

In the Bible it is said, "I is the greatest sin". It is better to use the word "error" instead of "sin" as the latter has unpleasant and harsh connotations. It is very true that 'I' is the greatest error as it is present in any thought or act in which there is even the slightest element of self-interest; and self-interest is selfishness; the motivation underlying most of what we think and do, particularly when we feel threatened. This insecurity is far more a part of most of us than we are aware and is a major factor in most action or reaction.

Survival and self-preservation are two of our basic biological instincts and it is important to distinguish between 'biological' and 'spiritual' because they are only instincts of the former - animal instincts relative to the Earth plane. These two instincts create fear in us and this fear can make us do terrible, selfish things. However, it is possible to move beyond such basic instincts when we realise that fear is merely a creation of the mind, is quite irrational and completely unnecessary. If looked at carefully a 'fight or flight' situation does not involve fear; it involves an assessment of a situation and a decision as to what action is required to avert a possible adverse outcome inherent in that situation.

In one way or another we all seek love. Being our very essence it seeks expression and is a fundamental urge. We seek it continuously either consciously or unconsciously, but are usually seeking it in the fruit of the coconut palm's shadow instead of seeking it at the top of the palm tree.²²

In the parent-child relationship we find great potential for the egocentric behaviour of one or both parents towards a child, often with the best of intentions. At no stage should selfish motives underlie decisions made regarding a child and it is incumbent upon parents to look deeply into themselves to ascertain the true motive behind any decision contemplated or made. Very often, for instance, a parent or parents will determine the career of a child in the honest belief that it is in the best interests of the child whereas the real, often subconscious, motivation is the need of the parent/s that the child lives up to their standards and does not embarrass them personally or socially, or both. If the 'I' does not exist, this situation would not arise. In "The Prophet", Kahlil Gibran speaks of the parent-child relationship beautifully and succinctly and all parents would do well to read this carefully.²³

Many parents feel that money, position, a grand home etc. are necessary for a loving family relationship. This is often achieved at the expense of love, and quality time with the family. Conversely there is many a poor home that is full of love and nurture, and provides an ideal environment for the upbringing of children.

Love of material things is the downfall of many, both in spiritual and material terms. This love creates all the negative emotions and attitudes such as greed, anger hatred, worry and fear, and all are, in their own way, manifestations of selfishness. It is this love that causes so much unhappiness and sickness through stress, yet it is pursued relentlessly. When we buy something we experience pleasure for a while, and then the gloss wears off and we start looking for a newer model or something else in an attempt to re-capture the illusive pleasure. We will never find it this way because it is like a thirsty man storing his drinking water in a cracked pitcher.

The same reaction occurs with wealth amassed for reasons of want, as opposed to need; the more that is made the greater the desire for more, and it is very often gained at the expense of others in one way or the other. Even where wealth is intended for humanitarian purposes one must be careful that it is not obtained at the expense of humanity.

Since ancient times, it has been customary in advanced cultures to build magnificent structures, at huge financial and/or human cost, as a way of paying homage to a deity or deities and this custom has persisted as an aspect of materialistic pre-occupation to this day. It is obvious to any thinking person that where this sort of thing occurs in a society where there are underprivileged people, God is not glorified. However, concurrent with this misplaced glorification has been self-glorification by sections of the priesthood through the use of expensive regalia and garments and proclaiming themselves to be intermediaries between the 'flock' and God. Not only is this contrary to the more advanced spiritual teachings of the last twenty-five centuries but also contrary to the spiritual principles of love and charity. The greatest homage one can pay to the Great Spirit is the practice of love to one's fellows - particularly those less well off than oneself. Money spent on garments, stone and treasure does not meet this criterion. It may be claimed that the source of this wealth is donations and that the wealth is an investment whose interest is used for altruistic purposes. Many questions arise in this regard even if it can be shown that the scriptures and their proponent's pronouncements call for such activity. Apostle John warned of the need to beware of the priest who was also a businessman, and the biblical teachings are specific in telling us not to "lay up treasures on Earth." If the latter applies to us it applies equally to those whose part it is to lead by example. In this context questions are academic but here

²² See page 13, paragraph 1.

²³ *The Prophet* by Kahlil Gibran. (William Heinemann Ltd.)

are some: Does the cost of storing, maintaining and administering assets exceed the benefits that could be derived from their liquidation and disbursement to the needy; is it more beneficial, and more in keeping with "God's will", to liquidate existing assets and put them to immediate humanitarian use; and could not future donations be put to such use as received? The Cayce Readings quote, "Start where you are with what you have in hand and leave the increases to God." This principle is the same as 'living in the now', or non-attachment (in this case to the future). If the point is proffered that investments are necessary in order that money is available in the future on a continuing basis one could add to what has been said immediately above the question, what about "God will provide."?

It may be claimed that donations are put to the use required by the donors, but the requirements of donors are most often the result of what they have been taught. Hence, correct guidance produces correct responses.

Every stone laid in an edifice in homage to the Great Spirit is dead love; it remains inactive for all time, whereas the cost of every laid stone, if converted to feed a starving child, to give sight to the blind, or to relieve the pain of someone suffering, is generative love and lives on actively. Before we build we would do well to ask ourselves what our relevant Master or God would do in our place.

The Great Spirit is 'within' and from 'within' manifest 'without'; the 'temple' where we meet our creator is 'within' so, we may well wonder, when standing in awe and wonderment in a pristine forest, why we build cathedrals.

Religious edifices are, however, imbued with the thoughts of their creators and those who have prayed in them, and many find solace and encouragement in them. It would not be just to deprive them of this but new generations will be enlightened, just as many today are showing enlightenment.

Sometimes love of possessions is the result of a feeling of insecurity. We are deluded by the perception that security lies in material things, but this security is illusory and can be lost at any time. Insecurity is a creation of the mind and without foundation.

If we achieve non-attachment to things, we are able to enjoy things without any craving or desire for them. Although we can enjoy them we are unaffected by them and can just as well do without them - we are in control. The same applies to creations of the mind, such as emotions, as well.

If, in life, we are brought into contact with someone we dislike, or with whom we cannot get on and, although we do our utmost, we cannot improve the situation what do we do? Having genuinely tried we have to 'distance ourselves', metaphorically or literally, in what the Cayce Readings so appropriately call "loving detachment" which, hopefully, will not involve avoiding that someone. We do not have to live in an untenable situation that we have tried to remedy.

There is no greater, all encompassing, exhortation than that we should love our God with all our heart, and love our 'neighbour' as we love ourselves. In respect of thought and all consequent action these say it all.

We may ask how we can love the Great Spirit with all our love and, at the same time, love others. It does seem impossible to give all of something to one and have something left to give to another or others, but it **is** possible, and Sathya Sri Sai Baba shows us how by way of this illustration. It is of us being like a tree whose roots, when watered, take up this water and convey it to the extremities of the branches, and to the buds and flowers. The water is the love we give to the Great Spirit, and the buds and flowers are those others to whom we give love.

Love solves everything. This is a profound and, apparently, unsustainable statement but, carefully considered, will be found to be true. Wars will not occur if those on both sides loved one another and put the interests of the others first. This is extremely difficult because we cannot easily let go of possessions be they literal, or abstract as in the case of nationality, ethnicity, religion. If two people/s have a disagreement about something and each genuinely gives approval to the others' choice, love takes the place of confrontation and the matter resolves itself because, with both sides giving in, it is like letting the water in two interconnected vessels finding its own level. Two people living together have different interests and each thinks that the other should get involved in his or her own interests. This selfishness will disappear if each permits the other his or her own enjoyment. Anger and hate can be destroyed where one has been wronged if one remembers that the perpetrator is also a soul in transit and has to face the consequences of the action. Besides, why should the wronged act in a way that attracts negative karma - that would be foolish in the extreme. Love manifests as compassion and one could pray for the person's awakening, or through understanding genuinely wish the other well; it may take time but these thoughts and/or actions turn hate into anger, and anger into love - and unsavoury feelings no longer poison the mind and the body.

All negative emotions create dis-ease in the Thought Field, and this creates dis-ease in the Life Field that, in turn, creates disease in the body. Also, if the soul is a relatively enlightened one, negative emotions and actions, or thoughts, on the part of the person create inner stress because the soul and the person are at variance in their ideals or values. This stress can manifest as either physical or mental disorder.

Laughter can be of a positive or negative nature. In its positive aspect it is good medicine for the mind and the body, as is a happy disposition, the latter being the result of being 'aware' and living positively. Laughter should be a positive expression and not one of derision. If you love yourself to the extent that you can laugh at yourself you are doing very well.

The beauty of love and laughter is that, unlike material things, their supply is limitless. They are like water in a permanent well where, no matter how much is taken out there is always plenty more. If one can love and laugh whether one is rich or poor, sick or healthy, finding life tough or easy, one is indeed fortunate - and the fortune has been well earned over a long, long time.

If we truly love, that is if we love with non-attachment, no one can hurt us. The hurtful thoughts and actions towards us fall at our feet and disappear because we realise that it is the others who are committing the errors and attracting the consequences, and we do not react adversely. Metaphorically speaking, if someone were to pick up a fistful of excreta and throw it at us it is ingrained in the skin of that one's hands but, if we step back, duck or weave, we are not contaminated. But what if it hits us? We step back, duck or weave mentally - and we are not contaminated. In any event, whatever the hurt directed at us, we can be aware that we have earned that hurt, be detached, and allow the Law to take its healing course.

One who is non-attached to self
Can give of self.
One who is non-attached to love
Can give love.

CHAPTER 6 - LIVING THE TRUTH

The Buddha knew that for living in this world there were two lifestyles, and for each of these he gave a set of rules or principles. One was for those who chose to join the religious order and one for the lay followers of his teachings. There are two main reasons why all of us cannot be members of the priesthood. One is that not all of us have the spiritual calling and the other that, generally speaking, the priesthood is fully or partially supported by lay people. Hence, if we were all members of the priesthood there would be no one to support us. At least, that would be the case in our current state of our spiritual evolution. Another reason is that procreation of the species is still necessary for our spiritual purposes and a celibate population would bring that to an immediate halt.

Although one has the choice of becoming a member of the priesthood or of being a lay practitioner, it is important to know that spiritual enlightenment is not dependent on the former choice. Either way, one is fulfilling one's potential provided that one applies, in one's life, what one has learned as one learns. It is also important to remember that knowledge acquired and not applied is detrimental to progress. There are said to be many illumined souls incarnate in the world today and it can be assumed that some of these achieved this in a prior life, and others came to that point in the current one.

The purposes of the priesthood is to permit members to concentrate on acquiring spiritual knowledge from human and material sources, as well as from the Akashic Records through meditation and a way of life conducive to this, to enable them to better advise and guide lay people; and it seems that the priests, because of their lifestyle and more easily applied disciplines, find it easier to live the spiritual truths than lay people. If this is so, the lay person may be able to make greater progress because he or she is more exposed to the temptations of the worldly environment. This is a matter of interesting conjecture only; it is of particular relevance as we are all where we are for a specific reason - more correctly a set of specific reasons - and that is all that matters. Here we will look at how lay people need to live life although members of the priesthood may benefit from this as well.

Jesus said, "You are in this world, not of this world." We need to keep this in mind because, although we are aware of this by now, it is all too easy, in the hustle and bustle of worldly life, to forget it. Being encumbered by the human form, this forgetfulness is understandable but we must endeavour to review our thoughts and actions so that we can put the builder - the mind - to work on minimising this fallibility in the future, with the intention of eliminating it entirely as soon as possible in that future. As we meditate and pray, and apply ourselves sincerely, we will find that we reach a stage where we vaguely seem to be living with one foot on Earth and one elsewhere; we tend to observe life rather than be in it; we become progressively detached from it and, therefore, react less and act more - our perspective changes. Reaction is, of course, action originating in the conscious or body-mind; it is instinctive, often uncontrolled, and is the cause of most of our day-to-day problems. On the other hand, action originates in the subconscious or soul-mind, and is more controlled as underlying it is the wisdom we have accumulated to the moment and involves judgement. However, this state of mind is not free of reaction as we carry a lot of 'baggage' in the subconscious unless we have worked on eliminating it, or some of it. Hence, action is less likely to generate negative results, but in direct proportion to the success we have achieved in eliminating 'baggage'.

In a psalm is the exhortation, "Be still, and know that I am God", Jesus said, "Oh ye faithless! Why do you ask what you will wear or what you will eat tomorrow? First find the kingdom of heaven and all else will come to you." And Buddhist meditation involves, in part, the practice of concentration on the present moment. The message in each is basically the same and is that we need to leave ourselves open, completely, to the Creative Forces because, in doing so, we remove any effect that any of our own mind generated wishes, hopes and priorities have on what happens to us, and allows what we actually need, not what we want, to occur. What we need is what we ourselves had created for our betterment through karma and other forces we generate. This is the best way for us although it may not always appear to be so at the time or later. In this regard we can learn from the example set by children and animals; the former always live in the present and the latter always live in the moment. Notice a herd of animals when a predator is hunting nearby; they get edgy, they scatter with the attack and, within moments after a kill is effected, calmly resume grazing.

During meditation thoughts enter our minds and have to be dispelled to clear the mind. In conscious life thoughts, unrelated to what we are doing at the time, or what we should be doing at the time, and simply distract us or adversely affect our activity. At other times thoughts present themselves in the form of fear, wishes, hopes, plans and the like. These are likely to clutter our thinking and, therefore, our lives, and are largely of no consequence as they are speculative. They are creations of the mind. The best treatment for these is to "hand them over" to one's personal deity, "the Universe", the powers that be, or whatever suits your beliefs or perception, by thoughtfully, through visualisation, actually doing that. If this is done properly the clutter disappears and the mind is kept untrammelled and able to perform better. This technique can also be used at the start of meditation when thoughts intrude.

When fear or other negative and, therefore, harmful emotions are involved, this action has the additional effect of eliminating stress and its detrimental effects. It is also a step forward in spiritual growth because one brings the 'divine' into one's life and conquers an aspect of one's mind. If we observe ourselves and remain constantly open to the awareness of the thoughts our mind is creating, we can treat them in this manner and they will cease to be irritants.

In life we are aware of many instances that happen to us that we term "totally unexpected", "amazing", "miraculous" etc. so we know that many unforeseen things are possible. The fact is that **anything** is possible whether we allow things to take their course or not, but more so if we adopt the former option. What happens may be pleasant or unpleasant but, either way, they serve a good purpose. To avoid them only means that they have to be faced later and it takes great courage to accept the challenge when it presents itself.

There is only the 'now' in life. The past is no longer, and irrelevant except to the extent that we have to learn from our mistakes and humbly recognise the good we have done. Except for supernatural insights, our future is unknown but subject to our will insofar as we are able to exercise our will to make choices. At every moment we are stepping out into the total darkness of the future and, if we visualise this intensely, we can come to the realisation that the best and safest way to go is to metaphorically 'take the hand of the Great Spirit'. This is not easy to do as we are conditioned by the 'I' to believe that we know best and we tenaciously cling to that belief. We believe that what we want is what we need - the arrogance of the ego. However, when we can 'take the hand of the Great Spirit' **unconditionally** our life changes in the way we feel, and because of the surprising way in which things happen to us, and we become aware that 'someone is looking after us'. This is faith, but not blind faith; it is a faith that comes from knowledge and understanding; tools that are very empowering.

Some of us may have acquired the skill of 'being still' in previous lives or in sojourns in other planes, and some in the present life. If acquired in the former two, this skill may lie beneath the conscious as a hidden personality trait, or as a trait of the soul surfacing as part of the personality. Hence, it can happen that, despite being unaware of this skill, one is living it and is open to the results.

Here are three examples:

1. A person with little money was in need of a refrigerator in anticipation of a possible move to unfurnished accommodation and was calmly keeping an eye out for such. One day a friend passed by and mentioned that there was a refrigerator for sale a few doors away for forty dollars. It turned out to be in very good condition and only needed a partial coat of paint. At the price it was both ideal and a good bargain.

2. A single mother to be, solely dependent on Social Security payments, was very worried about finding somewhere suitable to live with her baby once it was born. She had seen a very nice, small house advertised for rent, made a telephone call and left a message, but did not follow it up as she decided that she just could not afford the advertised rent. At this stage she was told by a friend to remember her awareness of 'being still' and praying for help, and her gloom dissipated. A few days later the advertiser telephoned her and, before she could tell him that the rent was too high for her, said that the advertised rent was not the rent that he wanted, and quoted a figure that was exactly what she had calculated she could afford. She agreed to rent the house and, within days, friends had painted it and found for her a pram, a cot and all she needed for her baby.

3. An unemployed man whose landscaping business had collapsed with the collapse of the building industry, was penniless and on three occasions reached a point when he wondered what he was going to eat the next week because he would have no money left. On each occasion his telephone rang and the caller told him that they had seen some of his work and wanted him to landscape their garden. He told them that he had no truck or tools etc. and they then asked whether he could just do the design for them. For some reason he had not sold his drawing instruments in order to live and was able to accept the design work and keep the wolf from the door on each occasion.

At this point the question arises as to the practicability of being still when it is necessary to set goals, plan ahead, budget and so on. The answer is that it is necessary, indeed responsible, to do such things but that the 'doing' is superimposed on the substrate of being still or, in other words, the 'doing' is active within the state of mind, or attitude, of being still. In practice what you do is set your goals and plans etc. and then hand them over to the Creative Force for implementation if relevant to your life. This does not mean literally handing over responsibility because **your** creative force is one with the Creative Force, and it is ultimately you who creates what you need provided that you do not impose your wants or emotions on the process by exercising your will, thus interfering with the process. The art is to plan, present and detach yourself, in the comfortable knowledge that your future is in safe hands - your hands. Very difficult, no doubt, but very effective because this way you do not waste time and effort going up dead end streets but, instead, "hit the highway". The act, state of being, or attitude of being still amounts to non-attachment.

There was, and perhaps still is, a poster depicting a track of two pairs of footprints in the sand. At one point one pair disappears and the caption is "Where were you when I needed you most?" with the answer "I was carrying you." One may take the second speaker to be Jesus, or God, or a Spirit Guide, or the God within, according to one's belief or understanding but that is not important. What is important is the message of the poster.

What is the difference between quality of life and quality of living? Quality of living is to do with our work and the income it brings, our house and its contents, our vehicle etc.; in fact, all the material things we like to indulge in for personal satisfaction, vanity, or to impress others because that is important to us. These, thoughtfully considered, will be found to be essentially inconsequential. Quality of life, on the other hand, is love, peace of mind, contentment and inner beauty, all of which we can share with others, particularly our children. Too often, quality of life is adversely affected by quality of living in direct proportion to our dependence on quality of living as a means to the end called happiness.

Below are some life situations and how we can deal with them:

Problems: There are no problems. There are only challenges. Very often, if not always, the 'problem' is unrecognised selfishness or "the trapped monkey syndrome."²⁴ Hence the problem is not that as presented but an underlying factor, and it is this that has to be overcome. We can take the example of a well to do family living a full social life centred on their lovely home. The parents of one of the parents suddenly become homeless and penniless. This creates a 'problem' because neither the parents nor the family want to live together in the house and the family, not having cash assets, would find their lifestyle set back if they put the parents in a home for the aged. The parents, therefore, go off to a decrepit, old cottage, far from the family, to survive as best they can whilst the family is upset by their inability to have helped. The challenge for the family was to let go of the goodies in their fist (their house and lifestyle) and the captivity of the jar (their selfishness). If they had done this they could have sold the beautiful house, bought a nice but less spacious one at a less prestigious address, and used the funds realised to install the old couple somewhere more suitable.

When life is treating us well we often give little thought to the whys and wherefores of life, but when what we call adversity strikes we sometimes look for spiritual answers. Particularly when things are really bad it is of great help to remind ourselves of this: "I created this body and this life". The creation, or choice, was in order to experience and overcome the difficulties being encountered and we knew at the time of choosing that we were capable of overcoming whatever presented itself. The expression "Sweet are the uses of adversity" is not without foundation and, if we live with this awareness, we can accept any adversity with a smile and be a much more pleasant person to be with than if we did otherwise. When all is going well and we have all we need, as well as all we want, it pays to remember that such a state of affairs is also a test of ourselves and that, next time round, life may not be like this, not because we lived a 'bad life' this time but out of necessity for our continued growth. This may be a salutary fact for those who may feel inclined to think, "Life is great! I do not mind coming back again."

Sickness: This is something we can all do without. It appears to be a problem that commonly occurs periodically, but the fact is that the body is continuously in a state of vulnerability and the periodic sickness is a symptom of this underlying vulnerability. Our bodies are today, the result of what we have thought and done in the past, and what we think and do today will determine our future bodies. In the present context the past and future do not mean a life, a year, a day on one or the other side of today but mean on one or the other side of any present moment. According to the Cayce Readings, if the pH of the body is maintained at a slightly alkaline level there will be no sickness as this level of pH keeps the immune system at peak efficiency; and that the means to achieving this is a diet that is 80% alkaline on ingestion. In the readings there appears to be no reference to the impact of negative thought on the pH and the immune system but it would be safe to assume that physical and mental balance (harmony) are a prerequisite of good health. Hence, we need to tackle the problem of sickness by converting it to the challenge of correct diet, correct thought and correct exercise.

As balance (harmony) helps create good health, and all things are in a natural balance (in natural harmony), if we limit, to the maximum extent possible, what we take in through our mouth, nose and skin to those things which are natural and clean, we enhance our potential for good health. The long-term consequences of mechanically manipulated organisms will only emerge in decades or centuries.

In regard to the Cayce Readings it is important to know that, apart from being validated by some of us through individual instinctive recognition, they come from a source superior to the intellect and

²⁴ One method used to catch monkeys is to use their unwillingness to let go of something they want (though not necessarily need). A jar or suitable vessel with a narrow neck, containing tempting food, is left out for a monkey. One grabs a fistful and, because it cannot get its hand out of the jar, and will not let go of its fistful of goodies, it is caught.

have been proved conclusively in respect of their medical content as well as, to a lesser extent, in respect of many of the other numerous subjects to which reference is made herein.

Physical and mental impairment: Do not forget that the soul is an intricately interwoven component of the body, and that, contrary to appearances, there is a complete and unimpaired individuality 'within' the body; one whose capacity for expression is only restricted by physical malfunction, one who is capable of giving or receiving love and of absorbing through all sense faculties, faulty as they may appear to be - in other words, a normal soul in a malfunctioning body. This is like a person in a coma who later says that he or she was aware of all that went on while he or she was in the coma. Also remember that, because of the impediments to expression, this soul/person can be coping with intense frustration with the limitations imposed on it by its chosen life situation. It is a tough test for the soul and calls for great love and encouragement from others.

Intolerance: There are two causes of this malady and a contributory factor. The causes are absence, or a deficiency, of love for others, and just simple ignorance; and the contributory factor is experiences in past lives.

A deficiency of love needs no explanation and its causes are many. Ignorance, however, may need some explaining

Intolerance of other people stems, in the main, from differences. These could be a difference of colour, race, nationality, education, speech, physiognomy, customs, religion, affluence etc. and ignorance is the result of not knowing, or not using the knowledge, that we are all souls on the same journey in temporary, individually pertinent, circumstances, as well as not knowing or understanding the facts behind these differences insofar as the other person, or persons, are concerned. For instance, we have for centuries used the term "savages" for a lot of the people of this world based, purely and simplistically, on the perception that we were superior in intelligence, culture and civilization - that much vaunted symbol of what is termed progress, but which is, in the main, quite the opposite. In the long term it is we who have proved to be the savages and our civilization savage in terms of its impact on people and the environment; and it is the savages who have been found to have the wisdom. In many respects we are coming to the realisation that we have a lot to learn from these maligned and exploited people.

Past experience as a factor occurs where, in this life or a previous one, we have suffered pain or injustice at the hands of someone and we carry this forward with us as a prejudice which we attach to all who match or resemble the perpetrator of our past pain or injustice, actual or perceived.

Fear is often a cause of intolerance. Fear of financial loss is a case in point and this situation occurs, for example, where immigrants move into a suburb or a street and we fear financial loss from reduced property values, even though we may have no intention of selling. If we are thinking of selling we need to think about why we are in the situation we find ourselves in, and what we can learn from it.

Intolerance has reared its ugly head in religious circles in respect of the equality of women in officialdom. In the past, when the subjugation of women in male dominated societies was commonplace, entrenched cultural attitudes found their way into the scriptures and officialdom - something that is, perhaps, understandable in the circumstances of the time. In more enlightened times as at present, however, it is unbelievable that some should be pointing to written words of dubious origin as the law that has to be adhered to, whilst turning a blind eye to all encompassing truth of Love. Morally unsustainable theory is placed above moral imperatives in a situation where the left hemisphere of the brain is dominant over the right hemisphere because religious hierarchies are predominantly male. However, Love will conquer injustice and ignorance.

Humility: Contrary to what has been thought in the past, and what has become more so today, humility is a virtue in its positive aspects of recognising one's shortcomings, being differential to others without being servile, and being unpretentious. Being humble does not mean being a 'door mat' and taking whatever is dished out to one. It takes a strong person to be humble and, yet, positive. Humility is the result of the subjugation of the 'I' whilst the inherent strength of the soul/person remains intact. Where there is no pride there is no humiliation.

Decisions: The most important aspect of decision-making is the motive. If the motive is **in any way** selfish, likely to harm anyone or exploit anyone, negative karma is attracted. How then should one act when, for instance, a child is being threatened with bodily harm? As a last resort, and only after all other avenues have been considered and/or tried, action can be taken to safeguard the child even if it means harming the threatening person. What if there is not enough time to do all this thinking? Your innate standards, the subconscious values you have set down in the past, will create action, and whether this is 'right' or 'wrong' will depend on the quality of those standards. Karmic consequences, if any, will be tempered by a just law in consideration of all the facts.

In all situations of threatening confrontation, for example invasion of home or country, there are primarily two parties involved. One is experiencing karma²⁵ and the other is creating it. From a purely spiritual and simplistic point of view the threatened would accept the invasion as something earned and expiate karma, and the invader would be creating it, but there would be no bloodshed and killing. The way we do it now is to, through the collective 'I' and its attachment to nationalism etc., indulge in war and the attendant horror that that entails. This only succeeds in creating more karma on both sides instead of only one, and more severe karma than would have been the case if the invaded had acquiesced. There would be some on either side who would elect to act peacefully but the collective mindset would prevail. That is how it has been in recorded history and that is how it is today. However, the time will come when we can, because we will then have the wisdom to do so, take the ideal action and willingly deal with the lessons we have to experience, whilst acknowledging with compassion the consequence to them of our invaders acts. When the majority on Earth have that wisdom none of this will occur. Farfetched and fanciful? So it may seem from where we stand at present but the time will come, it is inevitable because the road we are on leads there; but until we get there, there will continue to be great suffering which will have to be endured, not by others in the future but by us coming back again and again, shedding as we go those conscientious objectors dragged along in the tide of men.

When we are faced with a moral dilemma because our conscience²⁶ is not on the surface or is losing a battle with the negative promptings of the mind, the best way out is to ask ourselves what someone whose example we respect would do in our situation and act accordingly. These individuals could be the spiritual Masters or someone next door but, obviously, the 'higher' you go the better the result and, possibly, the more difficult to carry through.

On the other hand, if we make any decision based on what others may think, we have sold ourselves by handing our well being to others. We make these decisions because of a lack of self esteem in that we are looking to others for approval instead of approving of ourselves and standing on our own two feet in that regard.

Shame: As there is no humiliation where there is no pride, there is no shame where there is no pride. Shame is a creation of the mind in response to how we assess ourselves against superficial standards and values set by ourselves and others. Feelings that we might have about errors we make according to our conscience are not relevant because, as has been said earlier, we should not dwell negatively on these and, therefore, should not have any.

"Dress maketh the man" is an expression that is untrue. Being dressed well may create a feeling of well being if one attaches importance to it, but neither dress nor any physical attributes change, one jot, the quality of a person for the better. On the other hand they may change the quality of the person for the worse through pride. Many a sepulchre is adorned with ornate carvings and fresh, white paint, and many a barren plain hides a gold nugget. If we do not remember this we may feel shame if we are unable, even unwilling, to dress to meet the expectations of others.

If another is ashamed for us, or of us, it is that person's challenge because we are not shamed, we are untouched. However, we can be considerate of the other's feelings and act, within reason, to reduce their shame.

Ageing: Some people accept ageing, and age gracefully and with dignity, while others cannot do this and fight it to the end with every means available to them. Those in the latter category, who do not have, or cannot afford, the means live an unhappy life. But ageing is a natural process for us at present; it occurs in all living things yet we are not all able to accept this. Some crave beauty and youthfulness - this is attachment. If ageing is not accepted and we keep on trying to stave it off by mechanical means it is inevitable that the time comes when no more can be done. What then?

Of late people have been trying to play down ageing by resorting to semantics in reference to it; they resort to all sorts of verbal ducking and weaving to avoid using the word 'old' and this state of mind also applies to other situations where adjectives or nouns describing the truth are avoided as if they were degrading or obscurely inappropriate. This seems to be a mindset stemming from an obscure wish to avoid the truth.

If we ever look at anyone older than we are with derision or distaste, it is enlightening to realise that the only difference between that person and us is that "they got there first". We should also remember that such thoughts are unloving and do us no good - they are infinitely accurate boomerangs.

²⁵ There is group karma as well as individual karma. Hence, families, clans and tribes, nations as well as the global family attract karma through their collective consciousness.

²⁶ Conscience is the awareness of the superconscious by the subconscious and the awareness of the subconscious by the conscious; Therefore the degree of conscience one possesses depends on the degree of awareness. In other words, conscience is the awareness of the Spirit-mind by the Soul-mind and the awareness of the Soul-mind by the body-mind; and the degree of conscience one possesses depends on the degree of awareness.

There is anecdotal evidence that in times gone by, human bodies took longer to age, with Abraham being a case in point, and that today, although medical and pharmacological science allows us to live longer than we have in the relatively recent past, our bodies are actually ageing faster. This is because we are, and have been, poisoning our minds with all the cravings and selfishness of so called civilization and the delusion of what is incorrectly called progress, as well as poisoning our bodies with chemicals and the by-products of modern technology. Unfortunately, to a large extent, science has historically made absolute pronouncements that should have been qualified by the codicil "As far as is known at present." Arrogance, self interest, possible loss of face or loss of personal credibility, ignorance, and other negative and irresponsible attitudes have, however, precluded this statement and the attitude that goes with it. At present, there is the added disadvantage, to people at large, of scientists being financially beholden to vested interests. The consequence of this is that, in part, ageing is accelerated.

Our challenge is to be non-attached to the perceived negatives of ageing and to seek, first, remedies in non-invasive and non-toxic medical practices and medicine - to seek that provided by nature in preference to that provided by the human intellect. Concurrent with this would be the requirement to slow down the process of ageing by avoiding, from a young age, negative thoughts, unhealthy food and drink and anything contributing to a negative lifestyle.

Money: Most, if not all, of the problems of this world have their roots in money. It even pervades religious organizations like a bad odour. The problems of the world are caused solely by people, and 'people' consists of individuals, and an ever-increasing number of individuals have moral problems that have their roots in money. These problems, or challenges, are far too numerous to list here but anyone with any degree of awareness is quite capable of seeing these, even if one eye looks the other way. Hence, to every individual one might say, "If you worship this god, stop and take a good look at yourself."

When you earn money let it not be, **in any way**, at the expense of anyone or anything. When you are wealthy share your wealth through helpfulness and unselfishness - and with happiness. When you are poor share your poverty through helpfulness and unselfishness - with happiness - because there are always those worse off than you.

Money and love are similar in that both can circulate for the benefit of all; but if either is held or bottled up at any point the circulation loses its positive potency.

Shopping: The latent inner urge for happiness can manifest as an inversion in the form of non-essential shopping which has become for many, an entertainment or a trip - an externalisation fed by an indulgence in the pursuit of happiness which, if it comes at all, is fleeting.

The industry of Marketing driven primarily by the desire for money and, secondarily, the art of seduction; of making us buy what we do not need. Those who expose themselves to it are assaulted by a barrage of display and advertising designed to manipulate the mind of the weak and susceptible - and the majority succumb.

When it exceeds moderation and need, and becomes a want it becomes self-gratification and will have to be corrected by deprivation or some similar measure in the future as all negative excesses attract karmic correction.

Lust: This is a strong desire for sexual gratification not based on love, or any strong desire or drive, and the word is usually used in the context of mentally uncontrollable desire of any kind. Any desire, or craving, is negative and, if excessive, that is mentally and/or physically uncontrollable, it is extremely negative. Sexual lust, when actively indulged in via the body, is selfish in the extreme because it results in rape, infidelity, self-gratification etc. In the Earth plane, thought creates an activity except where the activity is autonomic, as in the animal body. In other planes, where we do not have bodies, thought is our activity. Hence, since activity or action is caused by thought, thought is the source,²⁷ and it is thought which the Law of Karma corrects or brings into balance. This being the case a lustful thought is what attracts negative karma even if it is not put into action, but it should be noted that there is a difference between a lustful thought and an appreciative thought with the latter being karma neutral. For instance, if we see an attractive body and lust after it we are committing rape. If our thought is only one of appreciation and/or attraction it is karma neutral.

Children: The responsibility we have in the upbringing of children is enormous. Generally, the examples we set have a major influence on what a child comes to understand to be correct or incorrect, or right or wrong, so it is very important that we lead by example. To do something and ask a child to do something else confuses the child and results in an incoherent bank of data on which it has to rely. In some instances a

²⁷ See "'Inside' and 'Outside' the Universe - *The "Quo Vadis?" File II* - page 136

child will develop in a manner quite foreign to the environment of its upbringing. In such cases it is likely that the soul has well formed attributes not requiring parental guidance, and that its purpose in life, relative to the souls who are the parents, are to do with other matters. Also, the child (soul) may decide to spurn the parental examples set, be they negative or positive examples.

With reference to the spiritual aspects of the upbringing of a child some points are worthy of mention here. Some aspects such as right and wrong, sharing, love, attitudes and emotions, are conveyed, largely unconsciously, by parents, but often, particularly where religion is concerned, the conveying is conscious. Some parents have no manifest religious leanings and the child has to seek its own information. Others are religious, whilst still others are spiritual without being religious and practice their beliefs to varying degrees of fervour. It is here that the greatest danger lurks because many parents, with the best of intentions, desire that the child accepts their beliefs without question or dissent or, if acceptance is not total, express disapproval in some manner and to varying degrees. It is vital that parents guide but do not coerce because a child should be given latitude of thought - it has its rights, and subconscious as well as superconscious knowledge and beliefs. Any attempts at mental control may create confusion and distress, either visible or invisible. No one has the right to fetter the mind of another and the karmic repercussions will be exact. In any event a 'wise' child will reject, at some point, what is incorrect in what it has been taught, or does not match its intuitive reason, much to the sorrow or displeasure of the parent or parents. These emotions rise, of course, from their self-ish attachment to their ideals and beliefs as well as to the child. In some instances "I know best!" applied to a child can be furthest from the truth.

Some children report to their parents seeing friends and/or playmates invisible to the parents, or say things about past lives or the supernatural. Some parents take no notice, dismissing these as fantasies, whilst other parents can be very harsh, especially when, according to them, it is "the work of the devil". Such children are usually spiritually advanced souls and these events are quite normal as far as they are concerned, and should not be derided. The best way for the parents to act is to accept it as normal, take it in their stride, and leave things to fade away or blossom as the case may be.

Conception and Birth: Since a soul 'selects' its next life on Earth it will select one most suitable to its needs²⁸ and prospective parents can consciously create a particular 'environment' for an incoming soul through their attitudes, ideals etc.; most of which is part of them anyway but can be changed with the realisation that they can play a part in the preparations. However, they cannot choose, they can only set the stage so to speak. Apart from any conscious action in this regard there are, of course, the unconscious ones that exist, so we are talking of influencing rather than determining the individuality, personality and purposes of an incoming soul. Setting the stage is also possible, but to a lesser extent, materially. As an example of this, if their wish is for a musically inclined child, one or both of the parents can think music, visualise the child playing music and/or buy a piano, play it perhaps, or set up a music room or do this mentally.

To take this example further, in uninfluenced instances a soul, whose 'plan' includes music as an important part of the coming life, may choose a musical family or parent, or a life path that includes contact with a musician, or the opportunity of musical expression.

Obvious examples of such "coincidental" births abound in respect of any talent one would wish to name but, to avoid disappointment, it must be stressed that there is never any guarantee and take satisfaction from the fact that one is the ideal situation for the soul, and therefore the child. There is no guarantee apart from this because there is such a vast array of factors affecting an entire life.

As always, the motive of the parent or parents is of vital importance and the forces in action cannot be fooled. For instance if a parent or parents are after a musical prodigy for their personal aggrandisement they may still get such a soul but the outcome could be nothing like they expected, but certainly something which would give them a salutary learning experience. On the other hand that experience may be deferred for another time.

Childbirth: This is a natural process. As a **natural** assignment it is painless, or nearly so. If we carefully observe animals giving birth we will see that this is true. It is also the case that women who are untainted by civilization give birth quite naturally. In parts of Africa it is known that when a pregnant woman who is on the move with her tribe knows that birth is imminent, she stops, at the appropriate time scrapes a shallow hollow in the ground, squats over it, gives birth, and then moves on to catch up with the others - as simple as that. We might also learn from this that the squatting position is the most suitable. In this context one wonders why the 'modern' position of reclining is adopted when it seems to be the most inefficient in the context of what the body and its muscles are trying to achieve. Perhaps this decision was made by men. At this point one may ask how a man may presume to make the comments made above and the answer may be

²⁸ See Chapter 2.

that, because all of us have been women in the past and have given birth, we all carry this experience within us.

Civilization has brought with it a state of mind that is the result of the implantation of negative thoughts about childbirth in our minds, and this creates fear and tension which causes tension in the muscles that need to be relaxed, and generally works against the natural process to cause pain. Naturally there are complications in some births which have serious consequences but these are the exceptions rather than the norm. That God decreed that woman should suffer pain in childbirth is pure myth - this is not the way of a loving God. If there is any validity in that myth it may be a corruption of us being warned that, as we moved further and further away from our 'godliness', we would create a state of mind that would produce this result.

Dreams: These are not merely sleep-time fantasies but mostly communication from our superconscious and our subconscious and thence, after we awake, to our conscious, in part or in full; that is, from our Spirit to our soul-mind and, thence, to our body-mind. Some dreams are in response to physical conditions prevailing at the time such as discomfort of the body caused by, for instance, a full bladder, over heating, cramp and pain. These are literally wake up calls. Other dreams are to do with our life in the period immediately preceding the dream, and some are from the prior past, even from previous lives, but they all have a message about the present because only what is significant to us in the present, even if it a warning about the future, is available to us. The third category is from the superconscious or Spirit-mind²⁹ and comprises the highest level of input. The others are worthy of study as they advise us of our spiritual progress or otherwise, give us guidance, tell us of coming events, and are helpful in many ways. Nightmares are strong warnings about attitudes or emotions that require change for the better, and will persist in the same form, or with the same theme, until such time as we have changed.

Predictive dreams relating to ourselves are not irrevocable in that they can be overridden by our will that is the strongest force apart from that of the Great Spirit or the Spirit within us. These are not usually invoked for two reasons; firstly, because we have been given freedom of will and, secondly, because the Law is in place. Generally, our will and circumstances are not interfered with, but there are occasions when forces 'outside' us will intervene. The spirit guide Silver Birch states, through a channel, that even though they (spirit guides) often 'weep' at what we do they do not interfere except where one of us, who is needed for a special purpose, is in danger. Such intervention appears to us, when it happens, as an inexplicable event and examples of such events abound in everyday life.

Companionship/Loneliness: Being on our own is the lot of many of us for periods of varying lengths. We feel lonely and wish for companionship because being alone is not something usual in our experience. Most enjoy the intimate presence of a partner for all the many reasons there are and, on being separated by departure of any kind, find ourselves having to cope with the feeling of loss that ensues. However, as has been stated before, everything happens for a good reason and this may be that we need a period of time to contemplate life and its purposes in solitude. Loneliness is not a fact, it is a state of mind, and the fact is that we are alone - on our own; but the state of mind can be dispelled by an understanding of the reality of the situation which is contrary to what it appears to be, for we may be lonely but we are not alone. Always present with us is a loving and compassionate spirit guide, and there is always the presence of the Great Spirit in and around us. We can harness the energy of this presence, which is positive, to neutralise the negative emotional energy created by dependence or attachment. Love for the departed person can remain as strong as it ever was but it will be non-attached love, and no longer a burden but a joy. Non-attachment, together with our understanding of life and how it works, will enable us to appreciate the situation, accept it, and be at peace and contented as the emotion drains away. Friends and companions come and go strictly in accordance with our needs, so the sooner we get rid of our wants the happier we will be. When our time of solitude has served its purpose things will change but, not necessarily in the present life. Eventually, of course, we will be one with all.

It may be that we decide to actively search for our often elusive companion but this is not the best way to go about it. The best and safest way is to eliminate the search from our thinking (be still) as we go about our daily business. This elimination also eliminates the barriers that searching activity creates and opens the way 'fate' to take its course.

Meditation: Everyone benefits from meditation. Even those who practice it solely for physical and/or mental reasons benefit by the positive changes that occur in attitudes and emotions.

There are many different types and methods of meditation and aspirants should select what best suits them or what attracts them most. The important thing is to start and then persist. One may be progressively guided to what is most suitable according to one's need and degree of vibration i.e. degree of enlightenment.

²⁹ In truth, the Spirit has no mind. It is mind, or thought, as is the Great Spirit.

Some meditation focuses on attaining peace of mind and bodily health; some call for focusing the mind on some specific problem, thought or aspect of something; part of Buddhist meditation is to keep the focus at all times on what one is doing in the moment; and another calls for completely clearing the mind of everything and "entering the void". As I see it, the last mentioned is the 'deepest' meditation, the one that opens the practitioner to his or her greatest potential, whatever that may be in accordance with the individual's state of being and state of mind.

Meditation is not an end in itself, it is a disciplinary process that clears the mind of all the mind's creations, thus opening the way to Absolute Reality, the Truth, or the Great Spirit - all the same. One may say that Absolute reality is where all is known, but this would be incorrect because, firstly, 'where' suggests a place or point and it is neither; and secondly, "all is known" suggests a quantifiable sum of knowledge which it is not.

One way to achieve the deepest meditation is this: The best time is at around dawn, when there is stillness in the air. The best environment is solitude and quiet.

Find a place, by trial and error if necessary, which meets the above criteria, a comfortable chair, or bed to sit on, or a place on the floor. Use the same combination for each meditation and, if you are away somewhere, visualise your usual combination so as to minimise the change. Sit and cross your legs or stretch them out, keep you back straight, support your back if you wish.

Get comfortable and relax - close your eyes³⁰ - if you wish you can have a sequence of prayers and/or an affirmation at this point. This will help the drift away from worldly things - if you see colours, or swirling coloured clouds, moving pinpoints of light, faces etc. watch them peacefully for a bit and then 'take yourself' behind them, as if you were moving through a screen on which they were playing. If you wish, you may visualise a peaceful garden, or scene which is peaceful to you, instead of the above or if they do not occur, but you have to move beyond, or behind at some point - eventually, there will be 'nothing', except thoughts flitting across your mind or trying to get your attention - the purpose of meditation is to still the mind - do not fight them, just gently see yourself picking them up and putting them away outside your 'area of vision', or give them to your god or Master, or put them gently into a golden box; any symbolic receptacle - keep on 'looking' beyond what is in front of you, going deeper and deeper - you may be aware of thoughts around you at the edge of where you are; gently ignore them - stay in the void - next you will 'wake up', perhaps slowly, and a long time has passed although it felt like a few minutes, if that. You have been meditating!

Do not look for results because that is negative and counterproductive - just let changes occur. You will soon notice them.

For the best effect one's motive in meditating should be pure and the activity free of expectation, which is a creation of the mind and a movement in the opposite direction to meditation. Purity in motive means being devoid of seeking power over others, self aggrandisement, monetary gain, curiosity, expectation - anything negative. In other words one's purpose should be to humbly seek spiritual growth. Impure motivation blocks the channels of access available through meditation.

A word of caution - it is dangerous to attempt this activity without the proper attitude. One should be serious about it and not attempt it as a playful experiment or with the assistance of drugs. As has been said earlier we are a tripartite entity of electromagnetic energy and a frivolous approach that releases the kundalini force is like plugging a 240-volt appliance into a high voltage power source; mental and/or physical burnout can occur. Be respectful.

Adaptation: If our past was unpleasant and we feel unhappy about it we are attached to the past. If our past was pleasant and we hanker after it we are attached to the past. If you hanker after a future or a particular future you are attached to the future. Desire for the past or the future is a creation of the mind. Be non-attached, adapt to the present joyfully - it is the only thing you possess.

Hope: This is something we do a lot, and something we are often advised to do. Where the latter is concerned, if it is not in reference to something specific, it is in reference to something nebulous; it is something vague and open ended and, therefore, useless to us.

Hope, as we normally understand it and apply it, is a desire for something specific. We may hope for a better life, more money, a male or female baby, love, happiness and so on. Desire, of course, is an attachment to something and attachment creates emotional responses of the mind such as happiness and unhappiness. Thus, in this context hope is an activity of the mind and is, therefore, illusion. True hope is a state of non-attachment, a state of 'being still' in which one may entertain a hope or an ideal and then put it out of the mind and dedicated to the forces that are in play in the scheme of things. By doing this we allow what is best to manifest. If it is the same as, or similar to, our hope or ideal so be it, and if it not, the thought or its motive

³⁰ Keeping the eyes open is possible but there could be too distracting.

will become part of our individual 'energy field' as a positive or a negative force depending on whether it is positive or negative.

If we are non-attached to the result of our hope we are not subject to the pain or pleasure of the result - there is only contentment, and from contentment comes joy.

Living: Long ago, spirituality became externalised in ritual, and ritualistic religious practice is not the same as spirituality. Many a person is spiritual without being religious, many a person is religious without being spiritual, and many a person is both religious and spiritual. It is not what we do that matters, it is what we think, and the actions that result from that thinking, that makes us spiritual.

The following is an affirmation from the Cayce material, mentioned in a modified form in the preface of this book, which is, perhaps, more relevant to this chapter than others and could be used by us to good effect.

"Not my will but Thine, O lord, be done in me and through me. Let me ever be a channel of blessings, today, now, to those that I contact in every way. Let my going in, my coming out be in accord with that Thou would have me do, as the call comes, 'Here am I, send me, use me.'"

Reading 262-3

The reference to going in and coming out in this affirmation is intriguing. Elsewhere, the readings state that at night we, souls, leave our bodies, and the above terms seem to refer to these movements during sleep.

Non-attachment: When we talk about "without thought for the fruits of an action" or acting without thought of the results of an a thought or action there is a qualification which is that we give no thought to the "fruits' or result having ensured that the thought or action are not hurtful or damaging to anyone or anything, including ourselves.

CHAPTER 7 - AN APOCALYPSE?

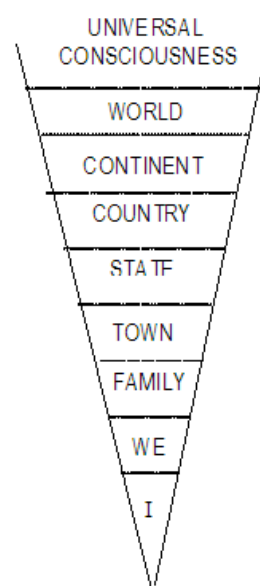
As we approached the advent of the new millennium a change in attitudes, values and priorities was manifesting in the collective human consciousness due to the relative enlightenment of individual souls during current lives and due to the incoming, into this plane, of souls previously similarly enlightened, or to a combination of both. This is evidenced, particularly in westernised societies, by a seeking of spiritual truths outside orthodoxy, increasing awareness of audio and visual pollution and that of the biosphere, our adverse impact on life of all types and a desire for peace, to name but a few, by an ever increasing number of people while a large number of others continue with unenlightened policies, practices and attitudes. In the new millennium, a new force has emerged which is bringing focus to bear on the injustice, inequity and moral bankruptcy of the economic system in vogue worldwide. The twentieth century was predominantly under the influence of the numbers 1 and 9, numbers which appeared in the birth chart of all born in that century, and the twenty-first century is predominantly under the influence of the number 2 which is, and will be, in the birth chart of all born during this century. Under the number 2 the negative influences of the 1 and 9 indicated above will change due to the positive influences of the number 2 and it would be interesting if we had a device which could show us the negative and positive components of the collective human consciousness at the present time in order to estimate the approximate time when the balance will tip in favour of the positive forces. There is no doubt that those born at the end of the last century and those born thereafter will have a profound effect as they vote at elections, as shareholders, change diet patterns and a host of other things which will alter the emphasis from economy to humanity.

Humankind has progressively wreaked more and more havoc on this planet, particularly in the last two hundred years, but with increasing ferocity and abandon in the last fifty or sixty years, and the point seems to have been reached where nature will have to react to save itself. The Earth is a unity of diverse forces - a macrocosm of microcosms - and reacting with this is the collective human consciousness, also a unity of diverse forces, and possibly the collective consciousness of all discarnate souls as well. If the mean of the negative and positive forces goes too far to the negative side of the scales destructive forces may be released to re-establish balance. This would mean that existing disruptive forces, or forces of disharmony, will be eliminated or reduced and, as the collective human consciousness is comprised of individual consciousness, the consequence for some are obvious. Alternatively, there may be an event or events, which create a paradigm shift in human conscience with a resultant major change in global policy.

In regard to the collective human consciousness, in this context, let us consider a picture of a world size V under the point of which is the "I" (See diagram). There are eight horizontal lines across and inside the V. At the first level above the "I" is 'we' representing the combined "I" of a couple; at the next level above is the sum of the "I" and the "We" as represented by the family and its collective 'I', and so it goes up to the Universal Consciousness at the top. Although separated in this diagram it is all one as in a soup which is one, but in which it is possible to taste the various ingredients as well as the sweet, the sour and the bitter. The term Universal Conscious does not include anything external to the universe. In combination with other "I"s the negative energy of the "I" progressively increases as we move up the V to create the state of the collective human consciousness which affects the entire spectrum of energy, the whole field of consciousness. The "I" is a negative force and creates imbalance in the natural state of things as it grows exponentially. If the resulting imbalance threatens the balance of the whole it will be neutralised fully and, since the "I" is the bridge stone of all the negative energy in this context, or aspect of the whole, the 'structure' falls apart in a state of chaos whilst the positive flows in to take its place until the wheel turns full cycle again and again and again but each time with a smaller radius because there will be less "I" energy around each time. Sri Sathya Sai Baba was asked about this sort of scenario in 1984 and replied to the effect that it is like the ocean, that there have been many waves in the past and there would be many more in the future. He added that there were old men living at the time who would live to see the next one.

Plato referred to Atlantis, and the Cayce Readings provide extensive information about this lost continent and its people, what happened to it, and why. The "why" accords with what is illustrated by the diagram above. The Readings also state that in the late 1990s a room will be discovered under the Sphinx in which will be found the written history of Atlantis and the world up to that time. This discovery has not occurred to date but that does not mean that the prediction is inaccurate - only the time. It will happen if and when we need it.

In the 1990s, scientists using sophisticated instruments concluded that there appeared to be a previously unknown space under the Sphinx. Unrelated to this, but relevant to statements made in the Readings, which are mostly ridiculed by mainstream scientists, is one in which it was stated that at one time the river Nile flowed westward to the Atlantic



ocean at a point just below the western bulge in the African continent. Ridiculed at the time this was proved to be correct when the Sahara was scanned by satellite to obtain the topography of the ground beneath the sand. The scan showed the Nile channel running west but impeded by a mountain range at a point towards the western end of its course.

According to the Readings, and there is other unsubstantiated information in existence giving similar descriptions, the Atlantean civilization reached a level more advanced than ours; that the people, on balance, had got to a point of attitudinal degradation on a par with that which we are likely to reach if we do not mend our ways; and that the break up and eventual sinking of the continent was the result of their errant ways. Often used were references to the forces of light and the forces of darkness, the sons of light and the sons of Belial - moral forces. It is the same today - ten thousand five hundred years later! The Readings also state that, since early in the last century in anticipation of the tremendous progress of science, large numbers of one time Atlanteans were incarnating, as the period was conducive to the use and furtherance of their skills. We can add to this 'for another chance for some to get their - now our - priorities right', and we have a complete picture.

Progressively, during the last century the movement of people around the world, facilitated by advances in technology, has increased and continues to do so. Many people have moved, and are moving, to settle in various parts of the world where they would not have been accepted, except as slaves, not so very long ago. As a result, divisions in humanity are being broken down and most of us are making progress with "brotherly love". Such events do not occur just for reasons such as sightseeing or a search for a more comfortable climate. Not that the Great Spirit would 'frown' at that but there is a much more purposeful reason beyond our perception, as in the case of the vast migratory herds of beasts on the plains of Africa where the perception is movement but the purpose is food and water. It is more than likely that at least one purpose is the eventual melding of the human races, religious beliefs and all diversity into one. One race, one colour, one God - no doubt we will be bereft; for what will we have to fight about?

In many fields of science and technology there has been great **true progress**, particularly with reference to the humanitarian cause, but all this will be of no short term avail if humanity is exterminated by profligate practices detrimental to humanity as a whole, and the very biosphere on which we depend for survival here.

In the larger context of 'cosmic time' - this too is a misnomer - and total Earth history, such major changes are of minor significance as the overriding purpose of soul evolution is the reason for all that takes place. Physical life, the Earth, and the phenomenal universe are merely the means to an end - an illusion, not the Reality.

Should likely coming events necessitate physical and mental trauma there is no cause for fear. This is so because, in the total context, the events will only be perceived reality, and fear is only of the mind. This is extremely difficult to comprehend - and as difficult to explain in words. Consequently, it is difficult to accept, and reassurance from outside self is not possible. There will be some who will have no fear because they are well up the mountain of Truth and some may well have reached the top. However, fear is not the answer for fear does not produce the best results, if it produces any good ones at all. The answer lies with every single one of us; to **be aware**, and being aware, to **ACT**. But let the reason be self-fulfilment not self-preservation.

To walk a mile you have to first take a step.

Observe thought and deed at every step,

And act!

It is your choice.

"Quo Vadis?" my friend.

CHAPTER 8 - REALISATIONS

Realisation is revelation - it is as if the dust and debris of time are swept away and the shining Truth is revealed. What is 'seen', 'known', 'identified with' in a transcendent state cannot adequately be conveyed by the written or spoken word.

The Illusion - 1.

"What we perceive as matter in its various forms is a thought manifestation of the Creative Force from the purest form, or state, of energy which is the Creative Force Itself. Using that same creative ability given to us at our 'birth' we, through thought entered this 'world' and became attached to the pleasures it gave us. With this came pain, the opposite of pleasure, because the law of this phenomenal world is that for every action there is an equal and opposite reaction.

Thus, it is only in thought that we are here. We are standing outside looking in so to speak. It is an illusion; perhaps, dreamlike is a better word, as dreams are very real to us at the time of dreaming."

The Illusion - 2.

Everything is impermanent. Everything is in a state of flux. The entire biosphere is in motion in a cyclical state of matter being broken down and re-constituted from one form to another. All matter - energy - is in a state of flux the whole universe of matter.

Everything we can see, feel and possess is in a state of flux, of motion, and is transient - even our thoughts. Our mind creates, and can be observed by us creating; creating thoughts of pleasure, pain, sadness and joy, fear and anticipation and, as we observe thoughts being created, we can still the creation, and, therefore, the world it creates. The world is of the mind and is impermanent - even our bodies are in a constant state of flux, of constant destruction and re-creation. Even the soul, the self, is in a state of constant change, evolving through experience and choices. The only unchanging aspect is the Light itself, the absolute being, that which is timeless, always was and always will be, that which simply IS. This absolute self is of the Creative Forces, it is like a water droplet touched to a vast drop, it merges completely yet retains its identity. That is our true state of being.

Thus, all is a creation only of the mind - an illusion, and we must enjoy all aspects of this illusion, whether they appear to be good or bad, as it presents itself; with joy because it is through this that we evolve; through meditation and applying the right principles; through the realisation of our true identity and, thereby, to at-oneness with the Creative Forces - the Great Spirit The beginning and the end, the Alpha and the Omega, and we are unaffected by what appears to be."

Note regarding the Illusion.

To misunderstand this may lead to delusion. The unwise, or those whose conscience is subdued or subjugated by worldly desires, may easily assume that, because nothing in the phenomenal world is real, they may freely, with impunity, put a knife into another, wage war, steal, rape, and harm others in the many ways possible, and in other ways eschew love in all its manifestations. However," thoughts are things" as the Cayce Readings say. Thought is a force, energy, a field, as evidenced by experiments conducted by Russian scientist in the early half of the twentieth century. It 'travels' instantaneously³¹ and is not impeded by distance or any known substance.

In this context, the saying "It is the thought that counts" is absolutely true because, as has been stated before, action is created by thought (except where it comes from instinct) and it is the thought that counts, and it is thought that attracts karma, negative or positive as the case may be.

*It is understandable that the illusion is difficult to comprehend and the following may go some way to helping in this regard. If we are shown a green leaf and asked what its colour is, we will reply that it is green. However, it is not green. It only **appears** to be green because it absorbs all but that part of the light spectrum that makes green, and that is the part that is reflected to our eyes. A beautiful butterfly wing is not beautiful at all; it only looks that way because the tiny scales on the wings are angled in different ways to create different colours. Likewise, materials we take to be solid are not solid - glass flows slowly in response to gravity, the hardest diamond has space between its atoms and molecules; and energy particles are passing right through all seemingly solid bodies, including our own. Nothing is as it appears.*

A parallel similarity to the illusion, and the way in which it manifests, is our current activity of creating Virtual Reality. In doing this we are using thought to create a perceived reality, an illusion, through the medium of technology.

³¹ 'Travel' and 'instantaneous' are a contradiction in terms.

CHAPTER 9 - THE "Quo Vadis?" FILE

In the preface to this book mention is made of compulsive writings, seemingly manifesting from 'within', which I had to commit to paper. This started in 1985 and continued for about five years. Because of the pivotal significance this had for me, its theme of "Quo Vadis?" and the mandala, I called the file that emerged The "Quo Vadis?" File. Some of this material appears in the main text of this book and, what does not, or what has only appeared in part, is presented in this chapter for what it may mean to the reader. Some of these may seem to be of a personal nature but they are included because they may be relevant to a reader from the point of view of his or her personal experience, or as material worthy of contemplation.

The manner in which the mandala manifested itself may be of interest to some readers and it is included here for that reason.

One day the words Quo Vadis entered my mind and I took little notice as this sort of thing often happened to me in relation to unusual and/or botanical names. However, when these particular words continued to present themselves I started to wonder if there was any significance to it. It occurred to me that it was a question asked of Jesus by Peter, and that I had seen a film with that title. By this time I had had enough experience to know that the puzzle would be solved in due time, and left it at that. A week or two later, when I was involved in the boring job of hand washing sheets in a tub - a job that seems to leave the mind vacant - thoughts started forming and culminated in an incomplete vision inside my head of lines radiating out of the centre of a bright light, accompanied by an increasing compulsion to stop what I was doing and commit it to paper. Eventually, I had no option but to wash and dry my hands and go to my desk.

At the start I had no clear picture of what was in the light but, once I started, as I drew I saw more. When the outline was almost complete I looked at a space near the top, below the flame, and exclaimed, "THAT is where the "Quo Vadis?" goes! This was what had been developing over some six weeks. The text that follows was a flow on from the drawing. When I related this series of events to a young friend of mine, and he saw the mandala, he said, "But that is a life's compass!"

The "Quo Vadis?" Mandala.

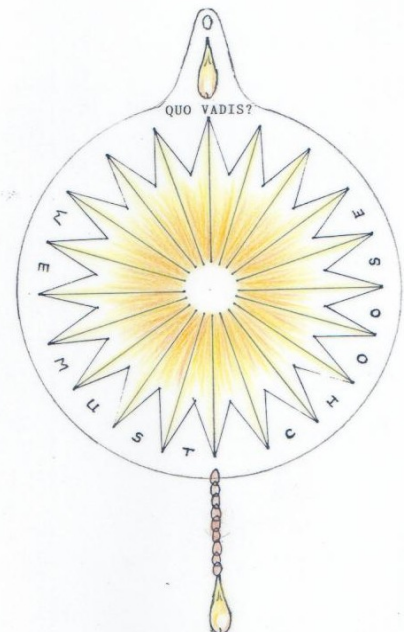
It is said that we should love our neighbour as we would love ourselves, and that we should not do to others what we would not like done to us. That these two standards of conduct are the main teachings of all major 'religions' is fact but, to us, it is what others such as Jesus, the Buddha, Muhammad, Krishna, Baha'u'llah and numerous others said, and we take little or notice. This attitude conveniently distances us from responsibility in this regard and we can, therefore, go on our merry way. However, if we pay heed to what our conscience tells us so often; if we stop to listen when we hear it speak, we will realise that what it is telling us is precisely what is said in the paragraph above.

In other words, we have it in us but we just do not want to hear. When Jesus was asked why he spoke in parables he said, "..... because they listen but do not hear." Not hearing, or not wishing to hear, is so true of most of us and is due to our evolutionary state. When our individual time is right we will hear and resume, or quicken, our progress.

In physics every action has a reaction and, similarly, every action has a reaction in what we think or do. Every moment of our waking life we think or act, the act being the result of thought or instinctive, in a way that affects us and others. We have, therefore, the capacity within us to live up to these fundamental precepts of life - a plurality that can be defined in the singular as Love but there is no one to steer our boat but ourselves. It is we who must choose.

Some of us, due to our upbringing, personality, or simple lack of thought, are not aware of good or bad acts, but we **can** learn by noticing our own responses to the acts of others and their effect on us or others.

We all have a conscience, be it a small suppressed one, a large one in a thoughtful mind or one somewhere in between; and we all have the capacity to free ourselves from the fetters that bind us and prevent us from being better people.



This mandala symbolises:

- By the candle flames at the bottom and top, the inherent good that we have in us and that which we can attain.

- By the south/north line, the spiritual path we **will** complete sooner or later.
- By the chain, the previous lives we have lived in the quest for full enlightenment.
- By the central light, the light we possess within us to decide in which way to act in every situation, in thought, word or deed.
- By the radiating lines, the direction we choose each time.

It is, therefore, a reminder to us that it is we, and only we, who steer our course. Unused it is worthless; used, it is worth the extent of its use.

A reflection on human sensitivity.

Many social cultures dictate that a man should not cry because it is 'unmanly' or weak; it must be shunned - it is a taboo. Many such cultures dictate many things that make us materialistic, insensitive to others, greedy, selfish and progressively more concerned with the quality of living than the quality of our life. What causes crying is compassion or self-pity. Compassion is a beneficial emotion and self-pity is a negative one. Both are feelings of sensitivity and acknowledge our humanity, although the self-pity is best turned into a positive force.

The compassionate aspect of crying is the important one and results from feeling for another, or sensitivity to another's compassion, or love, for us or for someone, or something else. How often we hear the expression "It brought tears to my eyes." These feelings cannot be deprecated except in a world insensitive to essential values - one enthralled by the superficial. Sadly, with the long overdue emancipation of women, this castration of feeling, this taboo, is being made to apply to women as well; but where would motherhood be without it? Are we to fill our children's stomachs and fill their minds but leave their hearts to flounder on the rocks of a sea of desert sand?

We think that if one must cry one should do so out of sight of others lest it become common knowledge; yet we see people weep at the sight of the starving, and of the poor and the wretched; we see those who can cry no more because they have cried too much, minister to the needy with selfless dedication. Are these people to be condemned by us as being weak or lacking in some way? Are tears to be sacrificed at the altar of misconception and flawed idealism?

There is hail but the sun shines,
There is thunder but peace reigns,
Clouds bank up but the horizon's clear,
Danger looms but I do not fear
There is happiness within.

Green follows the ravage of fire,
Flood brings food in its mire,
While dark clouds and wind bring rain
To quench the thirst and grow the grain
We've but to look within.

The Law of Karma.

During the last two hundred years or so we have made greater and greater progress in science and technology. We have progressively applied our ability to the discovery of energy, its source and its uses; to the refinements of manufacturing techniques for the production of goods that feed the material appetites of our senses of touch, hearing, smell, sight and even thought. Simultaneously, we have increasingly been given a greater capacity intellectually, a capacity far beyond that of our recent ancestors who accepted, rather than questioned and thought. Today, far more people have been asking, either to themselves or openly, or thinking about the values we have been setting for ourselves - the values preached by advertising, the money lenders and those others who mistakenly or consciously use money with selfish motives. We go along with all this, apparently helplessly, conditioned by a creed of materialism despite our inherent realisation that we are charging headlong in the wrong direction; that this material emphasis is contrary to our ultimate well-being, and that it is inherently wrong yet we continue. It is easier that way.

Consequently, as our judgement as to right and wrong expands the consequences of our actions or acquiescence, or our errors of either commission or omission, attract greater and greater positive karma upon

ourselves individually, as well as collectively as a nation and as the "global village". Some of us pray to the Great Spirit, some of us, wishing hopefully for better times, sit back and indulge ourselves. We even think of the Great Spirit as unjust - but then, we cannot reconcile our idea of a just Great Spirit with the injustice that occurs to us and around us. The Great Spirit is not unjust, **we** are, by our thoughts and actions.

Spiritual Masters have told us, amongst other important things, that our harvest is according to the seed we sow. That is the law we have to realise and live by if we are to better ourselves and find peace and happiness. We have the ability to live by this law and we have to accept the consequences whether we break it or live by it. Unlike under most laws, under this one we are rewarded when we abide by it.

This is the Law of Karma, the universal law; every thought and every act of ours results in a corresponding reaction to ourselves at some time in the future and this is an immutable and exact law. This is so that we can experience the consequences of each and benefit by that experience, thereby improving ourselves. How many times do we hear people saying, "I wish I had a chance to live my life again!" Well, that is what happens.

This is how we all move to our eventual goal. The Great Spirit will help through the Spirit 'within' and not by intervention as fancifully imagined by so many through ignorance of the Truth.

Giving is free of any thought of return and not apportioned according to one's wealth.
Love is unquestioning and not apportioned according to self-need or expected return.
Security is the Great Spirit's gift to the fearless - the givers and lovers.
Riches are a test, and as we give so we will receive;
And as we clutch them to us so will we lose them.
Our will determines the path we take,
Not God, not man, nor anything else.

Know that throughout your lifetime you will be brought into contact with many people - some good, some bad, some pleasant, some nasty, some with and some without a conscience. You will act in thought and deed towards these people over varying periods of time.

Know that each and every thought and action is a test of yourself. Be aware of this and act according to your conscience which is your guide in humanity. If you act wrongly be aware of your error because awareness of your human frailties puts you on the path to being a better person; and be aware that your efforts to remedy these keep you on the path.

If others have faults do not judge them as they are bearing their own cross, and it is for them, not you, to decrease or increase the weight of that cross. Walk with them bearing your own cross.

It has been said that we do not go to heaven but that we grow to heaven. That growing is of the soul - not the body or the mind, but the soul; it is our will that controls this growth. It is we who determine our destiny.

What I do not have I must be content with,
But I must not give up my endeavour.
What I have I must be thankful for,
but I must use it well.
And in my endeavour I must beware
The pitfalls of material dependency,
For materialism is the master of the ignorant
And the slave of the conscious.

I have earned social status, executive status, status in sport, and all that breeds vanity. I have earned almost total pecuniary poverty, total emotional poverty and total impoverishment in work. I have earned the opportunity of power and pride, and the opportunity of humility and love; and I am thankful for all; for without any one my lessons would not be complete. But I am thankful, most, for the adversity without which I would be but a worthless shell.

Thou shalt not judge.

Why not? It is others who cause all sorts of problems, who are mean, greedy, selfish, selfish, rude, lazy and everything else, and **we** are not guilty of any of these terrible things.

In judging others we, firstly, conveniently overlook the fact that we have a 'beam' in our own eye and, secondly, forget that those we judge are only what we perceive with our senses (a very limited perspective in the total scheme of things), that is the human aspect, whereas they are souls exactly like us - soul-mates with the same problems, the same ultimate goal, and the same spiritual hopes and wishes. There is also no place for a "holier than thou" attitude. It is here that we should realise our true kinship and show compassion, as we do to our relatives and friends, for those less closely connected. There is no difference as we are all pilgrims on the same tortuous road, in different situations at different times - all with the one purpose.

However, there is one way in which we may indulge our judgement; in fact, should do so, and that is the very important one of judgement of self. Without this we can make little or no progress.

"Judgement of self" is a play on words and really should be self-assessment, and this starts with self-observation. It is one of the most difficult things we undertake because it is human nature to deny negatives in ourselves, except where self-esteem is low and such negatives, often imagined or magnified, are used destructively. Because of this difficulty it is far easier to opt out. In assessing ourselves we should not be subjective and negative but objective and positive because it is a very positive activity. It makes us aware of our human frailties, shows us where we are heading, and thereby enables us to take corrective action. If we are honest, it is a rewarding and enlightening experience. However, it is best that it be a continuous effort with a continuous progression.

The Naked Truth.

Why is it that it is only when we are 'naked' in this world - naked of the finery in which we adorn ourselves, naked of all that satisfies our gastronomic indulgence, naked of requited love, and naked of those material things we think we need, that we are best able to reflect on what life is all about? Is it because the vestments in which we have been clothed by the ideals we have been brought up to rely on have been torn away; that it is as if we have been returned to the nakedness of our birth and given the opportunity to re-assess ourselves? And, having re-assessed ourselves, if we should then become rich in all things should we put aside what we have learned and revert?

Revert we must, because our material circumstances have changed, but only to the extent that our newly acquired knowledge permits. As we lived with our nakedness we have to live with our new circumstances. That learning, that knowledge acquired, is the richest gift we have received, and the more of that knowledge we discard the more we slide down the mountain we have climbed. To avoid this slide, we must guard against sacrificing at the altar of materialism the hard won spiritual gains. We should never forget that the inherent vulnerability of the adversity and nakedness are a blessing in disguise.

It takes strength and wisdom to acknowledge that we are in full control of our destiny - not the Great Spirit, nor Jesus, just each one of us. This may be daunting, but it is the simplest, uncomplicated fact of the purpose of life. There is no one sitting in judgement.

Thinking.

Within the infinite capacity of our minds is the ability to reason and analyse information available to us. This ability is only limited by our unwillingness to think freely; the latter being caused by spontaneous rejection, the confines of scepticism, indoctrination, fear of offending God etc.

As children we have been indoctrinated into thinking that education is the path to freedom of thought and, more importantly, that education offers us all the knowledge we need. This is only so in regard to knowledge of the material, or phenomenal, world and it does not give us the knowledge of life as a whole - its purpose, its morality and its spiritual significance. However, the enquiring mind is not deterred by this limitation and seeks outside the confines of the finite; and there is a big difference between education and wisdom. There is probably no better illustration of this than the true story of the son of a tribal leader in the forests of Peru. His father decided that both his son and the tribe would benefit if the son were educated and arrangements were made to send him to Lima. He did this but returned, disillusioned, two years later saying, "I went to Lima to gain knowledge but I lost my wisdom."³²

Mainstream academia has been limited because it has hitherto been confined by, in the sciences, what is provable and, in the humanities, by what is acceptable; and it has been built on the doctrinaire assumption that humans are supreme in their reasoning and knowledge.

Intelligence, however, bypasses the limitations of academia because it is free to function not only within accepted parameters, but without. Hence, it is far more able to arrive at the truth. Intelligence widens

³² See *Wisdom of The Elders* by Peter Knudtsen & David Suzuki. (Allen & Unwin)

the intellect and, being receptive to all relevant stimuli, is able to advance provided that it frees itself from the stultifying influence of moribund thinking.

Contrary to accepted belief, education at high levels is not the ultimate. The ultimate is intelligent thinking without any limitations proscribed by self-interest, fear or vested interests.

Knowledge through words.

Words are our main means of communication and the extent to which we learn from them depends on the extent to which we make ourselves aware of what is actually meant. This is particularly so where the subject is abstract.

Words come to us in two forms - written and spoken. With both we have the tendency to initially construe a meaning which is closest to our own inclinations and to miss the intended meaning as a result. We also have the tendency to merely read the words and take in little of the message.

The spoken word, being fleeting, is more prone to self-interpretation and is also affected by any lack of concentration at the moment. The recorded word, however, is, by virtue of its permanence, more accessible for study and critical analysis.

Whether words are spoken or written, true knowledge does not come from understanding the intended meaning but from careful analysis and careful reasoning applied to that intended meaning. It also comes, finally, from our own intuitive judgement of what we read or hear correctly.

Analysis, if we get that far, is fairly simple but reasoning may not be that simple because it involves a combination of discursive thought and intuition. The first is the result of our material mind-set, or 'three dimensional thinking' and the second, that of our intuition which so often tells us that there is more to what we have been conditioned to think.

Because we have in place filters which we have acquired over time or built in as a result of more recent experiences, the information we receive will be what suits our individual needs at the time; the rest will either go unnoticed or the meaning will escape us, both for the time being because we remove the filters as our search continues.

As we have built our prison,
So we have the key to our release.
As we build our paradise,
So we have the key to its destruction.

Giving.

Some do not give because they cling to wealth.
Some do not give because they are too busy.
Some do not give because they do not think.
Some do not give because of excuse, and are happy.
Some do not give because they fear insecurity.
Some give for gain from tax or kudos.
Some give because they find some to spare.
Some give though they have none to spare.
Some just give.

There is no humiliation where there is no pride,
There is no hate where there is love,
There is no pain where there is no possession,
There is no loss where there is no attachment,
There is no envy where there is no greed,
There is no fear where there is wisdom,
There is no death when we know life.

Faith.

We are so often told, "Have faith!" or "Have faith in God", but this seems to leave us with an undefined concept of faith; that it is something that we should accept because we are told to do so. However, as a general rule our minds are not really structured to accept vague exhortations and, consequently, we cannot derive benefit from these. Words are merely words unless they fit together in our minds, after instinctive and conscious debate, into something coherent and meaningful. What is more the exhortations we receive regarding having faith usually occur when we are in a situation of tragedy or loss, or when we are in a life situation which is unusually sad or difficult.

The consequence of all this is that we have to answer our questions about the justice of God through the acceptance of a nebulous 'faith', or the hopeful conclusion that 'faith' will bring us what we want, be that health, wealth or happiness, or whatever. Then, when these hopes do not materialise, we are told that God loves us and to have faith. Thus the circle is complete and we are back where we started.

Another aspect of this subject is that most of us have no thought of it as long as we have no problems of major significance, and it is only the advent of traumatic events that makes us start thinking about the purpose of life.

Faith is, in fact, the understanding that each of us will get precisely what we **need**, and that this is not the same as what we **want**; and that this has nothing to do with "God" (which does not punish) but with the Law. There is a very big difference between need and want; what we need is what is best for our soul development at any given time, and what we want is simply what we desire in this material environment of the senses.

Faith is knowing that **everything** which happens to us has a reason and gives us an opportunity of self-betterment, and that we are where we are, at any given moment, for a beneficial moment.

This could lead to the question, "Why am I here?" and the simple answer is "Seek, and you shall find."

Two Friends.

Two friends were swimming in a river when one was caught in a current. The other proffered a helping hand from the security of a tree but the friend's response was, "You insult me by suggesting that I need help, I do not want your help!" and was swept away in the turbulent waters to be bashed and bruised and cut, until the tranquillity of the estuary was reached, and the safety of the shore.

Criticism - a problem or a challenge?

There are no problems - only challenges. Both are the result of a state of mind, an attitude.

Criticism from others, often perceived though unintended, is very difficult to accept, and self-criticism very difficult to instigate positively. If we make self-criticism, more correctly critical self analysis, a part of ourselves we come to see ourselves as we are and not as we like to see ourselves; and when we see ourselves as we are we are able, if we wish to do so, to take up the challenge of self improvement. When we are like this we are immune to the negative impact of criticism. Thus, we are able to adopt a positive attitude to criticism and say, "Alright, that is someone's opinion, now, is it correct or not?" If, after proper assessment, we conclude that the person is correct we can strive to correct the flaw. If we conclude that the person is not correct, we should accept that there has been an error of judgement on the part of that person - and that is their problem, not ours. A positive attitude will also make it possible for us to accept the person's error in criticising us. There is a paradox here in that, on the one hand, one should not criticise and, on the other, if not for the criticism we may not have been aware of our flaw.

In all this we have to remember that self-justification may make valiant efforts to overrule our inherent good sense.

Doing good.

It is easy to be so involved in doing good that one neglects to be good.

EVERY DAY is Christmas,
EVERY DAY is Birthday,
EVERY DAY is Mother's day,
EVERY DAY is Father's day,
EVERY DAY is Sister's day,
EVERY DAY is Others' Day.
THUS, EVERY DAY is Your Day!

If you must be sad, be sad But do not sorrow,
If you must be angry, be angry But do not hate,
If you must be sad or angry, let it be briefly,
For sadness and anger are of the mind
And sorrow and hate are of the soul.

Wisdom.

Wisdom is like the ocean. The ocean is fed by streams and rivers from the land, by springs from beneath and by rain from above and it is the powerhouse of the Earth.

POSTSCRIPT

From a time prior to writing this book, and during its writing, I had an intuitive feeling that there was still one Realisation to come, and that this would occur before the book was released. It seemed to me that this was to do with the Great Spirit being One, and/or the Oneness of It and 'me'.

Many years ago my image, or conceptualisation, of the Great Spirit moved away from that of the likeness of a human being to that of a vast, blue energy field from which emanated a spark - the 'spark' which resulted in the creation of us in our absolute, or Spirit, 'form'. This was, perhaps, more an intellectualised image of our creation than an abstract one, and a response to a need of a definitive image on which to focus.

Prior to starting this book the image changed to one of a field of light, or of a void, and back again to the blue field as I attempted to find the answer. There may have been other images that I tried and rejected but a feeling persisted that I was moving away from discursive thought to an inner understanding and that, when the time was right, I would access, or be given, the answer. Meanwhile, my initial attempt to get this book published failed, mainly because they wanted it "padded out", and its release was in abeyance.

For some months I was not being very successful with meditation, and in recent weeks my attempts to do so became less and less frequent, but I accepted this as one through which I had to pass, for whatever reason. It did not concern me except at those brief times when the mind tried to create thoughts of doubt.

One night not long ago, when I was about to fall asleep, a picture started forming in my mind involuntarily. I saw a funnel shaped whirl, like a miniature whirlwind, with the whirl comprised of thoughts, and these thoughts created a scenario of the self in one position and an image of the Great Spirit on the opposite side of the funnel. Only the thoughts were in motion, the two images remaining static opposite each other. As I followed these two images further and further down they, naturally, came closer and closer to each other until, right at the bottom, they were two small non-specific items on the backdrop of the whirling thoughts. I realised that just below this point the funnel ceased to exist, and that at the point of cessation there was an immense void - not a void as we understand it but a void only to our limited comprehension, irrespective of the degree of the development of that comprehension. There, I knew, lay the Truth of "being one with the Great Spirit".

During this experience I could see that our thoughts create and maintain an image of the Great Spirit which we 'look at' in order to identify with it. Thus, we are separate from It and It is only an image. This is called separateness, or differentiation, and is the opposite of what is called at-oneness. Spiritual teachings tell us that it is this separateness, or differentiation, which has to be overcome on the way to enlightenment.

I was aware, however, that despite this experience, my grasp of the Truth in this regard was still mostly restricted to the intellect, and that I would have to wait until the time was right for this to become a reality for me. I was aware that I had been tantalizingly close to a Realisation and, whilst being quite content to wait, mulled over what I had experienced and drew sketches of what I had 'seen', so as to fix the experience in my mind although I knew that this was not really necessary. The event also created a challenge for me during prayer as I could no longer pray to an image, whatever that image was, as that was no longer valid. The result of this was that I maintained those prayers that were meant to go out to help others but my conversations with the Great Spirit, of necessity, ceased. There was no fear or doubt, as I knew that everything would be sorted out in due course. In fact, on the many occasions when I thought of drawing a proper illustration of the funnel for this book, or setting out the event in writing, I was diverted or felt no urge to do so.

About a week ago I was standing at a window looking over the green hills and trees at a beautiful pre-dawn sky and, using my usual term of endearment "My Great Spirit", said thank you for the beauty before me and the beauty of my life. Then, unexpectedly, the words "My Great Spirit", which, up to that time, meant me seeing and talking to something separate, changed to something new. The "My" part of it appeared as my previously conceptualised energy-field self, and the Great Spirit as a similar, but greater, One. Then, and this is difficult to describe, the two parts became one and the term "My Great Spirit" changed to be one endearing term for the two in One. I was no longer separate.

When I used to read that Jesus said, "I am God." I accepted that, as he lived a long time ago and was, in a sense, immortalised by the Bible. When I used to read that Sai Baba said the same thing, and added that we too were God, it was difficult for me to understand, even though I knew it to be so from the processes of my intellect. I even thought, momentarily, that Sai Baba was a little outrageous in his claim to be God but I knew that this thought was incorrect.

It is said of Milarepa, a saint and poet of Tibet, that he was searching for enlightenment when he met an old man carrying a load. Thinking that the old man would know the answer to the question Milarepa asked him, "What is enlightenment?" The old man put down his load and stood erect and smiling. Milarepa then asked him, "What is after enlightenment?" and the old man picked up his load and went on his way, still smiling.

APPENDIX

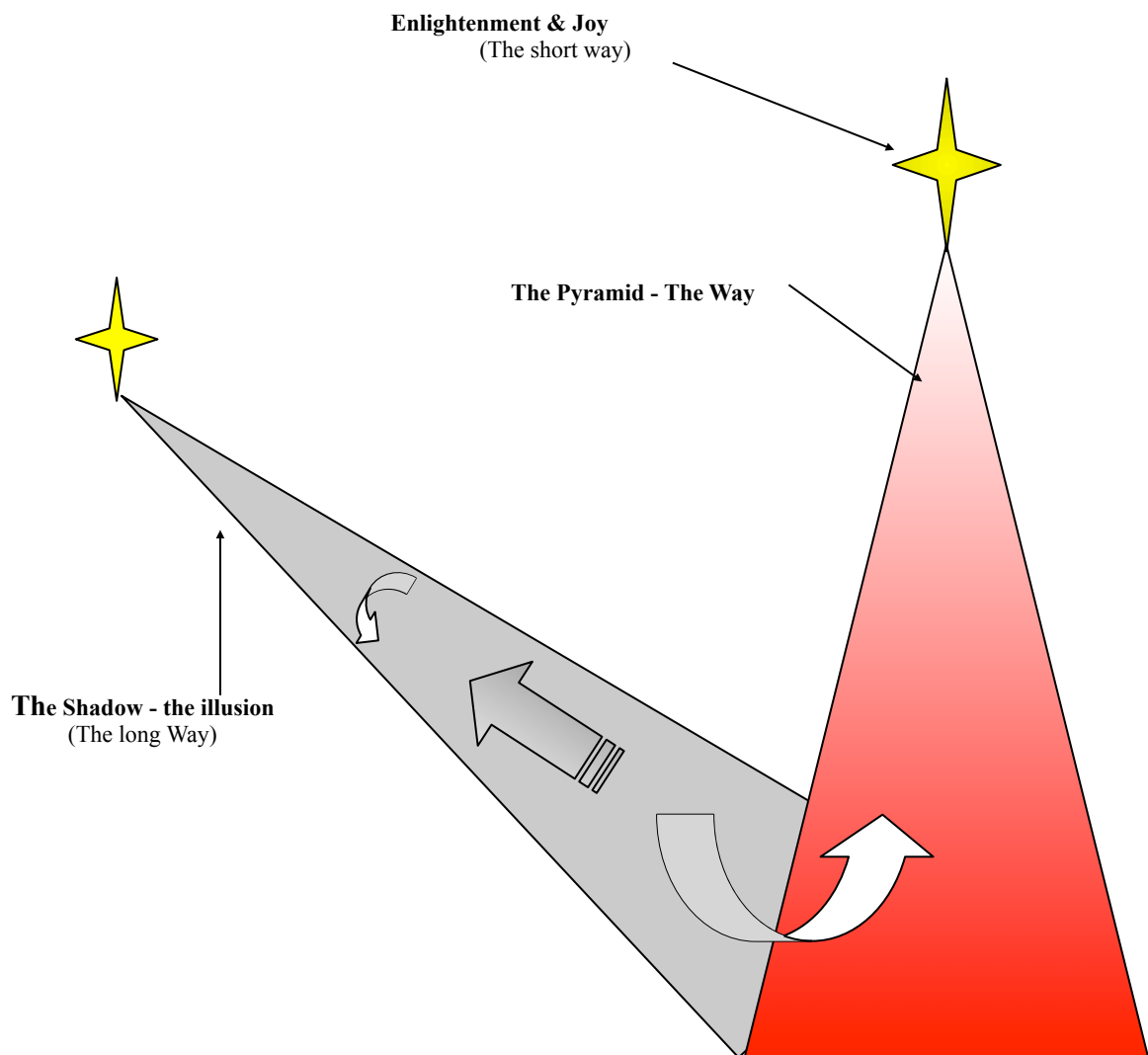
Recommended Reading:

Many Mansions - Dr. Gina Cerminara. A.R.E. Press.
(Re-incarnation from the Cayce Readings)
The World Within - As above.
Twenty Cases Suggestive of Reincarnation - Ian Stevenson, M.D.(University Press of Virginia)
The Upanishads - Eknath Easwaran. Penguin.
(Hindu spiritual teachings. Fifteen Upanishads and comments)
The Message Of The Masters - Robert J. Scrutton. Neville Spearman.
What The Buddha Taught - Walpola Rahula. Grove Press.
(Theravada Buddhism)
Sri Sathya Sai Baba - Anything quoting him verbatim.
(Hindu spiritual teachings)
The Bhagavad Gita - Prabhavananda & Isherwood. Mentor.
(Hindu spiritual teachings)
The Lives Of The Master - Glenn Sanderfur. A.R.E. Press.
(The lives of Jesus the Christ)
The Aquarian Gospel Of Jesus The Christ - Levi. De VORSS & Co. (The life of Jesus from the Akashic Records)
There Is A River - Thomas Sugrue. A.R.E. Press.
(The life of Edgar Cayce, the philosophy and medical aspects of his Readings)
Design For Destiny - Edward Russel. Neville Spearman.
(The purpose of life, The Life and Thought Fields)
On The Death Of My Son - Jasper Swain. Turnstone Press.
(A son's return after death in a horrific car crash)
Death Does Not Part Us - Elsie Sechrist. A.R.E. Press.
Commune With Angels - Jane M. Howard - A.R.E. Press.
Dreams, Your Magic Mirror - Elsie Sechrist. A.R.E. Press.
Sleep On It And Change Your Life - Jane Anderson. Harper Collins.(A study of dreams)
Insights For The Age Of Aquarius - Dr. Gina Cerminara. Quest. (A handbook for religious sanity)
Edgar Cayce On Atlantis - Edgar Evans Cayce. Warner Books.(Includes the entry of humans into the Earth plane)
The Prophet - Kahlil Gibran. Heinemann.
(Lessons in living)
Wisdom Of The Elders - Knudtson & Suzuki. Allen & Unwin. (The wisdom of native peoples around the world)

THE PATHS TO ENLIGHTENMENT

{THE PYRAMID AND THE SHADOW}

The path to joy lies up the pyramid, and the path to delusion and disappointment lies in the shadow where all is impermanent, and where we spend aeons and thousands of lives in a futile search for happiness, all the while becoming more aware, if only subconsciously, that our search is concentrated in the wrong direction. This is the result of our having forgotten our true identity as spiritual beings and, having forgotten, we search for this happiness in material things and sensual/sensory pleasure. Consequently, we have to endure the opposites which are unhappiness and pain. This illusory search holds us in the endless Earthly cycle of physical birth, death and rebirth - a cycle that governs all matter in this universe. Some are so enmeshed in the shadow that they are intolerant, even vehemently so, of this Truth - and intolerance is ignorance made manifest.



THE MILK IS WHITE PART TWO

The "Quo Vadis?" File II
(A progression of Part One - the book)

The "Quo Vadis?" File II

"Quo Vadis?"

It means, "Whither goest thou?"
It symbolizes the thinking and analysis of a free mind.
It is no religion, yet it is all religions.
It has no leader, for you are your leader.
It has no priests, for you are your priest.
It gives knowledge for acceptance or rejection by you.
It requires nothing but an open mind.
It offers to the closed mind, opportunity!

Note:

In this 'file', words relating to time and space are used to facilitate communication of the material presented within the parameters of the language and thinking applicable to this plane of existence; words such as 'yesterday', 'tomorrow', 'past', 'present', 'plane', good and bad, right and wrong, and those referring to distance between points. This does not alter the fact that time and space do not exist in the total scheme of things.

"Quo Vadis?"

Mind Control

Part of spiritual growth is the subjugation of the mind to the extent that its chatter and reaction are subdued. When this is achieved, it does what *we* want it to do and not what *it* wants to do. Therefore, emotional and environmental factors hitherto influencing the mind, 'baggage' it can be called, is no longer effective and, hence, no longer in control. We are in control.

"Quo Vadis?"

The Universe and Karma

The whole universe of matter is in a constant state of flux, of creation and destruction. We too, as spiritual beings in the physical body of matter, are in this state of creation and destruction, of birth and death and all the physical changes which take place between these two, until such time as we move out of it into the state of pure spirit. The word 'karma' (pronounced with the 'ar' short + 'r' as in current and not long - 'r' as in car) literally means 'action' in Sanskrit. In use it came to mean the result of an action, and for every action there is an equal and opposite reaction. This applies not only to us but also throughout the universe as a fundamental factor. When we are on Earth as a spiritual/physical entity we are subject to this factor, or law. Our bodies are in a continual state 'birth and death' in that the destruction and renewal of all the cells of the body is an ongoing, natural process. Furthermore, this process is affected positively or negatively by our thoughts (which manifest as ideals, attitudes, deeds etc.), thus creating illness and/or physical changes. Our thoughts, and their consequences as stated above, also determine future lives most appropriate for our spiritual growth. Karma does not apply outside *this* universe by which is created an environment governed by the law of cause and effect where we put into practice, and experience, what we have learned in theory, so to speak, elsewhere between lives on Earth.

"Quo Vadis?"

Little Acts of Good.

Make little acts of good a habit and the big ones happen automatically.

"Quo Vadis?"

“God” the Title.

The name, title, word God evokes a perception of an identity, a personality (even a male personality) - something dimensional, finite. The name, title, word Great Spirit evokes a perception of something indefinable, omnipresent, omniscient and omnipotent, limitless in its presence and, therefore, the composition of all energy, matter and life forms.

"Quo Vadis?"

On Loving Ourselves.

We are often advised to learn to love ourselves.

There is a dangerous trap associated with this in that, in trying to love ourselves as a first priority, we can be self focused and, thereby, selfish. This does not necessarily mean that we are selfish in the relatively extreme way the word has come to mean, just selfish to some degree with the degree varying according to the individual, and even according to any particular time and circumstance. When we are selfish we repel the friendship that comes our way in direct proportion to our selfishness because selfishness is the opposite of love and friendship is, after all, love.

On the other hand, when we put self aside and love others first, when we look at ourselves we see a loving, giving, caring thoughtful person and can, therefore, respect that person and take humble pride in that person. The result is a feeling of self worth, self-respect and love of self.

We can see from this that it is by giving out love we achieve love – the object of the exercise.

"Quo Vadis?"

Death.

Why is it that we spend so much time and money on prolonging life? Why are we so obsessed by this? It is because we fear death; and we fear death because we do not know what happens after death. When we all come to understand that life is continuous and that when we complete our work here we simply return to life, this obsession will cease to be and the time and money spent as a result of it can be put to better use.

"Quo Vadis?"

Happiness.

The shortest path to true and lasting happiness is to hand over to The Great Spirit, God, The Universe, or whatever we may call it, one's very life. This takes great courage as it requires giving up all our fears, many of which we are not aware of because our definition of fear is simplistic. For instance, how many of us would see 'saving for a rainy day' as a fear? Fear affects our actions and attitudes in innumerable ways and courage is the opposite of fear. If courage were white and fear black, as the white increases the black decreases through all the shades of grey.

"Be still, and know that I am God!"

"Quo Vadis?"

Thought.

Thought creates,
Creation manifests,
Thought manifests.

"Quo Vadis?"

Fear.

Since **any** insecurity is fear, if one lives in fear of tomorrow how can one be happy today?

"Quo Vadis?"

Our True Self.

Picture this - A bright light, a beautiful bright light, draped in layer upon layer of gossamer fabric until part or all of the light is obliterated.

That bright light, that beautiful bright light, is our true self, our divine being, our Spirit self, that which is part of the Great Spirit - that which **is**, therefore, the Great Spirit.

The layers of gossamer fabric are what we have draped over the light since our lapse from 'innocence'.

As we grow spiritually, as we become more and more aware of our true identity, our Godliness, our oneness with the Great Spirit, and make a sincere effort to act accordingly, the layers of fabric fall away sin-

gly or in multiples and the light progressively shines through to the outside. Thus, our divinity, our spirit, the Great Spirit itself, manifests on the 'outside'; that is it manifests in this worldly plane of vibration to the benefit of ourselves, those with whom we come in contact and, by contributing a higher vibration to the collective vibration of all (the collective human consciousness), to the benefit of everyone and everything.

At birth the layers of fabric are generally less numerous in accordance with our degree of enlightenment and added to or subtracted from as a result of our choices as presented by our latent inclinations in those environments in which we find ourselves from time to time. Often, young children come out with startlingly simple spiritual truths or describe supernatural events, people or happenings due to the thin layer of 'fabric' existing at the time between the true identity and the one assumed for the purposes of the life in question. With the passage of years, most often, layers are added by 'forgetfulness' and environmental influences. In later years, however, this trend is often reversed.

"Quo Vadis?"

Negative Feelings/Situations.

When we are in a situation that causes us negative feelings we can overcome these by affirming, "This is not actually happening to me. This is only something I am experiencing. This also applies to happenings in the past, which we carry with us as "baggage" which, incidentally, weigh us down and cause all sorts of negative reactions in our behaviour and attitudes.

"Quo Vadis?"

An Affirmation.

In all affirmations it is a significant reinforcement of the affirmation to visualise and/or **know** the truth of what is being affirmed. This one is to do with our 'oneness' with the Great Spirit in the context of the soul aspect of the physical being i.e. the soul, the mind and the body - the soul controlling the mind and the mind controlling the body. This affirmation affirms the primary state of the soul and, through that, its potentially positive effect on the mind and thence the body. This creates healing of mind and body.

Even where the physical body is concerned, if one is looking for physical healing through this affirmation we can trace back the body's source by starting with the acceptance that the body is composed of billions of cells. Each cell is made up of, and contains, material that consists of molecules that, in turn, consist of atoms, then protons and electrons and so on down to a state of subatomic energy now said by physicists to alternate between a state of existence and non-existence. This is the point of Creation of all 'matter', the point at which Spirit becomes matter or, more correctly, the basics from which matter is formed. The "state of non-existence" is the creative intelligence that is the Great Spirit i.e. "Thought", and the "state of existence" the primary state of all matter and all that is derived from it. Hence, this affirmation is body specific if so required, although essentially this does not alter the validity of what is said in the paragraph immediately above.

As the droplet is to the ocean,
I am.
As the lick of flame is to the fire,
I am.
As the sunbeam is to sunlight,
I am.
As the Great Spirit is,
I am.

"Quo Vadis?"

Patience/Solitaire.

This card game is called either Patience or Solitaire, the former because it requires patience to play it and the latter because it is played by one person. Apart from being a vehicle for self-discipline it is a lesson about life, although I doubt that that was the intention of the inventor.

What I am about to say here will probably be meaningless to those unfamiliar with the game and such readers could ascertain the rules, which are very simple in some, and play it so as to understand what follows.

Let's say that the initial shuffling of the cards before each segment symbolizes **leaving the result** of the game **to the Great Spirit**. Next, cards are arranged in the starting format of the game. This could be likened to the player's time of birth but this exercise is more pertinent to times nearer to where the player is at the time of playing.

Once the format is in place one card at a time falls, face up, on the table and is placed where appropriate on the format or left where it is if there is no place for it. Where there is more than one place the player has a choice. The purpose, the hope really, is to clear the cards in the 'hand' by places turning up on the format to which they can go and, because this does not happen frequently, clearing the cards in 'hand' can take a long time. Hence the need for **patience**. The falling of the cards is like events occurring in our lives over which we have no control and we sometimes have to accept that we cannot get rid of a card, sometimes there is a place for it and, at other times there are options from which we have a **choice**. As the game progresses we can look back at all the time that has elapsed without our getting a result and lose patience, or look ahead and wonder impatiently how long it is going to take to succeed. The patient person will not go back or ahead but merely focus on each card that comes up, and what to do with that card. That person is focusing on the present or, in other words, **living in the now**.

Of course, as in most situations, one can cheat and, in this game, as in life, one is only cheating one's self. Eventually, of course, the game does finish, unless the player has lost patience and given up.

This game is, therefore, a means by which we can reinforce the practice, in our lives, of the positive qualities of **patience**, living in the now and making **choices** whilst doing this **on our own** (Solitaire), as we do in life where, in the final analysis, these are up to us alone - others may help from the periphery but it is only us, **individually**, who have to make the decisions and act.

"Quo Vadis?"

Justice.

In the late twentieth century a landlord was brought before a judge in England because he had been making his tenants live in atrocious conditions. He was said to be heartless and mean. The judgement, in part or in full, required that the landlord experience exactly what he was making his tenants endure, by himself living in one of his tenements for a period of months.

How often it is that when we see or hear of someone ill-treating another we say or think that the best punishment for him/her is to experience that treatment him/herself. That is exactly what the law of karma is. That is the meaning of "an eye for an eye, a tooth for a tooth." "As you sow so shall you reap." "As you do unto others will be done unto you." etc. This is the law of cause and effect, the universal law applying to **everything** in this dimension and, therefore, to us while we are here.

It is, however, interesting that, when it is pointed out or suggested that people suffering in anyway have brought it on themselves, there is a tremendous outcry. Although we heartily support the principle, we cannot cope with the fact. We are emotionally unable to accept this, perhaps because, consciously or subconsciously, we cannot accept that this applies to us too.

On the other hand, our reaction is different when we see a situation of health, wealth or happiness. Here we are quite happy to accept that we have earned what we enjoy! That is human nature.

"Vengeance is mine saith the Lord." This is from the Bible and the Lord here is God but it is inconceivable that a loving God would seek to wreak vengeance on anyone. If this quote is re-worded as, "The consequence is my decision said the Law." It is fully compatible with a loving God who has set in place a law of cause and effect whereby we create our own consequences through exercising our God given free will to make choices.

"Quo Vadis?"

Happiness

For those who seek happiness by dwelling in the future, happiness is like the rainbow - it remains elusive, ahead. For those who seek happiness in the past the rainbow is not visible because it is behind them. For those who find happiness in the present the rainbow is with them always.

"Quo Vadis?"

Controlling Life.

There is only one thing that you can control in your life unquestionably, and that is your self, and it is the only thing you can do at any time you choose. This is the way to true happiness.

"Quo Vadis?"

Darkness and The Devil.

Without light there can be no darkness,

Without darkness there is light.

There is light and that light makes shadows and darkness possible. Light is energy (matter) in vibration; darkness is nothing. Similarly, it is love, i.e. Christ consciousness, enlightenment, which makes 'the Devil' possible through our expression of the Anti-Christ, i.e. the opposites of love such as hate, greed, fear, self-interest etc.

Darkness and the Devil do not exist in fact. They only 'exist' as does the shaded face of a coin held up to the light. It is the coin that exists with one face in shadow. Love is fundamental to each one of us; its opposites we create and then build on, hold on to, or eliminate.

The Devil does not exist any more than the shadow on the unlit hemisphere of a white ball exists when light shines on the ball. The entire ball is still white and it is only the absence of light on the dark side that makes it dark.

Darkness is an illusion created by the absence of the physical reality - light. Similarly, 'Devil' is the illusion and Spirit the light.

"Quo Vadis?"

Mind - Clouding Our Sky.

If we fill our sky with clouds we cannot see the sun. If there are a few clouds in our sky and we look only at them we are blind to the light.

"Quo Vadis?"

Good or Bad?

There is neither right nor wrong.
There is neither good nor bad.
There is the Godly or the Ungodly.
There is the Spirit in action,
Or there is the "I" in action.

"Quo Vadis?"

The Mind & the Inner Voice.

It is at moments when the mind is stilled that the inner voice speaks. This is most often followed by the reactivated mind coming in with our embedded reasoning that is clouded by our conditioned reasoning, often consisting of fears and other negative reactions and conditioned reflexes.

It is advisable to follow the inner voice for therein lies the source of wisdom.

"Quo Vadis?"

Doing Your Best.

In all situations do the best you can. That is all you can do and all that is expected of you by the Great Spirit or its inseparable part, your true self. But be careful to ensure that you really do your best. It is so easy to convince yourself that something else is best. Be true to yourself. If you need help ask yourself what your spiritual deity or spiritual self would do. You may be surprised by the challenge which this presents as your conditioned mind may try hard to convince you to do otherwise.

"Quo Vadis?"

Spiritual progress.

For the person who **genuinely** tries to live what they have learned spiritual progress is certain.

"Quo Vadis?"

Blocks To Learning.

Addressing a group of people Krishnamurti said, "We cannot communicate if, when I say something to you, you put up a barrier." or words to that effect. He went on to suggest that the people consider what he says and, then, accept or reject it.

To put up a barrier is to react. To listen, consider, accept or reject (or even decide to keep an open mind) is to act.

"Quo Vadis?"

Solitude - Being alone, isolated.

Most of us find this state of being difficult to cope with for obvious and understandable reasons, but it is true to say, if difficult to understand or accept, that **everything** happens for a positive reason; the reason being an opportunity to learn, to grow. One cannot list all possible reasons because there may be as many as there are people on this Earth, but a need to reflect, re-assess, change direction, ponder the purpose of life; perhaps to check our headlong rush up the 'wrong road'.

It often happens that an injury occurs which incapacitates an individual and puts them in hospital or some state of solitude somewhere, and the result is that a remarkable change in direction of one sort or another occurs.

However, many react to solitude by getting bored and /or depressed and the opportunity is lost in a morass of negativity. That is a pity because it is inevitable that the lesson be learned and, therefore, the situation **will** arise again at some time in the future.

"Quo Vadis?"

Dependence/Independence.

Here, 'dependence' is not that which, say, exists between a young child and its parent. Here, we are discussing the spiritual aspect of dependence and its opposite, independence. The 'spiritual aspect' is reflected in our emotional attitude or state of mind with reference to dependence or independence. For example, many of us are so concerned about what others think of us, or might think of us, that we act on the basis of that concern or are in constant fear, and therefore stress, because of that concern. Emotional insecurity makes us seek outside for approval because we do not have it within. Until we are independent of the opinion of others we are unable to make decisions free of outside influence.

Dependence means 'attachment' and Independence means 'non-attachment'. When we attain the latter our attitude and actions are no longer affected by external factors. This makes for peace of mind.

Even where love is concerned, if we are non-attached (this does not mean non-caring) we are better able to love.

"Quo Vadis?"

Attack

It is often said that attack is the best form of defence but, most often, attack is the result of fear, and fear prevents us from being non-attached. Thus, fear underscores our thinking when seeking solutions when we are, or feel that we are, threatened.

"Quo Vadis?"

Let Go! and Win!

Living beyond your means? There are one or more things of which to let go.

You are having problems with a grown up son or daughter? You have long since done your duty so now, if *you* are still (emotionally) dependent (on the 'child'), let go!

Life has changed for you and you are unhappy with your current situation? Let go of the past.

A partner dies or leaves you and you are unhappy, angry, and vengeful? Let go!

Do I have something to let go of? A very important question to ask oneself and a difficult one to answer correctly because we are often unaware that we have something of which to let go, or because what we need to let go we see as love. If the **honest** answer is "Yes", let go and win.

"Quo Vadis?"

IF.

'If' often means, "I fear". When this is so, be non-attached, you do not know what the future will bring. Anything is possible. Fear does not help.

"Quo Vadis?"

Addiction.

Are we not all addicted to something or some things? We can, if we wish, point derogatorily to the addictions in others such as drugs, including nicotine and alcohol, and even prescription drugs, but there are many other addictions we may have such as:

Material things.

Money.

Work.

Prestige.

Sound. Some of us need to have background sound (or the television) on to feel comfortable.

Food.
Gourmet food.
Shopping.
Designer goods.
Personal/Domestic cleanliness taken to excess.
The list is vast.

If one wishes to check the degree of one's own addictions all one has to do is ask, relative to any possibility, the question "How will I be without it?"

Addiction is 'attachment' and attachment is dependency. When we are dependent we are not free. If we break this dependency we become non-attached to whatever it is and, then, we are able to choose whether to 'take it or leave it'. This is freedom.

"Quo Vadis?"

To Change the World.

To do this we try to change people and the way they think or do things.

If you wish to change the world change yourself. As each one changes, the world changes and, as more change the world changes more.

If you disagree with greed give up greed; if you want to stop pollution minimise your pollution; if you wish to preserve the forests minimise your use of forest products; if you wish to reduce coal burning minimise your use of electricity, and so it goes on.

The thought and action of each one adds to the thought and action of the whole - to the collective consciousness.

"Quo Vadis?"

Love.

Some love because they need to be loved,
Some seek to love because they need to be loved.
Some have no need to love or to be loved,
And are loved, and are free to love fully.

Hugging and kissing, and the effusive use of terms of endearment are sometimes an expression of the need of the giver more than an expression of love, and sometimes little more than the accepted custom in a community, a family or of a person. Sometimes they are an indication of a shallow love which, when conditions change and true love is called for, turns to venom.

There are others who are non-demonstrative who love genuinely and act accordingly irrespective of conditions. There are also those amongst the effusive who are genuine. By their actions you shall know them.

"Quo Vadis?"

Illusion.

(A false appearance or deceptive impression of reality - Collins Dictionary)

Light has no colour until it is reflected off something. When light hits something part of its spectrum is absorbed and the remainder is reflected as a colour. The colour is, therefore, an illusion

Look at the vast array of colour around us and ask the question, "What is the true colour?" for each object you see. The answer is that we do not know.

So much for perceived reality!

"Quo Vadis?"

Self-observation.

Self-observation leads to self-improvement.

"Quo Vadis?"

How is Life?

Is it a question of how life is treating you or a question of how you are treating life as it unfolds for you?

"Quo Vadis?"

A Question of Focus.

When a jockey is in the middle of a horse race one cannot ask him/her to read a newspaper. Similarly, when a person is in the middle of the rat race one cannot ask him/her to focus on non-material things.

"Quo Vadis?"

Absorbing Spiritual Truths.

Can a sponge soaked in oil absorb water? No, but as the oil is washed out water absorption starts and increases as the oil content decreases.

So it is with the soul, where the oil is the desire for, and pre-occupation with, material things, and the water the spiritual truths the Way.

"Quo Vadis?"

The Living God.

All creation, that is everything in the Universe from energy fields to vegetation, rocks, animals, human bodies etc. is Spirit (God) manifest. We, therefore, in the soul/mental/physical state in which we exist in the universal plane, are part of this 'living God'. Awareness of this is the foundation on which we are able to grow spiritually by striving to live by this reality and not by the false reality perceived through the mind and the senses. This awareness, this foundation, allows us to "live like the living God" although the extent to which we do this, or are able to do this, depends on our state of being at any given time, in any given life, and the commitment we have to this ideal. God, or Spirit, is love in its most basic sense. "I" has no part in this love in any way whatsoever and therein lies the great challenge.

"Quo Vadis?"

Choice.

How would you choose to act if you knew you would never get caught?

"Quo Vadis?"

Emotion.

Uncontrolled emotion shuts the eyes, binds the heart, loosens the tongue and subdues the true personality.

"Quo Vadis?"

God's Will.

Since we have been given free will by God does it make sense to say, "It is God's will!" when something traumatic happens to us or others?

"Quo Vadis?"

'Inside' and 'Outside' the Universe.

The universe consists, primarily, of particles of energy. These particles coalesce to form progressively denser matter from energy fields to rocks, planets, stars etc. These primary particles are dimensional and, because all other matter is comprised of them, and the universe is comprised of this matter, the universe is dimensional. As anything with dimensions has external limits the universe has external limits. It is, therefore, not infinite.

However, what is 'outside' the universe? Stillness - "nothing" as we know it. That stillness or nothing is 'Thought', 'an intelligence', or Spirit. It is non-dimensional and timeless; that is, not of time and space. It is Peace, and the essence of Love - an indescribable, all pervasive Love - something that can only be experienced.

In the realm of matter, motion and, therefore, time, that which exists as it does 'outside' the universe is Thought or Spirit, which is omnipresent, omniscient and omnipotent. Omnipresent because everything and everyone on this Earth and in this universe is composed of Spirit and, therefore, Spirit is present everywhere; omniscient because Spirit, having created everything knows everything; and omnipotent because it is Its creative power (thought) which created everything and set in motion the principle of birth and death/creation and destruction which governs all matter. This Spirit is called The Great Spirit or God, or whatever, according to one's choice.

Thought, as we usually know it, is a force; a force not subject to time and space.

In reality there is no 'inside' and 'outside'. Spirit pervades everything and *is* everything, including that which comprises us both in our Spirit and physical forms. There is no separation, no duality all is, in fact, One. It is only in our state of 'mind' and our state of being at present that there is separation or duality.

One way to attempt to conceptualise this oneness is to look at a sheet of graph paper of 1 mm grid (a sheet with a mixed grid is not as illustrative). Select any number of sections of this grid as a unit. These may be one within another, separate, overlapping, any shape etc. No matter what you select, or how many, they are all an intrinsic part of the whole - of the one. Now, to complicate matters even further visualise that sheet folded, scrolled or otherwise altered from its two dimensions and you will get an idea of the complexity of the relationship of one with any other.

"Quo Vadis?"

We as Co-creators (with God).

Observing, from a detached position, the world of matter that we enter as human beings i.e. the universe or universal 'plane', one sees how we, as souls, create our lives and experiences. Through the law of cause and effect we constantly create our future, individually and collectively, immediate and long term, by our thoughts, actions and attitudes. This future includes our bodies, social environment, ecological environment, mental state, medical state and manner of death.

Perhaps, in creating the Virtual Reality we presently create via computers we are subconsciously expressing this co-creativity through the conscious mind and technology. Virtual Reality seems almost real and technology will, no doubt, improve on this in time. We seem to experience what we create in this Virtual Reality. This is, of course, an illusion but an experience nevertheless.

So it is from the standpoint of the soul which, after the death of the body 'sees' and experiences, in this case with absolute clarity, the experiences of the last life as one sees and experiences the events in a play or film, that is with detachment, losing nothing as a result of this detachment. One 'sees' not only one's own contribution to the scenario but the impact of that contribution on everything and everyone else.

During a life, we, as a soul, experience the events that occur in the same detached manner as after the body dies *despite the person feeling and experiencing these with the full impact of the senses*. In this, the more detached the state of being of the soul/person (the entity) the less the experiences attach as 'baggage' to the subconscious to become an encumbrance later. This is because the life/lives we take on in this plane, and this plane itself, are not really what they seem; they are an illusion, or dreamlike, and not true reality. The only true reality is our state of being when we were created - our god state.

When we are dreaming, what occurs is very, very real as we all know and yet, on awakening, we dismiss the event as just a dream. However, the euphoria or horror of the dream is 'real' enough to remain with us for a variable period. When we are awake everything is very real too. Which is the true reality?

When we leave our body our life here becomes the 'dream' and where we then are becomes the reality. When we reach full enlightenment, Christhood or full realisation, call it what we will, that is the only reality, and there is no dream of any sort.

From our physical mindset, therefore, we create both the dream 'reality' and the virtual 'reality' with the latter more approximating the reality of the former when technology is refined. In the manner in which the dream and the technologically created 'reality' are similar but not the same so is the similarity between "life in the physical" and our existence when not in the physical.

In constantly creating our future we create, as part of that future, the state of the health of our bodies. This happens through our attachment to our experiences in life, and the greater the attachment the greater the effect on the body. In other words, the more the 'baggage' the more the adverse effect on the health of the body and the mind, and it must be remembered that this 'baggage' may come from more than one life. 'Baggage' is attached to the mind that is not an integral part of the Self but only something acquired along the way, and the mind, from the Thought Field, through the Life Field creates the dis-ease in the latter, which in turn creates disease, and illness in the physical body. Conversely, altering the state of the mind by getting rid of 'baggage' and not taking on more, by being non-attached, dis-ease and its consequences cease to be. Of course, total detachment, total subduing of the mind, results in full enlightenment and, when we achieve this the necessity to enter this plane no longer exists.

Faced with any situation in life we are presented with options, from these options, depending on our attitudes and thoughts, we make a choice; if this choice creates stress this stress creates one or more of the following: a reduction in the efficiency of the immune system, headaches, muscular tension resulting in pain, digestive problems and so on. The possibilities are endless. Similarly, hate, sustained anger, an imbalance between work, relaxation and play etc. adversely affect mind and body.

To further illustrate the point of creating our own future we can take the simple situation where we, say, slap someone and get slapped in return; or where deforestation is followed by floods and landslides. This is 'instant karma' and, perhaps more easily understood than effects that take longer to manifest. The active principle is the same.

"Quo Vadis?"

Taking Responsibility.

No matter what influences we are exposed to on the way to making a decision, a choice, in the final analysis it is we who make the choice, so there is no purpose in blaming others and/or external factors. It is we who make the choice and we who have to accept the responsibility.

Getting used to the fact of karma can prove to be difficult, particularly where it is to do with 'negative karma'. (Remember that there is no such thing as negative karma. All karma, whether it appears to be negative or positive, is positive in its purpose and, therefore, positive.) Events that occur to us or others which are "tragic", horrendous, painful, "unfortunate" etc. we find difficult to accept as being the result of previous thoughts or actions. This may be due to an inherent quality in us of graciousness or just plain reluctance to admit responsibility or, where others are concerned, attribute responsibility. This is denial, a very common human trait and a subconscious one at that. It is a reaction. This we must dispel and then act by using our knowledge of karma and its purpose to rationalise the event - to see it for what it is. However, we do not have this difficulty with 'positive karma' that brings us health, wealth and happiness for instance. Oh no! This we are quite happy to accept as our just rewards! Why?

Seeing 'negative karma' for what it is does not mean that we adopt a negative attitude towards ourselves or those who are suffering. If we think logically, we are aware of an error made which has brought about what has happened. With this awareness we can feel compassion and do what we can to help. We can, of course, be nasty and think negatively about those suffering. That is our choice, we have free will, and we attract karma accordingly. For ourselves, we can be thankful for the opportunity afforded us by the situation and the fact that we have this opportunity now rather than later and can, thereby, put it behind us.

Where we, ourselves, are concerned, are we strong enough to accept responsibility for the 'bad' things that happen to us? This is important because, **until we do** we cannot begin to work on correcting what needs to be corrected; to learn from the experience - to turn a 'negative' into a positive, to heal, and to grow spiritually.

Remember, therefore, that **every day, almost every moment of every day, you are creating your future body and mind.** Quo vadis?

"Quo Vadis?"

The Soul.

Mostly in 'Western' countries, or in other countries in communities that have been westernised, and particularly in Christian areas, one hears the soul mentioned as something we possess, as something separate from us. The awareness that the soul *is* us, and the person, as such, less so seems to be missing. It seems that reference to the soul is largely made only at funerals when his or her soul is committed to God. This is an omission that restricts the awareness of people to their true identity by, as a result of this omission, emphasising the physical aspect of our existence.

Shakespeare said, "The world is a stage....." and that is an apt analogy of the truth. If we take the stage as an illustration we can see an actor in the part of a character. The actor is not the character; behind the scenes he/she is a complete entity using acquired skills to take on the part of the character. Hence, if we are to advance more quickly along the path of enlightenment we would do well to always keep this fact uppermost in our minds, particularly during the approximate age of 9 years to 45 years when this fact is most under subjugation by the pressures of the life as they currently are.

"Quo Vadis?"

The Itch.

Whether we are aware of it or not our prime motivation* in our lives on Earth, as well as during our presence elsewhere in between these lives, is the search for happiness. Due to acquired habits we do this by seeking emotional and material desires, both closely linked.

A Tibetan Buddhist lama, giving a talk on material desires, put it this way: "It is like an itch. We scratch it and it gives us pleasure. So we scratch it again; and we keep on scratching it. In the end it bleeds and gives us pain. Would it not be better not to have the itch in the first place?"³³

Happiness sought outside Self is impermanent.
Happiness sought within Self is permanent.

³³ Not verbatim.

**Note: Our inner prime motivation is the search for the peace and love we originally had, that is before we went in search of mental/physical desires. In the mental/physical state this inner goal is sort through the desire for (the illusory) happiness. The other prime motivations are the urge to mate, and the urge to stay alive. Both these are animal instincts, common to all living things, and are there for the purpose of the perpetuation of all species without which all that we need for our experiences on Earth would cease to exist.*

"Quo Vadis?"

Giving.

Let the joy of giving be in the act, and not the result.

If we give, and worry about whether the recipient likes the gift, or will use it, or give it away, or whatever, we are attached to the result and not the act. If we give unconditionally we get unconditioned joy from the act. We only have control of the act, not the result. That control is all we *need*, even though we usually *want* more.

"Quo Vadis?"

Opportunity.

Every event in your life, 'good' or 'bad', is an opportunity. Seek that opportunity, seize it gratefully, and work on it to the best of your ability.

"Quo Vadis?"

Karma and 'Merit Points'.

Perhaps predominantly in Buddhist cultures, people have the innocently misguided notion that by doing good deeds they attract 'merit points' which create "good karma" in future lives but the notion may be part of the thinking of anyone anywhere.

The point is that the moment we do something whose motive is to benefit ourselves the act becomes one of self-interest, or selfish, and in selfishness there is no merit. The solution is to do the good deed purely because it can be done, and we choose to do it. In other words, with no attachment to the result. Similarly, with reference to "bad karma" we can take the case of someone with a negative attitude/behaviour towards another who, becoming aware of karma, decides to change the attitude/behaviour to avoid the negative karma. Here too the motive is self-interest and does not negate karma. If, however, this person realised that love for the other was the important thing, and applies that instead of anger or hate or any other negative feelings, negative karma will be mitigated, or even not accrue at all if the person genuinely regretted the attitude/behaviour and expressed that regret to the other.

"Quo Vadis?"

The Body - Defects and Illnesses.

We create our physical and mental states in any particular life by our thoughts and/or actions in previous lives. These states manifest in the physical or mental from the Thought Field via the Life Field.

At present, as a result of increased scientific knowledge, medical practitioners are able to carry out surgery to rectify physical deformities, injuries, malfunctioning organs etc., and to prescribe medications etc. to cure illnesses. Current research in medical science involves stem cells and their ability to develop into any type of body cells and, thereby, organs, and scientists are seeking ways to stimulate and direct this ability in specific directions through the use of drugs and, possibly, other means. The problem with this exercise is that the search is being conducted outside the body when the remedy lies within - in the Thought Field.

What is the purpose in our having these maladies in the first place, of our need to experience these maladies and to learn from them? Once correction is effected does it mean that the lesson has been learned? This may be so for some, but others may have to return at a time when, once again, science is not so advanced.

Just as we create our own physical/mental condition we have the innate capacity, if not always the ability, to cure ourselves during one life or over many lives. Evidence of the former is plentiful and often referred to as "spontaneous healing" (and not thought through any further), scoffed at by the ignorant, or simply glossed over as being too difficult to contemplate. Since our maladies are created by the 'mind', and "the mind is the builder"³⁴, the 'cure' is in the 'mind'. If we are to be free of suffering we have no alternative, over the long term, to grow spiritually. Where the answer lies within a box no purpose is served by painting or re-shaping the outside.

³⁴ Edgar Cayce.

How, then, does one explain the healing done by Jesus, the Buddha and others? Without knowing the state of being of the cured individual at the time one cannot answer the question but it would be safe to say that the individual had, by that time, achieved the necessary degree of spiritual growth for the cure to be effected. Perhaps the cure was the final step in the learning experience of that individual soul incarnate. In any event, the law of karma is immutable except where there is **actual** forgiveness for a transgression of love. In that case karma existing with the forgiver, relative to that particular type of transgression, is nullified one for one.

"Quo Vadis?"

Be Forgetful.

If someone does something for you or to you that you see as good, be forgetful. If someone does something for you or to you that you see as bad, be forgetful. Do not keep a 'diary' of either for that is attachment. Be non-attached.

"Quo Vadis?"

What is the Mind?

Surely the brain is not the mind! True, the brain is a highly complex organ of the body responsible for the unconscious functions of the body as well as the more abstract functions we need for our mental/physical bodies. In the latter respect it is more like a computer which consists of the screen, registering thoughts, experiences etc., the disc/s storing these and the system that effects this as well as recall for re-use in many ways. Both the brain and the computer utilise energy for power. Both are 'mechanical' in their function, and both need external input to function fully. This input comes from the Mind except where the autonomous activity is concerned. Both need the 'human element' to function and, when 'the plug is pulled' or 'half pulled' function ceases or goes on standby.

The Mind consists of three intermingled elements v.i.z. the conscious, subconscious and superconscious. This terminology implies levels or layers but that is not the reality. To, by description, approximate the reality we can take the analogy of water vapour in the atmosphere which, depending on varying conditions influenced by local and global factors, forms clouds of varying density, colour and potential whilst still being water. The result of what is formed creates shade, darkness of varying density, storms, clear skies or rain. Similarly, the Mind creates peace and placidity, gloom, fear and turmoil, happiness or emotions. The structure, so to speak, of the Mind is formless and in a continual state of flux, responding to the interaction between existing 'data' and the constant influx of new 'data', and underscoring this is the innate³⁵ 'data' of the soul or, responding to the interaction of the conscious, subconscious and the superconscious.

Hence, the brain is not the Mind but a tool of the Mind, and is free to function independently of the mind whereas the converse is not the case. The Mind is a reflection of the soul. The body and the personality of an entity incarnate are not the Mind but only a creation of that part of the soul³⁶ relevant to the soul's purpose and/or mission in any given life.

Like the Great Spirit the Mind is beyond description - it just is.

"Quo Vadis?"

The Soul Incarnate.

The soul is highly complex and only that part of it which needs modification is present in any one incarnation. A simplistic description would be that of a huge sheet of which only a small part is tied off and pushed through a tight ring and subjected to cleansing by water. Because of the fibrous structure of the cloth and the characteristics of the water, moisture will move into the fabric of the large part of the sheet. Hence, the 'whole' is slightly modified by the modification to the small part. The macrocosm is affected by changes to the microcosm.

"Quo Vadis?"

Unloving talk.

If you have nothing good to say about someone, do not say anything. Exercise love. Negative talk stems from a desire to be hurtful or the misguided feeling that to communicate it is necessary that there be continuous talk. Listening and silence are essential parts of communication. If you have the need to, or are in the habit of, talking endlessly take control of yourself. Talking endlessly is not only a weakness, it is selfish, antisocial and often results in the airing of confidential information and even gossip because of the need to feed the wagging tongue.

³⁵ We souls, in our purest state are omniscient. This is the superconscious.

³⁶ See The Soul Incarnate - next below

"Quo Vadis?"

"Why Me?"

This lament is so often uttered or thought by someone who has suffered a painful experience. Two things happen here. 1. "Why me?" encapsulates the experience around the individual as a personal woe and this increases its negative effect. 2. The individual disregards the fact that thousands of others have been similarly affected. Awareness of this is positive.

Where another party is held responsible hatred and the desire for revenge generated by such experiences are self destructive and unjust and are due to ignorance of the spiritual truth at work. There is no escape; the Law of karma

"Why me?" is also important where something pleasant occurs. A lot can be learned from the answer, even if it is only humility.

"Quo Vadis?"

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"Quo Vadis?"

Self-betterment.

If we wish to be better people we have to:

1. Accept responsibility for our thoughts and actions.
2. Critically assess our thoughts and actions with reference to whether they are loving of others (unselfish), or loving of self (selfish).
3. Act to improve.

"Quo Vadis?"

Rituals.

Rituals are a means to an end and not an end in themselves. They are also meaningless if practiced for show, only as a habit, because of a bad conscience or out of fear. They are helpful to some but not necessary to all. They help some to achieve an altered state but, if the ritual is really only a personal crutch, there is no long-term benefit because rituals are external factors and the answer lies within.

"Quo Vadis?"

Faith and Fear.

Faith, as an expression of the clear understanding of the spiritual truths, and fear cannot go together because a clear understanding of the spiritual truth eliminates fear. Anyone aware of these truths, and living accordingly, has no need to guard against theft or bullets because they are aware that what is not meant to happen to one will not happen, and what must happen will happen no matter what precautions are taken. Why take precautions anyway? If it is inevitable, why not have done with it, and the sooner the better because it will not happen unless and until we have been suitably conditioned for the experience.

Whereas one person runs through a battlefield through a hail of bullets and comes out without a scratch another may be sitting at home peacefully when a gun falls off a hook, hits the floor, fires, and the person is killed.

"Quo Vadis?"

On the Path.

When one is actively and consciously "on the Path" one is very frequently doing battle with one's self - often very difficult, but always very satisfying.

"Quo Vadis?"

Medical Practice.

A medical practitioner who has not treated a poor person without charge has not started practising medicine.

"Quo Vadis?"

Wants and Needs.

What we want we may or may not get. What we need for the learning experience we will get whether we like it or not.

In the first instance we do not get what is of no benefit to us with reference to our current life and get that which is of benefit. Hence, two people doing the same things with a goal in mind may find that one achieves the goal and the other does not.

So, if we do not get something we crave and work hard for, the lesson, if we want it, is acceptance. Grateful acceptance, or at least understanding acceptance, would be best.

"Quo Vadis?"

Human Conflicts.

Human conflicts are caused by just one thing - "I", manifesting collectively - the "WE" - as nationalism, religious, cultural or racial fanaticism etc. The "I" in turn causes fear or pride, or plain intolerance; and intolerance is the result of ignorance of spiritual truths which reveal us all to be souls without differentiation, all pilgrims on the same difficult road and warranting, one to another, love.

"Quo Vadis?"

The Rat Race.

Millions are in the Rat Race and millions more want to join it. But should it not be called the Lemmings Race? After all, rats leave a sinking ship and lemmings, in their hoards, run over the cliff.³⁷

The questions we can ask ourselves are, "Am I a rat or a lemming?" and "How fast am I running?"

"Quo Vadis?"

Anger, Hate and Animosity.

Sustained anger, hate or animosity are poison to the body. They cause dis-ease in the Thought Field that, in turn, causes dis-ease in the Life Field that, in turn again, causes disease in the body. Why do these emotions cause dis-ease? Because, being unloving, they are negative energy and, therefore, contrary to the innate conscience of the soul - of the subconscious and the super-conscious.

"Quo Vadis?"

Friendship.

True friendship is self-sustaining. It does not require constant or frequent, or even periodic confirmation except between a child in its formative years and its parents, family and those others whose love it needs.

True friendship sometimes appears to be non-existent over long periods when there has been no communication but it lies undiminished below the surface to reappear at the first opportunity.

If there is a constant need to act to sustain the relationship by one or both parties it is not a friendship but a dependency.

"Quo Vadis?"

Parent/Child.

To get a clearer perspective of any situation involving a parent and a child³⁸ remember that both are, primarily, souls and that 'behind' the child is a 'mature' soul temporarily going through the difficult mental/physical experience of the formative period.

With this perspective one may also realise that birth is much more difficult an activity for the soul than is death because the birth itself may be difficult and adjusting to the body as it develops as well as coping with the possible frustrations of mind/body co-ordination etc. Death, on the other hand, not the circumstances preceding death, is as simple as opening a door and walking through.

An overzealous attitude towards a child's education, recreation or career, often involving harsh criticism or, as in sport, the encouragement of unsporting behaviour by the attitude and example of the parent or parents, is a demonstration of parental need and not the need of the child. Very often it is the result of fear on the part of the parent/s that the child will not be a credit to them, particularly in the community and with their friends. The child has its own purposes to fulfil and it is not for a parent to coerce a child into anything. Each soul has its own destiny in each life and parents may only prepare it for that; they may not decide what

³⁷ Scientific observation of lemmings invalidates this belief.

³⁸ Equally, this applies to any situation involving one or more people.

should be. To do so would be self love and not love of the child. What is required is observation of the child's aptitudes and inclinations and giving encouragement and help in that direction where the aptitudes and inclinations are not obviously antisocial or likely to be damaging to the child. A parent's duty and responsibility is to prepare a child for adulthood and not to prepare adulthood for the child.

A child, at some time, is likely to lose respect for, or reject, a parent where parental example is not in accord with the child's innate standards - soul qualities.

A well balanced, unselfish, parent will nurture, guide, lead by good example in the knowledge that it is the child's life that is important and not its own; and a loving parent will advise but not lecture or harass, and will impart to the child the knowledge that, no matter what the child does in life, love will always be there - not indulgence but love.

"Quo Vadis?"

Is Karma Immutable?³⁹

Let us take the case of murder. Someone who has committed a murder has to experience the same as a result of the Law of karma (as you sow so shall you reap and so on). This requires someone else to carry out a murder and, this in turn creates karma for the new murderer whilst expiating that of the now murdered. Hence, one gain and one loss - no progress. This, applied to millions in the world at any given time, means no numerical progress overall. So, how does this Law work to eventually allow us all to be free of karma if there is no numerical reduction? Where there is no candidate available in the scheme of things to be put to the test of choosing between murder and love, a situation which will occur at some time, a soul may 'volunteer', before birth and as part of its purpose in the life to come, to commit the murder **solely for the benefit of the one needing the experience** of being murdered. No karma accrues to the perpetrator in such a situation because it is the motive, the thought behind the action, which attracts karma not the deed.

There are an incalculable number of situations like the above where the inevitability of karma does not apply.

Another way in which karma is expiated is illustrated by this example: You have slapped two people in the past and are due to be slapped on two occasions at some time in the future (this may be over one or more lifetimes). On being slapped on the first occasion you do not react with a slap but forgive your assailant (even though you are not conscious of the other slap still due and, therefore, forgive **without expectation of the reward**). This non-attached act of genuine forgiveness expiates the karma attracted by the original second slapping.

"Quo Vadis?"

The Gender Pendulum.

"In the beginning" we souls had no female or male traits. These were acquired after we "entered into matter" and one aspect of our spiritual growth involves the progressive return to the point of neutrality, of balance. The analogy of this is the pendulum swinging between the male and female traits of the soul manifest in the flesh (*in carno* - *Latin*) as differing body parts and the left and right brain lobe activities. As we spend lives in one or the other body the more we can minimise the gender traits the less the pendulum swings the next time around and, in the end, it is immobilised - the soul is in balance in this respect⁴⁰.

Historically, but not necessarily in all periods of prehistory, women have occupied an inferior and persecuted role and this exists in some cultures today. There is a very good reason for this and it is enlightening to understand that souls, as women, have endured, and do endure, that needed experience. Women's Liberation is, therefore, nothing new!

As time passes we see the pendulum slowing. We see more left brain inclined men and more right brain inclined women. We see pressure being brought, as a result of an on going change in human consciousness, for the worldwide emancipation of women. In some individual women we also see how the pendulum has swung more toward the male traits.

If we use our gender to exploit or manipulate others we give momentum to the pendulum and increase the time it will take for us to achieve balance.

"Quo Vadis?"

Scepticism.

By definition, scepticism indicates a closed mind and a closed mind is unable to learn, it is moribund. Many sceptics take pleasure in denunciation and activities designed to denigrate those with whom they do not agree; and intolerance stems from ignorance.

³⁹ See the same heading - page 181

⁴⁰ This principle applies to all traits, not only gender traits.

Critical analysis on the other hand is a necessity, and is positive, because it is that by which we seek knowledge without blind acceptance or prejudicial rejection.

"Quo Vadis?"

Success As Defined by Money.

Today, success is defined by most in terms of how much money one earns or how much one is worth financially, yet true worth has nothing to do with money. Today, the obsession with money as a goal is so great that our thinking in this regard is, primarily, to do with money. This is promoted by the media where virtually everything is spoken of in terms of money. In sport, for instance, a player's earnings are highlighted more than his or her skills or sportsmanship; governments talk more in terms of money than of people and the impression is given that the more spent the greater the achievement is or will be.

This attitude is but delusion because it is not what one has which is important but how one came by it and what one does with it.

A religious institution, bogus or genuine, with huge assets and whose hierarchy enjoys luxury and fine robes whilst even one of its followers lives in sickness or poverty is not a success in spiritual terms. To work on the principle that its amassed fortune is invested to provide for the future, for whatever purpose, is spiritually untenable when there is so much to be done in the present.

A person who earns many billions of dollars in a period has demonstrated his or her ability to create a profitable business but also the ability to exploit millions or billions of others to the extent of those billions.

Similarly, a monarch or ruler of a country with huge assets and a massive income whilst any of his or her subjects lives in sickness or poverty will, eventually, answer to himself or herself; that is, to the Law of karma.

These are extreme examples but the principle applies in any situation where there is an imbalance between action and fundamental principle.

What would the situation be if the world society were so structured, **willingly by all**, so that each person had an income of, say, \$25,000 p.a.⁴¹? To achieve this, entrepreneurs would limit net profits to this goal, doctors, lawyers etc. would be able to practice a calling, a vocation, as opposed to a business, and be happier doing it as the prime motive would be the use of their skills for benefit of others.

"Quo Vadis?"

Duty and Responsibility.

Duty and responsibility to self, "the community", "the nation", or "God" are all subject, **first of all**, to duty and responsibility to **all** others.

Whatever work we do we take on a moral (that is, spiritual) responsibility; something which underpins everything we do in life whether it relates to us or to others, in work or elsewhere. We also have a duty equal to the responsibility. To deny these is a serious mistake in spiritual terms and attracts suitable negative karma. In the workplace we may find that the responsibility required of us by others is not the moral one but that driven by the profit imperative or other immoral motivation. Often moral responsibility is seen as counter productive and moral irresponsibility as productive, and we can be punished or rewarded accordingly.

In the case of our situation at work we have an **equal** responsibility and duty to our employer as we have to other employees, customers, shareholders etc. and it can be difficult to strike a balance. As an example of this difficulty we can take the need for discipline. Where there is no alternative to enforcing discipline, duty and responsibility to the employer, employees etc. require that it be enforced even though it goes against the grain for us personally. We have to wear the 'work hat' in coming to a decision and responsibility overrides the personal preference by virtue of the fact of our accepting our job in the first place. There is no karma attached to a decision made in this way provided that one does not take pleasure in coming to the decision or implementing it. Examples of this are judges, executioners and soldiers whose work involves the taking of life. In our society these jobs have to be done and someone has to do them and they all have a very fine line to traverse between duty and responsibility and taking pleasure in punishment or revenge etc.

"Quo Vadis?"

The Crescendo of Collapse.

Civilizations rise and fall. They have done throughout history and prehistory. Irrespective of the quality of the moral imperatives that create any one civilization they have, over time, succumbed to the weaknesses inherent in us that have created moral decay. Greed and power accrue to the minority and these grow until absolute power corrupts absolutely. As is the case today those in power, and this does not neces-

⁴¹ This figure is arbitrary but, no doubt, a suitably accurate one can be calculated.

sarily mean those in political power who may think they are in control, are increasingly acting, consciously or unconsciously, to enhance their power and feed their greed by exploiting the majority, the planet Earth and its environment. Although love, in one form or another, is sometimes mentioned it is a platitude uttered as a cover for the true urges of the individual or the organization uttering it.

When money is god morality flies out of the window. One has only to observe how money has taken over just about every aspect of life, and is continuing to do so, and the extent that it is revered at the expense of everything positive, to be aware of the state of the collective consciousness at the present time. Not only has money taken over as the primary force in commerce but it has done so in the character building activity of sport, where it is destroying the character of many, but is getting a stronger and stronger hold on knowledge as imparted in educational institutions and as acquired by science. The imparting and/or the acquisition of knowledge is being progressively subverted by money as the means to greater profit.

When this crescendo reaches its peak and the spiritual balance underpinning the civilization tips there will be total collapse, just as a wave in the ocean collapses into turmoil and eventually calm, only to reform to go through the whole process again and again until the forces that create the imbalance cease to be. So, as in every aspect of this plane of matter there is creation and destruction or birth and death, but we need to remember that it is not others who have to return throughout this cycle, nor is it others who have been through this before, but ourselves, until we have learned the lessons to be learned from our failures.

In this evolving process the exploited are experiencing their karma and the exploiting creating theirs.

"Quo Vadis?"

The Environment and Karma

Referring to our collective despoiling of this planet and its environs, the latter with 'space junk', it has been said that this planet is not ours but that we have borrowed it from our children - from an earthly perspective a factual and strongly motivational statement for those willing or able to hear. Many listen but do not hear.

The truth, however, is that these children from whom we have borrowed this Earth are ourselves in the future. Life is continuous, and the Law requires that we experience the results of our actions until we wake up to what really matters - as we sow, we reap. So, as has happened in the past, we get another chance to do things better, each one according to its degree of responsibility by commission or omission, subject to our having done our best - this not to be taken lightly - in the circumstances prevailing at the time.

Let us not even subconsciously delude ourselves into thinking that it is someone else who will have to clean up after us after we have pocketed all the money, maximised self indulgence and then gone to heaven to be generously forgiven for what we have done and, thereafter, to live happily ever after. Oh no! That is not how it works and to believe that it is so is very unhelpful and naïve. All we have to do is look at the history of our behaviour as humans and our current state of behaviour with a modicum of intelligence to realise that this belief does not stand up to scrutiny.

"Quo Vadis?"

Enlightenment.

Why does it take thousands of lives for us to achieve our goal of full enlightenment?

1. The karma we have attracted, and the experiences necessary for our learning, are both complex and number in the thousands and we are only able to deal with a **relatively** small number of these in one life.
2. The circumstances on Earth have to be conducive to our learning each lesson or combination of lessons to best effect. A **simple** example would be if we had to further our knowledge of medicine having got to a certain point we would have to wait until this science in a later period, or a subsequent civilization, advanced to a point where the knowledge we had acquired could be continued. Another would be if, due to our reckless behaviour we killed someone in a car accident there would be little purpose in our returning before the reinvention of the wheel and the return of the motorcar.

"Quo Vadis?"

Giving Advice.

Who is to say what another should or should not do in any situation? No one. If asked, one may only suggest options once - it is for the other to choose.

"Quo Vadis?"

The Still Mind.

When one's mind is not focussed primarily on worldly things, on yesterday and tomorrow, and is at peace with today, the mind is still and when the mind is still there is nothing to impede the flow of intuition and insight.

"Quo Vadis?"

"Living For Others."

If this is one's ideal in life let it be foremost in one's dealing with others but let it not compromise one's life lest it hinder one's purpose and mission in life.

"Quo Vadis?"

Dislike Of Someone.

If you dislike what a person does it does not mean that you should dislike that person.

"Quo Vadis?"

Marketing/Advertising.

These are a massive, largely wasteful and unnecessary, cost to society. They are also largely a massive subterfuge to foster an already rampant consumerism - to which a great part of society has fallen prey - through the manipulation of the minds of the gullible, in the mistaken belief that consumerism is the panacea of all ills, or the hidden agenda of those in power to amass ever increasing fortunes at the expense of the poor, the jobless and the very world we need for our future existence. Consumerism is like a strong, addictive drug, the more we have the more we want - not need but want, and the marketing/advertising industries, worth billions of dollars per year and which add to the cost of each item we buy, use psychology and sophisticated techniques to influence our minds in a calculated assault. Those involved in this sort of work would do well to review what they are doing and why.

The crucial test for us is to choose to be manipulated or choose to be independent of mind.

"Quo Vadis?"

The American Ideal.

The "American Ideal" originated in 'the mists of time' and was transported to America by the migrants from Europe. This did not happen by chance; it was caused by the collective thoughts of many and the time and site for this to manifest and be tested became due. For whatever complex reasons the continent of America was the most suitable site for the institution and proliferation of this thought pattern, or ideal, and its subsequent development and testing. Subsequently, it was seized upon by others on Earth as their ideal, and today it is the religion of many, with many more aspiring to conversion.

This ideal is, however, flawed in that the system set up to achieve it creates imbalance because it is driven by selfish and base motivation. It is ideal only for some; the others suffer exploitation, indifference, deprivation of human rights, etc. It creates multi-million dollar salaries and incomes on the one hand and unemployment and poverty on the other; exploitation of the environment; manipulation of the world economy to the benefit of a few in the developed nations at the expense of the others; waste, self-indulgence, excesses and the pursuit of pleasure as opposed to the pursuit of happiness. It controls, or seeks to control, the economy of the world - many countries no longer control their economies, whilst globalisation and its offshoots are merely the tools of those with financial power to further increase their power and riches with scant regard for the misery it causes. It is financially solvent as a whole but morally bankrupt because the 'whole' (all people) does not benefit from the solvency. It is unsustainable because it is immoral and against the basic principles of love and justice - it is out of balance, and imbalance is an unnatural, unsustainable state.

There are two forces at play, and these are the forces of light and darkness or "good" and "evil", enlightened thinking and ignorance. In human terms the former means those who see this system as destroying a goal, and those who see it as fulfilling a goal - the goal of equity, compassion, moderation and love of people and, the latter, those who see it as fulfilling goals involving love of money and self-interest.

There is, however, a tide of change on the move worldwide which is a positive force; it is people power - the collective power, a moral power, held by individuals consciously or unconsciously aware of the moral bankruptcy of the system, and this collective moral tide will bring change because it is a truth that darkness cannot extinguish light but light can eliminate darkness.

"Quo Vadis?"

The Soul.

The soul is the projection of the god self, the true being, into the vibration of duality. Our universe is that of duality, of cause and effect.

The soul is self-aware and self-awareness is the awareness by one aspect of self of another aspect of self - this is duality. With full enlightenment, when the need for projection into the vibration of duality ceases, there is no awareness of self, one just 'is' - as the Great Spirit just 'is'.

"Quo Vadis?"

Light.

Light, as we know it, is the result of matter burning in our sun and all the other suns, or stars. Matter is of the universe. Therefore, 'outside' the universe there is no light.

An allegorical view of the soul would be of the soul as light, with light being the subconscious state (in its pristine state of being, of 'is', it is the superconscious). As light it also has a shadow because light casts shadows with the density of the shadow being dependant on the density of the object between the light and the shadow. The shadows are the personality and the body and these depend for their quality and characteristics upon the quality and characteristics of the light causing them. However, light itself has a fixed quality and potential and, in this allegorical representation, its quality is affected by the vibrational level of the soul.

On Earth there are new shadows each day from sunrise. So it is for us with new personalities and bodies for each life with the qualities and characteristics of these being dependent on the quality of the light (the soul) immediately prior to incarnation.

"Quo Vadis?"

The Inadequacy of Words - an example.

Below is a line from the end of Chapter 1 of the book *The Milk Is White* (Revised 2001) and the footnote is self-explanatory.

There is only one Great Spirit⁴² so we can all stop claiming superiority for our own special one.

"Quo Vadis?"

The Test of Manipulation.

In life we are often put to the test of manipulation by others but, in recent times and at present, we are being subjected to massive manipulation from many quarters, mainly the media. This manipulation consists of a predominant use of half-truths and even falsehoods, all with the purpose of fostering our hedonistic, acquisitive and materialistic desires. This is done on the one hand, for the sole purpose of removing money from our pockets and putting it in the pockets of those who need it least and, on the other hand, in the mistaken belief that consumerism is the answer to the worlds woes or, with the intention of the few to manipulate the many into believing this.

Radio and Television presenters and commentators and the creators of advertisements even try to fool us by stating, as a matter of course, that a football game, a match, or any other sports contest is going to be extra superlative in one way or another even when this is not based on reasoning but solely for the purpose of manipulation for commercial reasons. Any thinking person can find innumerable other examples.

Those responsible for this manipulation - mind control - are creating their own negative karma and will have to deal with that lesson when their time comes but it is up to those at whom the manipulation is aimed to choose whether to go along with it or not.

"Quo Vadis?"

Moral Decay and Illness Today.

Our moral decay, as reflected in our hedonistic, acquisitive and materialistic pursuits in life is not only destroying our biospheric environment but also slowly adversely affecting our bodies and their evolution. This is happening because negative attitudes affect the Thought Field negatively, and this negativity similarly affects the Life Field, which then affects the body in ways such as aberrant cell mutation or activity, the reduced efficiency of the immune system, and generally its ability to heal itself. Changed attitudes are also reflected in what we drink and eat. There is overwhelming evidence of increased, and increasing, human disorders (dis-ease) of the body, including malfunctioning of the brain, and this is in direct proportion to the scale of our negative mindset as reflected in our pursuits in life. This affliction of our attitudes and values came with what is euphemistically called civilization and is being steadily acquired by more and more people in the world.

Some examples of increased illness are asthma in children, tooth enamel disintegration, internal cancers and reflux in babies. In the case of the last mentioned, it is so common now that doctors blithely dismiss

⁴² This very statement is an inaccuracy but is used to enable the reader to have something to 'grasp' - a mentally 'tangible' reality. The statement is one of duality (which is an illusion) as Spirit, and us, and everything else being one, singling out anything in this way is not in accordance with the Truth, the Reality. This is an example of the limitation of our ability to describe what actually is.

it as "normal". Scientists and statisticians may suggest that this is only an apparent increase and point to such things as increasing diagnostic ability through technology and an increasing population as the reason for this increase in physical malfunction. To a certain extent this is true with some illnesses, but it does not explain the basic facts.

There has been, and is, a lot of research into the search for cures for illness and this has been largely a success on the face of things. The catch is that, because the fundamental cause of all illness is not in the physical being but in the Thought Field, any cure will be confined to the life in which it is effected and the soul will have to experience the same again later until it has neutralised the cause within itself. No drug can work on, and no surgeon can operate on, the soul.

"Quo Vadis?"

Balance and The Universe.

The Great Spirit, the Creative Force, is balance, equilibrium and harmony.

Balance is the natural state of everything in the universe. This so despite all the movement, violent or otherwise, because it is held together by the law of cause and effect, which is that for every force there is an equal and opposite force. When something is in balance - and balance is perfect or it would not be balance - even an infinitesimal change anywhere creates imbalance that can cause chaos. If, for instance, the forces holding atoms in their orbits were to be neutralised everything made up of atoms would collapse. If this happens earlier in the chain of matter, the universe, or part of it, would cease to exist in its present form and implode into a "black hole" or something similar.

An analogy would be a pendulum whose natural state is static because that is when it is in balance. This is so even though the matter of its makeup is in motion - balanced motion; and that is why it remains static. It is only an external force of some sort that makes it move, and when that force ceases it will return to its static, balanced, state. So it is with the Earth.

The Great Spirit, the Spirits and the souls are 'thought-forms' comprising the pendulum, but some Spirits became deviant and took on duality and became souls. That duality is a negative force that creates a small imbalance that makes the pendulum swing. The first two are, of course, in balance and, therefore, static. When we souls return to a state of balance, which we will do when we have neutralised our duality, we will be Spirit again and return the pendulum to its natural state of balance.

When we, then Spirits, started meddling with creation, something we continue to do to this day, we interfered with the balance and continue to do so. The primary reason for this imbalance is the imbalance in our thought or thinking - or the imbalance in the thought-form that is the soul. Around us there is ample evidence of the imbalance caused by our meddling; radioactive and electromagnetic pollution; in the human environment, inequality in health, wealth, food, shelter etc.; in the biospheric environment, monoculture, deforestation, desertification, species loss, pest proliferation, gaseous and material pollution generated by human activity, floods due to deforestation etc. Even monoculture is not limited to large areas under one crop but extends to monoculture in plant species. Amazingly, despite our awareness of the problems plant monoculture has produced, we are now in the process of creating animal monoculture, and this includes the human animal.

The consequences of the imbalance we are creating will become apparent, **in fact**, in time; and the lessons we will have to learn from this may be harsh. What is inevitable is that balance will be restored. This will happen when we, individually and as a whole, bring all imbalances within ourselves into balance through spiritual growth and full enlightenment - and the sooner we do this the gentler will be the lessons we will encounter.

"Quo Vadis?"

Statistics.

Statistics do not apply to the individual. Remember this and think accordingly.

"Quo Vadis?"

Stress.

Stress = dis-ease = disease in mind or body, or both. The lifestyle that we have chosen, or wish for, from what civilization has laid before us is stressful for most of us. One indication of this is the amount of time and effort we put into seeking relaxation. This lifestyle, which includes the work we choose, is sought in the pursuit of happiness, yet it actually creates the opposite because the pursuit of happiness this way generates stress through the demands made on time, money and responsibility to others.

There is much focus on stress management but this is the common error of treating the symptoms and not the cause.

As in all things, we are the cause - those who create a stressful environment, and those who choose it.

"Quo Vadis?"

Happiness.

We seek happiness through pleasure, yet pleasure is an emotion whilst happiness is a state of being. Pleasure is like a wisp of cloud in a lovely blue sky, a cloud that is constantly changing shape as it appears and disappears. The sky is uniform and constant.

"Quo Vadis?"

Meditation.

This, done properly, is a means of quelling the disturbances of the mind that a materialistic life creates and opens us up to the Truth, thence the Great Spirit and, thence, our Spiritual Reality.

This brings peace of mind and permanent happiness - what we all seek passionately, consciously or unconsciously, but too often seek in fruitless pursuits.

"Quo Vadis?"

Food and Drink.

The closer we keep to the natural the less the danger to our bodies, our progeny and, therefore, the human race.

The natural state of nature is absolute balance, with every small part of it being in balance itself and, therefore, with the rest to create total balance. The animal body is a part of nature and the human body is an animal body. For its proper functioning each small living part of nature is dependent on balance in its nourishment to build itself in balance.

Humans have upset this balance by meddling and the nourishment our bodies require for unmodified growth has to be unmodified, but our chosen lifestyle of "convenience" in ever increasing volume has resulted in progressively more modification to food and drink for the purpose of preservation and packaging etc.

The natural drink for animal bodies is water but we are consuming less and less of this and more and more of substances inimical to good health.

If a zoo were to publicise a decision to give all the animals carbonated soft drinks instead of water there would be a public uproar, but there is hardly a murmur when this is the case with generations of humans in the developed (sic) world.

"Quo Vadis?"

Body Changes.

Puberty, adolescence, pregnancy, childbirth and menopause are natural phenomena and should be thought of as such - in other words, we should condition our minds to this fact. In the normal course of events there is no pain involved with these with the exception of childbirth where, as a natural process, pain should be minimal.

It is only in the case of the human animal that this process is traumatic and this is due to negative expectations exacerbated by people dwelling on the difficulties of tackling a mountain rather than the natural ease of tackling a molehill, all of which create tension and consequent pain.

The same situation arises in regard to puberty, adolescence and menopause and, to a lesser extent, pregnancy.

One regularly hears counsellors almost telling young people that puberty and adolescence will be difficult; this is not helpful as it **creates** a problem where there should be only interest and fascination and, perhaps, some incredulity.

Let us remind ourselves that these events cause hardly a ripple in so called uncivilized societies except in the context of ritual or celebration.

"Quo Vadis?"

"Convenience."

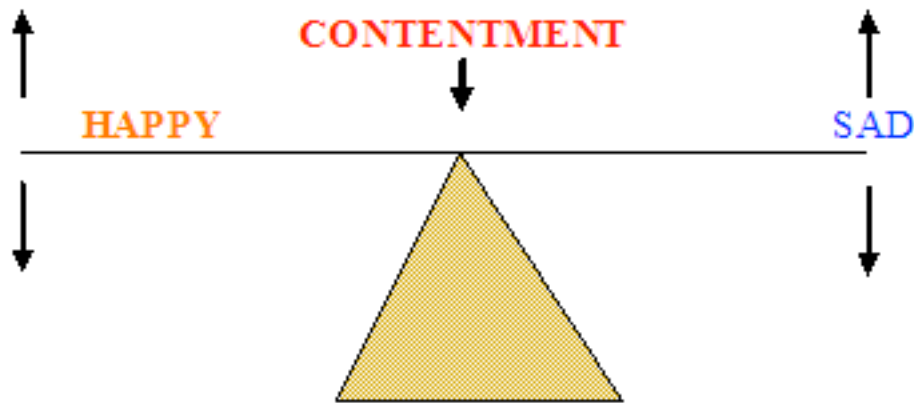
This is a modern-day lifestyle preoccupation that has the aura of benefit. It is a preoccupation resulting from our want that is fed with enthusiasm by those interested in profiting by it to our detriment. It is the result of laziness and the pressures of modern day life that we have brought upon ourselves by our wants; it is of our own creation and we continue to embrace it enthusiastically out of choice.

There is convenience food, convenience shopping, cars are a convenience as are thousands of appliances most of which are harmful to us directly or, indirectly, via the biosphere. Convenience reduces natural exercise, creates pollution through the use of electricity, unhealthy air through air conditioning, convenient

pre-cooked food, and harmful preservatives, tinned, bottled..... all unnatural. As in so many things, we have gone from moderation to excess.

There is a vast tide of excess and, as someone said, "Those caught in the tide end up drowning in it."
"Quo Vadis?"

The Seesaw Of Emotions.



Sadness and happiness are emotional states of the mind created by attachment. Thus, they are impermanent and also fluctuate in their degree of intensity. This is duality - the characteristic of opposites - the feature of this plane of existence.

When we achieve non-attachment to those things that make us happy or sad we attain a level of enlightenment, which is not a state of emotion but a state of being and, hence, permanent. It is possible, with application, for anyone to progressively attain this state. When we are born we bring this with us, as a character trait, to varying degrees depending on the progress we have made previously and, consequently, some have to work harder at it than others if, that is, they choose to work on it at all.

This principle of attaining freedom from attachment applies to the entire spectrum of attachment but, fortunately, understanding attachment and, thereby, attaining non-attachment, does not have to be done separately for each type of attachment as it works on the whole - that is, non-attachment is not specific whereas attachment is, and varies with the individual.

"Quo Vadis?"

Success.

It is a far greater achievement to be a caring person than to be a "successful" one.

"Quo Vadis?"

Urge and Desire.

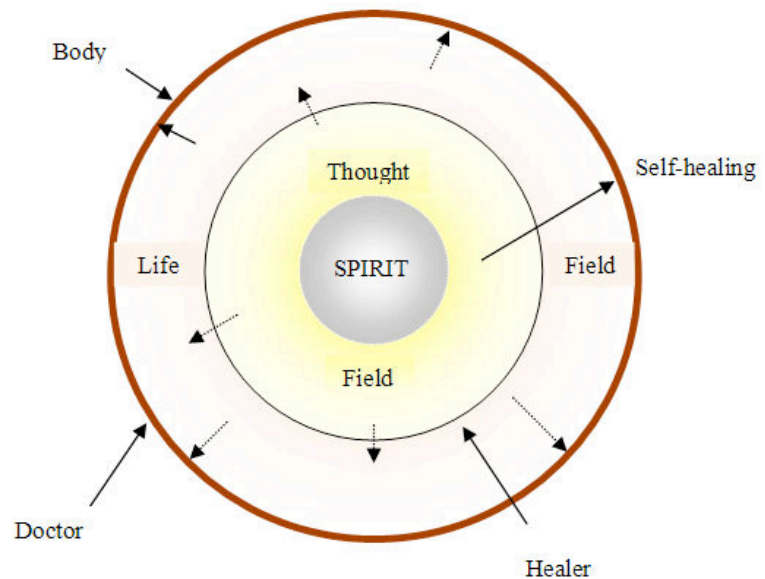
Respond to an inner urge and ignore a desire - but enjoy the occasional small indulgence - for the former is from the soul and the latter from the mind. This way **you** are in control.

"Quo Vadis?"

Healing.

The diagram above illustrates, in two-dimensional form, how healing occurs. In reality, the three fields are one, and multidimensional or, more correctly, non-dimensional.

The body, denoted by the outermost black line, is created and maintained by the Life Field; this is subject to the Thought Field which, in turn, is 'subject'* to the Spirit⁴³ (of the person). Disease or illness is caused by dis-ease in the Thought Field affecting the Life Field and, this being the case, disease or illness is a form of self-expression. (Even where the cause is external, such as air pollution or pollen, the primary cause is linked to the Thought Field through the complexity of karmic law insofar as it affects each particular person via the soul.)



- **Doctor** (Allopathic): Treatment is directed at the body by way of chemicals and/or surgery, and other external means. Cure is confined to the body and is confined to the particular lifetime and will present in a later life unless the cause in the Thought Field is eliminated before then.
- **Healer:** Healing is via the Life Field to the body. This is only temporary, and requires repetition, unless the patient makes changes in the Thought Field.
- **Self-healing:** This comes from the Thought Field* to the Life Field and, thence, to the body, and the degree of healing that can occur is directly proportionate to the level of vibration of the Thought Field. It follows from this that any positive changes made at any time increase the capacity of self-healing.

**NOTE: The effect of the Spirit on the Thought Field must not be forgotten, but it is not active in this situation, or any situation for that matter. The 'state' of the Thought Field depends upon its awareness of its relationship to its Spirit identity, and it is this 'state' that has a bearing on self-healing. Spirit is neither active nor passive and requires no improvement; it is complete so to speak; it just 'is' - it is a reference point, not separate from the Spirit/mind/body individual, for positive and negative activity and it is only in this respect that it is 'involved' in healing.*

"Quo Vadis?"

Regressive Progress.

As a whole, the human race is moving headlong, at great speed in moral decline through the loss of focus on humanity and the increasing focus on the 'I'. One aspect of this is manifested in new terminology that has come into use in recent times in which the human factor has been subverted, more, perhaps, by a change of focus and perception than by intent, although it is obvious that some of it is intentional with a view to putting a false front on the truth.

There is a host of new terms such as, downsizing, re-structuring, which are euphemisms contrived to create a smoke screen over the impact of activities adversely affecting human beings. What were once people are now human resources - but this is no smoke screen, this is fact; people are now no more than a resource. What was once referred to as a country (with people) or a nation (of people) is now coming to be referred to as an "economy."

The reason for this is that love of people has been sacrificed to love of money and what it can buy. Those in power are those whose power lies in their wealth or the wealth of an organization, and these fuel the tide of world economics to suit their goals, while those who **think** they are in power, such as politicians, em-

⁴³ The Spirit Self or the God Self.

brace world economic strategies out of ignorance of their futility in helping the majority of humanity. Consumerism, so ardently adopted by so many through indoctrination by the priesthood of this 'church', feeds the insatiable hunger of those in power.

It seems that we are so far down this road of greed and ignorance that extrication is impossible but a change is inevitable, there is a groundswell of the positive force of morality which is increasing within humanity and which is being demonstrated openly by only a tiny minority of a very large, silent sea of positive human consciousness which, when it reaches the point where it constitutes the greater part of the collective human consciousness, will negate the power of the greedy and remove the ignorance of the misguided - and we will progress for a time.

"Quo Vadis?"

Remembering Past Lives.

Why is it that, with rare exceptions, we do not remember past lives?

At the beginning of each life on Earth we are the result of all our past experiences and bring with us, in our subconscious, the 'memories' and the wisdom of the past and, although these are not in our conscious mind, this forms the platform on which we stand during any one life, underpinned, of course, by the super-conscious.

Awareness of past lives and their experiences would be a disadvantage when it comes to making the endless choices we make during a lifetime. This is because the principles involved in making a choice are really clear cut; it is only the, sometimes numerous, options which the mind presents us with that complicate matters. This is because the mind introduces emotions such as fear, wants, 'love' etc. into the equation. We may also experience regret or self-aggrandisement etc. if we were aware, for instance, of a previous life of high status or wealth - the regret because our current life situation is of a 'lower' order - the converse being equally true.

An analogy would be an actor who played Macbeth for a very long season and then had to switch to the part of Portia. Unless the previous part is completely erased from the conscious mind the performance as Portia could be seriously flawed.

"Quo Vadis?"

The Boat Of Life.

Each Earth life, each time, is charted according to the specific needs of the individual but this is not as a fixed, defined single line but as a course defined by two parallel lines within which free will may be exercised. Thus, there is flexibility within predetermined parameters, and these parameters limit the scope of our experiences and achievements to what is necessary for each life. This explains why, in the case of some people, no matter how much they strive to achieve something, that something does not eventuate whilst, with others, the same thing occurs without effort or action. For example, wealth comes to some and not to others, as does health, vocation etc.

If we study the lives of ourselves or others we can see how events occurred at various times, without the exercise of individual will, to take us or them on a particular course or prepare us or them for a future eventuality.

We can use the analogy of a boat upon the ocean, with the ocean being the potential, the boat being the life, and the individual sitting with the hand on the rudder. The direction in which the prow is pointed, the currents under the boat and the winds prevailing at any given time, take the boat on its journey.

Our best, and most difficult, course of action is to keep the prow pointing 'north' (this being our spiritual ideal) by a firm hand on the tiller whilst being aware of the forces being exerted by the air and ocean currents. This does not mean that we adopt a negative attitude by being totally fatalistic because it is necessary that we set goals as well as try various options and use our initiative to attain them, but this with the awareness that these may not be what is required for us and, hence, we apply the principle of non-attachment to the result. This allows the best to eventuate without any negative feelings relative to the result.

There is another option, which most of us adopt in our ignorance, and that is to use oars, or an out-board motor to propel the boat according to our desires, against the subtle forces of the air and ocean currents. This we call "Taking control", but it is excessive control and limited to this world. When we take this course we are unaware, or will not accept, that true control comes from a deeper level of awareness of what we need and that it is we who have been instrumental in determining that need. Because we have free will there is nothing wrong, as such, with us taking this wilful course of action - it is our choice; all that happens is that we put off for another time the learning experience we inevitably have to undergo.

"Quo Vadis?"

Non-attachment.

Non-attachment does not mean being uncaring or uninvolved; it means commitment **at the time** and non-attachment outside that.

"Quo Vadis?"

God's gifts.

To say that God gave us this or that is fallacy - it is our doing, not God's. To thank God for this or that is fallacy, but it is correct to thank God for the opportunity for us to create this or that and learn from the experience.

What God gave us is free will and the means to find the ultimate state of being by using this free will wisely.

"Quo Vadis?"

"The Way"

In considering those who point to "The Way", or point the way, what is required of us is not adoration of the individual but aspiration to their way of living, of being - their thinking and acting in that state of being.

"Quo Vadis?"

Navigation.

As human creations interfere with the navigational capabilities of dolphins and whales so do our worldly desires interfere with our navigation of the spiritual seas.

"Quo Vadis?"

Soul Purpose.

The purpose of each soul is to eradicate negative traits and enhance positive ones - over many lifetimes.

"Quo Vadis?"

Crediting God.

To say that God gave us this or that is fallacy; what happens is our doing. To thank God for this or that is fallacy, but it is correct to thank God for the opportunity (created by this or that experience/happening) because, although these are our creations, it is God who created the rules and the game.

"Quo Vadis?"

Territorial Ties.

Animals are territorial; humans are souls as animals. Hence, we have excessive ties to "My space", family, an area or region, a group, a religion, a nation etc. These are attachments, and therefore dependencies, stemming from possessiveness, external identification etc.; and stem from the survival instinct (fear) and can be the cause of conflict. Ties are like ropes - they bind.

Souls, as Spirit, are not territorial - they are one with all.

"Quo Vadis?"

Killing.

The karmic Law of "As you sow so shall you reap" and "If you live by the sword you will die by the sword" etc. applies irrespective of the circumstances that presented the choice of whether or not to kill. Loving (our 'neighbour') and killing are not reconcilable.

Where, as in the case of an executioner or a soldier, or to save the life of someone in immediate and obvious danger of being killed and where everything possible has been done to avoid that killing, 'duty' involves killing, **and there is no pleasure derived from the action, and no motive such as revenge** (it is possible to love the one we are killing), there **may** be mitigation in the application of the law, but mitigation only, as the spiritually enlightened individual, or collection of individuals, will not kill under any circumstances. This is because they fully understand the Law and through this understanding are aware that, if **any-one** is to die by violence, it is the Law in action and that it is in the interests of the subject that the Law is allowed to take its course.

In the case of war, it is those who declare and carry it out who will experience the full force of the Law, particularly if the motive is revenge, hatred or self-aggrandisement, or if the general public is misled or the decision hypocritical. Invoking God, or asking for God's blessing for the nation perpetrating war achieves

nothing and is a demonstration of ignorance or arrogance, or both. Nor are the passive participants⁴⁴ immune to the Law. This is because, in Reality, thought is an act and, therefore, those condoning, encouraging or supporting their leaders in war are active participants.

The moral or 'spiritual' reality is that war, because it involves killing, or the killing of anyone, is counterproductive to the perpetrators and beneficial to the 'innocent' victims⁴⁵, but the practical reality in an unenlightened world is that it is often the only solution, subject to the requirement that everything possible is done to avert it and that the motive is not selfish in any way. It is also only a temporary solution and will recur again and again until we learn that love is the only answer.

As in other situations, all participants in the aggression, direct or indirect, are presented with choices and the karmic repercussions of those choices.

"Quo Vadis?"

War and God.

If we send people to war and then pray to God for their safe return what does that say of our opinion of God? If some die what then of this God?

"Quo Vadis?"

The True Achiever.

Which is the truer achiever - the one who achieves material success or the one who, despite trying, does not find this success but accepts this, is content and happy with life as it presents itself, does not harm itself, others or its environment, loves itself and loves others?

"Quo Vadis?"

Emotions/attachment/memory.

A memory can be the awareness of an experience or the awareness of an experience bound with an emotional attachment to the experience. In the former it remains an inactive memory that can be called upon, if necessary, for examination without adverse effect and with the individual in control. In the latter it continues as an active, subconscious memory which will cause a reaction in the individual in circumstances which are conducive, and here the individual is not in control - the emotional residue is.

"Quo Vadis?"

"Let no man put asunder."

The Bible states "Whom the Lord has joined together let no man put asunder." or words to that effect. It is obvious that the words 'man' here refers to mankind or, better still, humankind and, therefore, encompasses men and women as well as boys and girls.

For whatever reason this statement came to apply to marriage only, yet the basis of marriage is friendship (love) and, hence, the statement applies to all friendship. All friendships are the joining together, or the bringing together, of one or more people and, in the spiritual context, any action knowingly taken to "put asunder" any friendship is negative and attracts negative karma (hence the statement). No matter what the stated reason one may give for disrupting, or attempting to disrupt, a friendship (and there are a host of reasons given) the motivation is selfish because the intent stems from the thinking that "I know best" and "I" is the great mistake always. The statement, therefore, is not exclusive to marriage.

Great emphasis is placed on the sanctifying of a marriage by a 'representative of God' or a religious personage, and often great importance is placed on a piece of paper formalising the union - all human customary wants. The true, and only valid, sanctity is the motive for the union and the commitment resulting from that motive. If the motive is flawed so is the commitment, the latter being directly proportionate to the former. Furthermore, both the piece of paper and the religious formalisation often act as chains, and chains have a detrimental effect on people. We should also consider the fact that we have been given free will and it is contrary to this important 'gift' to impose 'manmade' restrictions that may fetter this freedom.

"Quo Vadis?"

Love.

Many who make a show of love are still to find it; those who love have.

"Quo Vadis?"

⁴⁴ For instance, those in the population of a country who support war mentally.

⁴⁵ For whom, whether it is palatable to us or not, this is an expiation of karma, and beneficial.

Spirituality.

Playacting spirituality does not reflect the true state of being. It is like putting on a clean garment over a dirty body to create an impression.

"Quo Vadis?"

Self-healing affirmation.

"This entire body is the Great Spirit manifest and is perfect." This may be altered to specifically refer to a part of the body but it is probably better that the altered affirmation follows the one above so that the effect of the latter works within the effect of the former.

It may seem contradictory to affirm that the body is perfect when we are working to rectify imperfection that exists. However, the fact is that 'originally' the body was perfect and it is through our thoughts and attitudes etc. that we manifested the imperfection. Furthermore, since time does not exist, all is 'one', all is in the now without past or present and, therefore, perfection and imperfection coexist. Hence, there is no contradiction.

An affirmation is thought created, and alters the Thought Field and, thereby, the Life Field and the body which responds accordingly to the extent that the state of being of the affirmer allows it. That is, if the affirmer's state of being is base the high vibration of the affirmation will have little, if any, effect because its 'power' is consumed in altering the base vibrations. In someone whose state of being is of a high vibration the 'power' is more effective. Thus, the efficacy of an affirmation is in direct proportion to the state of being of the affirmer **at the time of each affirmation.**

"Quo Vadis?"

Commandments.

Since free will is a spiritual fundamental, is it likely that we would be given commands in regard to what we should or should not do? Would it not be more likely that this would have been couched in terms of advice, as loving guidance? Would not "I am the Way" or "This is the Way or Path" - the message of the Masters - been more likely?

"Quo Vadis?"

Possessions.

Be it wealth or knowledge, adversity, good fortune or anything else, it is not what we have that matters, it is what we do with it and what it does to us that does.

"Quo Vadis?"

Light.

Prior to creation, that is the creation of energy as matter, there was neither light nor darkness. From the moment of creation, of this universe at least, there was light, which is matter in vibration, as well as darkness that only exists because of light⁴⁶. Hence, perhaps, the biblical statement, "The Lord said, 'Let there be light' and there was light.

"Quo Vadis?"

Civilization.

Civilization is the process by which progressively more knowledge is tapped from source and put to use. How this knowledge is put to use determines the spiritual quality of each civilization.

The present civilization has been preceded by others, large and small, in which knowledge has been mostly misused on balance. This resulted in, amongst other things, common factors such as excesses in building, brutality, greed, corruption in high places and sport as a diversion. The result was spiritual corruption of the many accompanied, as usual, by the spiritual growth of the few. These, together, formed a spiritually corrupted collective human psyche or thought pattern that, because of its negativity, was unsustainable. The consequence was the demise of the civilization.

The present civilization is no different, except that we have to add to the list the negative of rampant global and atmospheric degradation, and will meet the same fate. The cycle of destruction and rebirth will continue for millennia with us returning again and again until we get it right.

However, nothing is lost as this is the learning process as our experiences become part of us and it is these that we build on in the future.

⁴⁶ See page 128 - Darkness and the Devil.

Destruction and renewal, or birth, death and rebirth, are the common denominators of all things on Earth and in this universe.

Civilization is just one facet of the laws set in place for our spiritual redemption. Hence, although this may appear to be negative, it is, in truth, positive.

"Quo Vadis?"

Is Karma Immutable? ⁴⁷

Karma is the result of action - by thought or deed. In either case thought is the cause. Our individual collective thought creates our state of mind; that is, our state of being.

Karma is the learning process through the experiencing of the results of our actions - either 'good' or 'bad' - and when we create karma through negative thought the karma is immutable in the form it takes as it precisely reflects our state of mind relative to that action. However, if we alter that state of mind relative to that action through genuine regret, unfailing resolve to not repeat the error, and the expression of love, our state of mind, of being, alters, and the karma adjusts to the new state of being in direct proportion to the degree of change. Hence, the karma created is not necessarily matched exactly to the state of thought at the time of the action.

The same applies to 'positive' karma.

"Quo Vadis?"

Fear of Death.

This is merely an emotional manifestation of ignorance.

"Quo Vadis?"

Looking after No.1.

Spiritually, looking after No.1 first is like walking a tightrope with inadequate tension. Such a rope makes keeping balance extremely difficult if not impossible. Generally speaking, "Looking after No.1 first" is selfish within the spectrum of selfishness but there **are** times when it is necessary to act in one's own, unselfish, interests. This is where we are tested to the extreme because it requires very clear thinking and self-analysis to make the right choice.

"Quo Vadis?"

Labels.

Whatever religious or spiritual label we attribute to ourselves as individuals or groups is of no significance. What **is** significant is how much of the Spirit we are is active. In other words, how much of the "God within" manifests in our thoughts and actions.

"Quo Vadis?"

"Wasted Years."

We often hear people bemoan "wasted years" in their, or other people's, lives. Sometimes these are referred to as "lost years". Fortunately, despite appearances to the contrary, these periods are neither wasted nor lost, as all experiences are learning experiences and no learning is a waste or a loss.

"Quo Vadis?"

Religion and Mysticism.

Religion is the means by which the seeker receives man's version of the Truth via dogma and orthodoxy. Mysticism is the means by which the seeker acquires the Truth from the Source by self-endeavour, subjecting all information received to critical analysis and self-acceptance.

"Quo Vadis?"

Seek and Find.

Outside the 'Font of Knowledge'⁴⁸ seek widely but avoid getting involved with the source of the information. Ask questions if necessary, analyse critically but without denigrating, and trust only yourself. Avoid pondering, as this is an exercise of the mind. Instead, give it a bit of thought if you wish and then put it aside for intuitive assessment. If and when the intuitive bulb lights you will know.

"Quo Vadis?"

⁴⁷ As stated in "The Milk Is White" and, perhaps, elsewhere in this document.

⁴⁸ The Akashic Records or The Book of Knowledge.

"I Love You!"

The test of this declaration is not that it is made, or the number of times it is repeated but the degree of self-sacrifice the declarer is willing to make when the time comes to demonstrate the love. In other words, it is not the words that count but the actions.

"Quo Vadis?"

Authorship of This Material.

1. If a reader were to ask me what I think or feel about what is written herein or in "The Milk Is White" my answer would be that I do not think or feel - it is what I am. Thinking is of the mind and feeling is an emotion. Similarly, if I view this authorship from **Ian's** perspective I am humbled but amazed at what I have produced; however, if I view it from **my** perspective it is nothing - it is just something that is.

2. If a reader wonders how an 'ordinary person' (that is one not dressed in robes, with long hair and a beard and living a monastic life) can be responsible for this material the answer is that, for me, it is the result of an un-prompted "inner welling up" - sometimes in response to prior intellectual input, sometimes in response to observations but, mostly, spontaneous. When putting these into words what seems to happen - and this is very difficult to describe - is that the normal thinking process changes; there seems to be a change of focus or a shift in dimension - perhaps what one might call an altered state or a shift in consciousness; a sort of tunnel vision in thought accessing the information and expressing it in words clearly. Often it takes considerable effort to get the 'perspective' right and then communicate it accurately.

3. Hitherto known only to a few, and mentioned here only because it may be of help or interest to the reader, is some information from psychics.

I have always been sceptical about past life readings as I thought, and still think, that anyone could tell me that I was once Julius Caesar or Cleopatra, or anyone else, and I would have nothing to substantiate the statement and, therefore, dismiss it. However, in January 1995 I felt a need to go to the Aquarius Festival because I felt that the negative vibrations I was feeling from the commercialism of the Gold Coast⁴⁹ could be alleviated, if only temporarily.

At the festival both a Tarot reader and a numerologist effectively told me that an opportunity was coming up which I should grasp with both hands. Within two months, a series of events occurred which took me to Maleny, a place whose vibration was conducive to the emergence of "The Milk Is White."

As I walked around the grounds I saw the sign of a past life reader and, despite my scepticism I was drawn to her booth but about three times but it was crowded. Eventually, she was free and I went to her in an exploratory frame of mind and, unexpectedly, during her description of the first past life, something resonated deep within me as a result of her description of my then "unusual" method of teaching and my current thoughts on the matter. The impact was sufficient to make me weep and, as she continued, the weeping occurred frequently to me as well as to her. She said that all this was too strong for her and at one point she had to rest.

What she described first was me as a teaching Master in Greece; secondly, as a much loved Hindu Master in India whose funeral, which she described, was attended by thousands of mourners; thirdly, as a female 'spiritual' temple dancer in Greece during the period between the end of Atlantis and the start of the Greek cultural period. She described the dancers hair and it was exactly like the hair I had seen some two weeks before when I was seated behind her in a car when she was on her way to a wedding. I had thought at the time in the car how exquisite her hair looked.

There was also the time when I called on a psychic friend in an attempt to find the answer to a teasing question that I had. After this, more or less as an after thought, she communicated with her spirit friends about me and, during this, mention was made that Mahathma Gandhi had been very keen on my writings and had learned a lot from them. Apparently, my name as that author was Spiro but I could find no reference to such an author anywhere so I went back to this psychic. She sought clarification of the Spiro name without success but she was told, "He was once a messenger, so what he writes is correct."

If the above is true it may explain my present 'talent' but, apart from that, it is of little consequence as what matters is the present. What is relevant is the sum total of all past lives as expressed in the present.⁵⁰

Note: When past lives are read it is only those, out of thousands, which are relevant to the present life that are given.

"Quo Vadis?"

⁴⁹ Queensland, Australia.

⁵⁰ See same heading on page 151.

The Environment.

In our attitude to the environment it is not what damage we cause that is important but why we cause it. What we cause is physical - of this universe - but this will not harm the Earth or the universe; they will simply adjust to the changes. Take the Earth for instance, we may alter the vegetation and the animals on it but both will adjust to suit the circumstances and carry on. When an environment can no longer sustain a species, a new one will evolve to take its place. Intrinsically, the Earth is not affected, but mankind, being a species, may cease to exist as we know it and evolve into something suited to future spiritual evolution in physical form.

This being the case we do not really have to make a fuss about weed invasion, species loss etc. but we do so because we are 'attached' to things the way they are. With non-attachment, all the hidden emotions manifesting in our relationship to the environment cease to be. Over millions of years the Earth has been in a state of flux and this will continue as volcanoes erupt, tectonic plates move, asteroids collide, the sun cools and so on.

What **is** important is **why** we do what we do because this is spiritual and the spiritual state **is** affected by what we do both individually and collectively although, as with Earth, there is no intrinsic effect on our spirituality which continues to evolve. The difference here is that the spiritual weeds, thorns and deserts we create we have to endure until we overcome those negative spiritual attributes that caused changes in the physical environment.

"Quo Vadis?"

Invasion.

This can occur to one's country, property, home or person - the last mentioned physically or mentally, and what we do in response to this varies but, most often, we go on the offensive by counter attack, counter invasion or defensive aggression. This is the animal instinct of territorial defence that we acquired when we took on animal form and manifests as nationalism, racialism and xenophobia of all kinds; it is not a component of our spiritual state. These manifestations are often encouraged by leaders who see them as positive attributes.

Inaction is usually perceived as negative but it takes great strength to resist the negative reaction of violence - inaction here is positive, not negative.

Retaliation or active self-defence, by perpetrating violence on the invader, is self-defeating in that it creates negative karma for the retaliator in addition to that already created by the invader - a twofold spiritual loss. By reacting thus, we may retain our possessions but our spiritual integrity is violated.

The consequence of passive action (inaction) can be material loss such as land, home etc. (all irrelevant or illusory) but spiritual growth (the relevant and true) is greatly enhanced.

One should also remember that invasion is a karmic necessity for the invaded and that accepting it, without creating more, is the wise action.

It is by no means easy to take this course of action - and particularly so where we have religious texts which appear to justify violence.

All considered, inaction is the spiritual ideal and that which creates the optimum long term results. This spiritual ideal, the spiritual fundamental, is Love, and is in all of us - **is** all of us - but in most it is covered by the weeds of fear and self-interest.

An example of this is the invasion of Tibet by the Chinese, the departure, after dialogue failed, of the Dalai Lama to Dharamsala in India, and the Diaspora of monks; the last mentioned taking Tibetan Buddhism to all parts of the world.

Note: The Bible - Matthew 5. "But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also."

"Quo Vadis?"

Xenophobia.

Whatever the manifestations of xenophobia in the world today it is being negated by the gradual melding of races, cultures, countries⁵¹, religions, cuisine etc. Whether the means by which some of this is being achieved is 'right' or 'wrong' is beside the point as the "Global Village" (Oneness) is becoming a reality as a result of a shift in the total human psyche, or collective human consciousness, and this shift will increase as more spiritually aware souls are born and the selfish and/or ignorant depart. Furthermore, as more of us become aware of the interchangeability, from lifetime to lifetime, of our race, sex, colour, religion etc. manifestations of xenophobia and intolerance will cease to be.

⁵¹ For example the European Union.

"Quo Vadis?"

Love.

When love is an emotion it is a burden - an attachment - and is impermanent. When love is you and you, therefore, are love, it is uplifting, non-attached and unchanging (permanent).

"Quo Vadis?"

Human Discontent.

This is the origin of 'civilization' and 'progress' and has had a negative effect on many things, including the human body, and retarded the evolution of the human spirit.

"Quo Vadis?"

Recognizing Truth.

Checking the veracity of spiritual information is like checking the quality of the water you drink. To do the latter to best effect one has to go to the source. One may also check, for contamination, the pipe that brings the water. The source of spiritual information is the 'inner self' and it recognises true spiritual truths - there is no internal debate, just an "I know" recognition.

"Quo Vadis?"

Reciprocating a Gift.

When doing this it is not the value of the gift received or the gift to be given that matters but the act itself and the thought behind the act. However, to use this truth to be a cheapskate is counterproductive.

"Quo Vadis?"

Progression & Regression.

It is true to say that to progress and to regress are both positive but this may appear to be paradoxical. However, the apparent paradox will be removed if we understand that every negative thought or act is positive (is a 'plus' if you like) in that it results in learning through error or, at least, the opportunity to learn.

"Quo Vadis?"

Immortality.

It is not necessary to seek immortality as we **are** immortal. All that is necessary is that we aspire to breaking the birth and death cycle we have created for ourselves.

"Quo Vadis?"

Health, Wealth & Happiness.

If we seek health, wealth and happiness, we will get⁵² health, wealth and happiness. We will also get ill health, poverty or lack of wealth, and unhappiness because, in duality, one comes with the other.

"Quo Vadis?"

What is Money?

What really is money? In one form it is merely something dug from the ground, a piece of paper or a number, or series of numbers in a register. In the other form (sic) it is merely an idea - a figment of the mind - no more. This idea gives it a value that creates self-aggrandisement manifesting as pride, power, profligacy, greed and other states of mind that underpin structured societies and perpetuate inequality.

Money has no intrinsic value.

"Quo Vadis?"

Reliability/Punctuality.

Reliability is a virtue that covers a range of personal strengths such as truthfulness, trustworthiness, consistency, steadfastness and punctuality. Unreliability is a negative attribute; it negates spiritual growth and usually stems from selfishness. For example, in the case of punctuality, if we are unpunctual due to personal laxity, we demonstrate a lack of caring, a lack of love, for the other person or persons and this lack is due to love of self before love of others. Similarly, an apparently small thing like failing to pass on a message is due to the same personal weakness and, if this is habitual, its adverse spiritual impact is great - and, consequently, the karmic repercussions.

⁵² In the current life or a future one.

Where unreliability is the result of brain dysfunction and, therefore, out of the control of the individual, the spiritual impact will have to do with an aspect of experience (karma) not necessarily related to reliability.

Here, as in every aspect of life, the maxim "Does what I do adversely affect anyone or anything?" applies.

"Quo Vadis?"

Letting Go & Non - attachment.

This is more difficult than it seems because true letting go means releasing **completely** from oneself whatever needs to be released or let go. It means not having any residual craving or regret - no "attachment". If there is a "may be" attached to the letting go there is still "attachment".

"Quo Vadis?"

Research.

Research in the sciences and humanities without the inclusion of the spiritual element is like studying the mechanics of the wheel without the inclusion of the hub.

"Quo Vadis?"

Seeking Wider Knowledge.

Seeking wider knowledge of the spiritual truth may be daunting for some because it "rocks the boat" - but the Truth fills the sails and speeds up one's journey, whilst worldly desires and selfishness are the current that works against one.

"Quo Vadis?"

Contrition.

Genuine contrition, that is sincere remorse or regret, about a thought or action, even if the contrition does not lessen or negate the karmic consequences, is a big step forward in spiritual growth.

"Quo Vadis?"

Karma and Balance.

The fundamental law of the universe of matter is that for every action there is an equal and opposite reaction, or that for every force there is an equal and opposite one. This law effects balance, or harmony.

The law of karma is the same law as applied to human beings both as physical and spiritual beings, and this law applies only in this universe.

This law exists to create balance in all things physical, from the smallest particle of matter to the human body, and in the soul - the worldly 'form' of Spirit.

"Quo Vadis?"

Parental Advice.

Within the general advice concerning "Giving Advice",⁵³ there is a qualification relative to parental advice to a child in its formative years. It does not apply to adult children. In a **child's** formative years it is necessary to advise the child on the pros and cons of options, and therefore choices, available in any given situations as they arise. It is necessary because the child needs guidelines on which to base its ever-growing set of standards.

"Quo Vadis?"

The Paradox of Good & Bad, Right & Wrong.

Essentially, there is no "good", "bad", "right" or "wrong" because everything we think or do, or everything that is done to us in thought or deed, is neither good nor bad, right nor wrong, but just appropriate at the time. However, for the creator of each thought or deed each thought or deed attracts negative or positive karma in accordance with the law of karma. Hence, while the thought or deed is neither good nor bad the **consequence** to the creator of the thought or deed is negative or positive by human standards in the Earthly experience whereas, in spiritual, or soul, terms, it is neutral in that it is merely a learning experience.

"Quo Vadis?"

⁵³ The "Quo Vadis?" II - File p 158.

Karma & Balance.

The fundamental law of the universe of matter is that for every action there is an equal and opposite reaction. This law creates balance, or harmony, and also applies to human beings - that is, to the human body - as well as to the spiritual being in this universal plane, or the soul.

As a result of its karmic experiences over time the soul achieves harmony, or is in balance - that is, neither negative nor positive in respect to anything - and this state of harmony is called full enlightenment, Christhood or Buddhahood.

"Quo Vadis?"

The Earthly Experience.

Although we attach so much importance to our Earthly experience **when we are here** it is really insignificant in the "overall scheme of things". The Earthly experience is significant only to the extent that it exists as an experience from which we learn. It is a means to an end and not an end in itself.

"Quo Vadis?"

Accepting Responsibility.

For everything that happens to us there is a cause, and that cause is us.

Until we understand this, and accept the responsibility, we will not find true happiness or direction of purpose.

Similarly, and more easily understood and accepted, is the necessity for us to accept responsibility for our thoughts and actions towards anyone or anything as well as the consequences of such thoughts and actions.

"Quo Vadis?"

Contentment and Satisfaction.

Because of our innate awareness that true happiness is our pristine state of being we all seek true happiness consciously or unconsciously. This results in us being in a constant state of discontent and dissatisfaction; a state varying according to the individual and varying, with each individual, in the degree of subconscious or conscious awareness of this state. (The innate awareness is the superconscious.)

It is this discontent and dissatisfaction that drives us to seek true happiness and, whilst most, through ignorance of the Truth, seek this happiness through worldly things with the inevitable disappointment, it can be achieved, or at least assisted, by being content but not being satisfied.⁵⁴

Contentment and dissatisfaction appear to be contradictory states of being but, if they are considered separately, it will be seen that contentment creates a degree of happiness in direct proportion to the degree of contentment and the dissatisfaction spurs us on in search of greater and greater happiness - the return to our original, Spirit state.

However, true happiness, which stems from inner peace, cannot be found in the thorny bushes of Earthly life but the pain of the thorns will, in time, a time according to our choosing, make us look elsewhere.

"Quo Vadis?"

True Self-sufficiency.

Many of us feel self-sufficient but, if we look at this objectively, we may see that this self-sufficiency is dependent on external factors such as love from others, love of others, possessions such as income and numerous other such factors. This dependency can be likened to a hardwood stake used to support a sapling against the wind until it matures to the extent that it grows its own, internal, hardwood. It is then self-supporting or, in this respect at least, self-sufficient.

Unfortunately, these external factors are all subject to loss at some time because that is the way of this 'world' - if we do not loose these during life, we certainly lose them on 'death'. Nothing is permanent except, perhaps, the fear of loss.

True self-sufficiency comes from being independent of external factors, but this does not mean excluding them - they are part of this Earthly experience. Independence here means the non-attachment that comes from clear understanding of the Reality, and results in our "growing the hardwood" within so that come sun or wind we stand strong, unburdened by the fear of loss. It is this fear that is at the root of just about everything we think or do.

"Quo Vadis?"

⁵⁴ "Be content, but do not be satisfied." (from the Edgar Cayce Readings.)

Action and Reaction.

Action is premeditated; reaction is unpremeditated.

Action is preceded by thought; reaction is not preceded by thought.

Action is thoughtful; reaction is thoughtless, and usually affected by emotion⁵⁵.

"Quo Vadis?"

Omissions of the Buddha & the Christ.

As our thinking expands its boundaries and blind acceptance no longer satisfies the enquiring mind, dogma and orthodoxy, being fixed, fail to satisfactorily answer questions raised by the enquiring mind.

Both the Gautama the Buddha and Jesus the Christ said that they had more to tell but would not do so because "..... you will not understand." Since then our thinking has expanded.

However, prior to the advent of Gautama the Buddha and Jesus the Christ ancient Hindu mystics stated their insights, perhaps because they were not preaching to the public at large, and these insights are as valid today as they were then - possibly more so now in terms of our greater capacity to contemplate and/or understand them. They were mystics who acquired their knowledge through "dharshana"⁵⁶ and it is the nature of mysticism, free as it is of the constraints applied by those insistent on adherence to dogma and orthodoxy, to be timeless and, therefore, the insights are timeless. These insights predated science and are, today, ahead of science.

"Quo Vadis?"

Winning & Losing.

In any aspect of life, whether one wins or loses is not important. What is important is that one does one's best without resorting to underhand tactics.

A craving to win indicates a dependency, and a dependency is weakness.

One who does not over-react to winning or losing is in spiritual balance, although a short-lived feeling of elation or disappointment is natural in this earthly plane.

The same applies with regard to one's support for someone or something where winning or losing is involved.

"Quo Vadis?"

The Physiological Response To Thought.

Our thoughts (thought) create responses, or reactions, in the body. In other words, the Thought Field creates changes in the Life Field, and these manifest in the body as psychosomatic conditions. These can be observed by us if we wish to do so.

The statements "Sick with fear" and a feeling "in the pit of the stomach" are statements of fact relative to the emotion of fear - negative thought.

The effect on the body of negative thought is damaging, particularly when it is prolonged.

It is possible, however, to change negative thought to positive thought by choosing a positive option or affirming a positive thought and, when this is done, it will be found that the sensation in the body moves from the "stomach" to the "chest" and that this sensation is a pleasant, uplifting one. Such a sensation, or reaction, has a positive effect on the body.

By observation of these physiological sensations and acting, through thought, to change them we can negate the psychosomatic disorders and mental patterns that are harmful to the body and 'mind'. As stated on page 9 of the File "Self-observation leads to self-improvement" and, in the context of the above, this self-improvement refers to both self and body.

"Quo Vadis?"

Pleasure and Happiness.

Pleasure is what we experience as a result of external factors and happiness is what we experience as a result of a joyous state of being not dependent on external stimulation. Pleasure is impermanent, it lasts only as long as the stimulus exists; happiness is permanent and is a reflection of inner wealth.

In other words, pleasure is of the mind and happiness is of the soul and the state of the Spirit.

"Quo Vadis?"

⁵⁵ See "Emotion" The "Quo Vadis?" File - page 135.

⁵⁶ Literally, "something seen". In other words extra sensory and not of the intellect.

Is Money the Driving Force of the World Today?

People say that money is the driving force of the world (the human experience) today. This is not so.

The driving force of the human experience has been, is and will be Love. It is just that, for most of us, the driving force has to date been Love of self and not Love of others. It is inevitable that this will change.

"Quo Vadis?"

Comprehension & Fact.

That we do not comprehend or accept something does not invalidate its truth.

"Quo Vadis?"

Beauty of Body and/or Personality.

Beauty may be the 'reward'⁵⁷ of a previous life or the result of misuse of beauty in a previous life where it is repeated in the present life as another opportunity to use it well. Either way it does not matter as the only thing that does matter is how it is used in any current life.

"Quo Vadis?"

To Idolise or Idealise?

Do not idolise; instead idealise the values and actions of another. To idolise is to externalise and to idealise is to internalise. The former is unproductive and the latter is productive.

"Quo Vadis?"

Obsession.

Obsession has nothing to do with the object of the obsession; it is an abscess in the mind of the obsessed that needs to be lanced so that the obsessed may achieve objectivity through detachment.

"Quo Vadis?"

The Demise of the "Civilized" Peoples.

In these modern times, the free will exercised by those born as women amongst the "civilized" peoples, in regard to the deferment or renunciation of motherhood, coupled with the rapid reduction in recent years in the fertility of men of the "civilized" peoples, may, if not reversed, create the demise of the "civilized" peoples and the population of the Earth by the "non-civilized" peoples (and "the meek shall inherit the Earth"?).

Add to this the tens of thousands of body damaging synthetic chemicals released into our environment, and the thousands whose release is to come, as well as the increasing amount of technologically created radiation that interferes with the body's fields and the potential of the demise increases.

The spiritual inference of all this is that we are on the wrong road whose end is in sight, that our mindset is creating this end, and that we will have to start all over again.

"Quo Vadis?"

Experimentation on Animals.

One aspect of spiritual growth is the manner in which we treat other forms of life. One aspect of this is the manner in which we treat other animals either directly, or indirectly in terms of how our actions affect their environment and, thereby, the animals themselves.

When we kill, hurt or cage animals with a view to seeking solutions to human illness or to test materials for human consumption, what we are doing is declaring that the **perceived** superiority of humans permits the ill-treatment of other animals in the interests of humans. Apart from being cruel, this is pure self-interest, and self-interest is selfishness.

If experimentation on animals is necessary, let it be that human volunteers be used.

"Quo Vadis?"

Religious Excess.

Religious excess is the result of spiritual ignorance.

"Quo Vadis?"

⁵⁷ Actually self-generated manifestation.

Immunization.

Science is creating an ever-increasing number of vaccines. This raises four questions:

1. Purely in terms of physical area, how many vaccinations can one body take?
2. How many vaccinations can a body tolerate?
3. How many vaccinations can a body tolerate?
4. What are the adverse effects on a body in the immediate, short and, most important, long term?
5. There being many thousands of viruses and many more mutant possibilities, how many vaccinations will we need to remain healthy.

Be that as it may, the long-term solution to lack of immunity is self-immunization which is achieved by attaining complete immune system function by proper diet and the attainment of spiritual wholeness, or holistic balance. This state is unattainable as long as we rely on 'external' solutions to an 'internal' problem⁵⁸ and maintain baser attitudes and choices that create low spiritual vibration - a state of being that has a low vibration and is, hence, lacking in spiritual wholeness.

"Quo Vadis?"

Respect for Non-human Life.

How many decisions are made every day based on the human perception that humans are superior to other life?

"Quo Vadis?"

Riches and One's State of Being.

One whose state of being includes non-attachment to riches is richer than the richest one whose state of being includes attachment to riches. The first will always be rich and the latter only in this life until death.

"Quo Vadis?"

Actions and Harm.

When one thinks about the harmful effect of one's thoughts and actions⁵⁹, if one thinks about this at all, it is a common tendency to only think in terms of harm in its more severe context. Hence, it is important to be consciously aware that harm encompasses a wide spectrum of effect; it ranges from the minimal to the extreme, from psychological to physical, and from simple discomfort to extreme pain, and even death. From thought and/or action follows the unavoidable karmic consequence that is in direct proportion to the thought and/or action. However, let not one's thoughts and/or actions be governed by their consequences to one's self, but rather the fact that it is uncaring (unloving) to think or act negatively towards another.

"Quo Vadis?"

Money.

In modern times, in the 'civilized world', money is a necessity, but how much is need and how much is want, desire or craving? How much is for happiness and how much for pleasure?

"Quo Vadis?"

Religion and Self-help.

In many "faiths", at some time in their history we moved from self-help, or self-improvement, to seeking external help and being reliant on the latter to the exclusion of the former. The external help we seek we seek from 'God'. We pray for help, expecting these prayers to be answered, and we ask for forgiveness of our 'sins' due to the inculcated belief that 'sins' will be forgiven, or cancelled on our physical death. This is a sad misconception because 'God' gave us free will as the most successful means to spiritual growth, and attempting a shortcut devoid of responsibility, achieves nothing - except delusion.

However, prayer can act as a catalyst to lift the spiritual consciousness and, thereby, induce an awareness that changes our thoughts and attitudes, with the consequent improvement to our 'sinning' and expectations.

⁵⁸ See "The Milk Is White", Chapter 6 - Living the Truth, section Sickness.

See The "Quo Vadis?" File II - page 143 , The Body - Defects and Illnesses.

⁵⁹Thoughts and actions cannot be separated.

"Quo Vadis?"

Conceptualising 'God'.

It is the usual tendency, in trying to conceptualise 'God', to start from the point of view of the human being with its body and personality - a point of view inherently flawed because of its critical limitations. It is like looking through, or trying to look through, a partially or fully mirrored sheet of glass where the picture is either partially blocked or fully blocked by the reflection of human perception. The consequence is a conceptualisation that includes, and/or consists totally of, human form, gender, human values etc. This creates a false, though innocent, 'idol' conforming to myth rather than reality - a crutch, albeit one that is preferable to nothing.

If one is to get even remotely close to conceptualising what cannot be conceptualised what is required is a shift in consciousness, away from the physical. This enables an awareness, not a visual conceptualisation, of the truth.

"Quo Vadis?"

The Brain.

The brain is the mechanism that links an individual's inherent "intelligence", the sum total of previous experience and acquired knowledge, to that individual's Earthly experience. It can be likened to a transformer linking an electrical device to a power grid. It is 'mechanical'. Therefore, to study the mechanism to the exclusion of the designer⁶⁰ is like studying the functioning of a vehicle in traffic without including the functioning of the driver.

"Quo Vadis?"

The Spring of Knowledge.

A tribe is lost in the desert and the people are parched with thirst. They see a mirage and, thinking that it means water, go towards it. As their condition worsens, they come to a small oasis fed by a small spring and stop to quench their thirst. One person decides to stay at the oasis and drink from the spring whilst the others, having drunk, again notice the mirage and decide to continue towards it as it is much bigger than the one they are at and because they can see houses, shops and more water. After some days all who went on perish from hunger and thirst and then look back in the direction of the little oasis with the little spring and say, "It would have been wise to have stopped there!"

"Quo Vadis?"

"The Christ Within".

The "Christ within" is not Jesus the Christ but the Christed being, the individual Spirit as part of, and one with, the Great Spirit, before it was coated by its search for pleasure and fulfilment through the senses. It remains "within", unsullied, awaiting the awakening of the soul to its presence.

"Quo Vadis?"

The Downfall of the Human Race.

The downfall of the human race will be its arrogant presumption that it can improve the natural order of things.

"Quo Vadis?"

The Buddha & The Atman (Soul).

According to Theravada Buddhist teachings, the Buddha said that there is no atman. If this is so, what is it that undergoes repeated death and rebirth until full enlightenment is realised? What is it that becomes enlightened?

"Quo Vadis?"

The Unavoidable Path.

There is one path that every one is walking. It is a path strewn with sharp stones and rounded jewels and has to be walked with feet bare of the false comfort of the footwear of materialism. This path leads to that state of being that is free of all suffering and achieving that state is inevitable. However, **when** we get there depends on when we start to put in the conscious effort to walk.

"Quo Vadis?"

⁶⁰ In this case the Spirit/Soul/Individual.

Learning & The "Fear of God".

For many it is the "Fear of God" - a fear implanted by man (dogma) - that prevents or interferes with the learning of the spiritual Truth.

"Quo Vadis?"

Authorship of This Material (2).

In 1985, a psychic correctly described the dozen or so books I had and twice said, "There is no need for you to read these books as Spirit will give you this information."

Later, in October 1995, I asked a psychic for an explanation of the, till then, often repeated presence in my dreams of a one time friend. For simplification we called her "The S Factor." The psychic did an I Ching reading that read as follows:

It is like a fire that comes from the depths, and blazes up, illuminating and beautifying the mountain. Consider the substance that lies beneath the surface. Appearances count for little in this.

If there is any S Factor that requires addressing it is to advance your own creative energy.

Because you are in harmony with your Higher Self - which could be viewed as the S Factor - she being as an ideal or an idea - it is in your better interests/higher work to be forthcoming into the public arena.⁶¹

The "S Factor" is that of the channelling through the wisdom of the inner self - which is Yin, the feminine, through to the outer, thus being as the fire on the mountain.

(The psychic explained - "the fire of the molten lava coming up from inside the mountain and being deposited on the outside.")

Not until the writing of the book "The Milk Is White", which commenced in March 1996, did I make the connection with these readings.

"Quo Vadis?"

Marriage.

In times when equality of parties exists without legal and/or religious formalisation is it a lack of confidence in the commitment of either party, or both parties, that necessitates formalisation in the hope or belief that such a fetter creates a better chance of success? If so, is formalisation merely a crutch to replace or bolster genuine spiritual effort? True spiritual effort requires no crutch because what matters in the spiritual context is **genuine** effort.

"Quo Vadis?"

The Placebo Effect and Healing.

As evidenced in medical research and practice, the placebo effect is an illustration of an individual's ability to heal the body by thought alone. Here, the Thought Field takes on a positive force relative to the physical dis-ease and this affects the Life Field that then brings about the particular healing. This is an indication that one has the capacity, and has the ability to use that capacity, to heal one's body without resorting to external means. The capacity is inherent in all, but to have the ability to do this there is the prerequisite that one is, consciously or unconsciously, sufficiently attuned spiritually - like a container of, say, one litre capacity whose ability to hold a litre of water is dependent upon whether it leaks.

"Quo Vadis?"

The Body - Self-created.

In order of creation are The Creative Force (The Great Spirit, God, The Primal Thought Force), the Spirit, the Soul - which is the Spirit with it's 'encrustation' of worldly debris, and the body - the vehicle of the entity comprised of the Great Spirit, the Spirit, the Soul, all as one, for an Earth experience.

The three states of thought create a state of being, a state of mind, which creates a Life Field that manifests as the body. Together with the body is the personality, with all its divers abilities and traits, which is that part of the soul-experience to date necessary for any particular life on Earth.

"Quo Vadis?"

The Manifestation of the Soul as a Body.

Visualise this:

⁶¹ See same heading on page 183.

On the left is a pure white light source shining on a pure white screen on the right. The image, white light, on the screen is the same as that of the source. Now put a patterned screen, one that lets the light through parts and blocks it in other parts⁶². The image on the screen now forms a pattern.

The pure white light is the Spirit - that which is part of, and one with, the Great Spirit (or God); the patterned screen is the Soul - that which is the Spirit with all its acquired experiences that result in a state of mind, a state of being that creates a thought pattern; the image on the screen is what governs **all aspects**⁶³ of the manifest body - everything physical that is needed for the lessons to be tackled in the relevant life. That is physical karma.

Thus, we have the Spirit (unchanged from inception), the Thought Field (the screen) and the Life Field (the image on the white screen) - all three instrumental in manifesting a body.

If the patterned screen is moved toward or away from the light source, the image on the screen changes. Similarly, if the patterned screen is changed the image on the screen changes and, consequently, the body and it's functioning. This illustrates that changes in the Thought Field during a life can bring about changes in the Life Field and, thence, the body and it's functioning.

"Quo Vadis?"

"If you live by the sword"

In the past, humankind has sought security through superiority - that is, perceived intellectual superiority and actual physical superiority. In modern times the collective human consciousness has been getting increasingly aggressive due to the advent into Earthly life of more and more souls with an aggressive mindset caused by fear or a want of power, or any of the many other frailties of the mind that cause any form of aggression. This mindset, or attitude, manifests in a multitude of forms, from the subtle to the obvious and from the simple to the extreme, the last mentioned involving murder - whether 'sanctioned' or not. Power is admired and gentleness denigrated.

Aggression now exists not only in militarism, but in various types of "rage" against others, intolerance, nose-to-nose verbal confrontation, predatory corporate culture, advertising (where violence, speed, confrontation etc. are the attention-getting tools), and in the media where violence is used to attract and hold the large number of people susceptible to this device.

Whether aggression is thought or action it generates it's own consequences (karma) - hence, "If you live by the sword you die by the sword." Violence begets violence, so it should not surprise one that there is so much in the world today.

"Quo Vadis?"

Inequality the Cause of Violence.

When equality is the state of the human condition the human condition is in a state of balance. When there is inequality there is imbalance; and when there is imbalance there are implacable forces at play to correct that imbalance, forces that manifest in violence if the cause is not eliminated. No positive purpose is served by blaming others and justifying further violence, as this is only dealing with the symptom and not the cause.

Equality, and therefore balance, or harmony, can only be achieved through the universal force of Love.

"Quo Vadis?"

The Soul's "Wardrobe".

When a soul enters a life it consists of two aspects built on to, or in to, it's Spirit 'self'. One is the combined pattern of countless experiences acquired over many lifetimes, and the other is expressed as a specific body required to fulfil the needs specific to the particular life. In the case of the former, only that part of the whole that is useful in the particular life is to the fore and forms the personality.

The personality can be compared to a wardrobe of garments in which there is a wide range to cater to divers situations, climactic conditions etc. A garment, or set of garments, is an expression of the personality in any given condition. For example, when we are in a situation of confrontation we put on certain garments (display certain traits), when we are in a situation of peace we put on others, in a situation of fear yet others and so on. In this context the expression "The clothes maketh the man⁶⁴" is correct. However, as with any wardrobe one can discard, darn, patch, change colours, acquire new ones etc.

⁶² Like a mesh, lattice or plant foliage etc.

⁶³ Appearance, structure, mental capacity, immune system, predisposition to disease etc.

⁶⁴ For man substitute 'human'.

"Quo Vadis?"

Judgement or Observation?

In respect to being judgemental there is a difference between a judgement and an observation. When one is judgemental, one puts a value⁶⁵ on an observation - it becomes a value judgement - whereas, when one makes an observation no value is put on it; one is thinking or stating a fact (as one sees it).

"Quo Vadis?"

Karma the Boomerang.

Karma is a thought pattern boomerang that is released into the Total Thought Field and returns to the thrower.

"Quo Vadis?"

Ignorance and Opinion.

Ignorance is the cause of many a vehemently expressed opinion.

"Quo Vadis?"

"Judgement Day"

If "Thou shalt not judge." is the word of God what of Judgement Day?

"Quo Vadis?"

Achievement.

Nothing is achieved except that which is done in the 'now'.

"Quo Vadis?"

Peace - Individual & World.

Inner peace, individually and collectively, and therefore world peace, is the destiny of all souls. It is at hand, within each, at all times, but self-interest shackles our hands to our bodies and precludes our grasping of it.

"Quo Vadis?"

Life, the Train Journey.

When one becomes aware that life is continuous, that life is the train journey and not just the sojourn at one station, one becomes aware of the irrelevance of whether each sojourn (earthly life) is long or short. The desire/drive to prolong life and/or the bemoaning of the death of a child as tragic are the result of non-awareness of the continuity, the permanence of life.

"Quo Vadis?"

Forcing Belief.

For one to compel another to believe something is not only manipulative, it is like creating a tattoo on the brain - it dies with the body. True awareness will come when the soul's condition is conducive.

"Quo Vadis?"

The Buddha's Teachings & The Great Spirit.

In excluding the Great Spirit from his teachings the Buddha greatly simplified the philosophy of life by confining his teachings to the simple truth of our individual responsibility for our selves, our actions and thoughts. Thus, we are able to focus on the 'soul aspect of life' without the complications of the dimensions of the Spirit and the Great Spirit.⁶⁶ The logic of this simplification is apparent when we consider how, in the case of many who follow theocentric teachings, responsibility for a variety of things is attributed to the deity, thus relinquishing to the deity the individual's responsibility and, thereby, slowing the individual's spiritual growth.

"Quo Vadis?"

⁶⁵ For example "good" or "bad".

⁶⁶ See "The Milk Is White"

Inner Peace & Peace on Earth.

Inner peace, individually and collectively and, therefore, peace on Earth, is the destiny of all souls. It is there within reach, but our self-interest shackles our hands to our sides and precludes our grasping of it.

"Quo Vadis?"

Long Life & Child Death.

When one is aware that life is like a train journey, with many stations where we stop for a while, one is aware of the irrelevance of the length of each stop. Whether the stop is long or short, seemingly eventful or uneventful, when the job is done we simply resume the journey. The urge to prolong life, or the bemoaning the death of a child as tragic, is the result of ignorance of the truth. The short life is often the most noble.

"Quo Vadis?"

War and Compassion.

In the event of war, our compassion is due to the perpetrator, and all those participating in the aggression in thought or deed, as it is they who are creating, each precisely according to their own degree of involvement, grave negative karma. Compassion is also due to the receiver, not only for the suffering to be endured, the suffering that is the result of thoughts and/or deeds that, in the past, created the karma, but also for their spiritual weakness that created those thoughts and/or deeds. However, we can also feel happiness for the defender for the fact that that karma is neutralised by this experience and need not be endured again.

"Quo Vadis?"

The Eternal "Now".

The only eternal is the now.

"Quo Vadis?"

Health of the Body & Mind.

The original blueprint (the Ordained Field) of the structure and functioning of the human body exists 'in' each of us. Superimposed on this is the blueprint of the current Life Field that has been modified by our individual and collective thought pattern, over millennia, as the current Thought Field. This Thought Field, and consequently the Life Field, is in a constant state of change in exact accordance with our thoughts and/or actions - or state of being at any given moment; hence, our physical and mental state at any given moment. We are able to change this state, at will, negatively or positively, by realigning the three Fields, thereby causing health or illness.

"Quo Vadis?"

The "Way".

Individually and collectively, we demonstrate where we are on the Path, the "Way", at any given time, by our spiritual successes or failures and, therefore, our state of being at that time.

"Quo Vadis?"

Success.

The more Spirit nature replaces human nature the more is one's success.

"Quo Vadis?"

Income/Wealth.

All income or wealth earned in excess of the mean of necessity is earned at the expense of someone somewhere.

"Quo Vadis?"

A Basic Prayer.

"I thank you, Great Spirit,⁶⁷ for my creation, and the opportunity given me to correct my mistakes."

The significance of this is that it acknowledges a fundamental Truth, an understanding of one's source, one's identity, and the purpose of life.

"Quo Vadis?"

⁶⁷ Substitute your preference.

The Eagle Flies High.

The eagle soars high because the vacuum above its wings counters the pull of earthly gravity. Similarly, spiritual thought counters the pull of earthly thought.⁶⁸ We too can soar high above the cares of this world.

"Quo Vadis?"

"Out of the blue" - Supra conscious Activity.

Things that happen to us "out of the blue" are the most significant in that they create a change of direction that offers new and necessary opportunities for spiritual growth. These occur without conscious or subconscious thought - their source is supra conscious - and are 'in the scheme of things' relative to the individual or individuals involved and occur when the time is right; They may involve a change in residential location, work, physical state due to what we call accidents, unwanted and/or unplanned pregnancies etc. and it is best if we act positively. The reasons for the change may not be immediately apparent but on later reflection they may become so. Sometimes they may not be apparent till after death.

"Quo Vadis?"

The Crutch & the Gift.

As the one who has been crippled by an accident best learns to walk by discarding the crutch, so does the spiritual one best learn to walk the Path without the Great Spirit as a crutch because the spiritual one knows that it possesses all the powers of the Great Spirit.

"Quo Vadis?"

Building Monuments to 'God'.

The only worthwhile church, cathedral or temple one can build to honour 'God' is one's own godliness - brick by little brick.

"Quo Vadis?"

The Salmon and the Soul.

Gravity pulls the water down from the mountaintop as Earthly pleasures pull the soul down from its potential.

The salmon fights its way up the stream to its birthplace. So does the seeking soul return to its ordained place.

"Quo Vadis?"

"I know." & "I am."

Each time "I know" becomes "I am." we take a step up on the ladder of enlightenment.

"Quo Vadis?"

EnLIGHTenment.

We are Spirit, and Spirit is 'Light'. The soul is Spirit with shadow - or like a beautiful silver goblet, but tarnished. As the 'Light' of the soul - the Spirit - is revealed, the shadow - the tarnish - is absorbed, eliminated. And only the 'Light' remains.

"Quo Vadis?"

Arrogance and Ignorance.

The magnitude of the arrogance of humankind is only matched by the magnitude of its ignorance.

"Quo Vadis?"

In a Good Cause.

If you choose to alleviate the suffering of any one or any thing, make sure that, in doing so, you do not create suffering for any one or any thing.

"Quo Vadis?"

The Critic Within.

One's conscience is one's most relentless critic; one's mind, in denial, the most lenient.

"Quo Vadis?"

⁶⁸ Earthly thought=Human nature.

Real Success.

Whether it is in the wildest jungle, the driest dessert or the richest city, when you find one whose needs are few and whose wants are even less you have found one who is really successful.

"Quo Vadis?"

Debating the Pros & Cons of Spiritual Truths.

The best person with whom to debate the pros and cons of spiritual truths is one's self.

"Quo Vadis?"

The Fog of Emotion.

When we are in a fog we cannot see our way and we act blindly. Emotion is like a fog and, because we are without orientation, we react to the situation.

This is the human state. In this state there are two aspects to ourselves; one is that of the mind - the thinking process - and the other that of intuition, of intrinsic awareness. However, our conditioning is such that we tend, overwhelmingly or predominantly, to think and act through the mind emotionally; the tendency is to reaction based upon a vast bank of experiences, or thought patterns, we have accumulated.

Emotions are not real, they are merely reactions to previous experiences, and when we learn to shed this aspect of ourselves we are left with the aspect of intuition; and intuition is without emotion. On the surface, this may appear, again because of emotional conditioning, to be devoid of positive human traits but the absence of emotion does not mean the absence of love. Love without emotion is the purest love - love unfettered.

As an illustration let us take the situation where, say, we see the behaviour of humans towards each other and the Earth as flawed and feel powerless, frustrated, despairing etc. This is all emotional (and is also damaging to our health), and the creation of the mind. This is the fog.

Now, if we disregard the fog, as a blind person would automatically do, because for them it does not exist visually, we disregard the emotion that is the fog, and open ourselves to intuition - intrinsic awareness - that tells us that all human behaviour has a positive purpose in that it is all a learning process in which we come to realise the consequence of our behaviour and act to correct it - all in good 'time'.

It is a human condition, but not a spiritual one, that our first response to situations in which we find ourselves is emotional. This is "mind created", and this is why, if we are to make spiritual progress, it is necessary that we "subdue the mind".

Therefore, if, by use of the excellent tool of self-observation, we see ourselves in a state of emotional reaction we can stop and reassess, thereby seeing the reality - the reality behind the fog.

"Quo Vadis?"

Every One's Only "Religion".

Every one's only "religion" is the way one thinks and acts.

"Quo Vadis?"

The Physics of Karma.

Within the parameters of the dimension of energy and matter (the universe) the karmic law of "For every action there is an equal and opposite reaction" applies. It is within this dimension that the Soul has to operate to bring itself into balance. It is in a state of imbalance because it has negative aspects requiring positive ones to neutralise them. It brought itself within the influence of these energy forces by thinking and acting in this dimension, thus changing its state of being from that of Spirit.

When complete neutralisation is achieved, the Soul is fully enlightened and is no longer Soul but Spirit, its original state, and, as Spirit, is free of the influence of the dimension of energy and matter.

Each time a Soul acts or thinks in a negative way it creates a 'negative charge' as part of itself. This 'negative charge' creates the need of a positive counterbalance, and the Soul remains out of balance until an equal experience occurs to the Soul which, provided that what is learned from that experience is positive, rectifies the imbalance. The greater the total 'negative charge' the lower the vibration of the Soul.

At any given time the Soul is the sum total of its negative or positive reaction to all its experiences and, in respect of energy, is the sum total of resulting negative and positive 'charges' comprising a negative or positive field.

"Quo Vadis?"

War and Invasion.

The invasion of a peaceful nation, by a warlike nation, is not its downfall but an opportunity for its rise. This is because that invasion is its karma which has to be experienced at some time, and the present is that time; if it were not it would not have happened. Hence, evasion only means postponement. To fight against it with violence, literally and mentally, not only defers karma but creates more, and to accept it is to move forward in spiritual growth.

So it is for each peaceful person or group in the same situation.

"Quo Vadis?"

Spiritual Growth - an erroneous concept.

There is no such thing as spiritual "growth". We are Spirit, and therefore perfect. Hence, there is nothing to grow. What happens is a process of cleansing of the accumulation of earthly attachments (thought patterns or imprints) superimposed on the Spirit by earthly experiences over many lifetimes.⁶⁹ To illustrate this we can use the analogy of a flawless sheet of glass (Spirit) which, due to regular use, gets smudged by body oils, dust etc. over time. This smudged, even dirty, glass represents the soul which, when polished clean, is returned to its true perfection - full enlightenment.

"Quo Vadis?"

Creation.

"Outside" the Universe⁷⁰ is The First Cause, The Creative Force, The Great Spirit, or God - all Thought⁷¹, but the energy (matter) created within the Universe being The Creative Force itself, the Universe is The Creative Force. All is One.

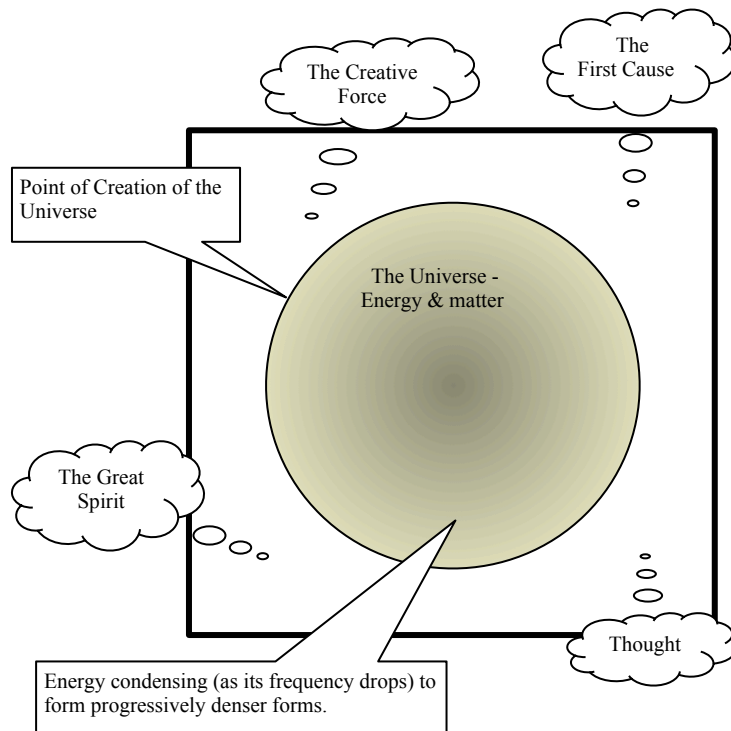
At the Point of Creation energy is created in its most basic form and, in this state, is at its highest vibration or frequency. 'Thereafter', in accordance with the laws of physics and chemistry, and always under the influence and control of The Creative Force, all physical forms, from the smallest particles to the largest suns, from gravity fields to planets, to planet Earth with its living and inert forms - including the human body, evolved and continue to evolve.

We, as Spirit, being one with the Great Spirit, also influence this evolution. To maintain the Universe in a state of harmony (balance) the universal law of karma applies.

This is the law that for every action there is an equal and opposite reaction or, for every force there is an equal and opposite force. This universal dimension is, therefore, one of duality, of opposites e.g. Love/hate, day/night, stress/peace, war/peace, long/short, high low, health/ill health, wealth/poverty etc.

We, Spirit, in the self-induced state of soul, when in this universal dimension as embodied entities, are also subject to the law of karma in respect of the body, which is matter (energy), **as well as in respect of our thinking** and any actions arising therefrom. However, when not "on Earth" we are not subject to this law but can, and do, reflect on its effect on us and evolve spiritually thereby, provided that we act positively on the results of our reflection.

"Quo Vadis?"



The Truth and the Pond.

The Truth makes the turbulent pond still and serene, and purifies its water.

⁶⁹ See p214 - The Physics of Karma.

⁷⁰ See p136 - "Inside" and "Outside" the Universe.

⁷¹ Unrelated to the mind - human thinking.

Inner Bankruptcy.

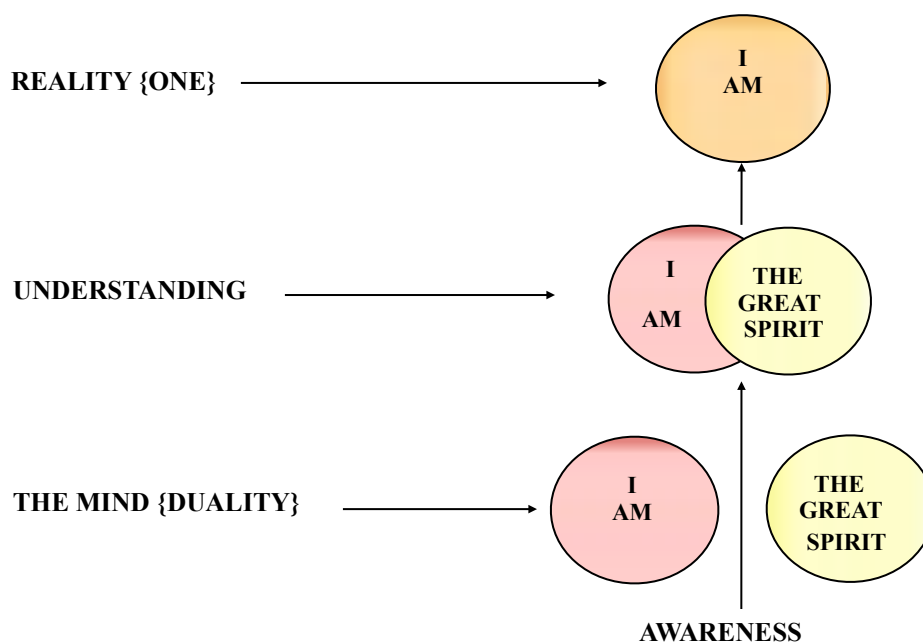
Inner bankruptcy cannot be made solvent by external solutions. Those of the 'civilised' world continually seek external solutions such as self-indulgence and profligacy.

"Quo Vadis?"

Awareness of One's True Identity.

At first, because we use the mind (which functions as the instrument of perception of duality), we perceive ourselves as separate from The Great Spirit, just as we perceive everything as separate, each from the other. As awareness increases with our perception moving from the mind (the conscious) to the super-conscious, we come to understand the unreality of duality and the reality of Oneness, and then become aware of this Reality.

See diagram below.



"Quo Vadis?"

Spirit - Soul - Body.

Metaphorically speaking, Spirit can be likened to pure, clear glass; the soul is Spirit imprinted with the emotions and attitudes (mind patterns) created over all one's lives, like pure, clear glass with layers of fingerprints and smudges on its surface; the body is the reflection of the soul manifest as matter. As the Spirit divests itself of encumbrances so the body (current and future) is divested of dis-ease. The purpose of life is to polish the glass to reveal again its pristine perfection.

"Quo Vadis?"

The Uniform of the Enlightened Soul.

The 'baggage', or 'the smudging on the glass', that the soul acquires over time is, for the purpose of this allegory, symbolized by clothing or apparel. As we enter each life we are dressed in the clothes we have collected in the past⁷². As we progress in enlightenment we discard those garments that are no longer needed as we have learned the lessons they represent. Thus, one could commence a particular life with the encumbrance of many stifling layers of clothing but end with relatively light attire. One may even end a life having shed all but those necessary for one to function in this dimension of matter, for some clothes are necessary

⁷² See page 231- "Spirit - Soul - Body".

for this, and these clothes we wear until we "die". These clothes we can refer to as a 'Uniform', as it performs a specific function relative to the particular life. Even a fully enlightened soul, returning for a purpose other than self-betterment - that is with a mission as different to a purpose - requires a uniform in this dimension of energy/matter. The uniform is the 'physical' link between the physical and non-physical dimensions and represents nothing more than that.

"Quo Vadis?"

Thought as "an intelligence".

Deep contemplation of creation as a whole and in all its detail leads one to the conclusion that it is the work of an intelligence? How does one define such an intelligence? Not as an intelligence relative to a body or a personality, but as an intelligence not of the body, a personality or the material world, including the universe.

Can there be intelligence without thought? In fact, thought is intelligence and intelligence is thought. Therefore, "an intelligence" not of the body, a personality or the material world, including the universe, is thought as an entity, a thing.

Thus, The Great Spirit is Thought; and each one of us, as Spirit, is Thought.

"Quo Vadis?"

The Body.

From Spirit the soul, from the soul the body. Thought creates and creation manifests.

"Quo Vadis?"

Seeking Advice.

If the fish in the pond wishes advice on how to live on land there is no point in going to another fish; it would be better to go to the deer or, better still, to the frog which is amphibian.

"Quo Vadis?"

Spirit & Soul.

The Spirit aspect of the soul is like a diamond in that a diamond does not alter in any way as a result of what attaches to its surface, so the Spirit aspect of the soul remains unchanged despite the attachments of the soul which encrust it.

"Quo Vadis?"

Karma and Rewards.

Karma neither rewards nor punishes; its effect is only the balancing of experiences so as to bring to a state of inactivity the 'pendulum' of mental activity which creates karma.

"Quo Vadis?"

The Comfort Zone.

Reluctance, either conscious or subconscious, to move out of our comfort zone precludes or inhibits spiritual growth just as in Earthly life such reluctance can keep us static.

"Quo Vadis?"

Full Enlightenment.

When the soul achieves perfect harmony (balance) - that is when it has neither positive nor negative aspects - it ceases to be; there is then only Spirit. This is full enlightenment (i.e. Christhood, Buddhahood etc.)

"Quo Vadis?"

Behaviour.

There is no right or wrong, good or bad. There is only positive or negative thought enacted or not enacted as positive or negative action.

"Quo Vadis?"

Negative Behaviour - the Cause.

All negative behaviour towards others, when boiled down, is caused by selfishness - the "I" coming first.

"Quo Vadis?"

The Purpose of Life & the Universe.

Life, as also the universe and all in it, is only incidental⁷³ to the purpose of the return of the soul to Spirit.

OR

As the boat and the ocean are incidental to the voyage, so the Earth and the Universe are only incidental to the soul's journey.

"Quo Vadis?"

Self-indulgence.

When self-indulgence, in its numerous manifestations, becomes the norm in any civilization, that civilization is well on the path to self-destruction.

"Quo Vadis?"

Mental Drift.

This is the condition where we, individually or collectively, drift through life without thought; we just go with the flow created by society and culture. Sometimes, thought kicks in and we become aware of our thoughtless drift - and, sometimes, with this awareness we realise that we are on the wrong road and do something about changing direction.

"Quo Vadis?"

Mind/Thought.

The mind is that state of Thought which is limited to the five senses. Thinking - where the brain is the transformer to the physical (plane) - is an activity of the mind and is Thought in action. Thought itself is a constant.

"Quo Vadis?"

Morality.

Morality is a human creation. Something assessed against morality may not be detrimental to spiritual growth. For instance, sex or the manner of its use may be perceived to be immoral but it is, in fact, a matter of whether, in the case of an individual, it is attachment, and the degree of that attachment (self indulgent, selfish, excessive, hurtful or beyond control). As with any attachment, there is the need to achieve non-attachment. Even in regard to the positive aspects of sex, the opposites of the above attachments, that is love, there may be a need to achieve non-attachment.

"Quo Vadis?"

The Future.

Not a moment goes by when we are not making our future, individually and collectively; this until we reach the stasis of full enlightenment.

"Quo Vadis?"

Creation.

The creations of humans are surpassed a thousand times and more by the creations of nature, yet we are so obsessed by the former that we lack the humility to appreciate the enormity and wonder of the latter.

"Quo Vadis?"

True Happiness.

True happiness is when you lose what you have and are happy.

True happiness is when you gain what you have not and are happy.

True happiness is when, whatever your circumstances,

You are happy.

"Quo Vadis?"

Mind & Soul.

The Mind is a composite of memories. The soul is a composite of past experiences. The Mind is the memory bank and the soul is the experience bank. Memories and experiences are the same; therefore the mind and the soul are the same.

⁷³ Resulting from something more important.

The Mind is the soul in motion or action. Thought is Spirit, and is a constant and pervades the soul/mind and acts through the soul/mind or separately.

The soul, or mind, can be compared figuratively to a tin containing pebbles, or a maraca which, when still is silent and when shaken is noisy. During effective meditation it is still and, at other times, it is noisy and in the state in which we live life. As enlightenment progresses the noise lessens until, with full enlightenment in the living state, there is silent sound. With full enlightenment, in the non-living state there is only silence.

"Quo Vadis?"

Riches.

In the autumn of my life I am, without riches, richer than any amount of riches could make me.

"Quo Vadis?"

Enlightenment and the Bean Seed.

Enlightenment is awareness of the Truth and thinking and living accordingly.

The potential of enlightenment lies within everyone - believer and non-believer. It can be likened to a bean seed inside whose tough skin (the Earthly state) lies all the potential of growth and fruition encapsulated in a minuscule, dormant bud (the Spirit within).

Un-nurtured, the seed remains dormant, but given water, air, sun and fertile soil it will germinate and grow. The tough skin softens and splits, and is soon discarded. The emergent bud grows into stem and leaves, then flowers and produces fruit - all this provided that nurture continues.

Some seeds die if not planted and some last for thousands of years if kept dry, but the seed of the Spirit, with the Spirit within, is perpetual; it only needs nurture to be awakened but the skin (our attachment to worldly things) is very tough in some and less so in others. Some seeds require fire for germination, others require soaking and still others require physical damage of the skin. So it is in life.

"Quo Vadis?"

Finding God.

There are those who have read this book or that book and claim to know God.

There are those who cannot read but who know God.

There are those who know God.

God is not in books and God is not in the mouths of men.

Books and the words of men may pave the way but God is within.

Find God.

"Quo Vadis?"

Life - an illusion, dreamlike.⁷⁴

The fact that physical life, or conscious life, is an illusion or dreamlike is not easy to grasp but this may help:

During a dream one's experiences are very real, often physically real in that one not only feels the emotional but also the physical, although the latter may not be exactly as physical as in life. On waking, however, the physical reality of the dream is no longer and one is left with the experience only - in the abstract, as memory; something intangible, but real nevertheless. Certainly, the emotion of the dream can last. It is the same with physical life experiences - after death the life is no longer and all that remains is the experience, every detail of it, in the abstract, as memory.

"Quo Vadis?"

Emotional Peace & Human Behaviour.

If the behaviour of humankind upsets you, let go. Emotion is not a reality, it is only a creation of the mind - it is attachment. Be non-attached.

Free will is the birthright of every one, and if people, individually or collectively behave in a manner which upsets you, remember this: the thoughts and actions of others are their responsibility, not yours; and in the long term everything happens for a positive reason - learning, or spiritual growth.

You may feel that human behaviour is ruining the Earth and living things - this is your perception (a creation of your mind) and this is due to your attachment to the Earth and living things. The Earth and life on it will continue to evolve. Be non-attached.

Do not judge, because judgement is emotional reaction - accept. It has nothing to do with you.

⁷⁴ See The Earth, the Universe, Life - The Absolute Reality. - page 249

If you give advice, give it but once and be not upset if it is not taken; be non-attached in respect of the advice.

If you wish to create change, change yourself, for as each one changes so changes the collective human psyche.

Non-attachment allows you to observe or ignore without emotional reaction; and where there is no emotional reaction there is peace.

"Quo Vadis?"

Right and Wrong.

In the context of spiritual life there is no right or wrong, merely a matter of polarity. Any thought or deed attracts karma according to the relationship that thought or deed has to the polarity - in other words, the position of the thought or deed in the spectrum of the polarity relative to the extremes or the middle.

Each thought or deed creates a response equal to that which created it.

Thus, physical or mental pain inflicted on others brings equal pain to the creator, and love given brings equal love to the giver - and so on, whatever the situation.

However, in the context of physical life right and wrong exist in a practical sense in that, if one wishes to achieve a particular result, there is a right and a wrong way of going about it. For instance if one wanted to get from point A to point B and came to an intersection in the road with a sign $B \leftarrow \overline{\text{A}} \rightarrow C$, it would be right to take the road to B and wrong to take that to C.

"Quo Vadis?"

The Soul.

The soul is merely the aberration of the Spirit.

"Quo Vadis?"

Rebirth In Non-human Form.

Hindu teachings as well as others affirm this and the Buddha's teachings called for kindness to all living things. Hitherto, I have stated that transmigration of the soul to non-human forms does not occur, but the question **does** arise in regard to how the law of karma is fulfilled when we inflict suffering on animals and other living things, or ill-treat them in any way.

Since this law makes us experience exactly what we have made others, and in this context other things, experience, the question is how this law can be fulfilled unless we are in the form of that animal or thing? It is inconceivable that this law of "as you sow, so you shall reap", which is essentially about love, applies only to our attitude towards humans. The experience of a cow at the hand of a human cannot be experienced except as a cow. So, on the face of it, it seems that we **can** be reborn as animals or things as the need arises.

"Quo Vadis?"

Christianity, Buddhism and taking responsibility.

In expounding the Reality of Life the Buddha left out "God". This greatly simplifies for us the living of life according to the principles set down by him as they exclude the complications that arise as a result of the inclusion of "God" in the teachings. In Buddhism, all responsibility for everything rests with the individual, whereas, in Christianity, because of the way in which the Bible has been written and the way in which it and the Christ's teachings have been and are taught, responsibility for much, if not all, of what happens to us directly or indirectly we attribute to God - thereby absolving ourselves of responsibility. Yet, one of the major pronouncements of the Bible is that God gave us free will; and with free will comes the responsibility for the consequences of exercising that will with total freedom. Furthermore, having been given free will, and with it the advice that as we sow so shall we reap, we cannot appeal to God to intervene when we want to achieve something or avoid the consequences of our actions.

"Quo Vadis?"

Love.

Where love is concerned the greater one's non-attachment the greater one's capacity to love.

"Quo Vadis?"

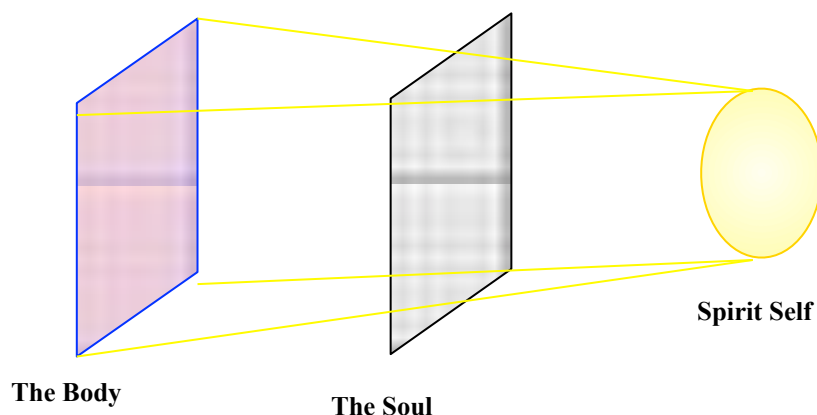
Renunciation of worldly things.

It is not the renunciation of worldly things that is important but the awareness that they are unimportant. From this awareness comes renunciation.

"Quo Vadis?"

The Body - It's Making.

Although the Spirit Self, the soul and the body are, in fact, fully integrated as one, for the purposes of this illustration they are shown as separate entities and in two dimensions.



The Spirit, or Spirit Self, is perfect - it always has been and always will be. The soul is the sum total of the non-perfect, or negative experiences and attitudes of the Spirit in the Earth plane over many lives to any given moment, "laid upon" Spirit. These negative experiences and attitudes (the mind or state of mind) constitute the karma of the individual. Each experience or attitude⁷⁵, the result of action⁷⁶, combining with other such to create the sum total.

The word 'negative' should not be taken to represent 'bad' as there is no bad in this. By way of illustration, and for easier comprehension, we may consider that Spirit is totally positive, or to use the analogy of energy, it is positively charged. Therefore, negative means anything not positive attaching to the Spirit as a result of Earthly experiences, or attitudes acquired in the Earth plane - hence attachment and non-attachment. Attachment of any sort is negative and non-attachment is positive. Another analogy would be vibration. Here, Spirit is high vibration and karma is a lower, variable vibration "attaching" to the high vibration of Spirit. On final enlightenment all negativity, or low vibration, have been eliminated and what remains is the Absolute Perfection (of Spirit).

The screen, or grid, depicted as the soul represents the negative pattern, the karma, the state of mind, superimposed on the perfection of the Spirit. This screen, grid or pattern is reflected in the body, in every cell, as DNA which holds the genetic blueprint of the body, and this blueprint⁷⁷ governs the production of all the physical parts and attributes of the body as well as predisposition to a selection of illnesses. Similarly, it excludes predisposition to a selection of illnesses. Non-physical attributes of the soul, such as attitudes and emotions, are not part of the blueprint except where their expression requires a physical component. These physical components are in the brain. For example, clinical depression, a condition of the soul, is expressed in the physical through the brain whereas 'normal' depression - that state of mind created by reaction to major or minor events in life - is the result of hormonal changes emanating from the chakras through which endocrine glands are activated.

Predisposition to an illness does not mean that the body will inevitably get that illness. Whether this happens depends on the state of mind (the state of being) of the soul. However, karmic necessity - something essential for the spiritual growth of the entity (Spirit+soul+body) - will activate one or more predispositions and the illness or illnesses will manifest in the body - cause and effect.

What is missing in the above description is the answer to the question: How is it that cells develop, initially in foetal growth and, subsequently, as needs dictate, to form different tissues and organs when the inherent characteristics (DNA) of each cell are identical?

⁷⁵ Thought.

⁷⁶ Literally, karma means action. In this context it means the result of action, whether in thought or deed is irrelevant as deed is created by thought.

⁷⁷ Also known as the Life Force (an energy field) which has centres of influence known as the chakras centred in the endocrine glands.

The answer to this is that the energy grid, pattern, field which governs the body as a whole as well as in specific detail, activates cellular growth required at the site, subject to the specific genetic profile. Without this controlling field⁷⁸ indiscriminate growth of cells would occur with discordant results.

Because perfection is the underlying, unchanging fact of the entity it can be brought to bear on the state of the body by meditation, meditational focus, prayer, affirmations and positive changes to the state of mind⁷⁹ and effect healing by modifying the grid or switching on or off genetic switches. All negatives eliminated in a life, and all attempts to eliminate such, change the grid pattern in future lives until there is no grid left. This elimination of physical karma coincides with the elimination of non-physical karma, both being part of the same, and the cycle of birth and death ceases. That is, full enlightenment is realised.

Note: The following, from The "Quo Vadis?" File II are relevant to, and may clarify, the above.

Moral Decay and Illness Today, p 23; Healing, p26; The Placebo Effect and Healing, p45; The Body - Self-created, p45; The Manifestation of the Soul as a Body, p45; Health of the Body & Mind, p48; The Physics of Karma, p50.(Addendum - Refer to Index)

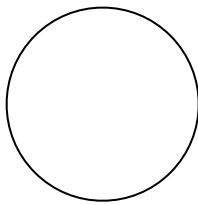
"Quo Vadis?"

Flightless Birds we are.

Because we have focused on the ground for nourishment we have lost the ability to fly, and as long as that focus remains on the ground we will remain flightless.

"Quo Vadis?"

The Circle - The Source.



The start point and the end point of a circle are the same. The start and the end are one - the alpha and the omega - therefore there is no beginning and no end. A circle drawn from any point on the radius of a circle ends at the same point without a beginning or an end.

The circle is the basis of geometry and all geometric shapes are formed by lines joining points on the circumference of the circle. Geometry is the basis of numbers and, therefore, mathematics. The basis of mathematics is 0 and the unit is 1. Hence, $0+1=1$, $0+1+1=2$ and so on. All things can be expressed in numbers. The basis and expression of scientific theory is numbers. Some say that all things in the universe are governed by numbers but this is not so. All things in the universe, including our bodies, traits, life trends etc. can be expressed in numbers but are not governed by numbers.

Where there is no beginning and no end there is no "time". Where there is no beginning and no end there is no movement for time is movement and movement is time.

Energy is movement and movement involves time. Hence, where there is energy there is time.

Matter is energy and all material things, including the universe, are matter and, therefore, subject to time.

The circle is either the circumference or the area within it, or both. In the abstract or spiritual sense it symbolises the Great Spirit and the oneness of all things. It symbolises the absence of movement - the Stillness, "That which is".

We, as Spirit, are part of That and, being part of That, are the same as That, **are** That - we are without beginning and without end.

It is only when we are in the sphere of matter⁸⁰, as bodies, that our bodily aspect is subject to time and, therefore, the cycle of beginning and end - the life cycle to which all matter is subject.

"Quo Vadis?"

⁷⁸ See "The Milk Is White" Chapter 3 - The Body/Personality and page 44 for specific reference to this field as the Life Field.

⁷⁹ By subjugation of the mind.

⁸⁰ Life on Earth within the Universe.

Recognition/Realisation/Enlightenment.

When one recognises that one is soul,
That is enlightenment.
When one recognises that soul is Spirit,
That is enlightenment.
When one recognises that Spirit is the Great Spirit,
That is enlightenment.

If one perceives it at all, one may perceive the soul, Spirit or Great Spirit as something separate. As long as this perception exists enlightenment is impossible. When the perception becomes recognition of the Reality that one **is** the soul, Spirit or Great Spirit, that is enlightenment.

"Quo Vadis?"

True Reality.

Take the pure teachings of the Buddha, add that element, accurately defined, which is The Great Spirit, God, The First Cause etc., and you have the Truth, or Reality.

"Quo Vadis?"

Science and Intuition.

The problem with science is that it is mental activity and is, therefore, subject to the limitations of the mind. Intuition has no limits, but mental activity blocks intuition. Hence, if one tries to seek the answer to something by the use of logic or reasoning and that answer is outside the scope of logic or reasoning, one will get no answer as long as one persists with this line of thinking. However, if this line of thinking is put aside, or not adopted in the first place, intuition is opened up and the answer forthcoming.

"Quo Vadis?"

The Soul, Thought & Thinking.

When the Buddha said that there is no such thing as the *atman* or soul he was correct. The soul is merely the sum total of past experiences⁸¹ and is, therefore, not an entity in itself; it is merely an "attachment" to the Spirit entity or, figuratively speaking, the "garments" of the Spirit entity. It is these attachments or garments that are shed in the process of enlightenment.

The Buddha posed the question, "What is it that thinks?" and answered it by saying, "It is thought that thinks."

The Great Spirit, God, The Creative Force is Thought and we are created in It's image. Hence, although there is no soul as such, we are Spirit, which is Thought; and as humans we are Thought manifest in human form or Thought manifest "in the flesh" (from the Latin *in* + *carno*, with *carno* meaning flesh.)

Does the brain think? No, it is only a mechanical organ, a transformer between the soul and the physical being, and a device programmed to perform autonomic physical functions. Does the mind think? Yes, if we consider this activity in terms of mental "thinking", but it is only mental activity which we term thinking. Does the soul think? No, as it is only a bank of experiences. Thus, we arrive at the question "What thinks?" Thinking is not Thought because Thought does not involve activity - it just is, but Thought creates, and one thing it creates is the activity of thinking - it is the origin of thinking but is not, of itself, thinking. If we coined new words such as *ment* (*mental*) for 'think' or a 'thought', and *menting* (*mental activity*) for 'thinking', we remove the confusion with Thought caused by our use of the words 'think' and 'thinking'.

"Quo Vadis?"

Understanding.

Although both the Buddha and the Christ said, "I can tell you many things, but you will not understand." or words to that effect, they did not make any distinction between themselves and others or present themselves as superior to others. They did say what amounted to, "What I have done you can also do."

"Quo Vadis?"

"I AM" - the awareness of.

To be aware that the Great Spirit is you and that you are the Great Spirit is the highest awareness. To act accordingly is the highest achievement.

"Quo Vadis?"

⁸¹ See The Body - Its Making, page 241.

Problem solving.

We attach more importance to solving our problems than to seeking and removing the causes.

"Quo Vadis?"

Enlightenment and the Absolute.

Knowing all is enlightenment.

Being all is Absoluteness.

"Quo Vadis?"

Choice and Karma.

Everything we do is the result of choice. Each choice we make activates karma, either positive or negative. Hence, each choice we make creates the individual and collective tomorrow.

"Quo Vadis?"

Attachment & Non-attachment.

There is attachment where there is anything one cannot let go of, does not want to let go of, is reluctant to let go of, or where anything let go of creates or will create a sense of loss. Be aware that attachment includes repulsion because where there is attraction there is repulsion, where there is like there is dislike. They are all attachment.

"Quo Vadis?"

Thought and Thinking.

There is thinking and there is Thought. Thinking is a mental process, Thought just is - it is still, it is all encompassing, limitless, indescribable and all powerful. Thinking is a soul activity, Thought is Spirit, and from it all knowledge flows.

"Quo Vadis?"

Education.

Education is much vaunted and much touted as the tool of success. But what success? Success in the material world. However, material success, no matter how much it is worshipped, is impermanent and ephemeral, even short-lived. It is a human created phenomenon and, like most such phenomena, it is worshipped by humans. It is, however, not success in spiritual terms where success is lasting.

In the material world of duality there are the educated and the uneducated whilst in the spiritual reality all is one, there is no discrimination.

Education is not necessary for enlightenment. In fact, it could be a hindrance.

There have been and are many fully enlightened beings who have had, or have, no education and cannot even read. The "savage" in the jungles is just as able to attain enlightenment as the professor in a university; in fact, there is greater potential in the case of the former who has far, far less attachments to clear out of the way.

Education gives knowledge but wisdom is innate or comes from life.

"Quo Vadis?"

The Earth, the Universe, Life - The Absolute Reality.⁸²

Impossible as it may seem to our limited minds, the Universe, the Earth, the physical you and I, all matter and its component, energy, do not exist. It is all only a perceived and sensed reality; something which to all intents and purposes is real but not real in fact; a Thought generated non-reality.

Initially, we, God, The Great Spirit, Thought, created the Universe and all in it for our enjoyment, and billions of us got enmeshed in this field of energy by a variety of "wrong thought" - negative application of our powers. This being the field in which we created our errors it is in this field that we have to "un-create" them.

What is around us, and apparently real, is like a stage we have set for the purpose of acting out all we need to experience according to karmic law - in other words, all we need to divest ourselves (our souls) of all attachments (baggage), thus leaving only the essential self, or Spirit. This stage is an energy field from which all forms in the universe have been, and are formed to create an environment in which we act out those experiences we require for karmic purposes. This stage, and all that occurs on it, is no more real than our dreams with their intense sense of reality.

⁸² See Life - an illusion, dreamlike. - page 238.

If you have ever pondered the apparent paradox of a loving God creating a situation where animals and insects cause pain and suffering to other animals and insects by eating them, sometimes without killing them you will now see that this is not actually happening, that it is only a virtual reality.

In the book *On The Death Of My Son* written by Jasper Swain on the death of his son, Mike, and Mike's little sister-in-law to be, Heather, in an horrific car accident, Mike returns to talk to his father about the reality of life and its purpose. In this account Mike states that he and Heather felt no pain as, an instant before the crash, they were removed from the car and only witnessed the crash. Thus, they *experienced* the event without *feeling* it.

These are two examples illustrating that what appears to be is not the reality and that all the horror, pain and suffering in this world are not actual but only apparent; a means by which we experience vicariously what we need to experience. It is a "mind" experience and not a physical one although it appears to us to be the latter. However, and this is important, it is real enough.

The foolish souls who may see this as a rationale to do what they like with impunity, or relative impunity, better beware (be aware) that dreams and nightmares are **very real** to our senses.

"Quo Vadis?"

Birth and Death.

When we projected ourselves into the realm of matter where the fundamental principle is the existence of an opposite for everything, where there is cause and effect, we created the primal human form. This "birth" of human form was automatically subject to the opposite "death" as all matter is subject to building and demolition, or creation and destruction. Thus started the cycle of human birth and death.

"Quo Vadis?"

Enlightenment.

Enlightenment is the process of the annihilation of the soul. The fulfilment of this process leaves only the unblemished Spirit in all its simple glory.

"Quo Vadis?"

The Sceptic & being sceptical.

The difference between the sceptic and being sceptical is that the sceptic practices scepticism which closes the mind whereas being sceptical is the exercise of reflection and critical, but open minded, analysis. The tree of the sceptic does not bear flowers whereas the tree of the sceptical flowers and is fruitful.

"Quo Vadis?"

The Mystic.

The mystic is one who achieves mystical experience or knowledge of divine mysteries. One who seeks a reality beyond normal human understanding or experience, and essential to understanding the reason for life, through contemplation meditation, prayer and spiritual conduct aimed at achieving direct intuitive experience of the divine truth. Hence, the mystic has no teacher and is of no one "religion" but is of the essence of all "religions and treks the path of enlightenment alone.

"Quo Vadis?"

The Soul and Choices.

It has been said in this material that the soul is the sum total of the experiences over many lives at any given moment. All experiences are the result of choices made - in thought or deed - and every choice attracts negative or positive karma in accordance with the negativity or positivity of the thought or deed. This is what is expressed and illustrated in the "Quo Vadis?" mandala.

"Quo Vadis?"

Emotion.

If one eliminates emotion and emotional reaction one is left with clarity and clarity of action.

"Quo Vadis?"

Terminology - spiritual.

Because the spoken or written word originates in different countries, cultures, languages and perceptions there is often a difference in the term used to describe the same thing. Particularly in the case of concepts this may cause confusion in the mind of the hearer or the reader because the hearer or the reader has their own term that carries with it a particular image.

One way of eliminating or reducing confusion is to ignore the 'label' and identify, through visualisation, what is being described. Give this your own 'label' if you already have one, and thereafter substitute this for that of the speaker or author.

If you do not know or understand a word, treat this as an opportunity to learn and refer to a dictionary, or to the glossary in a relevant book you might have. If you do not have a dictionary **buy one** - the best you can afford.

"Quo Vadis?"

All is One.

This is easy to say but not easy to realise (except through *dharshana*⁸³).

This may help:

Look at anything on Earth, and think of anything in the universe. Then visually or mentally deconstruct it to its absolutely fundamental component, its essence. Do this as many times as you like and you will find that all things are of the same essence; that all things, despite what they **appear** to be, are essentially the same - one and the same.

You realise that all is, in fact, One.

"Quo Vadis?"

The American Culture.

Many humans are being progressively "americanised" but this does not come from America, this comes from within each soul that is attached to such a culture. America did not create this culture, it was created by souls attached to such a culture. This is the outer expression of the attachment of millions of souls - though not of Spirit.

America is merely the spiritual centre of this as Italy is the spiritual centre of Roman Catholicism, Arabia (sic) the spiritual centre of Islam and South East Asia the spiritual centre of Buddhism.

"Quo Vadis?"

Being "Still".

From the Bible comes "Be still, and know that I am God."⁸⁴

This does not mean that if one is "still"⁸⁵ 'God' will make things happen as one wants or as one needs. It means that 'God' has set in place all that is required for us to generate what is best for us at any given time for spiritual growth. This is the law of karma.

If something is about to happen which is not related to karma or something which will thwart "divine purpose", something which is, therefore, accidental, that something, mysteriously, does not happen. If, however, an accident is imminent, and one will benefit from it, it may happen.

Being "still" is like letting a stream flow from source to ocean without any interference. As all streams do, one's life stream purifies itself as it flows unless the mind intervenes.

The state of "Stillness" is our essential state of being.

"Quo Vadis?"

Karma.

As the Great Spirit is Spirit, we are Spirit. Spirit 'is' - it is 'still'. Attachments (activity of thought) of any sort, and this includes aversions, create vibration (movement) in Spirit. Since Spirit is intrinsically without movement, is still, this movement causes imbalance or disharmony; a frequency of energy is created, and the tendency then is to redress that imbalance, to nullify the energy created. Karma is the process of redressing this imbalance or disharmony in spirit.

All attachments originate in thought (thought activity) whether they result in action or not and, since karma⁸⁶ is the result of action, attachments cause karma. The creation of this energy brought us, in the first instance, into the 'band', or 'plane' of energy or matter where the law of "for every action there is an equal and opposite reaction" (karma) applies.

To present this process simplistically to better facilitate understanding we can imagine a drop of water. Imagine it completely still. Enlarge it to human proportions. At one point on the surface an atom starts to

⁸³ Something "seen".

⁸⁴ See *The Milk Is White*, Chapter 6 - Living the Truth, para 5.

⁸⁵ Living in the now.

⁸⁶ Sanskrit - literally 'action'.

vibrate - it is vibrating whilst the rest is not. It is out of sync, thus putting the whole drop out of sync - and Spirit out of sync is the soul.

In one's life(s) so far as soul, one has activated an immeasurable number of attachments which require annulment and when this process is complete one reverts to one's original state of Spirit.

"Quo Vadis?"

The "Point" of Reality.

In *The Milk Is White* the souls' Earthly journey is likened to a climb up a mountain peak, with each one taking a different path. It is stated that, because a peak ends in a point, and at a point there can be only one Truth, all souls find the same Reality, the one Truth.

Some may dispute this conclusion and state that there can be more than one truth at the top so let us look at the Reality:

The disputant would be correct from the perspective of practical science because any peak consisting of matter has as its very top an infinitesimal particle of matter which, no matter how small it is, has a top surface, and any surface can hold more than one thing.

However, although this would be the reality in the material world and an understandable perception of the mind, the fact is that when we bypass the mind and its limitations, we find that mathematically, or according to theoretical science, there is an absolute point.⁸⁷ Therefore, in this context, that which is found at the absolute point is the Absolute Reality - just one Reality or Truth.

"Quo Vadis?"

Impermanence.

Everything in the universe is changing, and each soul is changing. On Earth trees are changing - they drop leaves and grow new ones, they flower and fruit and drop these; rocks are changing - as a result of heat and cold they break down, lichens and similar organisms slowly dissolve them, rain and wind alter them; the land is changing, continents are moving and coastlines changing; the air and seas are changing - they are in constant motion, taking up and giving back a diversity of elements and objects. Even thinking changes. All things⁸⁸ are constantly changing.

All souls are changing. Every time we meet some one, read something, hear something or experience anything through our senses we change. Life, itself, is changing us from one moment to the next. Each moment we change from something to something else. Yet, so often, we fail to let go and go with the flow.

Everything is impermanent.

"Quo Vadis?"

The Akashic Records.

Imagine a modern day electronic information storage disc and be aware of its large capacity. Imagine it as a ball. Imagine every minute layer of this ball as a recording surface. Increase the size of the ball to the size of the Earth, then to the size of the universe, then bigger and then again bigger still - without definition, without limits and without substance. What you get is an approximation, a simplistic idea, of the Akashic Records where everything that happened, is happening and is to happen is imprinted and available and accessible. Since all is One, this record is an aspect of the Great Spirit which, it is said correctly, is omniscient - all knowing.

"Quo Vadis?"

Love - what is it?

In our absolute state, we are One with all else like a drop of water in the ocean is one with the ocean.

When we separated ourselves from the oneness and chose separateness, which is duality, we missed the oneness and innately try to regain it. Deep within us we are aware of that oneness. Another, simple, way of expressing this would be that we were happy 'there' and continually seek that happiness 'here', although this is a futile search because happiness, like all else here, is impermanent. Sadly, this endeavour is futile because it is based on ignorance.

The innate awareness of oneness manifests in the Earthly dimension in many different ways as caring - that is unselfishness. However, because of the duality of this dimension this attribute of caring has its opposite, which is, collectively and essentially, selfishness. The expression of unselfishness is what we call love - the Earthly, or universal, expression of Oneness with all living things and every thing in the environment.

⁸⁷ This conclusion can also be arrived at by visualisation beyond materiality.

⁸⁸ Other than Thought.

The selfish aspect of love manifests as self-love from which arise all negative thoughts and actions. Hence, the biblical assertion "The greatest evil⁸⁹ is 'I' "

So, we have the innate awareness of Oneness expressed as love, and its aberration, self-love, coexisting in a confusing mixture which we also call love. In humans, this love is made more confusing by the effects of the biological imperative of procreation involving sexual pleasure to ensure compelling procreational activity.

It is difficult to differentiate between one love and another but unselfish love makes us feel good permanently whereas selfish love, apart from having an adverse effect on our Thought Field (thence on the Life Field and then the body), may make us feel good - a feeling that often does not last long - or feel bad.

So, love is not something "made in heaven", it is but a manifestation of the soul's subconscious awareness of its Oneness with its absolute state - the Great Spirit. God is not love. If God is love, God is also non-love. God is neither love nor non-love, neither perfect nor imperfect, neither forgiving nor "un-forgiving" and so on; all such labels or descriptions are perceptions of the mind, and the mind is a creation of the state of duality.

"Quo Vadis?"

Ceasing the Vicissitudes of Life.

For those experiencing a relatively trouble free life, life is probably not problematic; for those experiencing troubles in life, life is problematic. In either case, however, fear underscores life - it is always present. There is fear of loss - of security, good health, youth, looks, loved ones, death and so on; the list is almost endless. Also underscoring life is uncertainty, conflict and the unpleasantness of negative emotions.

The attitude to life of those having it easy and those having it difficult varies according to the individual's current experience and their awareness of the cycle of continuity where, due to the natural swing of the karmic pendulum, there are many, many lives to come during which circumstances will be reversed until the pendulum ceases to swing - and all is 'still', at peace, free of endless craving.

So, when we consider, if we consider, the prospect of many more lives where we will experience the whole range of vicissitudes that lies between the two extremes of pleasant and unpleasant to the degree necessitated by the karma we have created, do we wish to continue? If we do not, the answer is to break the cycle, to get off the carousel. The only way to cease the vicissitudes of life here is not to be here.

"Quo Vadis?"

Doubt.

In the spiritual search doubt is beneficial, a closed mind is not. Doubt used wisely assists enlightenment; a closed mind assists ignorance.

"Quo Vadis?"

The Science of The Reality

Knowledge of the science (the mechanics) of the Reality is not necessary for the attainment of enlightenment. It may, however, be of interest to the enquiring mind and foster enlightenment. An analogy would be that to drive a car well one does not need a knowledge of the mechanics of the car but it can help.

Enlightenment is the light shining 'inwards' and the science of the Reality is the light shining 'outwards'.

"Quo Vadis?"

The Truth and Ignorance.

The Truth disturbs the complacency of ignorance.

"Quo Vadis?"

Free Will and Karma.

Christian teachings state that God gave us free will. What do we create by exercising free will?

We create karma - individual and collective.

The Buddha taught that we create everything by our thoughts and actions; that there is no one 'outside' us that creates anything. This is karma. We create karma, individually and collectively.

"Quo Vadis?"

Happiness and Joy.

Happiness brings unhappiness. Joy is permanent.

⁸⁹ It is better to substitute "error" or "mistake" for the word "evil".

"Quo Vadis?"

Joy and Happiness.

Having found joy, if we find happiness and lose that happiness we are still joyous.

"Quo Vadis?"

Problems & Solutions.

All problems are of the Earthly dimension so, when we have problems, we seek the solutions in the Earthly dimension although the solution lies in the spiritual dimension.

"Quo Vadis?"

Three Realities.

If one understands and knows the difference between the perceived reality, The Reality and the Absolute Reality one is at the end of one's long pilgrimage; one has reached the top of the mountain.

"Quo Vadis?"

Life is not as it seems.

There is more to life than there seems to be on the surface; there is a beautiful undercurrent beneath all that happens which carries us to our destination - it is a beautiful and joyful road to travel.

The events in life are like ripples and wavelets - ruffles on the surface - and are all opportunities which we need to ride out or negotiate.

"Quo Vadis?"

The Truth.

The Truth is like clean, cool water - it is only of benefit to the thirsty.

"Quo Vadis?"

Love and the Mango.

Finding themselves without love many are adversely affected to varying degrees. This, of course, is karma at work with the purpose of presenting an opportunity whereby it can be negated. The following story illustrates the 'problem', the challenge and the solution:

A young man loves mangoes, but has never been given any although he knows the taste from some dim memory which lingers. He is constantly looking for a mango but cannot find one and is very unhappy, even depressed. Then, someone gives him a mango seed and suggests that he plant it and nurture it. He puts aside his unhappiness, plants the seed and nurtures it to fruition. It takes a while but now, at last, he has a mango. Now he has not only one mango but many, many mangoes - more, much more, than he can enjoy - so he starts giving them away. He now finds that he has not only happiness but great joy.

"Quo Vadis?"

Needs and Wants.

At times we get what we need but do not want.

At times we get what we want but do not need.

"Quo Vadis?"

Loss of Faith in God.

Often, people lose faith in God, particularly after they experience traumatic events. This loss of faith, as it is described, is mainly because they are taught to have faith in God and that all that happens is the will of God. This latter teaching is a contradiction of the biblical pronouncements such as "As you sow so shall you reap" and "An eye for an eye, a tooth for a tooth" as well as the statement that we have been given free will. There is an apparent reluctance or inability in the teachers to reconcile this contradiction.

"Quo Vadis?"

Age of the Spirit, Soul and Body.

Spirit, like the Great Spirit, has no age. One might say that Spirit has to have an age because it was created by the Great Spirit and that, therefore, there has to be a point of creation, a starting point, and that from such a point time must apply. However, the word *create* means 'cause to come into existence', a term that does not apply to us Spirits because we were not brought into existence; we existed before as the Great Spirit which is timeless and, therefore, we are timeless. The following may clarify this apparent paradox:

Take a glass of water, or imagine one. Imagine that the water has always been - has no age. Now, dip a suitable implement into the water and obtain a drop hanging from that implement. Look at the drop and consider this: The drop is the same as the water from which it came; it is only out of its natural place or state; it is separate for the moment but can be returned to the main body of water at any time with no change to either; at no time does either lose its inherent 'oneness' with the other - there has, in fact, been no creation. Thus, Spirit has no age.

Soul - The soul has a starting point and that is the point at which we, Spirit, created our first attachment in the universe of matter. Also, Spirit and the soul are not the same since the soul vibrates because of its attachments, its encumbrances. In attaching to matter we became subject to time and, being subject to time, the soul has an age, albeit an age lost in time.

Body - The sperm and the ovum are matter in a certain form and both, being matter, are subject to time. When these two unite they cease to exist and a new form is created and this new form starts to divide and multiply according to a predetermined pattern. This new form, the body, is naturally also subject to time. Thus, it is from this moment that this form has an age. What we call birth is merely the emergence into visibility of the body. Hence, the true age is the time elapsed from the point of conception.

"Quo Vadis?"

Guilt.

Guilt is only a conditioned emotional response. It often is a debilitating torment yet, if the circumstances creating it are carefully analysed, it will be found to be pointless and invalid.

Guilt is also self-generating when one feels guilty about not feeling guilty.

"Quo Vadis?"

Strength and Weakness.

Within strength there is often weakness;

Within weakness there is often strength.

Perceived strength is often weakness;

Perceived weakness is often strength.

"Quo Vadis?"

Patience.

This is often thought of as something called upon, as and when required, in relation to expectations, situations and people, all as separate events. However, there is the patience which is all-encompassing and omnipresent, that quality which gives one tranquillity, patience with life itself: that patience comes from knowing the purpose of life and how it manifests as life and in life. The acquiring of this quality, this patience, is one of our main spiritual purposes.

"Quo Vadis?"

Loving One's self.

The only way to love one's self is to be loveable; and to be loveable one has to give love. Thus, what is given is received and, having been received, gives us something to love in ourselves.

Selfishness, the opposite of love, in any form is not loveable, and if one gives love so as to be loveable, one is being selfish because the motive is self benefit. True giving seeks nothing in return.

"Quo Vadis?"

The Message & the Messenger.

In one's spiritual search, when the focus shifts from the message to the messenger, learning becomes leaning; and anyone leaning on a crutch cannot learn to walk properly.

"Quo Vadis?"

The Simple Solution.

To avoid all pain, unhappiness and fear
avoid birth.

"Quo Vadis?"

The "Quo Vadis?" File II - INDEX

A

A Question of Focus.....	54
Absolute Reality	
The "Point" of Reality.	99
Three Realities.	101
Absoluteness	
Enlightenment and the Absolute.	96
Absorbing Spiritual Truths.....	54
Accepting Responsibility.	78
achiever, the true	
The True Achiever.....	71
Action and Reaction.....	78
Addiction.....	53
adolescence	
Body Changes.	67
advice	
Parental Advice.	77
Seeking Advice.	90
Age of the Spirit, Soul and Body.	102
Akashic Records	
The Akashic Records.	100
All is One.	98
An Affirmation.	50
an eye for an eye	
Justice.....	51

Anger, Hate and Animosity.	60
animal instinct	
Invasion.	75
animal instincts	
The Itch.	57
animosity	
Anger, Hate, and Animosity.	60
Anti-Christ	
Darkness and The Devil.	51
attachment	
Addiction.	53
Be Forgetful.	58
Dependence/Independence.	52
Emotional Peace & Human Behaviour.	92
Emotions/attachment/memory.	71
Karma and 'Merit Points'	57
Letting Go & Non-attachment.	77
Love.	93
Morality.	91
Territorial Ties.	71
The American Culture.	98
The Body - It's Making.	93
The Seesaw Of Emotions.	67
We as co-creators (with God).	55
Attachment & Non-attachment.	96
attachment, our first	
Age of the Spirit, Soul and Body.	102

attachments	
Karma.....	99
attachments originate in thought	
Karma.....	99
Attack.....	53
attaining freedom	
The Seesaw of Emotions.....	67
Authorship of This Material.....	74
avoiding pain, unhappiness and fear	
The Simple Solution.....	103
awareness	
The Living God.....	54
Awareness of One's True Identity.....	89
B	
bad	
Behaviour.....	90
Good or Bad?	52
The Paradox of Good & Bad, right & Wrong.....	77
baggage	
The Uniform of the Enlightened Soul.....	90
We as Co-creators (with God).....	55
balance	
Karma & Balance.....	78
Karma and Balance.....	78
Balance and The Universe.....	66
bankruptcy	
Inner Bankruptcy.....	89
Be Forgetful.....	58
Be still	

Happiness.....	51
Beauty of Body and/or Personality.....	80
beginning	
The Circle - The Source.....	95
behaviour	
Negative Behaviour - the Cause.....	91
Behaviour.....	90
Being "Still".....	99
believing the Truth	
...The Truth & Understanding/believing.....	91
Birth and Death.....	97
Blocks To Learning.....	52
body	
The Body - It's Making.....	93
The Body.....	90
Body Changes.....	67
body, age of	
Age of the Spirit, Soul and Body.....	102
brain is not the mind	
What is the Mind?.....	58
brain, the - does it think?	
The Soul, Thought & Thinking.....	96
Buddha	
Omissions of the Buddha & the Christ.....	79
Buddha, the	
The Soul, Thought & Thinking.....	96
Buddha, the - withheld knowledge	
Understanding.....	96
Buddhahood	

Full Enlightenment.....	90
Karma & Balance.....	78
Buddhism	
Christianity, Buddhism and taking responsibility.	93
C	
card game	
Patience/Solitaire.	50
Ceasing the Vicissitudes of Life.....	100
change the world	
To Change the World.....	53
cheating one's self	
Patience/Solitaire.	50
child	
Parent/Child.	61
childbirth	
Body Changes.	67
choice	
The Soul and Choices.	98
Choice and Karma.....	96
Choice.	55
choices	
Patience/Solitaire.	50
Christ, the	
Omissions of the Buddha & the Christ.	79
Christ, the - withheld knowledge.	
Understanding.	96
Christhood	
Full Enlightenment.....	90
Karma & Balance.....	78

Christianity, Buddhism and taking responsibility.	93
civilization	
Human Discontent.....	76
civilization, self-destruction of	
Self-indulgence.	91
Civilization.....	73
Civilizations	
The Crescendo of Collapse.	63
civilized	
The Demise of the "Civilized" Peoples.....	80
colour	
Illusion.	54
comfort zone	
The Comfort Zone.....	90
Commandments.	72
Comprehension & Fact.	79
conflicts	
Human Conflicts.	60
consistency	
Reliability/Punctuality.....	77
consumerism	
Regressive Progress.	69
Contentment and Satisfaction.	78
Contrition.	77
Controlling Life.....	51
Convenience.....	67
Cosmetic Surgery/Medicine etc.	59
create change	
Emotional Peace & Human Behaviour.	92

creating our own future	
We as Co-creators (with God).....	
55	
Creation	
An Affirmation.....	
50	
Creation, the point of	
Creation.....	
88	
Creation.....	
88, 91	
creations of humans	
Creation.....	
91	
creations of nature	
Creation.....	
91	
Creative Force, the	
Creation.....	
88	
Crediting God.....	
70	
cure ourselves	
The Body - Defects and Illnesses.....	
57	
D	
Darkness and The Devil.....	
51	
death	
Birth and Death.....	
97	
Death.....	
49	
Dependence/Independence.....	
52	
desire	
Urge and Desire.....	
68	
Devil	
Darkness and The Devil.....	
51	
dis-ease	
Anger, Hate and Animosity.....	
60	
Dislike Of Someone.....	
64	
DNA	

The Body - It's Making.	93
Doing Your Best.	52
Doubt.	100
dreamlike - life	
Life - an illusion, dreamlike.	92
dreams, life is like	
The Earth, the Universe, Life - The Absolute Reality.	97
duality	
Creation.	91
Duty and Responsibility.	62
E	
Earthly experience	
The Earthly Experience.	78
Education.	97
Emotion.	55, 98
Emotional Peace & Human Behaviour.	92
emotional reaction	
Emotional Peace & Human Behaviour.	92
emotional states	
The Seesaw of Emotions.	67
Emotions/attachment/memory.	71
end	
The Circle - The Source.	95
energy	
The Circle - The Source.	95
enlightenment	
Full Enlightenment.	90
enlightenment - annihilation of the soul.	
Enlightenment.	97

enlightenment - only silence.	
Mind & Soul.....	92
Enlightenment and the Absolute.	96
Enlightenment and the Bean Seed.	92
enlightenment, knowledge unnecessary.	
The Science of The Reality.	100
enlightenment, the potential	
Enlightenment and the Bean Seed.	92
enlightenment, the process	
Enlightenment and the Bean Seed.	92
Enlightenment.	63, 97
environment	
The Demise of the "Civilized" Peoples.....	80
The Environment.....	75
evolution	
Creation.	91
executioner	
Killing.	71
Experimentation on Animals.....	80
F	
Faith and Fear.....	59
faith in God	
Loss of Faith in God.....	102
fallacy	
Crediting God.....	70
fear	
Attack.....	53
Faith and Fear.....	59
Fear	

Happiness.....	49
Fear does not help	
IF.....	53
Fear of Death.....	73
fear of tomorrow	
Fear.....	49
fear, avoiding	
The Simple Solution.....	103
Fear.....	49
feelings	
Negative Feelings/Situations	50
female traits	
The Gender Pendulum.	61
fertility of men	
The Demise of the "Civilized" Peoples.....	80
Finding God.	92
First Cause, the	
Creation.....	88
Flightless Birds we are.....	95
focus, spiritual	
Flightless Birds we are.....	95
Food and Drink.	67
free will	
Commandments.	72
The Boat of Life.....	69
Free Will and Karma.	101
Friendship.....	60
Full Enlightenment.....	90

G

genetic blueprint

The Body - It's Making.
93

gift

Reciprocating a Gift.
76

Giving Advice.
63

giving up all our fears

Happiness.
49

Giving.....
57

goals

The Boat of Life.
69

God - the Title.

"God" the Title.
48

God is not in books

Finding God.
92

God is not in the mouths of men

Finding God.
92

God, finding

Finding God.
92

God, intervention by

Christianity, Buddhism and taking responsibility.
93

God, the perception of

"God" the Title.
48

God's blessing

Killing.
71

God's gifts.
70

God's Will.....
55

good

Behaviour.
90

The Paradox of Good & Bad, right & Wrong.
77

Good or Bad?	52
Great Spirit	
Our True Self.....	49
Great Spirit, the	
Creation.....	88
Guilt.....	102
H	
happiness	
Health, Wealth & Happiness.....	76
Pleasure and Happiness.....	79
True Happiness.....	91
Happiness	
The Itch.....	57
Happiness and Joy.....	101
happiness is like the rainbow	
Happiness.....	51
Happiness.....	49, 51, 66
harmony	
Full Enlightenment.....	90
Karma & Balance.....	78
hate	
Anger, Hate and Animosity.....	60
Healing.....	68
Health, Wealth & Happiness.....	76
highest awareness	
"I AM" - the awareness of.....	96
How is Life?.....	54
human body	

Karma & Balance.....	78
Human Conflicts.	60
Human Discontent.....	76
human form, the "birth" of Birth and Death.	97
I	
"I AM"	96
I am. An Affirmation.	50
I Love You!	74
idealise To Idolise or Idealise?	80
idolise To Idolise or Idealise?	80
IF.	53
illness, predisposition to The Body - It's Making.	93
Illusion.	54
Immortality.....	76
Immunization.	80
Impermanence.	99
Inaction Invasion.	75
Inner Bankruptcy.....	89
inner voice speaks The Mind & the Inner Voice.	52
'Inside' and 'Outside' the Universe.	55
intuition	

Science and Intuition.....	111
invasion	
War and Invasion.....	103
invasion, evasion of	
War and Invasion.....	103
Invasion.....	75
Is Karma Immutable?	61, 73
Is Money the Driving Force of the World Today?	79
itch	
The Itch.	57
<i>J</i>	
Joy and Happiness.....	101
judgement	
Emotional Peace & Human Behaviour.	92
Justice.....	51
<i>K</i>	
karma	
Choice and Karma.....	96
Free Will and Karma.	101
Is Karma Immutable?	73, 61
Justice.....	51
Rebirth in Non-human Form.....	93
Right and Wrong.	93
Taking Responsibility.....	56
The Universe and Karma	48
...Karma & Balance.....	78
...Karma and Balance.	77

Karma and 'Merit Points'.....	57
...Karma and Rewards.	90
karma of the individual	
The Body - It's Making.	93
Karma.....	99
karmic Law	
Killing.	71
Killing.	71
L	
Labels.....	73
law of cause and effect	
We as Co-creators (with God).	55
law of karma	
Creation.	91
learning becomes leaning	
The Message & the Messenger.	103
lesson about life	
Patience/Solitaire.	50
let go	
Attachment & Non-attachment.	96
Emotional Peace & Human Behaviour.	92
Let Go! and Win!	53
Let no man put asunder	72
Letting Go & Non - attachment.	77
life	
Controlling Life.....	51
How is Life?	54
Life	

The Purpose of Life & the Universe.	91
Life - an illusion, dreamlike	92
Life Field	
Healing.	68
We as Co-creators (with God).	65
Life is not as it seems.	101
light	
Darkness and The Devil.	51
Illusion.	54
Light.	65
Little Acts of Good.	48
Living For Others."	64
living in the now	
Patience/Solitaire.	50
Looking after No.1.	73
losing	
Winning & Losing.	79
Loss of Faith in God.	102
love	
"I Love You!"	74
Dependence/Independence.	52
Love	
'Inside' and 'Outside' the Universe.	55
Love - what is it?	100
Love and the Mango.	101
Love.	54, 72, 76, 93
Loving One's self.	102

loving ourselves	
On Loving Ourselves,	
49	
<i>M</i>	
making our future	
The Future.	
91	
male traits	
The Gender Pendulum.	
61	
manipulation	
The Test of Manipulation.	
65	
Marketing/Advertising.	
64	
matter - subject to time	
The Circle - The Source.	
95	
Medical Practice.	
60	
Meditation.	
67	
menopause	
Body Changes.	
67	
<i>ment, mentoring</i>	
The Soul, Thought & Thinking.	
96	
Mental Drift.	
91	
Message & the Messenger, The	
103	
mind	
The Still Mind.	
64	
Mind	
What is the Mind?	
58	
Mind - Clouding Our Sky.	
52	
Mind & Soul.	
92	
Mind Control.	
48	
mind, does it think?	
The Soul, Thought & Thinking.	
96	

Mind/Thought.	91
money	
Is Money the Driving Force of the World Today?	79
Success as Defined by Money.....	62
What is Money?	76
Moral Decay and Illness Today.....	65
moral decline	
Regressive Progress.	69
morality	
The Crescendo of Collapse.	63
Morality.	91
motherhood	
The Demise of the "Civilized" Peoples.....	80
mountain, reaching the top of the	
Three Realities.	101
mystic	
The Mystic.	98
Mysticism	
Religion and Mysticism.	74
<i>N</i>	
Navigation.	70
need	
Wants and Needs.	60
Needs and Wants.	101
Negative Behaviour - the Cause.....	91
Negative Feelings/Situations.....	50
negativity	
Solitude - being alone, isolated	52
non-attachment	

Love.	93
The Body - It's Making.	93
The Environment.....	75
The Seesaw of Emotions.....	67
non-attachment'	
Dependence/Independence.....	52
Non-attachment.	70
numbers	
The Circle - The Source.	95

O

Obsession.	80
Omissions of the Buddha & the Christ.	79
On Loving Ourselves.	49
On the Path.....	60
One - all is	
All is One.	98
Opportunity.	57
options	
The Boat of Life.....	69
Our True Self.....	49

P

pain	
The Earth, the Universe, Life - The Absolute Reality.....	97
pain, avoiding	
The Simple Solution.....	103
Parent/Child.	61
Parental Advice.	77
past lives	

Remembering Past Lives.	69
Path	
On the Path.	60
Patience.	102
Patience/Solitaire.	50
peace	
Emotional Peace & Human Behaviour.	92
'Inside' and 'Outside' the Universe.	55
pendulum	
The Gender Pendulum.	61
perceived reality	
Illusion.	54
Three Realities.	101
Pleasure and Happiness.	79
Possessions.	72
Predisposition to an illness.	93
The Body - It's Making.	93
pregnancy	
Body Changes.	67
prime motivations	
The Itch.	57
Problem solving.	96
Problems & Solutions.	101
progress	
Human Discontent.	76
Progression & Regression.	76
puberty	
Body Changes.	67

punctuality	
Reliability/Punctuality.....	77
purpose of each soul	
Soul purpose.....	70
R	
Rat Race	
The Rat Race.	60
reaction	
Action and Reaction.....	78
Reality	
Three Realities.	101
True Reality.	95
Rebirth In Non-human Form.....	93
Reciprocating a Gift.	76
Recognition/Realisation/Enlightenment.	95
Recognizing Truth.....	76
regress	
Progression & Regression.	76
Regressive Progress.	69
Reliability/Punctuality.....	77
Religion and Mysticism.	74
Religious Excess.	80
religious texts	
Invasion.	75
Remembering Past Lives.	69
Renunciation of worldly things.....	93
Research.	77
responsibility	

Accepting Responsibility.	78
Christianity, Buddhism and taking responsibility.	93
Duty and Responsibility.	62
Taking Responsibility.	56
retaliation on invasion	
Invasion.	75
rewards	
Karma and Rewards.	90
Riches.	92
right	
Behaviour.	90
Good or Bad?	52
The Paradox of Good & Bad, Right & Wrong.	77
Right and Wrong.	93
Rituals.	59
S	
satisfaction	
Contentment and Satisfaction.	78
sceptic	
The Sceptic & being Sceptical.	98
Scepticism.	62
sceptics	
Scepticism.	62
science - a limited mental activity.	
Science and Intuition.	96
Science and Intuition.	96
Seek and Find.	74

Seeking Advice.	90
Seeking Wider Knowledge.....	77
self- sufficiency	
True Self-sufficiency.	78
Self-betterment.....	59
self-defeating	
Invasion.	75
self-destruction - of civilization.	
Self-indulgence.	91
Self-healing	
Healing.....	68
Self-healing affirmation.	72
Self-indulgence.	91
selfish	
On Loving Ourselves.	49
selfishness	
Negative Behaviour - the Cause.....	91
Self-observation	54
soldier	
Killing.	71
Solitude - Being alone, isolated.	52
soul	
Karma & Balance.....	78
Mind & Soul.....	92
Spirit & Soul.	90
The Soul and Choices.	98
The Soul Incarnate.	58
The Soul.	56, 64, 93

The Uniform of the Enlightened Soul.....	90
soul - not an entity in itself	
The Soul, Thought & Thinking.....	96
Soul Purpose.	70
soul, age of	
Age of Spirit, Soul and Body.	102
soul, annihilation of	
Enlightenment.	97
soul, the - ceases to be	
Full Enlightenment.....	90
soul, the - does it think?	
The Soul, Thought & Thinking.....	96
Spirit	
Full Enlightenment.....	90
'Inside' and 'Outside' the Universe.	55
Recognition/Realisation/Enlightenment.	95
Spirit - perfect.	
Spiritual Growth - an erroneous concept.	88
Spirit - Soul - Body.	89
Spirit & Soul.	90
Spirit (God) manifest	
The Living God.....	54
Spirit, age of	
Age of Spirit, Soul and Body.	102
spiritual "growth" - no such thing.	
Spiritual Growth - an erroneous concept.	88
spiritual aspect of dependence	
Dependence/Independence.....	52
spiritual growth	
Invasion.....	75

Mind Control.....	48
The Comfort Zone.....	90
Spiritual Growth - an erroneous concept.	88
Spiritual progress.	52
spiritual purposes, one of our main	
Patience.	102
spiritual search	
The Message & the Messenger	103
Spirituality.	72
spontaneous healing	
The Body - Defects and Illnesses.....	57
Statistics.	66
steadfastness	
Reliability/Punctuality.....	77
Stillness	
Being "Still".	99
'Inside' and 'Outside' the Universe.	55
Strength and Weakness.....	102
Stress.	66
Success As Defined by Money.....	62
Success.	68
T	
Taking Responsibility.....	56
terminology	
Regressive Progress.	69
Terminology - spiritual.....	98
territorial defence	

Invasion.	75
Territorial Ties.	71
thanking God	
Crediting God.	70
The American Culture.	98
The American Ideal.	64
The "Point" of Reality.	99
The Akashic Records.	100
The Boat Of Life.	69
The Body - Defects and Illnesses.	57
The Body - It's Making.	93
The Body.	90
The Circle - The Source.	95
The Comfort Zone.	90
The Crescendo of Collapse.	63
The Demise of the "Civilized" Peoples.	80
The Earth, the Universe, Life - The Absolute Reality	97
The Earthly Experience.	78
The Environment.	75
The Future.	91
The Gender Pendulum.	61
The Inadequacy of Words - an example.	65
The Living God.	54
The Message & the Messenger.	103

The Mind & the Inner Voice.	52
The Mystic.	98
The Paradox of Good & Bad, Right & Wrong.	77
The Physiological Response To Thought.	79
The Purpose of Life & the Universe.	91
The Rat Race.	60
The Sceptic & being sceptical.	98
The Science of The Reality	100
The Seesaw Of Emotions.	67
The Simple Solution.	103
The Soul	56
The Soul and Choices.	98
The Soul Incarnate.	58
The Soul, Thought & Thinking.	96
The Soul.	93
The Still Mind.	64
The Test of Manipulation.	65
The True Achiever.	77
The Truth & Understanding/believing.	91
The Truth and Ignorance.	101
The Truth and the Pond.	89
The Truth.	101
The Uniform of the Enlightened Soul.	90
The Universe and Karma.	48

The Way	70
thought	
Killing.	71
The Physiological Response to Thought.....	79
The Soul, Thought & Thinking.....	96
Thought	
Creation.....	88
'Inside' and 'Outside' the Universe.	55
Mind/Thought.	91
Thought and Thinking.....	97
Thought as "an intelligence".	90
Thought Field	
Healing.....	68
We as Co-creators (with God).....	55
Thought manifest in human form	
The Soul, Thought & Thinking.....	96
Thought.....	49
thoughtless drift	
Mental Drift.....	91
Three Realities.....	101
time	
The Circle - The Source.....	95
To Change the World.....	53
To Idolise or Idealise?.....	80
tomorrow, and the collective	
Choice and Karma.....	96
tomorrow, and the individual	
Choice and Karma.....	96

tooth for a tooth	
Justice.....	
51	
transmigration of the soul	
Rebirth In Non-Human Form.....	
93	
troubles in life	
Ceasing the Vicissitudes of Life.....	
100	
true happiness	
Controlling Life.....	
51	
True Happiness.....	
91	
True Reality.....	
95	
True Self-sufficiency.....	
78	
trustworthiness	
Reliability/Punctuality.....	
77	
truth	
Recognizing Truth.....	
76	
Truth	
True Reality.....	
95	
Truth, the - awareness of	
Enlightenment and the Bean Seed.....	
92	
truthfulness	
Reliability/Punctuality.....	
77	
<i>U</i>	
unhappiness, avoiding	
The Simple Solution.....	
103	
universal balance and harmony	
Creation.....	
91	
universe	
Balance and The Universe.....	
66	
'Inside' and 'Outside' the Universe.....	
55	
Universe - the non-existence of the	

The Earth, the Universe, Life - The Absolute Reality	97
Universe, the	
Creation.	91
The Earth, the Universe, Life - The Absolute Reality.....	97
universe, the - its purpose	
The Purpose of Life & The Universe.	91
Universe, the - its purpose	
The Earth, the Universe, Life - The Absolute Reality.....	97
Unloving talk.....	59
urge	
Urge and Desire.....	68
Urge and Desire.....	68
V	
value of a gift	
Reciprocating a Gift.	76
Vengeance is mine saith the Lord."	
Justice.....	51
vicissitudes of life	
Ceasing the Vicissitudes of Life.....	100
Virtual Reality	
We as Co-creators (with God).....	55
W	
wants	
Needs and Wants.	101
Wants and Needs	60
War and God.	71
War and Invasion.....	88
war and karma	
War and Invasion.....	88

Wasted Years	74
We as Co-creators (with God).....	55
weakness	
Strength and Weakness.....	102
wealth	
Health, Wealth & Happiness.	76
What is Money?	76
What is the Mind?.....	58
Why Me?"	59
Winning & Losing.....	79
worldly desires	
Navigation.....	70
wrong	
Behaviour.	90
Good or Bad?	52
Right and Wrong.	93
The Paradox of Good & Bad, Right & Wrong.....	77
X	
Xenophobia.	76
Y	
you are the Great Spirit	
"I AM" - the awareness of.	96