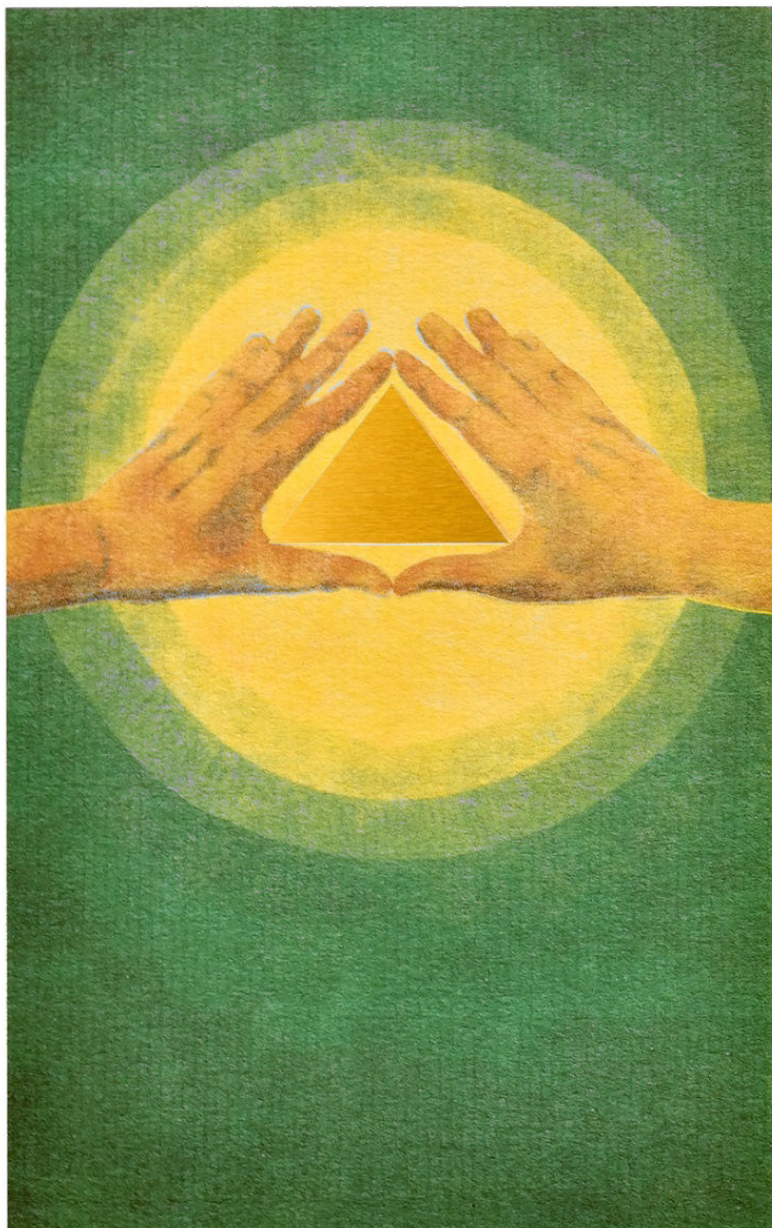


THE ESOTERIC PRACTICE

CHRISTIAN MEDITATIONS AND EXERCISES



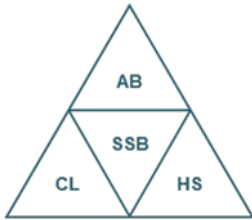
DR. STYLIANOS ATTESHLIS

THE COVER SYMBOL

The hands are as expressive as the tongue. They can curse or christen, harm or heal, banish or bless. For centuries teachers have used their hands to communicate powerful non-verbal symbols. We know that Joshua Emmanuel the Christ was a master at teaching with His hands.

Our cover depicts one of Joshua's symbols. The connected thumbs form the base of a triangle, with the forefingers angling upwards to complete the sides. Spaced apart, and fanning outwards, are the other fingers.

The full triangle represents our Divine nature as a Spirit-Ego-Being, complete, harmonious and luminous in the Eternal Now. This triangle is itself composed of four internal triangles: three of which face upwards, with a fourth in the centre inclining downwards:



The upper triangle represents the Absolute Beingness, God (AB). The triangle in the lower left-hand corner represents the Christ Logos (CL), while the Holy Spirit (HS) fills the lower right-hand triangle. The Spirit-Soul-Being (SSB) of a human – descending into time and place – is situated in the centre, eternally supported on all sides by the Holy Trinity.

The remaining fingers in the symbol represent our descent into the worlds of separation: Firstly, and with the least distance between them, the middle fingers symbolize the noetical body and world. Next, and with a greater gulf from tip to top, the ring fingers depict the psychical body and world. And finally, with the greatest degree of separation, we have the little fingers which represent the gross material body and world.

The apparent separation we experience is an illusion, established and confirmed by the egoism of the personality which sees itself as separate from the whole. However, as is clear, there is no real separation for the hands remain inexorably unified at their source.

THE ESOTERIC PRACTICE

CHRISTIAN MEDITATIONS & EXERCISES

Compiled under the direction of
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A Teacher of What Is Within
(known as 'Daskalos')

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by Panayiota Atteshli-Theotoki

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For all the biblical citations appearing herein we have selected the *Authorized King James Version*, published by Oxford University Press.

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This book exists as a companion volume to *The Esoteric Teachings*, by the same author, which details the more theoretical aspects of our work. However, this book has also been designed to stand alone, as we have provided a short overview of the basic tenets and beliefs of our esoteric Christian approach to Truth.

While reading this text you are likely to come across terms unfamiliar to you and, perhaps, terms that you may have heard in other teachings and disciplines. Please note that our System for the Research of Truth employs some terms and concepts in a particular fashion. To avoid confusing our terminology with that of other schools of thought, and to gain clarity over the material, we appeal to the reader to consult the glossary at the back of the book.

To complement this title, we will soon publish a collection of guided exercises and meditations by Panayiota Atteshli-Theotoki. Her work deals extensively with complex visualization (a *language* of the Divine), leading to deep and intimate spheres of consciousness.

The Editors

I wish to extend my heartfelt gratitude to the many who contributed to the realization of this book. Thank you Paul, Eliane, Rudolph, Sophie and my daughter Panayiota. I am also grateful to Rob and Audrey for first collecting the exercises from recorded lessons. Finally, I thank Valerie for her careful proofreading. Together, we dedicate this book to Researchers everywhere.

Stylios Atteshlis

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Tell me what salt tastes like. Can you? Can you describe to me the taste and sensation of salt? You may say that it is a white crystalline solid, chiefly composed of sodium chloride. You may also say that its chemical composition is NaCl. But I tell you this: until you first place some salt on your tongue you will not know the taste of salt. So, what do we need to do? We need to take a pick and head to the salt mines!

Daskalos

And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

Luke 11:9

I have more understanding than all my teachers; for thy testimonies are my meditations.

Psalms 119:99

O God, my Father, make my footsteps upon life's path as light as they may be. Let me not raise dust, in anger or greed that blinds my brothers and sisters. Make my steps light upon life's path. Make my heart, O God, my Father, a crystal-clear mirror to reflect Your Love, my love, and to allow my fellow humans to rejoice.

Daskalos

INTRODUCTION

It is with great pleasure that we present this book of exercises and meditations into the hands of all seekers. It is not enough that we apply ourselves to the study of words and theory. We have to explore and experience the inner reaches of ourselves, of life, and of Creation.

Feeling the need to be in the presence of a Master, or the desire to surround yourself with all the sacred books of the world, is not unlike relying on crutches to move along the way. You must be with yourself, sincerely and fearlessly exploring life. The world around us grows increasingly complex, full of distractions and temptations that threaten our attentiveness. Yet we must be steadfast and apply ourselves unceasingly, for although the texture of our lives has changed across the centuries, the human condition, experience and purpose remain unaltered and eternal. Work towards progress within yourself. Learn to discriminate. Draw proper conclusions.

Let us remember that in our lives there is no more demanding work than our pursuit of Truth. Religious involvement is not a passive engagement, but an active struggle to clean the heart and clear the mind. Yet the harder the labour, the

sweeter the fruit. The rewards of cultivating a holy personality continue long after the material body gives way.

Become familiar with the state of your gross material body and keep it in good order. Bring your psychical (emotional) body into a healthy exchange with your noetical (reasoning) body. Your present-day personality, with its three bodies, is a vehicle for the collection and distillation of experience towards the edification and *fullness* of your Permanent Personality. You must try to attune your present-day self to your Permanent Personality. With the aid of your Guardian Angel, your Permanent Personality is continuously prodding you on, guiding the way. Emotions and desires need to be placed under the wisdom of moderation and reason. There is no other way.

It is central to our work that we strive to develop our capacity for:

OBSERVATION – Attention without tension. Without the ability to observe and to recall in detail what you have observed, your awareness of, and attunement to, the Divine Plan is, at best, imperfect. Observation is an expression of our Divine nature.

CONCENTRATION – This is one of the prime necessities for creative thinking and for healing. You must learn to concentrate all your thoughts on a subject of contemplation or an object in hand. One's concentration should focus, like a magnifying glass, so that it becomes so absorbed, unmoved by external forces, as to suspend the present-day self (attunement and atone- ment).

VISUALIZATION – By learning to observe carefully and to concentrate fully, the ability to visualize properly becomes easier. Some bemoan the fact that they cannot visualize, but in fact we all visualize subconsciously in the creation of

elementals. This is the way we create our world. There is nothing more powerful than thought, and visualization is the process of harnessing thought in a constructive manner for the expansion of consciousness and aiding others in need.

INTROSPECTION – An inner exploration to trace the sources of your emotional and noetical behaviour with the resolve to self-consciously structure your personality and its subconscious. The determination to free the self from the limitations of egoism, by releasing ‘your conscience from dead works’ (Hebr. 9:14), is moving towards the wise and loving voice of the Soul.

MEDITATION – The inner reaches of introspection become the outer reaches of meditation, as the exploration moves beyond the subjective experience of the present-day personality into the boundless ocean of Mind, towards alignment with the universal and eternal.

Of that which is universal and eternal there is none greater than Love, for ‘there is no fear in love; but perfect love casteth out fear’ (1 John 4:18). The Love of Absolute Beingness is at the very heart of the cosmos and the Source of all Creation. It is the same Love to which we owe our Source, and the same Love which lives in our hearts.

PART ONE

GNOSIS

ESOTERIC CHRISTIAN WISDOM

OUR LORD'S PRAYER

After the Sermon on the Mount, Joshua Emmanuel the Christ was asked by a disciple, 'in what way should we pray?' (cf. Matt. 6:9 & Luke 11:2). Then, and on the other occasions, the God-man gave us His prayer. Our version of the Lord's Prayer and the complete second stanza have been given to us by the Spirit of Yohannan the Evangelist, an apostle of Joshua. Recitation of the Lord's Prayer, either silently or spoken aloud, is appropriate before beginning any sacred work.

Our Father Who Art in Heaven,
Hallowed be Thy Name.
Thy Kingdom come, Thy Will be done,
on earth as it is in Heaven.
Give us this day our daily bread
and forgive us our transgressions as we
forgive those who transgress against us.
And lead us while in temptation
and deliver us from evil,
for Thine is the Kingdom
and the Power and the Glory, Forever.

Absolute Infinite Beingness, God;
Everlasting Life, Love and Mercy;
Manifesting Yourself in Yourself,
as the Total Wisdom and the
Almightiness;
Enlighten our minds to
understand You as the Truth.
Clean our hearts to reflect Your
Love towards You, and
towards all other human beings.
Amen.

When thou prayest, thou shalt not be as the hypocrites are: for they love id pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

Matthew 6:5-7

ON EXERCISE AND MEDITATION

A Conversation with Stylianos Atteshlis

Paul Skorpen: Dear Daskale, the call has become great for a collection of exercises and meditations to be assembled to complement the lessons you are offering. We now ask you to share your comments on the nature of proper exercise and meditation in relation to our theoretical understandings.

Daskalos: *This is very precious work, most vital to our effort to understand and experience the relative truths and advance in our development. It is not enough that we sit and talk and talk, for as I often repeat in the lessons we must not accept anything unless we ourselves have experienced it. Truths unexperienced quickly degenerate into dogmatism.*

P: This seems true. We encounter so many researchers who believe that it is only a matter of greater and new material that will lead to enlightenment. I often wonder if to draw closer to the Truth we need to know less and experience more?

D: *Absolutely true. It is less a question of accumulation and more a matter of discovering and purifying what we already have, what we already are. We cannot become something that we are not already!*

P: In your lessons we hear you stress the value of observation, concentration and meditation. Could you say more here about what you mean by these terms?

D: *These are skills that a Researcher must develop to master himself* and the circumstances with which he is confronted.*

Observation, part of our Divine nature, requires that nothing escape our attention either in the gross material world or in the planes of the psychical and noetical worlds. Concentration entails focusing our attention completely on a subject, emotion, thought, or idea. The size is no matter; remember what Joshua said, 'He that is faithful in that which is least is faithful also in much' [Luke 16:10]. We need to develop the skill of concentration to such a degree that nothing moves us from our work. Meditation, which utilizes both observation and concentration, entails contemplation and investigation of a subject.

P: Of late you have been stressing the importance of 'visualization'.

D: *Proper visualization is indispensable in our work as I have always insisted. It is one of the 'keys' [cf. Matt. 16:19] that so many speculate about. The exercises and meditations which follow all require the ability to visualize: to form psychonoetical super-substance into the creation of objects and situations. For those unfamiliar with the work of visualization we will provide basic guidance leading into more advanced work. We must not be overly intimidated by the importance of visualization. All things will come in time.*

P: Could you then describe the purpose of this work? What is the difference between an exercise and a meditation?

* For the sake of simplicity, the author has decided to employ the male pronoun throughout this book.

D: *We all must begin somewhere, at some point of reference. There is work for those just beginning and there is work for those on the way.*

An exercise involves a series of successive movements (using visualization) towards developing the conditions for an intimate exposure to sacred energies and spheres. Meditation is more passive as it involves reflection and introspection. The difference is not great and often an exercise will lead into a meditation.

P: And prayer?

D: *Prayer is another matter. Although here again if an exercise or meditation leads you into sacred space, exposing you to Divine forces, you may feel the need to pray. Prayer comes from the heart. And just as tears born of emotion own a separate chemical composition from those born of physical pain, prayers – whether spoken with words or with thoughts – have different vibratory patterns from any other expression. They spring from our deepest nature and seek the ear of the Divine. What is asked for in prayer should be heartfelt, not serving egoism, and dearly desired, for sincere prayer is always heard.*

P: And, therefore, we should be careful what it is we desire, for ‘all things, whatsoever ye shall ask in prayer, believing, ye shall receive’ [Matt. 21:22]. Where do we begin with meditation?

D: *Meditation is practised in varying degrees. You cannot jump ahead but have to go slowly by mastering each step along the way.*

The first field of work (let us call it the ‘microcosm’) concerns the cleansing of the present-day personality. This cleansing is ceaseless work and even so-called Masters must keep constant vigil against the emergence of egoism. Through

study we set about to understand the nature of elementals. Remember, we teach that the sum total of all the elementals which we create, assimilate and re-energize, compose our present-day personality.

P: And because elementals can be characterized by their quality, and numbered in their quantity, we speak both in qualitative and quantitative terms of a personality.

D: *Indeed, a personality encumbered with demanding and emotional elementals (of desire, greed, lust, envy), or entrenched in a pattern of beliefs and attitudes (full of expectations, preconceptions, categories, dogmatic ideas, prejudices) is a heavy personality and more likely to cause problems to himself and others.*

So, if our study brings us to an awareness of the nature of elementals, then it is through exercise and meditation that we begin to weed out the corrupt and allow the beautiful to flourish.

P: John the Baptist said, ‘He must increase, but I must decrease’ [John 3:30].

D: *This is the good work of cleansing – call it purifying if you want – the personality; removing the clutter, cultivating love, tolerance and charity, and allowing room for the Divine to live and work. Lightening the personality.*

P: This reminds me of what Michelangelo would say of every piece of marble he saw, ‘I see a figure struggling to come out.’ Or Meister Eckhart when he said, ‘God is not found in the soul by adding anything but by a process of subtraction.’

D: *Well back in ancient Egypt there is the image of Anubis weighing the heart – the psychical heart – of a man who has just passed-over, against a feather. A clean heart is a light heart and is the home of our logoiic consciousness.*

Amongst the elementals within each personality the Self-aware Soul is trying to emerge and express Itself as 'a voice in the wilderness' [John 1:23]. The Teachings of the God-man Joshua the Christ will help us pare away the egoism which imprisons us in our shells.

P: It's as if we will remain stuck in our shells as long as our personality is preoccupied with the five senses, base desires, unbridled emotions and the appetites of the flesh.

D: *The expansion of consciousness, and exosomatosis, are difficult when ninety-five per cent of an individual's consciousness is concerned with material things and base desires; 'He that is of the earth is earthly' [John 3:31]. As eager as people are for exosomatosis, as long as their personality is tied to the material world they will be limited in their success\ fastened to their material bodies.*

P: And yet with time we will succeed...

D: *Definitely! For the larva can only remain so long in the cocoon (the present-day personality) before those quarters grow too confining. Soon it will want to stretch out its wings and take flight (the Permanent Personality). This is a natural Law, the inexorable Law of the Circle of Possibility. Growth is inevitable no matter how much it seems people enjoy, their cocoon; as 'it shall come to pass afterward, that I will pour out my spirit upon all flesh' [Joel 2:28].*

P: And Christ says, 'I go to prepare a place for you.' [John 14:2]. Yet I wonder if it is we who have a need to clear a place for Him within our hearts and minds?

D: *He is already there... no, it is even more than that, He is our hearts and minds.*

So how then does our work help in this great Work? Take for example our most valued exercise, that of daily introspection. If we dedicate ourselves to introspection – and I mean all of us – we will see with ever-increasing clarity when we are acting out of self-interest (causing harm to ourselves and others) and when we are guided by virtue and principle. Other exercises aid in the effort of identifying destructive elementals within our personality, and slowly replacing them with life-giving elementals.

P: Matthew writes in his Gospel, ‘Cleanse first that which is within the cup and platter, that the outside of them may be clean also’ [23:26]. With this in mind it seems that the first work, before aspiring to develop any psycho-noetical abilities, is to put in order what we have as our desires, emotions and thoughts.

D: *It is a most dangerous situation when uncontrolled hunger for psychical experience moves a seeker to engage himself in strong exercises without first laying the groundwork within the personality to cope with the ensuing experience. The damage is often irreparable when an emotionally immature student opens certain etheric centres [Sanskrit: chakras] and has neither the means nor the strength to re-collect himself. We must be well grounded, rooted in love and faith. ‘If the roots be holy, so are the branches’ [Rom. 11:16].*

P: Do you take issue with Westerners who are engaged in certain Eastern practices?

D: *I have seen many, far too many, come to me, who have been practising Eastern breathing techniques, having their nervous systems shattered by interfering with the energy centres in an aggressive manner – disregarding the delicate and careful work of the Archangels. We have to constantly remind our-*

selves that it is not a matter of coincidence that we are born where we are born. In the East people are born to learn specific lessons, as we have our lessons in the West. We each come into this world with a psycho-noetical constitution that inclines us towards certain practices and prohibits us from others. In the West, for example, we are raised to believe that our personality is quite independent of others, while in the East the sense of self is more communal and less atomized.

Another thing that distinguishes our work from that of the East is our handling of the 'lower self, or as we term it, the present-day personality. The thrust of many Eastern schools is to stamp out the lower self and exist in a kind of void-of the 'no self'. We, on the other hand, see the Soul latent in the present-day self. We work towards raising up the lower expressions of the self into a unified Individuated Selfhood. They seem to desire to live in a state of emptiness, whereas we work towards a state of fullness, embracing all. We will get nowhere if we do not appreciate all aspects of the Selfhood.

Our psycho-noetical physiology, as it were, is not able to cope with many of the Eastern practices.

P: Perhaps some are just in a hurry?

D: *To that Christ said, 'If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you of heavenly things?' [John 3:12]. The greatest poison to spiritual growth is to be in a hurry. Patience and moderation are the rule; the work is a transformation of all our misguided thoughts and actions. This is the most valuable work, Later we will explore greater truths. All things in due time.*

It is, therefore, a primary responsibility for those who are interested in the Truth to learn all that is permissible concerning the human bodies. With the help of the Archangels, we need

to master our etheric doubles, and control the etheric vitality (in the four forms of ether: sensate, imprint, kinetic and creative) for use in our psycho-noetical development, maintaining our health and the health of others.

P: Of the exercises to follow would you say that students of psycho-therapy and practising psycho-therapists would benefit from a particular line of work?

D: *Those interested in the bodily and psychical health of others will easily see that certain exercises will help them in their work. But as Researchers of the Truth we contend that psycho-therapists need to develop all their faculties evenly. Therefore, we encourage them to work in all the fields – theoretical and experiential – to become evermore effective in their professions. Psycho-therapists seek resolution and growth, and is this not the work we are all engaged in?*

P: If work on the present-day personality is in the microcosmic field, could you speak a little about the nature of mesocosmic work?

D: *We have to be careful with our conceptions, as they are limited by time-place contingencies. Remember that Joshua Emmanuel the Christ speaks about, ‘the kingdom of Heavens within’. We cannot divide our research into that which takes place within the personality and that which is conducted out side. As above, so below. All we explore outside the self – Divine Laws, Principles, Ideas, Causes, and the Heavens – actually belongs to our higher nature.*

Yet, we need to speak in relative terms for now. The so-called mesocosmic work is an exploration of Total Wisdom, Love and Power in the worlds, leading to self-conscious and responsible engagement in the Divine Plan. This work engenders within the personality a respect for all of life, a

respect for self and others. Mesocosmic labours include our work on the etheric doubles for good health and healing purposes, working with controlled elementals for the construction of light-balls, and beginning to attune ourselves to objects and forms within the material, psychical and noetical worlds. We will marvel at the immeasurable Wisdom of Absolute Beingness.

P: In your work it seems you do not devalue the material world. Some systems of the East, as well as many in the West, consider the material world an illusion, maya [a Sanskrit term], something to escape, overcome, and detach ourselves from.

D: *Do you think that Absolute Beingness, in Its infinite Wisdom, would allow for the creation of the material world if it were not of value? Do you think that the Archangels would work unceasingly to construct and maintain the material planet and universe, keeping them in harmony, if it were not meant to be the home of the phenomenon of life? Our material bodies belong to the material world as our psychical bodies belong to the psychical world. It is a great honour to participate in this glorious earth as 'this is none other but the house of God, and this is the gate of heaven' [Gen. 28:17]. The flesh, though heavy at times, and the earth are sacred. It is a pity to degrade, in any way, this paradise for it 'is holy ground' [Ex. 3:5].*

P: Is it that our material bodies share the wisdom of the earth?

D: *The Wisdom, Love and Power of matter. Remember Absolute Beingness is – and is in – everything.*

We know of greater realities in the higher worlds, and supreme realities beyond the worlds of separation. But we are here now and the world is a paradise with much, much to learn from. The sheer majesty of the human body, and the cosmic bodies, escape the comprehension of doctors and scientists. We

must not demean matter, but we should respect and use it properly.

Could there be a better school than the material world? If we properly understand and take our lessons from all our trials and tribulations, and not become too absorbed with earthly joys and triumphs, there is so much to learn here. It is a perfect school: the seasons of our lives, our varied relationships, our personal struggles, our failures and successes. The Divine Plan is at work here.

P: Would you say something about detachment.

D: *Detachment, as we understand it, means neither over- nor undervaluing anything. In other words there is a place for everything. What is to be avoided is to become embroiled in and overly dependent on material goods, material aims, or, conversely, to value only the higher worlds.*

We are fundamentally opposed to any system of exercise adopted by Westerners which creates a division between the mundane and the Divine and a gulf between a meditative state and a normal waking state. It is not healthy, nor respectful, to annihilate either the natural world or the lower body belonging to it.

P: I infer then that you feel uncomfortable with systems which require meditation periods of several hours a day, and retreats that span months, even years?

D: *Again, such a thing may be appropriate in certain traditions, but we, as Christians, believe in service – not withdrawing from our fellow humans who may need our help. We stress engagement in the world, but not enslavement to it. For as Joshua said, You ‘are not of the world, even as I am not of the world’ [John 17:16].*

If, from time to time, one has an opportunity to spend a few days in the mountains or by the seashore, in meditation and contemplation, that is most renewing and advisable. We spend too little time in nature and far too little time in silence. It is good to escape the chaos every now and then, but we have work to do.

P: What is an appropriate measure of meditation?

D: *Let me put it this way. Say you have a seedling. You expose it to the sun, good soil and each day give it a little water. It will grow in its own course. But if you decide to put it in the hot midday sun, or water it to the point of drowning its roots, it will surely shrivel up and die. By exercising too much there is a danger in over-meditating, creating an extreme division between the periods of meditation and your normal waking state. We only encourage periods of fifteen minutes or so, two or three times a day. I have seen many, too many, who have severely damaged their nervous systems through excessive meditation. We are in the world and must, dialectically, work with it.*

P: St. Paul writes in Romans, ‘For the invisible things of God from the creation of the world are clearly seen, being understood by the things which are made’ [1:20].

D: *Well stated. One of the most valuable exercises we instruct is the exploration of the Circles of Possibility inscribed to each form. For when we understand the single life-course of the smallest thing in nature, we will see a testimony of the Greatest. We should study all phenomena of life in order to expand our understanding and experience. This most edifying work requires centuries.*

P: Our study of the Circles of Possibility – the ‘hands’ behind the sculptor – lead us naturally to an examination of the macrocosm.

D: *Yes, for if we understand that the forms of all things have within them a heartbeat and a metabolism – the Circle of Possibility – we are drawing closer to the causes. This is our work, this is life itself; drawing closer to our Cause ... to our Source.*

Exercise and meditation at higher levels mean exploring, attuning to, and eventually becoming unified (at-one-ment) with the Causes, Principles, Ideas, and Laws. Each Circle of Possibility works according to the Divine forces of Total Love, Power and Wisdom. These most perfect forces of life are within our archangelic human form. Ecstasy, real ecstasy, is aligning ourselves with the Divine.

P: This is all very humbling.

D: *Humbling for the egoism of the present-day personality, but inspiring for the Ego of the Permanent Personality.*

P: Could you say more about at-one-ment?

D: *At-one-ment is the great goal: the longing for communion with the Divine. Through transcendence of the egoism the personality can assimilate itself with anything – and this is important – temporarily suspending the self. As we advance in our work, through time and effort, we will be able to unify our nature with that of the Archangels, the Virgin Mary, and the Christ Logos [Gr. Χριστοαναστασία, Cristoanastasia: union with Christ]. Theosis is the culmination of the work, where the Self-aware Soul realizes Its unity with Absolute Beingness. I say ‘realizes’ because we are all always in at-one-ment with Absolute Beingness; only ignorance allows us to feel any distance between God and us. There is no such distance.*

P: Macrocosmic meditation, as it were, seems less a pursuit or practice, and more a state of Beingness. I do not think we are

talking any longer about periods and states of meditation but a complete transformation of the self?

D: *St. Paul asks us to, 'pray without ceasing' [1 Ths. 5:17]. We should always be in a state of reverence for life, aware of our place in the Divine Plan, living in God, which means, as Yohannan says, 'in love' [1 John 4:16]. Love isn't something you do or feel only on Sunday mornings. It is the continuous and eternal Truth. Love is each of us in the Common Selfhood.*

P: The 'Common Selfhood'?

D: *Each of us is a logos and together we are unified in the Christ Logos. This means that each of us is actually part of a single body. This union is at all levels – noetical, psychological, and even physical – as molecular biology now understands that we are constantly exchanging matter with one another. Even with the denseness of gross matter we are in constant exchange. Can you imagine the interchange with the less tangible forms of Mind, emotions and thoughts? So we see that it is not only in the higher levels that we are unified, but also in the worlds of separation.*

When we harm another we only harm ourselves. When a child starves in Africa, part of us starves. When a child is born into a healthy caring family in any part of the world, part of us is born. When a soldier dies in Bosnia, part of us is slain. We are both the assailant and the assailed. This is what Christ taught. Christ spoke of a King who said, 'I was naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.' Bemused, the praised could not recall the acts of compassion. And Joshua the Christ, the King of the Heavens, explained, 'Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me' [Matt. 25:35-40],

This is the Common Selfhood. In another place Joshua speaks of this: 'I am the vine, ye are the branches' [John 15:5]. That we all share an equal place in the body of Christ is one of the most profound and greatest truths.

P: Joshua continues '... for without me ye can do nothing' [John 15:5]. I fear that some may shy away from such a heavily Christian message? For Christ also says, 'no man cometh unto the Father, but by me' [John 14:6],

D: *What did Joshua mean when He said, 'I am the way, the truth, and the life' [John 14:6]. What is Christ? What is the Logos? Is it not Love, Wisdom and Power? This is a sacred triangle: the universal, unconditional Love from above; the Wisdom of a unified heart and mind; and the Power of Goodness to overcome weakness. What Christ was saying for those 'with ears to hear' [Mark 4:23] was that any man or woman who uses reason, love and power in the proper and Divine way is a Christian, be he called a Buddhist, a Muslim or any other brother or sister from the many faiths. The Church has so misunderstood this point. Joshua comes to us to free us from illusions, not to oppress us. Why did He come? He said it: 'I am come that they might have life, and that they might have it more abundantly' [John 10:10],*

P: The practice of meditation in the West seems to have been repressed, if not indeed suffocated by certain forces?

D: *This has been the course of things, but let us not see it as regrettable. It is what happened. What is lamentable is that so many continue to feel the need to go to the East - to India or elsewhere - because they believe they will find something that Christianity fails to offer. They often return more disenchanted than before they left. Christianity has everything and it belongs to us - it is our tradition; it belongs to our bodies, our hearts*

and our minds. So 'drink waters out of thine own cistern, and running waters out of thine own well' [Prov. 5:15].

The church is the church, reflecting the Love of the Godman to greater or lesser degrees, built of stone and some old ideas. Christ doesn't care how much gold may gild a church [Matt. 23:16-19]. His concern is for what goes on within a temple. The church is a holy place as it demarcates a sacred area, a place of worship. But the real church is the human form, with the three bodies. We 'are the temple of God' [1 Cor. 3:16]. Within us is the holy of holies, an inner sanctum, in the heart of every man and woman. This temple can neither be soiled, nor destroyed. Go there, supplicate, pray and work. Christ is there. He awaits you.

THE SEVEN PROMISES

Daskalos has long enjoyed the companionship of a Master on the other side. For nearly two thousand years Daskalos has been in continuous communication with Yohannan, with whom he shared the blessed period of Joshua Emmanuel the Christ.

In this incarnation Daskalos renewed his communion with Yohannan at a very young age. When Daskalos was seven years old Yohannan bestowed on him the Seven Promises which are the vows of all Researchers of Truth.

The promises embody a timeless pledge to the Divine Plan. Taking moral guidance from the promises through daily meditation an aspirant will, in time, attune himself to the Divine Laws of Creation.

I PROMISE TO MYSELF:

To serve at all times and in all places
Absolute Beingness to whom
I whole-heartedly belong.

To be ready at all times and
in all places to serve the Divine Plan.

To make good use of the Divine Gifts
of thought and word at all times,
in all places and under all circumstances.

To endure patiently, without complaining,
all forms of trials and tribulation which the most wise
Divine Law may bestow upon me.

To love and serve my fellow human beings
sincerely from the depths of my heart and Soul,
no matter what their behaviour may be towards me.

To meditate and to contemplate daily
Absolute Beingness, with the objective of total
coordination of my thoughts, desires, words
and actions with Its Divine Will.

To investigate and check every night whether
all my thoughts, desires, words and actions
are in absolute harmony with the Divine Law.

If you cast yourself into a sea, without any guidance, this is full of danger, because man mistakes things which arise within himself for things arising elsewhere. If, on the other hand, you travel on a sea in a ship, this is perilous, because there is danger of attachment to the vehicle. In the one case, the end is not known, and there is no guidance. In the other case, the means becomes an end, and there is no arriving.

Niffari

But when they shall lead you, and deliver you up, take no thought beforehand what ye shall speak, neither do ye premeditate but whatsoever shall be given you in that hour, that speak ye: for it is not ye that speak, but the Holy Ghost.

Mark 13:11

THE ESOTERIC TEACHINGS

A Christian Approach to Truth

If teachings, as theory, attempt to lay out the terrain of Truth, mark the guideposts and suggest a path, then exercises and meditations are vehicles to carry consciousness to higher ground.

The primary work, however, is to cleanse our personality so that we can see clearly where we currently stand and where we are headed. Only after an individual has situated himself within his personality (which is no small feat) is he able to move on to heavenly matters. Hand in hand with the expansion of consciousness, is the need to refine and direct our conscious awareness.

Yet there is always a danger when beginning a work to foresee or imagine its end. It is a basic truth, and a very human folly, that the more we impose our ideas, our concepts and expectations on what lies ahead, the less capable we are to see things as they actually are. Seldom do our expectations approximate the experience, and almost always they seem to compromise our access to the real nature of things. We must practise care with the ideas we create, as they may, in the end,

serve to create us. In what way are we capable, from where we stand now, to measure and to see what we have set out to find?

We are fortunate that the pursuit of Truth has been dear to the hearts of many who have gone before us. Sages, masters, prophets and teachers from all over the world and in every epoch have bestowed great treasures upon us. Each path and each religion reflects another face of the great gem of Truth. There exists a huge corpus of written and oral teachings devoted to the common eternal Truth. All have contributed invaluablely to our developing understanding of Absolute Beingness and the Divine Plan. 'Her ways are ways of pleasantness, and all her paths are peace' (Prov. 3:17).

Twenty centuries ago in Palestine all researchers, Archangels, angels, and demigods rejoiced as Joshua Emmanuel the Christ was born among us. Joshua, who comes to us directly from Absolute Beingness (as distinct from all human Masters who earn their wisdom through successive incarnations), offered for the first time the direct guidance of God. What Joshua taught, by deed and word, during His short corporeal life remains with us as the most pure, direct and Divine Teachings. As the Son of man He was the 'flesh and blood' of Truth (John 6:33). It is Christ as the Logos, the Son of God, who is the inextinguishable Light and the everlasting Life, the 'bread and wine' of Truth (John 6:32). The Logos is the eternal nature of humanity, compelling us towards perfection through the gentle and lasting exaltation of consciousness as 'the true Light, which lighteth every man that cometh into the world' (John 1:9).

Ours is a Christian path in celebration of Joshua's Teachings. We believe in the one Truth, the one God, which inspires

religious traditions, esoteric and exoteric, past and present. Differing in expression only, the ageless human effort to reflect the Divine is guided 'by the same Spirit' (1 Cor. 12:9).

Esoteric Christianity is not the privilege of the few, but a faithful reflection of the Soul of each of us. The meaning of the term 'esoteric' has become severed from its Greek roots. In Greek *εσωτερικό* (esoteriko) indicates knowledge found within us, 'for nothing is secret, that shall not be made manifest' (Luke 8:17). Inner Christianity, as 'the secrets of his heart made manifest' (1 Cor. 14:25), is less a religion and more the very nature of life - a clear, concise and complete mirror of the Truth. Let us review what we believe to be the way things are.

Absolute Beingness

God is Love; and he that dwelleth in love dwelleth in God, and God in him.

1 John 4:16

What *Is*, what always *Was*, and what always *Will Be* is the Absolute Infinite Beingness, God the Father, as the Absolute Infinite Reality. Of Absolute Infinite Beingness there is very little that we can trace and come to know from the human perspective in the gross material world. What we know of God we see in reflection as witnessed both externally and inwardly. In order for light to become apparent it must be reflected off a surface. Everything that surrounds us and the worlds within is a reflection of the Truth of God.

Absolute Beingness is, above all, the Divine Common Selfhood, that is to say, Super-conscious Self-awareness of the Whole. All Beings within Absolute Beingness are logoi expressing this Divine Selfhood as gods within God.

Love, Light and Life belong to the primary Nature of Absolute Beingness. The Love of God is universal, ceaseless, impersonal and unconditional. It is the Love of God, expressed as Grace, which lies at the core of Creation. The Light is pure, luminous Self-consciousness which lives in the centre of every Being. Everlasting Life is the eternal motion, generation and regeneration of expression.

Other characteristics of Absolute Beingness include Multiplicity, Self-sufficiency and the Will-pleasure to express Itself in Itself as Creation.

We know of Absolute Beingness that It is multiple in Its Unity. Within Absolute Beingness, in both the expressed and unexpressed condition, are the Christ Logos and the Holy Spirit, 'and these three are one', writes the apostle Yohannan (1 John 5:7). Also composing the Multiplicity of Absolute Beingness are myriad upon myriad of Self-conscious logic Beings. Humanity, the Archangelic Orders, and other Self-aware Beings are Holy Monads within the timeless body of God.

The Self-sufficiency of Absolute Beingness inspired Meister Eckhart to write, 'Outside of God, there is nothing but nothing.' The Omnipresence of Absolute Beingness engenders everything, embraces all, and all will be in the 'restitution of all things' (Acts 3:21). There is nothing that God is in need of.

In our struggle to comprehend the Will-pleasure of Absolute Beingness we learn that the genesis of Creation takes place in a Divine Meditation where God contemplates the Divine Plan that becomes Creation. The Will-pleasure of God is a gem-like prism through which the Great Light shines giving us the colours of the Archangelic Orders. According to the Will-pleasure, Omnipotence, Omniscience and Love of

Absolute Beingness, this Divine Plan unfolds, is unfolding and will always unfold in the Eternal Now.

The universes, as the texture of God, pour forth in Space (a Nature of God). The Logos, Holy Spirit and the Holy Archangels build and maintain these universes. In our system we acknowledge seven heavens in which higher aspects of human consciousness can study and live in Self-awareness. There may well be more. We call the less tangible heavens the causal planes as they give definition and order to the more material universes. The Causes, Principles, Laws and Ideas of Creation exist here in their archetypal state cared for by the highest orders of the Archangels.

The causal planes give rise to the noetic state. Here we have discernible forms in juxtaposition to one another, as yet unexpressed, in perfect harmony and order. More advanced human beings can begin to perceive structure in the noetic state.

Following the noetic state, stepping down the vibrations of Mind, we begin to experience the worlds of separation as the noetical world takes shape. In the noetical world we have, for the first time, realized forms in a space-place-time environment (although quite different from the conditions we are accustomed to in the gross material world). The noetical world is the world of thought and is typified by seven planes, each plane further divided into seven sub-planes.

Next, at a lower state of vibration, we have the emotional or so-called psychical world. This universe is also divided into seven planes and seven sub-planes. We all experience these planes each night in our dream state, or self-consciously in exosomatosis. As in the noetical planes, the colours in the psychical world cover a much broader spectrum than on the gross

material plane, and experiences of time and distance become more elastic.

Where we read in the Old Testament that God laboured for six days to create the material plane (cf. Gen. 1:1-31) we should understand that each day represents an epoch. The formation of the gross material world, the densest of the universes, took many millennia before becoming a fitting home, indeed a glorious paradise, for the expression of forms.

The three worlds of existence co-exist, one within the other, as do our three bodies. The gross material world is constructed of Mind etheric vitality, ranging in frequencies, let us say, between 1 and 10. If 1 is etheric vitality in its densest state as solid matter, 10 would be the more gaseous expressions. Mind as substance composes the psychical worlds and vibrates at frequencies 11 to 20. Mind as Super-substance, at frequencies of 21 to 30, constitutes the noetical worlds. The properties of each world, and of our bodies, are identical in nature; Super-substance, substance and etheric vitality, each express the four elements (fire, water, earth and air) and the various ethers (sensate, kinetic, creative and imprint), differing only in frequency. The more ethereal worlds are overlaid and intertwined with the gross material world and doors' to self-conscious movement within these worlds open as a result of sincere training.

The universes and all existences are constructed of Mind. Mind emanates from Absolute Beingness and all Self-aware Beings for the fulfilment of the Divine Plan. Mind is not Divine, but is holy as it is used eternally and is imbued with the goodness and purity of God. Mind is not itself a god, or Being, and is not therefore an immortal part of God. Mind's nature, then, is to serve the Will-pleasure of God.

A Spirit-Soul-Ego, in expression, 'finds pasture' in the

Kingdom of heavens, and it will 'go in and out', moving between the universes, incarnating and reincarnating (cf. John 10:9).

The Archangels of the Elements

*And the Angel said unto them, Fear not:
for, behold, I bring you good tidings of great joy,
which shall be to all people.*

Luke 2:10

*He shall give his angels charge over thee, to keep thee:
And in their hands they shall bear thee up,
lest at any time thou dash thy foot against a stone.*

Luke 4:10, 11

The Archangels are logic and Holy Spiritual Beings, who build, govern over and project themselves into the universes. Within Absolute Beingness are Orders of Archangels, Holy Monadic Beings, each Order containing myriad upon myriad of Beings of the same type.

We know of the existence of twelve Archangelic Orders: Thrones, Authorities, Dominions, Principalities, Overlords, Seraphims and Cherubims, along with others, named and unnamed.

No one has ever spoken, in detail of the kind of vibrations of the Archangels who belong to the higher echelons of the Orders. Few have come close enough to these Orders to attune to them. Human language, in any case, proves inadequate to describe their splendour.

When a human being descends into the worlds of separation, an Archangel from the Thrones accompanies him as his Guardian Archangel. Even if we are unaware of his presence,

our Guardian Archangel, with whom we are egofied, is always caring for us.

These Archangels appear in all religions, Eastern and Western, and in the majority of theosophic and esoteric systems, as messiahs, messengers, demigods, devas and the like.

The Archangels are familiar to the Buddhists, Hindus, Aztecs and Ancient Egyptians. They vary in form and in name, but their duties, responsibilities and forces are universal and identical.

The Archangels of the elements concern us in our research and meditations as they are most intimately involved in our well-being and advancement. Their names are not of human origin, but rather the resonance of each Order's vibration.

First there is the order of the 'Michaels' – *Ma-Ha-El*, 'The Great God'. In Sanskrit *Maha* means 'great' and *El* stands for God (as it does also in Ancient Egyptian and Hebrew). Appropriately we find the suffix *El* in all the Archangelic names. Michael's light is red, in all its shades, and he is the Archangel of light and fire.

Then there is the Archangel 'Gabriel', or in the ancient Egyptian pronunciation, *Kha-Vir-El*. *Ga* or *Kha* denotes desire, sentiment, and expressed love. *Bir* or *Vir* indicates element. Gabriel's light is sky-blue in many different shades, and he is the ruler of water and the liquids, which constitute three quarters of the planet. Gabriel is the steward of the entire physical kingdom.

Let us next mention 'Raphael' – *Ra-Fa-El*. In ancient Egyptian *Ra* stands for the sun, and *Fa*, for vibration: 'Sun-vibration-God'. Raphael, the Archangel of energy, is characterized by the shades of violet. This colour derives from the mixture of red (Michael) and blue (Gabriel), and thus tallies

with the role of Raphael as fellow-worker with the other two. The planet in its entirety is within Raphael's domain, who controls the electromagnetic forces - etheric vitality, as we call it.

Another Archangel, who coordinates the work of all the Archangels within the gross material body, is 'Uriel' – *U-Ra-El*, as known to our Egyptian forefathers. *U* stands for space and *Ra* for the sun: 'Space-Sun-God'. The great harmonizer of substance, Uriel keeps the universal Law of Order and Harmony, both within and between each body. The colour which represents Uriel is silvery-white.

The phenomenon of life in all the kingdoms is the work of the Archangels of the elements.

When a human being first incarnates into the lower worlds it does so with one Archangel from each Order of the elements. Thus, within the bodies of every human being there work a Michael, a Gabriel, a Raphael, a Uriel and a Shamael. Shamael, who is the angel of earth, is the elemental projection of Lucifer, the Archangel of light and keeper of duality. Shamael is not himself an Archangel.

Let us now look at the way they serve our material body. As the angel of earth and minerals, and in everlasting cooperation with the Archangels, Shamael provides us with the material for our bones, our muscles and the organs of the body. Michael gives us bodily warmth and rich red blood. Gabriel gives us the body's various fluids. Raphael provides our etheric vitality and plays an invaluable role in maintaining our health. During the night these Archangels work in our resting bodies to enact repairs towards good health.

Corresponding to their immaculate labours in our material

body the Archangels also help build and maintain our psychical and noetical bodies and their respective etheric doubles. They work in a similar manner throughout all the universes.

We must learn to work self-consciously with the Archangels of the elements in the maintenance of health and well-being, and also to consciously benefit from their wisdom and love. Exercises and meditations will help us develop awareness of the Archangelic Orders.

On Being Human

And God said, Let us make man in our image, after our likeness.

Genesis 1:26

Ye shall be my sons and daughters, saith the Lord Almighty.

2 Corinthians 6:18

Prior to passing through the Human Idea, humanity is an Archangel within the Archangelic Orders. Before their expression, Human Beings and Archangels, as Holy Monads, differ little from each other. Later, however, when they return to be within Absolute Beingness, the difference is great. Archangels cannot obtain Super Self-consciousness in any of their expressions. This is because they have their Being within the Eternal Now and are exposed to various experiences without being able to make comparisons. An Archangel of fire, for example, uses this element with Total Wisdom, but does not know the emotions and thoughts which are aroused by the presence of the element. Conversely, human beings, as Prodigal Children (cf. Luke 15:11-32), are fully exposed to the worlds of duality, of space-place-time impressions, and are therefore able to develop a keen sense of individuated Self-consciousness. Such considerations inspired Paramahansa Yogananda to say, ‘The

human form is higher than the angel form. Man is the highest being in Creation because he aspires to freedom.'

After passing through the Idea of Archangelic Man, a ray of the Spirit then continues through the Idea of Heavenly man to be shaped according to the law of the Human Idea. From that moment it takes on its own separate radiance within Absolute Beingness. A small ray of our Spirit-Ego-Being enters into a separate domain of Total Wisdom, Total Power and Total Love as a Self-aware Soul. Now we have two foundations for the Inner Self: the Holy Monadic Self within Absolute Beingness and Its emanation which passes through the Heavenly Man to be formed into the Self-aware Soul. Here we see how our Holy Monadic Self takes on a separate existence from that of the Archangels.

The Self-aware Soul, which is formed of Spirit, then begins to express Itself. As the Soul is of incorruptible Spirit, it is Self-sufficient and Omniscient. All Souls are equally luminous. The Soul can never be harmed or weakened in any way, so 'fear not them which kill the body, but are not able to kill the soul' (Matt. 10:28). It is the Soul which distinguishes humans from other Beings, for Archangels have no need of a Soul as they each belong to a communal Order. It is the Soul that harbours the Divine Individuation of each human Spirit-Soul-Ego when we return to our Father. The Soul is the womb of Super Self-consciousness.

As the Spirit-Ego-Being gives birth to the Self-aware Soul, the Soul gives life to Its own projection. This projection is what we call our Permanent Personality. Descending into the worlds of experience, it takes on its own colour and designs its own projections. As long as it remains in the worlds of space-place-time, it assumes many names, dons many present-day

personalities and expresses itself in many ways in these worlds.

Individuated Selfhood

Even though you tie a hundred knots - the string remains one.

Rumi

No man, when he hath lighted a candle, putteth it in a secret place, neither under a bushel, but on a candlestick, that they which come in may see the light.

Luke 11:33

Corresponding to the seven universes of Creation are the veils which dress the Spirit-Soul-Ego during its sojourn. Further investigation suggests that the human form does not so much contain the kingdom of heavens, but rather *is* the kingdom of heavens. When you realize this you understand that the traveller is the journey, the seeker is the sought. And when you seek this kingdom all 'things shall be added unto you' (Luke 12:31).

Human beings in their highest states express the Divine Love, Causes, Principles and Laws of Creation. In the lower, more dense states, as bodies, they express thought (noetical) and emotion (psychical) in the worlds of separation. Our gross material body, such a small portion of the Selfhood, and yet often mistaken for the self, belongs to the material plane.

Our psychical and noetical bodies are given us as amorphous masses which we must sculpt into refined and cleansed vehicles through which we can live unencumbered. Most of us allow our emotions and beliefs to rule over our personality, but it is the personality that must dictate the composition of its psychical and noetical bodies. As St. Paul reminds us, 'Hath not the potter power over the clay?' (Rom. 9:21).

After passing-over from the material plane we shall continue to live in the psychical world and, later on, in the

noetical world before reincarnating on the gross material plane. Entrenched, engaged, in a petty present-day personality, most of us will fail to realize that we have crossed over to the other side, and will continue to live in the same restrictive manner as on earth. The work of self-consciously constructing our psy-chical and noetical expressions rewards us now and in the hereafter. ‘Verily I say unto you/ warns Joshua, ‘Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven’ (Matt. 18:18).

The Selfhood of each of us extends from our Self as a Spirit-Ego-Being (our unexpressed Holy Monad Self) as it remains in at-one-ment with Absolute Beingness, and reaches down to the often struggling present-day personality. For those who wonder whether it was our choice to leave home we suggest a reading of the Parable of the Prodigal Son (Luke 15: 11-32) which details the decision on the part of the Son to leave his father’s home. This is where free will is established.

The central task of each Soul is to reunify the self – after its enrichment through the cycles of incarnations – into the unified Self in Theosis.

The Individuated Selfhood, accounting for the various expressions, is in the ‘image’ and ‘likeness’ (cf. Gen. 1:26) of Absolute Beingness.

Firstly, we have Self-sufficiency. As Absolute Beingness is without any needs, we contain within us everything: ‘The Kingdom of Heavens is within you.’ We lack nothing and need nothing that we do not already possess.

Secondly, as Holy Monads, we can express ourselves self-consciously within our own universe and within our own selfhood. In a similar way, macrocosmically, the Logos

expresses Its Self within Its universes as the Common Selfhood.

Thirdly, we have the power of shaping the Mind substance into thought and emotion, and of expressing ourselves as love. And when deemed worthy we are awarded the gift of emanating – not merely shaping – the Mind super-substance, the bearer of life.

Fourthly, we have been blessed with the gift and the responsibility of procreation and of caring for other incarnated Souls. In this way we are co-creators within the Divine Plan, with the Holy Spirit, the Holy Archangels, and the Christ Logos.

The Individuated Selfhood, as a single umbrella, encompasses four discernible expressions:

Spirit-Ego-Being

This is our Real Self, in at-one-ment with the Multiplicity and the Self-sufficiency of Absolute Beingness. The Spirit-Ego-Being projects a ray of Itself into Creation. The Will-pleasure of Absolute Beingness to express Itself in Itself, is identical to the Will-pleasure of the Spirit-Ego-Being to express Itself in Itself. The Spirit-Ego-Being is not properly considered an expression of the Self-hood, rather it is a creator of the Selfhood.

Self-aware Soul

We become a Self-aware Soul the moment a ray of the Spirit-Ego-Being passes through the Human Idea, at which point we understand our Self as something complete, yet seemingly separated from the Whole. The Self-aware Soul with its pro-

jections is both Beingness and existence. Beingness, as our real nature, is the Divine Permanent Point. That of existence is the other end of the continuum, where it plunges into the worlds of experience and development.

Permanent Personality

Described by some as ‘the feet of the soul’, this self is an expression of, and in union with, the Self-aware Soul in the worlds of time and place. The Permanent Personality contains the Divine Laws, Total Wisdom, Total Power and Total Love. It is the task of the Permanent Personality to select and supervise the lives and experiences of the present-day personalities. Through this process the Permanent Personality becomes *fuller*.

Present-day Personality

This is the personality we express in each individual incarnation. It is the projection of the Permanent Personality into the worlds of separation and their sub-planes. It is that aspect of the Self which experiences emotions, desires and thoughts, of which a character is formed. With time, this personality learns to interpret the impressions and correct its reactions, so that a refined personality develops. It is this expression of the self hood that Joshua asks us to ‘deny’ (Matt. 16:24) so that we may better understand our Real Self.

Let us sum up, so as to better understand the concept of Individuated Selfhood in its different expressions. Our selfhood is one, even though we meet it in four stages: Spirit-Ego-Being, Self-aware Soul, Permanent Personality and present-day personality. Our Individuated Selfhood, in its higher expressions, takes part in the Common logioic Selfhood.

We can imagine the pure Spirit of humanity as a ray projected from the sun (Absolute Beingness). This ray passes through the Idea of the Archangelic Man, continuing on to the Human Idea. Now picture this ray approaching an open window. On one side of the window we have the Self-aware Soul. As the ray passes through the window the Permanent Personality is shaped, part of it remaining within the Soul's home in the Eternal Now, and the other part expressing itself in the worlds of separation. The ray continues beyond the window and hits the floor. Here we have what we term our present-day personality. The floor, where the pattern of the Spirit Soul is laid, should be kept clean and swept.

The light from its source is pure and luminous. Filtered down through Ideas, universes, and layers of the Selfhood, it remains the same light, only diffused. It is as if numerous lampshades had been placed over a bright bulb. Exercises and meditations, coupled with sound theoretical underfootings, can do much to clean these shades, help us draw nearer to the source of the Light, and allow the Light from above to reflect more fully within our personalities. 'If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light' (Luke 11:36), Therefore 'Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven'(Matthew 5:16).

SOME COMMON QUESTIONS

What is the best time of day to engage in this work?

Any time you feel most comfortable. We would only say that at sunrise etheric vitality abounds and exercising at this time can be beneficial. Conversely it is prudent to avoid meditation during sunset when many harmful energies are active. We recommend the practice of one exercise in the morning, complemented by engaging in another in the evening. If you find time at midday to do a short exercise so much the better. Depending on your individual focus choose which line of work you wish to pursue during these periods. After nightfall we advise against the practice of exercise beyond daily introspection. Daily introspection, the most valued exercise, is best practised when preparing for sleep.

Is routine valuable?

Commitment is a necessity, but we never ask any of you to meditate when you are not inclined to: nothing good will come of that. You cannot force this work on yourself. If it is possible and you feel comfortable with it, try to exercise at least once a day. What is most vital is that you allow and preserve for yourself some time in your daily life. Certain exercises require

daily practice to properly succeed (e.g. developing etheric hands, light balls, daily introspection).

Does fasting help to concentrate?

Joshua said, 'Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man' [Matt. 15:11]. On the other hand a full belly can be quite a distraction. We are neither for asceticism nor over-indulgence.

Is it better to sit in a chair, cross-legged on the floor, or in some other position?

Find whatever position makes you most comfortable: in a chair, on the floor, or even lying on a bed. Remember the Soul is always in a state of worship and reverence. Try to relax your body in whatever position suits you for productive work. As much as possible, and without discomforting yourself, try and keep your spine straight to assure the proper flow of energy.

In a few of the longer exercises I have difficulties remembering the sequence. Have you any advice?

This is understandable. If you feel comfortable with your own voice, or with that of a friend, try recording the longer meditations on tape, or have them recited to you.

Should there be silence in the room, or does music help?

As you like. Music, as long as it has a calming effect on the psychical body, is a nice device to measure and mark movements within a meditation. Quiet instrumentals prove to enhance meditations for many.

How can I gauge when to move on to more complex work?

You will know when it is time. Remember, this work takes time,

much time and patience, so do not expect great results early on. A good measure of your readiness to move on is the level of success at each stage. Master each stage as you go along and do not be in a hurry. Your Guardian Archangel will always be there to assist you in your work and will encourage you when it is time to move ahead.

I would like to know what exercises are good for children to practise and at what age they should begin.

Children come into this world with distinct personalities, gifts and directions. This, coupled with the extent to which parents and a culture encourage or limit the child, determines the degree to which the child is inclined towards meditation. Some children are more introspective, while others are extroverted. We have to remember that we are more clairvoyant when we are young and are more in touch with the greater order of things. This enables youth to enjoy heightened states in meditation. Children are also in closer communication with the Guardian Archangels and guiding spirits, and through meditation they can keep this vital communication open as they grow older and more involved in the world. All types of exercises and meditations are suitable for children, yet we must never require our children to meditate. It has to be their wish.

If someone is burdened with great confusion is it advisable that they should meditate to sort matters out?

If a friend or someone you know is in a state of internal upheaval we strongly advise against any exercise. For someone battling with psychological turmoil the etheric energy centres need calming and balancing. We have to be in control when we exercise lest we do further damage. Prayer, and a basic exercise of flooding oneself in white light, are the best approaches

for restoring order. Friends and family can be of great help to those in crisis, with their prayers and by sending balls of white light.

How can I differentiate between actual psycho-noetical forms and those which I imagine?

We must be vigilant against imagination interfering with our work. Psycho-noetical forms are real and will continue to live after a material form is dissolved. We have holy authority to create psycho-noetical images, but not forms. We can only invoke the Divine forms. In our visualizations we reflect Absolute Beingness⁹ work, and should not allow ourselves to be overrun by our fantasies. When we work we must shape elementals and fill them with the appropriate ethers. In time, as we grow more able, these shapes will be filled with the help of the Archangels and become faithful to the universal forms.

I am having difficulties separating times when I am experiencing my psychical body from times when I am working with my noetical body. How can I tell the difference?

Intoxicated by matter, humanity is only able to see things in material terms when, in fact, our psychical and noetical bodies have greater realities – far greater – than the material body, for ‘it is the spirit that quickeneth; the flesh profiteth nothing’ [John 6:63]. All of us can determine when we are motivated by a desire or an emotion from the times when we are guided by an idea or an ideal. These are our separate bodies voicing themselves through the personality. Learn to hear their voices (i.e. elementals) and it will soon become clear that each body is distinct with specific needs and purposes.

In many exercises we are asked to ‘raise or lower our vibrations to different levels’. Could you explain how this is done?

Every form owns a vibratory pattern which regulates its existence. In order to come in contact with specific forms it is necessary to adjust our vibration to correspond to the frequency we desire to come in contact with. Often this means lifting ourselves up to Divine energy, while at other times it may mean gauging our rhythms to 'lower', less complex forms of life (e.g. flowers, fruits, birds, etc.).

This is something that has to be experienced. During a meditation you slowly rid yourself of heavy emotions and wayward ideas. As water reaches a boil at a certain temperature, so we can learn to let go of the lower self during a meditation in an effort to reach higher states. When the time comes to return to our present-day personality (i.e. lower our vibrations) we learn to recompose ourselves.

PART TWO

PRACTICE

EXERCISES AND MEDITATIONS

ON PATTERNED BREATHING

*And the LORD God formed man of the dust of the ground,
and breathed into his nostrils the breath of life.*

Genesis 2:7

From the moment we are born into the world we breathe. Breathing is basic to life. Along with food, rest, sleep, and sunshine, breathing is a major source of etheric vitality necessary for the generation and regeneration of a healthy life.

Yet as basic as breathing is to good health, few of us overcome our instinctive pattern of breathing (indeed, we often corrupt it) to gain self-conscious control over the work of our lungs. The fact is, most of us breathe poorly and our health suffers as a result.

Breathing exercises abound, some good, some harmful. We must use the utmost caution when we decide to interfere with our breathing – for the manner in which we breathe affects every other aspect of our physiology and psychological well-being. We find that many Eastern techniques of breathing can have detrimental effects on the minds and bodies of Westerners, crippling their nervous systems by prematurely exciting their etheric energy centres.

Our recommended system of breathing is both safe and effective, having been practised over the millennia in many traditions. Every exercise and meditation to follow will benefit from patterned breathing. When breathing systematically you free the mind of the bodies' discomforts and charge the meditative process with focused energy. You will soon find that patterned breathing will begin to enter your non-meditative states. By breathing properly you will enjoy increased stores of etheric vitality for your own health and to share with others in need.

Basic Breathing Technique

Let every thing that hath breath praise the LORD.

Psalms 150:6

Begin by relaxing as much as possible. Forget the weights of yesterday, today and any thought of tomorrow. Free mind and body from any activity. Breathe in a calm and patterned manner: one full inhalation followed by a full outbreath.

Now inhale, through your nostrils, a breath measuring three counts of the heart. On the first count fill your abdomen, on the second fill the torso's midsection and with the last count inflate your chest fully. Immediately begin to release the breath, through your mouth, starting with your abdomen and moving upwards with each beat of the heart until your lungs are emptied. Repeat this for a few minutes daily until it becomes effortless and natural.

Once you feel comfortable with the 3:3 count, try a count of 4:4 by dividing the torso into four parts, always filling the abdomen first and the chest last; then releasing the lowest section first and the chest cavity last.

In time, as your lungs grow accustomed to the work, you may want to try a six count, i.e. six in, six out. Later you may try seven or eight counts. Each of us will find a count that suits us. Please avoid a count of five as this can have adverse psychic effects.

Patterned breathing is not so much an exercise in itself as the foundation for most exercises. The Archangels, who help regulate your body's health, will rejoice as you gain greater conscious control over your breathing.

OBSERVATION, CONCENTRATION AND VISUALIZATION

Whoso is wise, and will observe these things, even they shall understand the lovingkindness of the LORD.

Psalms 107:43

Perhaps the most important skill for performing an exercise is the ability to form psycho-noetical images and scenes. This work is otherwise known as visualization. Psycho-noetical images are elementals constructed of Mind super-substance at varying rates of frequency. Once created, an image has a real, multi-dimensional existence that is far more durable than any gross material object.

We must not confuse this holy work with fantasy. In shaping substance (using kinetic, creative, imprint and sensate ethers) we seek to replicate the work of the Logos and the Holy Spirit by faithfully reproducing noetic forms. Visualization is used as a vehicle to expand our consciousness, as it is the *language* between the mundane and the Divine. By constructing specific forms and settings we allow for interaction with Divine energies. Visualization, additionally, is indispensable in healing work for invoking images of health and perfection where illness and disease have set in.

Archangels are constantly creating such images, in accordance with the Divine forms, when they shape universes and worlds, and when they form angels to watch over their work. Our ability to form these images is a most Divine gift and privilege that we need to fully develop with reverence.

Drawing and Visualization

A good way to start with the creation of psycho-noetical images is to take some simple household object and study it in great detail over a series of days. Observe its contour, texture, weight and colour with full and unfailing attention.

Now, whether you can draw properly or not, take a pad of paper and a pencil and, with the object in hand, do your best to make faithful and detailed drawings. With each drawing you'll find you are able to add more and more detail.

After drawing the object over a series of days place it out of sight and draw it from memory. Slowly, but surely, in time the image that is ingrained in your memory (by use of imprint ether) will pour out on the paper in detail.

The next day, or the next week, draw again the object from memory and you'll find that it hasn't diminished but remains a vivid elemental within your subconscious. Stored in your memory are thousands of living three-dimensional forms that you can recall at any time.

A Lemon

Practise the preceding exercise with a lemon. Spend several days drawing an actual lemon, and a couple of days drawing it from memory until you know well its outer form.

Take a lemon and turn it in your hand. How heavy is it? Feel its texture, scratch the skin and inhale its rich fragrance. Notice the hundreds of pores on the rind. What does it feel like? Cut a slice out of the lemon. A little oil comes from the rind. Juice runs over your hand from the succulent pulp. Squeeze a few drops into your mouth and taste its sharp, tangy flavour.

Clean your hands, sit and relax. Bring to mind a whole lemon. Visualize it in your etheric hand with your eyes closed. Turn it before your etheric eyes. It is very much like the lemon you just held. You can feel its weight and the waxy texture. Notice how the lemon is not fully yellow as it has lime-green colour on the crown.

Cut into your visualized lemon. See the glistening pulp. You can feel the oil from the rind on your fingers. Take the lemon to your mouth and squeeze a few droplets. Perhaps you will find yourself squinting your eyes for fear they may be sprayed. The sour taste makes your mouth pucker. With all your senses - your inner senses - you are experiencing this psycho-noetical lemon.

Try another fruit the next week and as you grow more able to faithfully reproduce forms you will enjoy the development of your inner senses.

A Rose

*Still, in a way, nobody sees a flower really, it is so small,
we haven't time, and to see takes time,
like to have a friend takes time.*

Georgia O'Keefe

Hold in your hand an actual red rose. Study this rose very closely: its shape, size, and colour. Turn it before your eyes and consider it in full detail. The petals are soft as velvet with rich shades of deep crimson. The stem that you clutch is stiff and coarse in comparison. Your fingers avoid the many thorns. Bring the flower to your nose and take a deep breath of its delicate scent. If the rose has been in blossom for a few days, you can pull back some of the layers of petals and peer into the centre. See the stamens coated with yellow pollen as they dance about well protected. See the extraordinary beauty of a rose.

Set the rose aside, close your eyes and inhale deeply. Now visualize a rose in your etheric hand. You are using imprint ether to see and sensate ether to feel. Turn the flower before you. What do you see? You can see the rich green petals. The calyxes curve under the rose. You feel the stalk in your hand. You can even feel a prick from the thorns. See the patterned veins on the thick waxy leaves. Run your finger along the serrated edges. Bring the rose to your nose and breathe in the fragrance. The petals tickle you as you once again enjoy the smell. Peer into the open flower and see the delicate stamens.

Decide to change the colour of the rose. See the petals turn from red to white. Slowly the colour shifts until you have a pure white rose. Using imprint ether it is easy to change the colour of your rose. Turn it to yellow and then back to red.

Study the rose for a few minutes and then visualize someone with whom you may have had a quarrel. Offer your psycho-noetical rose to him with love and peace.

There is so much to see and feel with the Divine gift of inner sight.

Doves

Let us all draw upon what we have within us, as thought, knowledge, and form. We are all familiar with doves: their size, shape, colour and weight. In this exercise we will first visualize and then animate a dove.

Relax and breathe deeply. Visualize in your right etheric hand a dove made of white plaster. Notice its shape. The plaster is cool. Place your left hand on the dove. You can feel the texture of its feathers. They are not soft as are real feathers. Scratch the dove a little with your fingernail. It is static because there is no Mind-life as kinetic ether in a plaster dove. Let it fall from your hands and watch as it shatters into pieces on the floor.

Hold out your right etheric arm and visualize a white dove as it lands on your hand. This dove looks much the same as the plaster dove, but it is filled with life. She trembles as she balances on your hand. Her rose-coloured claws dig slightly into your skin, but it doesn't hurt. Her finely carved beak has a yellow hue.

Gently place your left hand on the dove. Through her chest feathers you feel her heart flutter. She stirs as you stroke her silky feathers, but she likes your touch. She softly coos. Unlike the plaster dove this form has been filled with Mind-life. Caress her head with your index finger. Notice her dark round eyes blink as she moves her head. Fill your dove with love.

Shake your hand and the bird takes flight. She doesn't fall

to the ground as the plaster one did, but rises up and inscribes a beautiful circle in the air, before she returns to you. Caress her and send her once more up in the air to circle about and have her alight again on your hand. With love let her go.

This dove will exist forever as an elemental. Whenever you wish you can call her back to your hand, and even create another dove for her to play with.

A Pastoral Landscape

*Within you there is a stillness and sanctuary to
which you can retreat at any time and be yourself.*

Hermann Hesse

Breathe in a patterned manner and relax completely. Visualize yourself sitting near a meadow on a beautiful spring afternoon. Create in your etheric hands a small swallow and allow it to take flight. Watch it as it flutters over the meadow and settles on a branch of an apple tree covered with delicate young blossoms.

See in the distance, against the deep blue sky, a large ivory-white eagle soar through the air. The eagle dips and rises with just a tip of his wings. He is riding the air currents.

Now study the rich meadow before you. Many are the smells re-emerging after a long winter. The thawing ground is moist and the air is still cool. See a cow grazing down near a pond. She is enjoying the new grass after eating dry hay all winter. What colour is this cow? Brown and white? Black? You decide.

You can trace a small brook flowing out of the pond. Dragonflies dart about the rain-swollen stream. What a lovely, calming sound running water makes.

Up on the far side of the pond is a flock of sheep and lambs. Count them. How many are there? A shepherd watches over his flock. He is leaning on a crook enjoying the warm sun as his sheepdog sits beside him. You can hear the bells of the

sheep ring as they move through the grass. There are baby lambs bleating as they skip and play with one another.

Now stroll into this meadow. Yellow daffodils are scattered here and there. Move where you wish. Your swallow is flying about and lands near the pond. The eagle soars overhead and the sheep startle slightly as they see you approach. Notice how the soft ground sinks in as you take each step. Feel moisture soak into your shoes. The air is damp and fresh. The cow stares at you for a second and then continues to eat. Go up to her and feel her soft coat. She likes it when you scratch her behind the ears.

After a while return to where you began and look over your meadow. You see serenity and harmony everywhere. This is a centre of calm and peace which you can visit and take solace. Wish the harmony and peace of this meadow to spread over the material plane.

Concentration and Observation

And what I say unto you I say unto all, Watch.

Mark 13:37

Observation is an aspect of our Divine nature. Observation and concentration make us both human and gods, as we can probe the outer and inward worlds deftly and gracefully. It is through observation that we are able to expand our conscious awareness to endless heights. In increasing our awareness and understanding of our surroundings, becoming keenly aware of all the nuances, we will move out of the small shells of our personalities and into the larger truths. There are no limits to how far we can extend our comprehension of the Divine Plan when we develop our ability to concentrate and observe.

The more aware we become of the world which surrounds us now, the more conscious we will be in the worlds beyond. This applies equally to our nightly visits (exosomatosis) to the other planes, as it does to when we eventually pass-over from the material plane into the more refined worlds. Through enhanced observation comes an ability to see beyond apparent limitations and to control the course of our experiences in the psychical and noetical worlds. The following exercise is instrumental in awakening and tuning our ability to be perceptive and alert.

Choose a site either within your home or in the environs that surround your home: your living room, a garden, a park, or a meadow. Select a time when you will be alone in peace. Sit calmly for some time, say five minutes, breathing on a patterned 4:4 count. When you feel your senses in a heightened state, stand up and begin to move very slowly about the area.

You are observing every detail: the colours, the sizes, and the smells of all the objects that surround you. You see each item in relation to every other. For fifteen minutes you move about absorbing as much as you possibly can. Return to where you began. Repeat this for a few days, each time learning more and more of the area of research.

When you feel familiar with the setting, after your fifteen minute walk of observation, return to where you began and relax. Now, in your thoughts – using imprint and sensate ethers – try to visualize all that you have just seen. You have been studying this setting now for many days and it is easy for you to recall it. Recreate every detail: the textures, the smells, sounds and the sensations. You can see the colours of everything. You see it all just as you did a few minutes ago.

Set out again the next day and see what you failed to notice on the previous days. You are beginning to observe more, much more. Settle back in a chair and again recreate the setting. You notice that imprint ether has stored much of the scene in memory in great detail.

When you feel attuned to the setting simply remain in the chair and for fifteen minutes consciously survey, even move into, the multi-dimensional painting you have stored in your memory. Practise this exercise in two-week cycles, selecting a different setting for each period.

You will find that with practice you can easily draw into your consciousness a full array of settings that you have

collected from this work. You may even try to pull up memories of places from your childhood connected with happy moments: perhaps an old house, a neighbourhood, or a school that you attended. Sit and relax and bring to mind, in minute detail, all that you can remember of a place. You'll soon find that the settings - alive in your memory - paint their own detailed images and you are allowed to sit back, or even move about these places, and watch those scenes come alive once again.

Extend your awareness into everyday activity. If you take a daily stroll, drive a regular route to work, or walk the same path to the market, try to notice more and more about the route and the landscape. See how the changing seasons affect various elements of the route. Observation should not be limited to exercises. It is a way of being.

ETHERIC DOUBLES

What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are Gods.

1 Corinthians 6:19, 20

Within the gross material body of all living organisms there exist currents of energy called 'ether', providing life and health. The flow, distribution and storage of this energy take place within a field which surrounds and permeates the body. We call this field the 'etheric double'.

Every gross material, psychical, and noetical body has an etheric double. Each atom and cell in the body possesses an individual etheric double: together they combine to form the etheric double of a body.

The etheric doubles serve as moulds in which the bodies are first formed. The Archangels of the elements work through the etheric double to build a body atom by atom, molecule by molecule. A body, once built, is then maintained by the etheric double which supplies and distributes etheric vitality to its various locations. Etheric doubles, always perfect and incorruptible, oversee the life-course of an expressed form according to its Circle of Possibility.

A body cannot exist without an etheric double, nor can the etheric double live independently of the body. An etheric double cannot detach itself from its body, except when the body is dissolving.

Both the psychical and noetical bodies have their own etheric doubles, which are used as active links between the bodies. Apart from overseeing the distribution of energy within the gross material body, the etheric doubles are used as conduits – for the flow of etheric vitality – between the material, psychical and noetical bodies.

Familiarity with our etheric doubles is of great concern to us. It is vital that we become intimate with their natures so that we may control the health within our own bodies and aid others in need of healing. Meditation and exercise are the prime means for learning more about our etheric doubles.

On Etheric Vitality

Coursing through the etheric double, both penetrating the body and extending outwards, are currents of energy. Etheric vitality is Mind super-substance in specific vibratory patterns that allow for the phenomenon of life. We must not imagine that flesh, blood or a nervous system create this force. This would be equivalent to believing that wire creates electricity. Wire may carry electricity, but it is incapable of creating it. Etheric vitality is bestowed upon us as our ‘daily bread’ (Matt. 6:11).

A widow suffering from a haemorrhage touched Joshua’s clothes, and He asked, ‘Who touched me?’ His disciples were perplexed, because the crowds were pressing against the Lord on all sides. Joshua continued, ‘I perceive that virtue is gone out of me’ (Luke 8:45-46). In another instance He healed hundreds

with etheric vitality: ‘And the whole multitude sought to touch him: for there went virtue out of him, and healed them all’ (Luke 6:19). ‘Virtue’, here, refers to etheric vitality.

We live in a sea of etheric vitality which imbues and surrounds us. On many occasions Joshua drew from the etheric vitality which covers the globe and shaped it into fish and bread to feed thousands (cf. Matt. 14:19-21 & 15:32-39).

On the Ethers

Etheric vitality breaks down into distinct states to serve particular functions in the maintenance of the three bodies. In the etheric double we have identified four classes of etheric substance: creative ether, sensate ether, imprint ether and kinetic ether. This does not mean that an etheric double is divided into separate parts, but that the super-substance of Mind, which contains within itself all conditions, is adapted in each instance to the particular requirement.

Creative ether is used, under the supervision and according to the will of the Holy Spirit, to construct and maintain all phenomena of life. The Holy Spirit and the Holy Archangels, guided by Total Wisdom, Total Power and Total Love, use creative ether to build, maintain, and take care of a body’s proper functioning. Whatever part of the material body we study, be it the texture of the brain, the fluid of the eyes, the different sense organs, the operation of the glands, the lungs, the liver, the intestines - all bear witness to the continuous presence of the Holy Spirit and the Holy Archangels.

Imprint ether is used to shape etheric vitality into psycho-noetical images and is therefore vital to our work in visualization.

Using imprint ether we are able to memorize and store images. Imprint ether, when used in recording images, helps us see the shapes in various sizes, colours and designs.

Sensate ether is the ‘feeling giving’ ether. By merit of sensate ether we experience the sensations of pleasure and pain. Sensate ether is also used in conjunction with imprint ether. The parallel use of these two ethers makes the phenomenon of memory possible.

Kinetic ether facilitates motion. All movements, whether conscious or subconscious, including autonomic actions (e.g. circulation of the blood, breathing, the receipt, assimilation and discarding of substances) take place with the help of kinetic ether.

We must use etheric vitality in a balanced manner without interfering with the creative work of the Holy Spirit and in such a way as to be worthy of logocic expression.

On Etheric Energy Centres

When God created the human form He endowed us with many great gifts.

The heart is the greatest gift. Through it we may reflect Divine Love towards God and our fellow man. The heart is the house of the Common Selfhood, the home of the Logos, and we must keep it pure, for ‘Blessed are the pure in heart: for they shall see God’ (Matt. 5:8).

Another gift is the brain with its psychical and noetical counterparts. This is the centre of inspiration and reason permitting us to use Mind to comprehend the presence of God all around us. When Moses began to look within himself and moved up to the level of the cerebellum, symbolized as a

burning bush which is never consumed, he heard for the first time the voice of God (cf. Exod. 3:2). The two tablets of Moses, on which were inscribed the Law of God, represent the two lobes of the human brain (cf. Exod. 34:28). When, at some time, we vitalize this etheric centre we shall also hear the voice of our Inner Self, our Self-aware Soul, and become one with God's Law.

It is through the solar plexus, another valued gift, that the Holy Spirit expresses itself as will-power and instinctive wisdom. As the seat of our subconscious awareness the solar plexus is also the storehouse for etheric vitality. Joshua said, 'He that believeth on me... out of his belly shall flow rivers of living water' (John 7:38). Joshua is the living water of 'everlasting life', and when we drink of Him we 'shall never thirst' again (cf. John 4:14).

The fourth gift comprises the reproductive organs which will come into use at the right time, in the right circumstances and at the right age. They are Holy Spiritual. They are the means of perpetuating life on the material plane and we should not misuse them.

Corresponding to these gifts are centres of energy. These points are known as etheric or psycho-noetical centres. In the East they are termed 'chakras'.

Every pore on your skin has a centre. Every gland has a centre. Every fingertip has a centre. What is the nature of these centres?

The energy belonging to a centre rotates and creates a whirlpool which funnels down towards a point. If you put your hand in a basin of water and roll it in a circular motion, a conical whirlpool will form. This is the basic shape and pattern of motion of the etheric centres.

In the etheric double of the gross material body we have psycho-noetical centres, which we call 'churches' (cf. Rev 1:20). In the etheric double of the psychical body, we have psycho-noetical centres, which are more intense in activity, called 'lamps' (cf. Rev. 4:5). Finally, in the etheric double of the noetical body, there are even more active centres with a wider concept of space and time. St. John, in the Revelations, refers to these as 'stars' (cf. Rev. 1:16-20).

These centres serve a dual function. They care for the organs, situated in a particular part of the body, by controlling the flow and quality of etheric vitality. In another mode they act as links between the material body of a human personality and its psychical and noetical bodies, in order to channel thoughts, emotions and energy, arising as a result of space-place-time impressions. It is through these centres that elementals are received and stored in the etheric double and impact on the personality. Mind is shaped into psycho-noetical elementals which combine to compose the human personality. Elementals inhabit these centres and exert their influence over the character.

What is the purpose of these centres? How is it possible for us to work with them? Will we interfere with the work of the Archangels?

When we reach a certain level of awareness the Archangels will be most pleased to teach us more about the centres. However we must first become masters of the elementals that we are creating and revitalizing. Elementals use these centres, for better or worse, as entrances and gateways into the personality. We subconsciously create, invite and absorb elementals into our energy centres where they affect the functioning of our personality. It is, therefore, imperative that in conjunction with

our study of these centres we also gain some understanding of the subconscious.

The following series of exercises will begin to familiarize you with the etheric vitality in your body, will help to teach you to differentiate between the separate qualities of ethers, and will allow you to work gently and self-consciously with certain etheric centres.

Finger Concentration

With this exercise we will begin to learn to control the ethers. At will we can direct etheric vitality, as kinetic ether, to different parts of our body and then feel it as sensate ether. This exercise will prove most helpful to those who rely on their hands: healers, pianists, typists, surgeons and many others. Although this exercise may appear simple it requires much training and concentration.

Close your eyes and raise your hands in front of you. Relax and begin to breathe on a 4:4 count. Inhaling, see etheric vitality flood into your hands. Exhaling, see any darkness released into the atmosphere.

Have all the fingertips come together with an open space between the palms. Begin by focusing sensation between your little fingers. Ignore the feeling of the other fingers – keeping them touching, but with no pressure - pressing only the tips of your little fingers together. It may be difficult at first as the other fingers will also want to press. You are trying to concentrate sensate ether in these two tips. Relax.

Now shift your attention, by using kinetic ether, to your ring fingers while slowly relaxing the little fingers, keeping them, and the other tips, in loose contact. Concentrate sensate ether in your ring fingers as you press them together. Remain there and observe the resulting sensations in your body. Continue to breathe in a calm, patterned manner and relax.

Next press the middle fingers together – only these two

fingertips – and feel the sensate ether pass from one fingertip to the other. What do you feel now?

Move to the index fingers and press these tips together. Relax all the other fingers – keeping them in light contact – while focusing ether in the tips of your index fingers. Relax.

Press together the sides of your thumbs – all the other fingertips remain in touch, but without pressure. Relax.

Press the tips of all the fingers together at once. You may feel considerable energy in your hands. Now, in reverse direction, repeat the exercise until you have returned to the little fingers.

Collect all the energy between your palms, shape it into a ball of white light, and place it on any part of your body where you may have some pain (e.g. sore joints, mending bones, weak eyes, a wound), or if you know someone who is ill and in need of energy offer it to him.

Sensate and Kinetic Ethers

Close your eyes and breathe in a patterned manner. Relax every muscle in your body.

Feel-the soles of your feet. Be conscious of where your feet meet the ground. You are using sensate ether to feel and kinetic ether to move in your body. Shift up from your soles into the ankles. Feel the entire foot. Feel each of your toes. This is sensate ether that allows you to feel your foot. Now move your awareness up the legs towards the knees. Feel the sensation in the knees. You feel from your knees down to the soles of your feet. Focus your attention and move from your knees down through your calves, through the ankles, into the toes and down again to the soles of your feet. Using kinetic ether, you have moved your consciousness at will through your legs, and with sensate ether you have felt each part as you travelled. Go up to the knees and down again a few times. Ask yourself: 'Who am I that I am able to move in my body?'

After a while slowly move from your knees upward through the thighs, through your pelvic area and into your belly. Breathe deeply and descend again down from your belly, through your hips, thighs, knees, calves, ankles and toes until you are in the soles of your feet once more. Move back into your belly - feeling each point all the way upwards - and back down again a couple of times. You may notice some heat generated in your lower body - that is good; it is the movement of ether.

Settle your attention again in your belly and feel your solar plexus. Feel all the energy in your solar plexus. From

there move upwards to the lower section of your chest and breathe deeply and easily, feeling the life-giving etheric vitality fill your torso. Deep, long breaths. Feel the air in your lungs as you breathe. Feel from the shoulders down through the arms - the full length of both arms all the way down into the fingers. Moving downwards from the neck, feel your chest, belly, pelvis, thighs, knees, ankles and feet. After a few deep breaths reverse direction and move from your toes upwards - calves, knees, thighs, belly, torso, and neck, and down into your arms and hands.

Now move your attention to your head - only the head. Feel your forehead, eyes, nose, mouth, lips and throat. You may sense your ears growing warm. Shift your attention from one point to another - from the back of your head to your chin, from your thyroid to your crown. From the top of your head move slowly all the way down to the soles of your feet and then return to the head. Feel your entire body.

Practise this exercise for about ten minutes - moving up and down with the help of kinetic ether, and feeling with sensitive ether - then relax.

Vitalizing the Body

Sit, stand or lie down with your back straight. Completely relax for five minutes until your emotions and thoughts are calm. This exercise is a combination of patterned breathing and wilful direction of energy through the body. Although this exercise will have us move energy through various etheric centres, we will not concentrate our attention there.

Begin breathing on a 4:4 count. After a few minutes inscribe a circle that begins below your genitals, moves clockwise up over the liver, through the solar plexus, down past the spleen, and ending once again below the genitals. As you breathe in you move towards the top of the circle at the solar plexus, and as you release the breath you continue down to complete the circle at the genitals. See a sky-blue light radiating within this circle as you continue your measured 4:4 breathing for five minutes. As you release each breath, see any dark spots you may have in these centres being expelled, and as you breathe in, see a sky-blue globe take form.

Now move up to the solar plexus. In the solar plexus you may concentrate and store energy without doing any harm. This time inscribe a circle that travels over your right lung, moving over the heart, continuing downwards over the left lung, and returning to the solar plexus. Once again, with a 4:4 count, inhale as you trace the circle up and around the heart area, and exhale as you return down to the solar plexus. Continue for five minutes, seeing a warm rosy light emanating from within this circle.

Finally, begin a circle that starts slightly above your heart area, moves up over your right shoulder, reaches an apex over the crown of your head, and moves down past the left shoulder, returning to the heart area. This circle has as its centre the thyroid gland. With your 4:4 count, inhale up to the top of your head, and exhale as you return to the starting point just above your heart. In this case the circle is filled with golden light around your head, while an orange light surrounds the thyroid gland at its centre. Inscribe this circle for five minutes and then relax. The circles you have created overlap but the spheres and colours somehow remain distinct.

It is with kinetic ether that you direct the flow of energy, with sensate ether that you feel it, and with imprint ether that the circles gain colour and shape. Practise this exercise daily and soon, without effort, you will be able to move etheric vitality where you wish.

ETHERIC ARMS AND HANDS

*He that hath clean hands, and a pure heart;
who hath not lifted up his soul unto vanity, nor sworn deceitfully.
He shall receive the blessing from the LORD.*

Psalms 24:4, 5

The material body is an exact replica of the etheric double through which it is built and maintained. As your body has limbs, so does the etheric double, and every time you move your material body the etheric double moves in unison. The etheric double cannot be removed from the material body until the body is no longer needed. However, it is possible to train yourself to use freely your etheric limbs, by lifting them out of the material form. An etheric limb has few of the limitations of the heavy material body. It may, for example, be used to penetrate and extend into gross matter.

For properly enacting certain exercises, and as an indispensable tool for healing, the development of etheric arms and hands is vital. When first freeing your etheric hands you'll visualize an elemental of a hand and arm that rises out of your material form. After a while you will begin to feel some heat in your material arm as your etheric double begins to replace the elemental. With steady practice, preferably daily, you will

develop greater control over your etheric limbs. In time you may find yourself using your etheric hands in healing, e.g. to adjust bones in a mis-aligned back or to lengthen legs.

The psychical and noetical bodies have their own etheric doubles and as you advance in your self-conscious awareness you will find that you can train yourself to use these hands for much greater work!

Developing Your Etheric Arms

*By stretching forth thine hand to heal...
that signs and wonders may be done by the
name of thy holy child Jesus.*

Acts 4:30

Sit in a comfortable chair with your right elbow resting on a table. A white table top or a white tablecloth will provide good contrast between the surface and your material arm.

Begin to lift your right material arm slowly off the table upwards until it touches the right shoulder and then return it to the table. Repeat the movement five times noting the way the arm moves.

Raise and lower your arm again five times, but this time rotating your hand. Feel and study how the muscles are moving. You see the network of veins and arteries. It is important to observe every detail. Do not be in a hurry. You are beginning to feel the etheric vitality flood into your arm.

Now with your eyes closed, raise and lower your material arm very slowly. With your mind's eye see the arm move; you see all the details of the skin, muscles and bones as the arm moves through the air. The etheric double of the arm is moving in perfect unison with its material counterpart. You can see the material arm glowing in white light.

Now with your eyes remaining closed leave your material arm on the table. See and feel your bright white etheric arm rise up out of the material arm. Move it through the air and have your translucent etheric hand touch your shoulder. Can you feel

it? Slowly move your etheric arm downward and replace it in the material arm. Five times raise and lower the arm all the while studying the contour and movement of your etheric arm, as you flex your etheric hand. You can see it in great detail. You can even feel a light breeze caress it as it moves.

After working for some time you may now try this exercise with patterned breathing. With the same sequence described above, try breathing on a 3:3 count, inhaling as you move your arm (first material, then etheric) up to the shoulder, then exhaling as you lower the arm to the table. If you prefer a 4:4 count or a 6:6 count, feel free to try. After working with your right arm proceed to your left.

Etheric Hands and Coloured Balls

Cleanse your hands and purify your hearts.

James 4:8

Place your hands on the upper part of your abdomen where the solar plexus is located. Close your eyes. Lift your etheric hands out of the material hands. See these etheric hands snow-white. Move them in and out of your material hands a number of times. Feel sensate ether in all four hands. Raise your, etheric hands in front of your eyes, bringing the tips of all your fingers together. Between your cupped etheric hands see a white light begin to grow. It is becoming brighter and brighter until it forms a luminous ball which radiates through your hands and fingers.

With the use of imprint ether turn the bright white ball a shade of canary-yellow. The ball now glows with the comforting canary-yellow light of the Logos. As you feel and see your etheric hands, feel your material hands at the same time, crossed and resting on the solar plexus. Inhale comfortable deep breaths.

Return your complete attention to your etheric hands and the ball of light they contain. See the ball now shift from the yellow hue to a clear emerald-green light. Breathe deeply and calmly. Feel both your etheric hands and your material hands so that you have four hands. Place your etheric hands on your chest. Breathe in the emerald-green light. You are filling your lungs with strength and vitality.

Now lower your etheric hands and place them back into

their material form. See the hands resume the bright white glow. Once more inhale deeply and make a short prayer that these hands – all four of them – will become healing, life-giving hands.

A Candle Flame

*For thou wilt light my candle: the LORD
my God will enlighten my darkness.*

Psalms 18:28

After you are able to use your etheric hands with some command you may want to try this exercise.

Rest your right material hand on your right thigh. Breathing deeply, begin to move your fingers. Close your eyes and study every detail of your hand and its white etheric double. Raise your etheric arm out of your material arm and move it in front of your closed eyes. Study the hand: the knuckles of the fingers, the nails, the fine engraving of the fingertips.

Create in your etheric hands, from the etheric vitality in the air, a large white candle. Feel how each finger grasps a different part of the candle. With kinetic ether move your etheric hand along the candle. Note how it feels in your hands: its cool waxiness and solidity.

In your heart there burns a fire, an everlasting fire of love, kindness and compassion. Light the candle with this fire from your heart.

Study the flame. Do you notice that around the base of the burning wick it is a little darker? Around and above this darker patch the flame is brighter, starting as orange and turning golden-yellow as it crowns.

If you are envious, anxious or angry the flame will sputter and flare. Calm it by relaxing your thoughts and emotions. Pass

each desire, thought and emotion through the flame and clean your heart and mind:

First see all your mis-guided thoughts, prejudices and judgement stream from your head and pass through the flame. Next allow any bitterness, envy and poisonous dissatisfaction to leave your heart and be purified by the flame. And finally release into the flame all the anger and hatred which has been stored in your solar plexus. These elementals, such a burden on your consciousness, will either be disenergized by the fire and sent to the cosmic consciousness, or be cleansed and returned to you.

Your present-day personality has been purified by the flame. See the flame steady, tall and straight. It is still now. The light is clear and the colour bright.

When the flame is perfectly still, and you feel centred and cleansed, thank the Logos. Return the flame to your heart and slowly dissolve the candle.

This cleansing exercise should be practised once a week, preferably on Sundays, to burn off all petty thoughts and emotions.

HEALING WITH BALLS OF LIGHT

*Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospereth.*

3 John 2

Psycho-therapists can do much work through absent healing when they have learned how to create and project light balls. They must practise creating these healing elementals and load each one with the solemn wish that the ball will help restore order within an unbalanced personality. These light balls can be sent to aid individuals, families, or even entire communities.

A psycho-therapist can train himself in visualization to create psycho-noetical balls of light of appropriate colours. Each colour has a specific vibration capable of positively influencing a deficiency in a personality. To construct balls of light is an act of prayer. What is prayer? The creation of angelic elementals.

There are important responsibilities to remember before engaging in this work. One is an ethical matter. We must be certain that the recipient of the light has requested our help. Additionally, we must be sufficiently skilled in knowing the

appropriate colours required for various disorders. Deploying a colour not suited for the situation can easily aggravate the condition.

As with any healing efforts we must remember that it is God's Will and the Divine Plan that allows for healing. Healing may only take place when the source of the ailment is resolved. As illness is engendered in the personality it may only be rectified within the personality. Outside help is only possible when the internal ground for a healing has been prepared. We are limited both by our capacity to help and by the recipient's readiness to find resolution. It is God's Law, Mercy and Grace that prevail.

Finally, when sharing etheric vitality with others, we must be certain our 'gifts' are pure. If there is within us churning hostility, animosity or any sense that we are superior in the exchange, it is better that we work first with ourselves. Joshua teaches, 'first be reconciled to thy brother, and then come and offer thy gift' (Matt. 5:24).

When creating a ball of light visualize the face of the fellow you wish to help, either by recalling him from your memory or by having his photograph to hand. No matter where he may be located on the planet the ball of light will go to him and enter his etheric double.

To a person who is emotionally (psychically) distraught, behaving erratically, or plagued by strong desires, send to his solar plexus a sky-blue ball of light.

When a person's internal organs are in disorder, or if he is suffering from arthritis, rheumatism, or general physical discomfort, send emerald-green light to his solar plexus.

If someone is stricken with blood contamination, a viral infection, or a hormonal imbalance create a small ball of deep orange light. Send this ball to the thyroid area of the sufferer.

Red light imparts strength. If someone is very weak, depleted of physical energy, or anaemic, you can send a ball of red light to his heart centre. There it will expand into the shape of an egg to energize him. Provided you have loaded the ball with the strong desire to help, he will benefit. Never send red light to an anxious or nervous person, or to someone with a heart condition, for it may harm him.

If a friend is going through a period of low self-esteem, or is angered and potentially violent (as these are often connected) send a ball of rose-coloured light to the heart centre. This will calm the sufferer as it is the colour of love.

When someone is exhausted, downtrodden, fatigued from life, or has difficulties sorting out his thoughts, principles and ideals (noetical imbalances) send a canary-yellow or golden ball of light. This will enter the head centre, helping him to see things more clearly.

If you are unsure what is afflicting someone, or if there are a number of ailments at once, send a ball of white light. White is not a colour in and of itself but a combination of all colours. It will enter through the head of the recipient where it will assume the shape of an egg expanding to engulf his entire body. The Archangels will assign the appropriate colours to the white light to address each individual problem.

Many want to help friends and family members who are passing-over or who have already made the transition to the other side. See them in white light (do not use any other colour) and pray that they may rest in peace. Please remember that you should include a wish that they move on. Do not bind them to this world with your sorrow.

Balls of Light and Healing Hands

You will find that while creating balls of light you magnetize your hands, energizing them with healing power. Here is a useful exercise to be practised daily by students of healing who desire to become good conduits for the Holy Spirit. A refined capacity to control the vibrations in your hands is vital in healing work. Each colour owns specific vibrations which can be called upon - through will-power and visualization - to correct energy imbalances.

Close your eyes. Bring the fingertips of your material hands together and concentrate on the space between your palms. With sensate ether you feel the space. With imprint ether create a ball of white light to fill the opening. The ball becomes energized as it radiates bright white light. Feel heat emanate from the ball and your hands. Take a few deep breaths and relax.

Continue to hold the ball and see it turn emerald-green. With every breath you take the ball becomes a brighter hue of emerald-green light. Breathe deeply.

Next see the ball slowly shift to sky-blue light. Breathe deeply as the ball glows with the blue light, giving your material body a feeling of comfort. .

After a while the ball begins to radiate rosy light, the hue becoming more perfect with each deep breath.

From the rosy light have the ball turn a fiery red. You are holding a ball of mental fire between your palms. You can actually feel the heat but it doesn't burn. It feels good and fills your psychical body with vitality.

As the red recedes the ball becomes golden-yellow. Hold this ball for a couple of minutes. As you hold it you will find it easy to place your thoughts in order. Your mind is now at peace. Your hands are becoming blessed healing hands.

With your etheric eyes, see your material hands become snow-white as if you were wearing shining gloves of radiant light. Breathe deeply on a 4:4 measure and with your thoughts concentrate energy in your arms from your shoulders down to your fingertips. Now the ball of light is turning a shade of clear emerald-green, and as it does so your hands take on the same emerald-green light. Continue breathing on a 4:4 count.

Next you see the ball shift from emerald to blue, sky-blue, and soon after your hands shift to blue as well.

Next the blue light becomes rosy, and once again your hands follow suit. You now have a pair of rosy hands.

Then the ball, and your hands, turn deep red. Breathe in and fill your lungs with this energy.

The ball now changes to canary-yellow and so do your hands. Keeping your fingertips together lay your thumbs on your chest and breathe in etheric vitality. Consciously feel the energy flooding your chest from your hands. Ask the Holy Spirit to bless your hands to help others.

Creating Balls of Healing Light

Relax and extend your material hands out in front of you. Space your palms about six inches apart.

Inhale on a 4:4 count. You are going to construct a ball of sky-blue light. In your solar plexus see a sky-blue ball. With each inhalation you draw etheric vitality from the atmosphere into your lungs and your solar plexus, from where it spreads out into all parts of your body. Your arms are also glowing in sky-blue light.

Focus the light between your hands. It starts as a small blue ball which gradually expands to fill your palms. When the ball is complete turn it around in your palms. Toss it gently in the air and have it return to your palms. You can feel its solidity. You can feel its energy.

Now you are ready to send it out. Simply meditate on the recipient for a few minutes, make a prayer that this ball will help him, and allow it to leave your hands. It doesn't matter where he is, the ball will reach him.

To create a ball of rose or red light see a flame kindled in your heart. It grows to form a perfectly round globe. Allow the light from the ball to flood down through your arms, into your hands and between your palms. There a ball of rose or red-coloured light takes shape. When it is fully formed release it with all your love towards the person in need.

To create a ball of orange light you will need to blend the light from your heart (rosy-red colour) with the light from your

head centre (yellow or gold colour). Simultaneously create a sphere in the heart, and another in your head. See yellow or gold light pour from your head down your arms and into your hands where it meets and melds with a stream of rosy-red light from your heart. Together they form a brilliant orange ball, the size of a tennis ball, between your palms. Send it to the throat of a person with a thyroid problem.

Keep the golden-yellow halo of your head full and complete. Allow your heart centre to become calm. Direct the golden-yellow light down your arms to the space between your palms. When you have created a golden or canary-yellow ball of light send it off to a person with noetical disturbances.

You will find that each colour has a different feeling, its own vibration. Relax your arms between each effort and work no longer than fifteen minutes at a time. After a while you will be able to create these balls of light between your etheric hands. As you become more proficient at creating and sending these balls you will learn to sense when the balls are received and what other help you can offer.

Balls of Light for Self Healing

Raise your etheric arms and stretch them out before you. They are bathed in white light and in your hands is a ball of sky-blue light. Breathe in and out on a 4:4 count. As you concentrate and breathe the ball becomes a brilliant blue light like the colour of a Mediterranean sky at midday. Place this beautiful blue ball in your solar plexus. Breathe in this rich blue light.

Once again stretch your etheric hands out in front of you. Breathing on a 4:4 count see a rosy ball take shape in your hands. With each breath the rosy hue becomes richer. When you have a radiating ball of pure rosy light place it on your chest over your heart, and let your heart absorb this light.

With your etheric hands in front of you see and hold a ball of radiating golden light. Fill this golden ball with etheric vitality, and bring it to your forehead towards the bridge of your nose. Let the ball fill your head and extend as a gleaming halo.

Drawing on the rose light from your heart, blend it with the golden light around your head, and visualize a ball of orange light in your etheric hands. Shape this orange light – a marriage of the heart and mind - into a small ball. Place it on your throat in the area of the thyroid. Wish for your blood to be clean and pure.

Finally create a ball of shining white light of life. Breathe deeply until this ball is radiating pure snow-white light. Allow your white etheric arms to shift their colour to a rosy pink – the light of logic love. Study the contrast between the ball of white light and your rosy arms. Dedicate yourself to Joshua.

Slowly see the white ball dissolving into your rosy etheric hands. Once it is fully absorbed wish good health to your present-day personality with its three bodies.

CLEANSING AND PROTECTING OUR THREE BODIES

I laugh when I hear the fish in the water is thirsty.

Kabir

We swim in an ocean of etheric vitality that surrounds and permeates the globe. Through breathing, sunshine, rest, and food we take this etheric energy into our bodies to replenish and restore our health and well-being. Etheric vitality is no less important to our health than is our warm blood. Each of us have habitual patterns of renewing our stock of etheric vitality and, as well, expending this vital energy. No one has greater access to etheric vitality than another, only some have learnt to absorb it more consciously. Conversely, many carelessly exhaust their supplies, finding themselves fatigued, ill-tempered, or even falling ill.

Let us say we are granted a hundred units of etheric vitality each day. The Archangels need 40 units to maintain health in our bodies. Simply by living and going about our daily lives we expend a further 40 units of etheric vitality. The remaining 20 should last the day if we live free from the effects of stress.

If your life is unduly stressful you will find the extra 20

units are consumed through worry and anxiety. If you are given to fits of anger, depression, episodes of self-pity, or indulge in excessive jealousy, you will find yourself drained of all life-giving energy, rendered exhausted and vulnerable. On the other hand, if you are peaceful, life-loving and content, you will have a bounty of energy that you can share with others.

The following exercises will help you restore strength in your bodies and work in a preventative manner to avoid ailments, but they are by no means a substitute for the work of cultivating your personality. We have to move beyond the self-corruption of obsessively engaging in base emotions and desires. This is truly preventative work which will lead us to life beyond the realms of distress and disease.

A Shell of Light

*Ye are all the children of light,
and the children of the day:
we are not of the night, nor of darkness.*

1 Thessalonians 5:5

During the day we may feel fatigued by endless activity. We need, from time to time, to stop and balance ourselves lest the stress of our hectic lives lead to poor health.

Sit comfortably in a quiet place. Calm your thoughts and emotions; let all your worries go.

As you breathe feel etheric vitality fill your lungs and extend throughout your body. The oxygen is contained in your lungs, but etheric vitality spreads throughout the body.

Through your breathing a light is kindled within you. With each in-breath this interior light becomes more and more luminous. As you exhale all the darkness from within leaves you. The light continues to radiate and your entire body is now glowing with white light. See the light continue to expand and take the shape of an egg. This snow-white egg surrounds you evenly on all sides.

Breathe in the white light. You are clean, healthy and energized. Wish good health to your three bodies and your present-day personality.

We suggest that you practise this exercise after your nightly introspection and before leaving your house in the morning. By engulfing yourself in a cradle of white light you

are benefitted in two ways. Firstly, you help keep your energy levels high by not allowing etheric vitality to seep subconsciously from your etheric double. Secondly, the shell of light retards any negative elementals, either directed at you or floating in the common atmosphere.

Good Health

Relax completely. Breathe deeply but comfortably. Be aware of the soles of your feet, then your calves, your knees and your thighs. Feel you are in both your legs. Feel them, be conscious of them. You're using both sensate and kinetic ethers. See your legs surrounded and penetrated by pure white light.

Now move up to your abdomen, and from the centre of your solar plexus create a sky-blue ball that spreads out through the abdomen and extends for a few inches beyond the material body. The ball should be perfectly round and about the size of a beach ball. Keep your attention simultaneously on your shining white legs and the blue ball. Breathe deeply.

In your chest see a globe of rosy light. This ball is slightly smaller than the one radiating in your solar plexus. It extends outward from your chest cavity and although it overlaps the blue ball, the colours and shapes remain distinct. Your arms and legs are bathed in snow-white light, your solar plexus radiates sky-blue light, and centred in your chest a rosy globe spreads outward. Breathe deeply.

Keep your focus on all the colours and, at the same time, move your awareness up into your neck. There, around the thyroid, see a bright orange ball about the size of an orange.

Continue upwards and see a golden light radiating from the centre of your head around the entire skull. Inhale deeply and visualize your entire body in this array of colours with each ball radiating its distinct colour, overlapping yet remaining

unblended. You are blessed with a sensation of perfect health.

Breathe in these life-giving lights. Wish all your bodies good health and allow peace to reign in your heart. *'Thy Kingdom come, thy Will be done, on earth as it is in Heaven'* (cf. Matt. 6:10).

Health and the Subconscious

The six-pointed star is the universal symbol of Creation. The five-pointed star is the archetypal symbol of the human form and a balanced personality. When you invoke these symbols in exercise you situate yourself in the harmony of the Divine Plan and the perfection of the human form. By orienting the three bodies in this essential state of health and well-being you will gain self-conscious control over your subconscious.

Feel your legs from the toes to the place where you are sitting. See them radiating a bluish light. Without taking your attention away from your legs, expand your awareness into your abdomen. See your entire body glow with the blue light. In the centre of the solar plexus, see an emerald-green light, round and shining like a jewel.

Move up to the chest and see there a ball of rosy light and at its centre a small golden sun. Breathe deeply; see the rosy light grow in intensity until your shoulders and arms are also radiating this rosy light. Your feet and legs continue to glow in the blue light. Now see a ball of orange light at your thyroid, and a canary-yellow or golden light emanating from your head.

Feel your entire body and breathe deeply. Your head glows in a golden gleam, your shoulders, arms and chest in a rosy light, your legs and abdomen in a blue light, and the centre of your solar plexus in an emerald-green light. See all the colours.

Now concentrate on the golden halo which extends about

six inches around your head. Be in that halo for a while. See your entire body turn snow-white. Your body is surrounded by a comforting white light.

Look again at your solar plexus and see a vibrating emerald-green five-pointed star. Look into your chest. On your heart centre a yellow six-pointed star has formed. The halo on your head has taken the shape of a golden triangle rising up off your shoulders and enclosing your entire head.

The six-pointed star is Creation in Divine harmony. The five-pointed star is the human form, balanced and Wealthy.

Breathe deeply and order your subconscious:

I want perfect health in my material body.

I want order and peace.

I want full control over my psychical body.

I want to master my emotions and desires.

I want full control over my noetical body.

I want sober and constructive thoughts to rule my life.

Continue to tell your subconscious:

My thoughts will no longer enslave me, my emotions will no longer trouble me, and my physical body is clean and vigorous. I am the master of my gross material, psychical and noetical bodies. I feel strong and healthy in all three bodies! I am the master of my destiny!

Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: 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. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away. Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect.

Matthew 5:38-48

INTROSPECTION AND THE COMMON SELFHOOD

*A new commandment I give unto you,
That ye love one another;
as I have loved you,
that ye also love one another.*

John 13:34

*Love ye your enemies, and do good, and lend,
hoping for nothing again; and your reward shall be great,
and ye shall be the children of the Highest:
for he is kind unto the unthankful and to the evil.*

Luke 6:35

All of us have our own reasons and life-events for turning our outward gaze inward. Many are growing disenchanted with materialistic cultures and mentalities that now seem to blanket the globe and pervade every aspect of our existence. We are struck by the paradox that material wealth has come at the price of spiritual poverty. As we are torn from each other, we are torn from our Inner Self. So we are turning away from the outer chaos towards an inner clarity, an inner calm.

Yet many of us soon find limits in our work. We find it hard to let go of all our worries, our fears, our doubts. We are

plagued by distractions and are often unable to summon sufficient will to overcome all the resistance. We find ourselves caught in a cycle that is difficult to break. We lack faith.

Faith is the transformation of the personality so that it may more properly express its essential nature. When Joshua said, 'thy faith hath made thee whole' (Matt. 9:22), He was speaking of this. All those He was able to heal had already worked on an inner transformation. Faith, as such, is an active virtue in which the determination to know more of the Divine leads the aspirant towards overcoming the egoistic tendencies which have hindered and harmed. It is through faith that we slowly and methodically let go of the cumbersome emotions and desires that prohibit our access to higher energies.

It has been said that, 'we never really know how ill we are, until we begin to improve.' We are careful to protect ourselves from seeing the true extent of our corruption lest guilt and remorse grow too great. One of the most difficult chores of a Researcher of Truth is that of confronting himself, allowing himself to see the harm he is causing to himself, his family and friends. This is not easy, but there is no other way than total and endless honesty with oneself.

The central tool and the most basic practice of seekers, from every tradition and age, is daily introspection. Introspection is exploring the attributes of the present-day personality as it expresses itself in itself and in relation to others.

Our present-day personality is the sum total of the elementals that we have generated from within or adopted from the common psycho-noetical atmosphere. Elementals are assimilated into our character and form our constitution. The cultivation of the present personality starts before birth with the traits and tendencies we carry from previous lives. The per-

sonality continues to develop with every experience throughout a lifetime, resolving some issues, while creating other obstacles for this life and the lives ahead.

Of our thought and activity eighty per cent are driven by subconscious desires and needs. We are seldom aware of the origins of our desires, and yet they dictate much of what we experience, determining the extent to which we enjoy or suffer from life. These needs and desires are in fact clusters of elementals that we feed with etheric vitality every time we act to satiate their desire for fulfilment.

It is not that a subconscious is 'bad' or 'good', for in most people it is a little of both. The subconscious is both inevitable and invaluable, and it can be your best friend, when you allow it to express Holy Spiritual Intelligence, or your worst enemy, when it is overrun by base desires and unbridled emotions.

The subconscious, and the personality in general, can be measured both in quantitative and in qualitative terms. As elementals can be characterized, they can also be numbered. By and large, the bulk of our elementals serve egoistic ends rather than contributing to the betterment of the Common Selfhood. The majority of the difficulties we face result from our regeneration of base elementals.

Even Masters possess a subconscious. However, with Masters the proportion of their subconscious to their self-consciousness is smaller than ours and, furthermore, they have implanted in their subconscious attributes of love and compassion. If we liken the subconscious of an average man to an infested jungle, these more developed human beings have fashioned their subconscious into serene meadows. And when a gardener cares for his garden, the garden will care for the gardener.

Introspection is an earnest effort to unveil our subconscious to our self-consciousness so that we become more aware of our motivations and activities. It is a process of cleaning the subconscious so that we may better know ourselves and have ever greater control over what we think, feel, desire and do. We should strive to ensure that the elementals composing our personality are governed by love, reason and right-thinking.

Introspection will lead us out of the narrow confines of our present-day personality into an expanded state of awareness. Our petty personality will move under the wise wings of our Permanent Personality, although not without protest. Remember the egoism is crafty and will try to foil our efforts, coming forward as ‘an angel of light’ (2 Cor. 11:14). So we need to be wary.

Through certain exercises and enhanced understanding, we will not only clean the subconscious, but also clear space, making a fitting home for the Logos and the Holy Spirit to express Themselves through a holy personality.

When we begin to remove and disenergize elementals from our personality we must use care to fill the resulting ‘vacuum’ with wholesome elementals. Elementals exist in a delicate balance with one another in the personality, and any restructuring must occur slowly and surely. This is why lasting spiritual advancement takes time. A personality is a careful construction – for better or worse – and daily introspection is a safe approach to improve the present-day self towards self-conscious engagement in the Divine Plan.

Daily Introspection

*He that is slow to anger is better than the mighty;
and he that ruleth his spirit than he that taketh a city.*

Proverbs 16:32

*Judge not, and ye shall not be judged:
condemn not, and ye shall not be condemned:
forgive, and ye shall be forgiven:
Give, and it shall be given unto you,*

Luke 6:37, 38

Each night, just prior to sleep (when your subconscious is more porous), relax completely and inhale in a 4:4 pattern. Either lying in bed or sitting up (try not to fall asleep!) begin to recall the day from start to finish. Review the events and encounters of the day. With full impunity and leniency towards yourself and others, ask yourself:

What did I think or feel that I should not have thought or felt?

What did I *not* think or feel that I should have thought or felt?

What did I say that I should not have said?

What did I *not* say that I should have said?

What did I do that I should not have done?

What did I *not* do that I should have done?

The goal is not to scold (nor to praise!) yourself or others, but simply to study your activity as an impartial observer. Work to correct your behaviour. With time you will grow more accomplished at seeing yourself and will find that your moral, spiritual and mystical life will accelerate in growth.

Learning to Love an Enemy

*If thine enemy be hungry, give him bread to eat;
and if he be thirsty, give him water to drink.*

Proverbs 25:21

We often come into conflict with others in the community, even in the family. Some find it difficult to forgive and will hold grudges for long spells. As we develop along spiritual lines we soon learn that in disliking others we are causing more harm to ourselves than to the subject of our hostility. Anger, hatred, enmity, and other base emotions consume etheric vitality in great volume leaving us vulnerable to psychical and physical discomfort. We also learn that it is fruitless to hate others when we belong equally to the common brotherhood. The Lord Buddha put it succinctly when he said, 'hatred does not cease hatred at any time; hatred ceases by love.'

Relax completely. Bring to mind the face of someone with whom you have been having problems. Perhaps recently you have been quarrelling over a small matter, or maybe it has been years since you have spoken because you disappointed each other. It doesn't matter now. Just visualize that person's face in front of you.

If you have differences with that person you will see on his face an expression of anger or discontent. This is the reflection of your own feelings. Forget all the differences that have been harming your relationship.

See an expanding sun of light radiating from your heart. The light is a soft rose colour and it lights and caresses the face of the person in front of you.

*Clean our hearts to reflect Your Love towards you
and towards all other human beings. Our love is
Your Love.*

With your thoughts tell your friend, 'I no longer wish any differences between us. Let us forget the past.' You can see his face understanding and agreeing. This person can no longer hate you.

Now you can see that fellow satisfied and happy. He is expressing love toward you and you are returning that love. All the differences are cast away. That friend is now happy, no longer upset.

You have helped him and yourself. If it is impossible to be together on the material plane that is all right. But on the higher planes you have made peace. You have removed the poison of hatred and complaint which handicaps the personality and brings illness to the material body. Wish good health and happiness to that person.

Loving Your Enemies

*Why beholdest thou the mote that is in thy brother's eye,
but considerest not the beam that is in thine own eye?*

Matthew 7:3

Those that truly love have nothing to forgive.

Daskalos

Relax and breathe on a 4:4 count. Bring to mind a collection of persons towards whom you have some bitterness, or people who have some hostility towards you.

This is a time for reconciliation, so feel no anger. With every out-breath let go of any bad feelings that arise until you feel peace.

It was not they who hurt you. No one can ever hurt you, no one at all. Words, however hateful they may be, can never hurt you. You only hurt yourself by accepting their energy and reacting to the abuse.

See these people in front of you, taunting you, swearing at you, insulting you or even raising a hand to strike you. Your reaction is to smile with peace and understanding. In other circumstances you might be quick to anger, but now you understand the fruitlessness of an ill-temper. What was it that Joshua taught?

Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto

thee, Until seven times: but, Until seventy times seven [Matt. 18:21, 22].

The feeling of being wounded or offended is self-punishing. The desire to be apologized to is an expression of subtle egoism. And Joshua Emmanuel taught that,

To hate those who love you is devilish.

To love those who love you is human.

To love those who hate you is Divine.

Return to their faces. They are disarmed by your state of peace. They have forgotten why they were angered in the first place. See these people with love. It is difficult now to understand how it is possible to see any other person as an enemy as we all share a common effort to learn and grow. They are your brothers and sisters in the Common Selfhood – and Self-aware Souls like yourself.

Whatever society we live in, no matter the trouble currently besetting the community, let us not have enemies, let us not be unnerved by anything that anyone says or does to us. Let us sow peace and thereby set an example.

Before ending the meditation, plant a seed in your subconscious to think before you act. The next time you are in a situation where you are inclined to anger or to react harshly, pause and recall this exercise. Remember that you cause greater harm to yourself than to others when you lose your temper.

Three Suns

Then shall the righteous shine forth as the sun in the kingdom of their Father. Who hath ears to hear, let him hear.

Matthew 13:4

Blessed are the pure in heart: for they shall see God.

Matthew 5:8

The psychical body of each of us extends for miles around, the noetical body much farther. As we move about, thousands of people pass through our finer bodies, subconsciously experiencing our psycho-noetical attributes.

Joshua Emmanuel the Christ, as a pure expression of the Logos, could pass among the multitudes and thousands would be healed. We sow peace and love, or hatred and malice, simply by living among others. We can heal or we can harm according to the quality of our consciousness.

As we begin to put our house in order, purifying our personality, we learn to have conscious control over our contribution to the greater psycho-noetical community. We begin to maintain the purity of the Mind super-substance by shaping it into benevolent and healing elementals.

Here is an exercise to increase awareness of your bodies, and to enable you to extend them consciously and contribute to the welfare of others.

Feel in your heart peace and love. Breathe on a 4:4 count. Concentrate from the soles of your feet, to your toes and up to your ankles. Now from the ankles spread your awareness through your calf muscles into your knees. You are aware of your legs from the soles of your feet to your knees.

Continue breathing while you expand your concentration through your thighs and up into the pelvis. You feel the entire length of your legs now as they glow in a snow-white light. Wish good health to your legs.

Now continue spreading your awareness by moving up into the abdomen. Feel your solar plexus and see a small sky-blue ball begin to take form. It grows brighter and brighter with each breath you take, until it reaches the size of a beach ball. It is transparent and extends all around your abdomen.

Maintain your concentration on your snow-white legs and the sky-blue ball in your solar plexus, and now have your awareness encompass your chest cavity. In your chest see a rosy light the size of a tennis ball. Watch it as it expands and grows brighter and brighter until your entire chest is radiating this lovely light. The blue light of your solar plexus and the rosy light of your chest overlap but remain distinct spheres of light.

You have full sensation from your chest down to your toes. Continue breathing as you notice that your arms are glowing with the same white light as your legs. Pray your arms be blessed that they may be used to ease the pain of others and to wipe away the tears of your fellow man.

Now move up through your neck and into your head. Clear your thoughts and see a golden hue begin to surround your head. Extending a foot outwards on all sides you have a luminous golden halo. This golden aura meets the rose light of your chest but each colour and each ball keeps its shape and hue.

Now your entire body is radiating light: your legs and arms shine with great whiteness, your abdomen and solar plexus are engulfed in a lovely sky-blue ball, your heart and chest are emanating a rose-coloured globe, and your head is surrounded by a beautiful golden hue.

You have a desire to share with others the harmony you are experiencing.

See the blue ball expand to reach far beyond the area in which you stand. See it bathe every living being with peace and contentment. Now bless your material body and ask that it always be clear.

The rose light in your chest begins to grow in circumference to cover a huge area of many, many miles. Wish love to all as they are bathed in this light of love and peace. Wish peace to your psychical body, and to the psychical body of every other being.

The range of the golden light, as it spreads out from your head cannot be measured. Perhaps it blankets the entire continent or even the globe. See all who dwell within this golden halo to be in the peace of knowing and understanding. May your noetical consciousness be always blessed, and may it always bless others.

The three balls that were in your material body have now blossomed into three great suns.

After a while slowly, slowly contract the suns; first the golden halo, next the rosy light and finally the sky-blue ball. Wish good health to all other human beings and to yourself.

Creating Peace

*These things I have spoken unto you,
that in me ye might have peace.
In the world ye shall have tribulation:
but be of good cheer; I have overcome the world.*

John 16:33

*And let the peace of God rule in your hearts,
to the which also ye are called in one body;
and be ye thankful.*

Colossians3:15

This exercise is helpful when you know of a location where there is unrest and violence, perhaps a friend's house, or a village, or any place on the globe. You can help calm tempers and allow people to see things more clearly by flooding these areas with rose light from your heart.

Begin by inhaling comfortable deep breaths. Slowly inhale white light, exhaling any darkness. Your material body is now glowing in bright white light while your etheric double is turning sky-blue.

Your consciousness is becoming lighter and no longer hindered by heavy thoughts and emotions. Begin to expand your consciousness in every direction from where you are sitting. It passes out of the building, above the trees, like a growing bubble, until you can see the town in which you live. A lovely rose light pours out from your psycho-noetical heart blanketing first your neighbour's home, then the whole neighbourhood and finally the entire town. You feel joy.

You continue to expand to the point where you can see the entire nation. Perhaps there is trouble in some part of it. Your heart continues to pour out love for all. The whole country is now covered in this light.

Next spread your awareness to encompass first the cloud cover and then the atmosphere. You can see the whole planet. It is a gorgeous paradise of deep blue oceans, vast mountain ranges and lush plains. But you know there is fighting in various parts of the world, great unhappiness, and you want to help. From where you are, there are no borders marked, no lines separating people. It is one world. All trouble is born of ignorance and misunderstanding. We want to love one another and live in peace.

Now your heart is a river of rose light which floods the entire globe with peace and love. You see millions of smiling faces bathed in the rose light. You see men laying down their arms and embracing one another in common brotherhood. You see people giving food and clothes to others in need.

Now you see the planet move towards you and nestle in your heart. Moments ago you were on the planet and now it is in you. Keep the planet in your heart. You are once again back in your present-day personality.

Breathe deeply until you feel you have fully returned. Wish peace and harmony to prevail the world over.

Communal Prayer for Peace

*Love all God's Creation. The whole world and every grain of sand.
Love every leaf and every ray of God's light.
Love everything. But remember that you must face
the mystery of God in everything you love.*

Feodor Dostoevsky

The power of prayer to heal is now gaining much attention. Scientists and doctors are beginning to recognize that focused love and care for others is a powerful remedy in the healing process.

Of related significance has been the recent recognition of communal prayer in affecting positive change over a given population. Tests have proven that if one per cent of a population collect in unison prayer, a sharp change in behaviour can be scientifically measured within that population. Such is the power of thought, such is the strength of love.

There is too much pain, sorrow and strife in the world. Many want to contribute to the amelioration of the wounds of humanity yet feel helpless. Across the globe there is a network of Researchers who synchronize their prayers for world peace and harmony. You are welcome to join this community.

Each day at 9:00pm sit and clear your mind of all thoughts, and fill your heart with unconditional love. If you are a Christian first recite the Lord's prayer or, should you belong to another faith, recite your own prayers.

Envision peace flourishing in the hearts of every man, woman and child in every part of the globe. Sit in peace for a few minutes and then, either internally or aloud, recite this short prayer:

Peace on Earth and goodwill to all.

Thy Will be done, on earth as it is in Heaven.

There are many timezones and each of us will pray at a particular hour – at 9:00 pm local time. It is invaluable to continuously fill this holy and blessed elemental of love and peace with etheric vitality *from* all comers of the globe, *for* all comers of the globe.

Another parable put he forth unto them, saying, The kingdom of heaven is like to a grain of mustard seed, which a man took, and sowed in his field: Which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.

Matthew 13:31, 32

CIRCLES OF POSSIBILITY AND PROBABILITIES

*His delight is in the law of the LORD;
and in his law doth he meditate day and night.*

Psalms 1:2

Be still, and know that I am God.

Psalms 46:10

Holy monadic forms are like the cells of the body of Absolute Beingness. They belong to the Nature of God as Its Multiplicity and Self-sufficiency. Yet as expressions they cast an autonomous and individuated reflection into the worlds of separation.

We marvel at the great diversity we see around us. There are insects which live but seconds, olive trees that have lived on since before the time of Joshua the Christ, and galaxies which form and dissolve over the course of billions of years. There is perfect harmony and balance throughout the natural world extending to the farthest reaches of the universe.

What dictates the life-course of each expression to allow the phenomena of life? Where are Divine Wisdom, Love and Almightyness within these forms?

The Christ Logos and the Holy Archangels conduct the genesis and development of each form, acting upon a Principle instilled within each expression. We call this Principle the Circle of Possibility.

Each Circle of Possibility is immutable. It demarcates the range of experience possible for every expressed form. There is no transmigration between forms. Humanity always keeps the human form; for, 'Can the fig tree, my brethren, bear olive berries? either a vine, figs?' (James 3:12).

The simpler the form, the more discernible is its Circle of Possibility. A flower will emerge from a bulb and grow until ready to share its wonders, before it returns to the soil. Other forms own more complex Circles.

The Circle of Possibility of the human form – a cherished form in Creation - delineates the (seeming) departure from our complete unity with God and the gradual return to the Godhead, predicated on the development and purification of consciousness. The full Circle of our form strings together a long series of incarnations allowing a diversity of experience throughout ages, cultures and communities. A smaller loop inscribes the sequence of a single lifetime taking a personality from birth, through adolescence, and into old age, exposing him to a broad spectrum of sensations, perspectives and events invaluable to the process of expanding consciousness.

Circles are, at times, interrupted. In conjunction with the Circle of Possibility is the Principle of the Circle of Probabilities. This stipulates that any Circle may be withdrawn for a variety of reasons. A seed may not germinate. Or a seedling may be over-watered and rot. Trees can become diseased and die. A child may pass-over (to continue his evolution in another dimension). These interruptions, when viewed from the limits

of our vantage point, may appear unfair or even cruel. Yet again, it is in accordance with the Total Wisdom, Love and Power of the Divine Plan.

Developing an awareness of the grandeur of the Circles of Possibility and Probabilities is instrumental in the cultivation of consciousness to higher states. In many ways our ancestors were more sensitive to the presence of God, the Logos and the Holy Spirit, than we are today, as they lived in harmony with the cycles of nature. They saw God's hand behind the changing seasons and life's continual passages, in ways we have forgotten. We must again see what a tremendous gift this world is. Meditation on the many Circles of Possibility and Probabilities evident around us will clear and expand our vision.

An Almond Tree

*I remember the days of old;
I meditate on all thy works;
I muse on the work of thy hands.*

Psalms 143:5

*Blessed of the LORD for the precious things of heaven,
for the precious fruits brought forth by the sun.*

Deuteronomy 33:13,14

All around us there are so many wondrous forms. In Cyprus we have beautiful almond trees. Let us examine the Circle of Possibility of an almond tree as it passes through the seasons. You may use any fruit- or nut-bearing tree that is indigenous to your area.

Visualize an almond tree. In winter you see the tree as though it were completely dried up. Pure white snowflakes are dancing in the air, and fall gently on to the tree and the ground until all is covered in snow. The trunk and the leafless branches stand out against the white background. Study this tree for a while and breathe deeply.

As time passes the snow melts and the almond tree begins to shoot forth buds, tender buds. Watch these buds evolve as the days pass. Every few seconds of observation is like another day. You are controlling time!

Soon the buds open up and lovely blossoms appear. Delicate white and pink, sweet-smelling blossoms explode all over the tree while just a few moments ago it was still blanketed with snow.

Bees buzz from one flower to the next, pollinating. Feel the freshness in the air; the cold weather is gone and spring has fully arrived.

See the petals fall softly to the ground much in the same manner as the snowflakes did. A bed of petals collects under the tree. Look around the meadow where your almond tree stands. It is teeming with life. What can you see?

With time the petals soak into the ground or are washed away by the winds. By now young almonds are taking shape all over the tree. It is late spring and the daytime temperatures are very warm. The once muddy ground is now sun-soaked and dry. Beads of sweat form on your brow and you take shelter in the shade of the tree.

You watch as summer rolls by and the almonds grow in size with each passing moment. Autumn replaces summer. The time has come to harvest the nuts. You watch people as they gather the nuts into bags and take them away in carts.

The air turns crisp again. The leaves of the almond tree begin to pale, and one by one are swept away by an early winter wind. A year has passed and snow falls again. You have studied the tree – in all its seasons!

A Rosebush

*Consider the lilies of the field, how they grow;
they toil not, neither do they spin.*

Matthew 6:28

*And God said, Let the earth bring forth grass,
the herb yielding seed, and the fruit tree yielding fruit after his kind,
whose seed is in itself, upon the earth: and it was so.*

Genesis 1:11

Relax completely and begin patterned breathing. Visualize yourself in a beautiful garden on a warm summer's day. You are surrounded by lovely flowers and fragrances. A small brook cuts through the garden over which hummingbirds dart back and forth. Let your worries be carried away by the water. You feel tremendous pleasure as you forget all the burdens of the day.

Enter this lovely garden and sit or lie comfortably on a blanket. Enjoy the life that surrounds you. Near you is a gorgeous rosebush covered in soft white roses. Begin a study of its Circle of Possibility. Where was this rosebush just five years ago? Look into the past and see its life unfold.

It began as a small cutting - you can visualize it now. A gardener nurses the fragile cutting in a greenhouse until the frost has lifted and spring sets in. He then finds some fertile soil and a sunlit spot. When it doesn't rain the young plant is lovingly watered. You can see the soil soaking up the water. The warm sun bathes the tender life. It grows well under the care it is afforded.

The long summer leads into autumn. The leaves lose their green hue and slowly fall off. You see the leaves float to the ground and drift away in the winds. Winter approaches. The air turns from cool to cold, and a storm lays a blanket of fresh snow. Later more snow falls and covers up the young bush. Perhaps too much snow will fall and the bush will not survive the harsh winter – the Circle of Probabilities has interfered.

However, the bush does survive and with the eagerly awaited spring it sprouts new leaves and small buds begin to form. Look at these tender buds. You can reach out and feel the textures. Be careful to avoid the sharp thorns.

Weeks later the bush is in full bloom. You see the branches so laden with blossoms that they bow slightly downwards. You marvel at the richly layered petals. It is absolutely glorious. There are so many flowers you decide to cut a few as a gift for a friend.

Now, years later, you sit before your mature rosebush. It has survived many seasons and is strong and sturdy. Take a cutting from it and begin a new cycle of life.

In All the Works of Thine Hands

Deuteronomy 16:15

Hold up my goings in thy paths, that my footsteps slip not.

Psalms 17:5

*By the word of the LORD were the heavens made;
and all the host of them by the breath of his mouth.*

Psalms 33:6

There is not so much like God in all the universe as silence.

Meister Eckhart

No path is even and no travel without some spells of disquietude. Few among us can say that we haven't, at one time or another, shared Thomas's desire to see the nail prints (cf. John 20:27). In a world so tangible, we seek the apparently illusive and are frustrated or even despondent when ready proof escapes us.

There are no miracles other than life itself. Spread out before us is an immaculate testimony to the presence of the Divine. Periodically we should transcend the chaos of everyday existence and meditate on the Total Wisdom that carries life.

Relax and breathe on a 4:4 rhythm. You are going to conquer any existential anxiety that has arisen and reconfirm your faith in the Divine order of things.

Let us begin with a study of the human body. What a marvel it is. Consider how the two lobes of the brain are kept safe in a bony skull and how your eyes also nestle in a protective casing. Your eyelids, brows and lashes work together to protect them from danger. Your heart and lungs are guarded by a sturdy cage of ribs. Your liver and spleen and other organs are less vulnerable thanks to the protective peritoneum. Your gen-

itals are well placed, secured from harm. The dexterity of your arms and hands have yet to be duplicated by machines as scientists and engineers admire the ingenuity of the opposing thumb. We move about skillfully thanks to our well-designed legs and feet.

Of those who have taken the time to study the glorious human body few have failed to be astounded. The nervous, respiratory, immune and blood circulation systems work in perfect order and interplay – all powered by etheric vitality. The capacity to carry and sustain a child, the inner workings of the organs, down to the precise and minute motions of cells, molecules and atoms, testify to an incomparable wisdom.

From the cleansing and life-giving rivers and waters to the importance of the forest and foliage as great filters, we have grown increasingly aware of the delicate balance of the earth's ecosystem.

Have you studied how the cycles of the seasons lend time to the land that it may be rich and giving? And all this takes place under a carefully layered atmosphere. You should aspire to comprehend the wisdom of the planet.

Do you know that without our moon, which spins elegantly around our earth at a speed of 2,300 miles an hour, the earth would slip into another orbit. Imagine how perfectly suspended our earth, our home, is from the sun. 109 times greater in size than the earth, the sun is positioned no further than 95 million miles and no closer than 93 million miles from the earth. A deviation of a few percentage points in either direction would create conditions hostile to human life. There is an

immaculate balance and harmony within this planetary family.

We spin around our sun at a dizzying rate of 66,600 miles an hour, while our entire solar system rides through our galaxy at a speed of 150 miles an hour. It requires 225 million years for the sun to orbit the galaxy, which itself is propelled through the gross material universe at a speed of 35,000 miles an hour. Yet on a summer morning you can step out of your door and not a leaf on a poplar tree wavers, nor a ripple disturbs a placid sea.

There is nothing in the universe that is not also in the human body, and there is nothing in the human form that is not also present in the universe.

In times when our troubles seem too many, let us remember what a haven this world of ours is and how perfectly designed life is to allow us to live and learn. By any human measure the larger science of Life is difficult to fathom, well beyond known statistical probability. And then let us remember that life is not, nor ever was, a question of probabilities or coincidences, but a most ordered and wise process in accordance with the Divine Plan.

And he said, A certain man had two sons: And the younger of them said to his father, Father, give me the portion of goods that falleth to me. And he divided unto them his living.

And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living.

And when he had spent all, there arose a mighty famine in that land; and he began to be in want. And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him. And when he came to himself, he said, How many hired servants of my father's have bread enough and to spare, and I perish with hunger! I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee, And am no more worthy to be called thy son: make me as one of thy hired servants.

And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him. And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet: And bring hither the fatted calf, and kill it; and let us eat, and be merry: For this my son was dead, and is alive again; he was lost, and is found.

HE WAS LOST, AND IS FOUND

For in him we live, and move, and have our being.

Acts 17:28

There is no other parable of Joshua that speaks so clearly of the human condition as does the story of the Prodigal Son. It is as much the drama of the human form as it is the biography of each of us as Spirit-Soul-Ego.

We learn of the separation born of free will: ‘a journey into a far country’, tells of the humanization of an Archangelic Order for a sojourn in the worlds of duality.

We hear about a bitter-sweet life of indulgence and waste leading to Self-realization: ‘wasted his substance with riotous living ... to feed swine ... when he came to himself’. With time, both tired and awakened by a long series of incarnations, he heads back home.

And then comes the repentance and the desire for reunion: ‘I have sinned against heaven, and before thee ... make me as one of thy hired servants’, he intends to beg of his father. But the father had expected his son’s return and ‘ran’ to embrace him.

This is a story of separation and reunion; but, above all, it is a lesson of a father full of love for his children.

To conclude our lessons we often take the listeners into

a state of introspection where they are reminded of their essential nature and purpose. The meditations within this section are examples of these journeys.

Ye Have Been with Me from the Beginning

John 16:27

*Who hath saved us, and called us with an holy calling,
not according to our works,
but according to his own purpose and grace,
which was given us in Christ Jesus before the world began*

2 Timothy 1:9

Relax completely. Feel you are in your toes, feet, calves, thighs, abdomen, and chest. Breathe deeply and comfortably and relax every muscle in your body. Silence your psychical body. Let go of all negative emotions and desires. Begin to slow your thinking; indulge in fewer and fewer thoughts until your noetical body is calm.

Feel you are everywhere in your material body: your head, chest, hands, abdomen, legs, and feet. You have to slow down your way of thinking and feeling. Slowly ask yourself: *Who am I?* Don't be in a hurry. *Who am I in this material body? Is this material body mine? I am in it. I live in it. But who am I really?*

Breathe deeply and comfortably. *Who am I who can change the rhythm of my breath? Previously I was breathing subconsciously, my breath being guided by the Holy Archangels. But now I take control and breathe willingly to the rhythm of my heart.*

Take control of what? Of your emotions. For unbridled emotions and desires will exhaust your psychical body.

Breathe deeply. You can become master of your home, your material body. Now you can influence your subconscious, your personality's subconscious. Say, in your mind, *I want*

perfect health in this material body of mine. The Archangels are laughing: ‘What are we doing all the time? Are we not constantly restoring good health in your body?’ Of course they are, but you must realize this. Order your subconscious to aid in the work of the Archangels. Help them to help you. Breathe deeply and repeat: *I want perfect health in this material body of mine.*

Forget your name, forget your human form. You want to investigate your Selfhood, not the material body, not gross matter. ‘It is the spirit that quickeneth; the flesh profiteth nothing’ [John 6:63]. You are the Spirit.

What am I? An entity receiving impressions from the material world? Yes, I am also that. But I am more, much more. I am I. This I-ness, myself I want to know. I want to enter into full Self-Realization.

Who am I? What am I? I have cast away my emotions, desires and thoughts, and yet I remain myself. I am I. That I-ness I want to know and feel as myself. I am not my desires, my weaknesses, nor my thoughts. These are constantly changing. But my I-ness does not change. I am everlasting Life. Even in a dreamless deep sleep, I am I. Waking, I recompose my petty little time-and-place self, yet I am the I-ness. I am Life and I am the Truth. What am I then?

You may not receive the answer immediately, but some time you will awake and know the answer. The Holy Archangels and your Guardian Archangel have heard you and, when the time is right, they will reply to your questions. Continue breathing deeply and comfortably.

I Am in My Father and Ye in Me, and I in You

John 14:20

If the only prayer you say in your whole life is 'thank you' that would suffice.

Meister Eckhart

Relax your material body completely. Move your attention from your toes, through your feet, thighs, abdomen, chest, and up to your head. Feel you are completely relaxed, no tension whatsoever.

You are living in a material body and yet you know very little about it. The Holy Archangels of the elements are working in your body. They care for the circulation of your blood, your breathing, and for the steady beat of your heart. In perfect harmony, with Total Wisdom, the Archangels take care of your health, making your body a fitting home for you to live in. You feel your material body with the sensate ether in your etheric double. You are in your material body.

You must begin to understand how these Holy Archangels – one Archangel from each Order – are working for you. It is your body, and you feel it now. It has been given to you to make good use of. Yes, it is yours! It is a perfect gift of the Absolute Infinite Beingness as part of the Divine Plan. It is given to you, a human being, so that you may express yourself through it. For you the material body is a reality because you can feel it. Master this material body of yours and make good use of it.

You are also a living personality – a man or a woman with a name and certain characteristics. This is you as a present-day personality, as a logic being expressing itself in Creation. As

this personality you exist in time, place and space, to be born, to live, and some day to pass-over. You express yourself as emotions, desires, and thoughts.

Now, try to separate an emotion from a thought and you will find that you have enslaved your thought to your emotions and your desires. But emotion and thought are Mind in two different frequencies of vibration. You are expressing yourself as both emotions and thoughts.

Ask yourself: *'Who and what am I as a feeling personality, and who and what am I as a thinking being?'*

I see before me a threefold mirror: the material, psychical and noetical bodies. What kind of self do I see now in these mirrors? A self completely distorted. Can I see this self of mine clearly reflected so as to know who and what I really am?

You are not your material body, you are not your emotions and you are not your thoughts. They are given to you to use so that one day you may realize who you are: a Spirit-Soul-Ego.

Your Spirit-Ego-Being is beautiful and perfect, though your personality may not always be so. Your Inner Self, the Inner Self of everyone, is a Divine god. Try to make your time-place-space self, your personality, as pure and perfect as your Inner Self.

How are you living? See yourself now in your base emotions, in your weaknesses, in the subconscious reactions of your personality to the environment. Do you believe that you have enemies? Your heart has not been given to you to hate and complain. Your heart has been given to you to reflect the Love of Absolute Infinite Beingness. Do you allow your heart to reflect the Light, Love and Life of Absolute Infinite Beingness, your Father?

God is our Father. As Spirit-Ego-Beings we are always in Him and have never been created. But as human beings, as present-day personalities, we have been created. We need to realize that in our present-day personality is the Divine Spark, our Inner Immortal Self.

You must ask sincerely: *Who am I? A feeling and thinking being in a material body? What am I as life and who am I even as a phenomenon of life?*

Practise this meditation each day and a reply will come from within. With this kind of meditation what are we doing? Creating constructive elementals to help us see the truth. Every thought, every emotion, creates an elemental. So you have to know how to create or revitalize constructive elementals for the betterment of yourself and others.

I Am with You Always, Even Unto the End of the World

Matthew 28:20

The meaning of human life is the establishment of the Kingdom of God on earth, and that means the replacement of the egoistical, hating, dictatorial, and irrational things with a Life of Brotherhood, Freedom and Reason.

Leo Tolstoy

Breathe deeply and comfortably. Feel completely relaxed in your material body, no tense muscles. Calm down your emotions and thoughts.

So many thoughts and desires are coming to me. Elementals I have created disrupt my concentration, presenting themselves as pressing desires.

Suppose these desires are fulfilled, will they give me the pleasure I first imagined having? Looking into my past I recall countless desires. Many of them were fulfilled, then quickly forgotten, and after a little while new, stronger desires appeared.

Usually we desire something on the material plane. However, once we possess it, it loses all appeal and value and we want something else; and then something else again; always something bigger and better than before. All that time wasted in pain, agony, and anticipation – an endless chain of desires with fleeting satisfaction.

Is it not time to control these feelings? If it is impossible to fulfil a desire egoism will come forward to torment you, demanding satisfaction. Egoism is never reasoning. Egoism,

when very irrational, can lead to violence and crime. Egoism is obstinate. Should we follow it, or study the circumstances and decide to control ourselves?

We have to think seriously about the nature of desire, any desire, the result of its fulfilment, and of the frustration of an unmet desire. This is daily life. We create and revitalize an endless parade of elementals with our thoughts, desires, needs and emotions, thereby composing the subconscious of our personality.

Using reason I learn that I am not my desires, I am not my emotions, nor am I my thoughts. I am not my egoism - with its obstinacy and cruelty - often leading to enmities, malice, and crimes.

Breathe deeply. I am a Soul I am I. I am living and living is something very precious. I must value my life and the lives of others, even those who consider themselves my enemies. Do I have the right to make people unhappy? Do I have the right to make my life unhappy? Each day my inner reality, my Spirit-Self is blessing my personality with a new day of life.

Breathing is life. Breathe in rich oxygen; it is life-giving etheric vitality. Yet vitality is not life. Life is He, the Love, the Prince of Love. He is here in every one of us. He is the Logos and we are logic Beings within Him. Bring Him into your personality. Breathe Life.

By doing this exercise daily what do you think will happen? Provided you do it properly and you do not allow thoughts and emotions to come and disturb you, an Archangel, or your

Guardian Archangel, will appear in front of you. Or, if you concentrate on the Logos, Joshua Emmanuel the Christ will appear. Develop your sight and you will see Him. He is everywhere. We first reach Him through attunement to Him and, some day, we will become one with Him. This is real happiness. Happiness is in us, in the Kingdom of the Heavens which is our Being.

AN ESSENE PRAYER OF JOSHUA

*Thou shalt love the Lord thy God with all thy heart,
and with all thy soul, and with all thy strength,
and with all thy mind; and thy neighbour as thyself.*

Luke 10:27

In conclusion we present a meditation given by Joshua Emmanuel the Christ, our Lord, in the synagogue of the Essene Brotherhood, to His disciples before sending them into the world to work as teachers and healers.

Relax completely. Visualize Joshua Emmanuel the Christ standing before you as you sit peacefully, listening. In perfect at-one-ment with His Divine Self, the Logos, and attuned with each and every human being, Joshua spreads out His arms and says:

All of you, listen. You are my children, my offspring. I am in you as God, as Absolute Beingness, your real Self, and you are always in me as gods. And I am also with you as a human being, as your loving father, within our loving Father.

Every breath you take, sustaining the life of your material

body, is a fatherly kiss of mine for you. My beloved ones, I will not only speak to you in words of any language, but will also come to you as inspiration and as sensation.

I am the heat which keeps your body alive. I am the breeze, the fresh air, that caresses your face, I am in your eyes – as your sight – allowing you to enjoy my works around you, as phenomena of life, I am the sight and I see all.

I am continuously creating Mind substance for you, to keep your bodies thriving. I am the living ‘bread of life’ [John 6:48]. And I am the living water which you will drink and never thirst again [cf John 4:10-14]. I am the Mind vitality everywhere in the world. I am Spirit and I am form. You are in my Omnipresence.

I am the wise voice in your minds that speaks to you when you are doing something which is not right; not rebuking but awakening you. For I am reason in your thoughts and I am love in your heart.

Cast away from your heart every bitter emotion, all enmity, and any cruelty you may harbour I am the Life in you. Enjoy my Life. You are my offspring, you are my flesh and blood, part of myself,

I love you. Love all my expressions, love all other human beings as your own self, and love all of life ‘as I have loved you’, and as I will always love you [John 13:34].

GLOSSARY

ABSOLUTE BEINGNESS, ABSOLUTE INFINITE BEINGNESS GOD, THE FATHER, ALLAHA.

What we know of God we see in reflection as witnessed both externally and internally. Absolute Beingness is, above all, the Divine Common Selfhood, as Beings within the One Being. Love, Light and Life belong to the primary Nature of Absolute Beingness as Total Love, Total Wisdom and Almightyness. The Love of God is universal, ceaseless, and unconditional. It is the Love of God, expressed as Grace, which lies at the core of Creation. The Light is pure, luminous Super Self-consciousness. Everlasting Life is the eternal motion, generation and regeneration of Its expression. Other characteristics of Absolute Beingness, in Its Omnipresence, include Multiplicity, Self-sufficiency and the Will-pleasure to express Itself in Itself as Creation. Absolute Beingness manifests Itself as the Logos and the Holy Spirit, 'and these three are one' (1 John 5:7).

ABSOLUTE BE-NESS

That aspect of God which lies beyond the reach of human and Archangelic comprehension. The ultimate Source, the fathomless and inarticulate depths of the Divine that are beyond expression, for 'no man hath seen God at any time' (1 John 4:12).

ARCHANGELS, ANGELS

The Archangels are logic and Holy Spiritual Beings, who build, govern over, and project themselves into the universes. Within Absolute Beingness are Orders of Archangels, Holy Monadic Beings, each Order containing myriad upon myriad of Beings of the same kind. We know of the existence of twelve Archangelic Orders: Thrones, Authorities, Dominions, Principalities, Overlords, Seraphims and Cherubims together with

others, named and unnamed. They possess Total Wisdom, Love, Power Absolute Self-awareness. Angels are elements of the Archangels.

ARCHANGELIC MAN

Archangelic Man is an archetype. A Holy Monadic emanation, on its way to the Idea of Heavenly Man, passes through the Idea of Archangelic Man. For this reason, human beings are brothers to the Archangels.

AT-ONE-MENT

A Super Self-conscious state in which a being is able to merge itself in complete unity with any other being or existence, and with Absolute Beingness in Theosis, without ever abandoning its Self-Conscious Ego.

ATTUNEMENT

Adjusting our vibrations to the frequency of any other existence or being to the extent that we can observe and study its nature. Attunement is reached prior to at-one-ment.

BEING and EXISTING

Being is our Divine nature, boundless and eternal. Existing, as the expression of Being, requires time–place–space conditions. Existing has a beginning and an end and is thus a temporal phenomenon.

CAUSAL STATES

Above the noetic state, the causal states are non-dual conditions of pure Love, Causes, Ideas and Principles, cared for by the higher echelons of the Archangelic Orders. They are also known as the fifth heaven and above

CAUSE AND EFFECT, LAW OF

The Law of Cause and Effect is recognized by scientists as well mystics. This Divine Law of growth, harmony and balance,

requires action to result in reaction. Every deed, thought and emotion has a consequence, either favourable or detrimental. *Karma*, a term from the East, is the accumulation of the 'effects'. Not limited to the gross material plane, this instructional Law can operate over several lifetimes as well as within much shorter periods.

CAUSES, IDEAS and PRINCIPLES

The Will-pleasure of Absolute Be-ness is the primal Cause. It is the cause of Creation. From within the Will-pleasure of Absolute Be-ness, all subordinate causes spring. Causes then give rise to Archetypal Ideas. Archangels work through the Ideas and apply Total Wisdom to each form. Every Idea holds within it the whole Circle of Possibility and Probabilities of the form to be manifested. Principles govern the expression of causes in time, place and space.

CIRCLE OF POSSIBILITY

Each form contains a Principle known as the Circle of Possibility. A full embodiment of Total Wisdom, this Principle delineates all the expressions of each phenomenon of life. All forms are continually developing: from seed to tree, from child to adult. Life requires change, movement, so that experience may be gathered from the many perspectives of a Circle. Each form changes in appearance, though never in nature. In the Eternal Now a form is complete, with its Circle of Possibility already established. On entering the worlds of existence (material, psychical and noetical), the Circle of Possibility of a human being is inscribed on the Permanent Personality. No form can escape its Circle of Possibility, thus ruling out transmigration from one form to another (humans will always reincarnate as humans).

CIRCLE OF PROBABILITIES

While the Circle of Possibility is the ideal development and is inescapable, the Principle of the Circle of Probabilities allows for the halting of a developing life at any point in its expression in a given plane. A seed may not grow, a young tree may become diseased and die, or a child may pass-over (to continue in another dimension). Within each Circle of Possibility we find millions of probabilities.

COMMON SELFHOOD

As present-day personalities, we may come into conflict with one another and the gulf between us may seem great, but in our logicoic consciousness we are unified and indivisible. That is what Joshua Emmanuel the Christ taught when He said, ‘Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me’ (Matt. 25:40). This is the Common Selfhood. In other places Joshua speaks of this: ‘Ye shall know that I am in my Father, and ye in me, and I in you’ (John 14:20) and ‘I am the vine, ye are the branches’ (John 15:5). That we all share an equal place in Christ is one of the most profound and greatest truths.

COSMIC CONSCIOUSNESS, COSMIC MEMORY

In the Cosmic Consciousness every event, past and present, in all the universes, is recorded and preserved. The Cosmic Consciousness is constructed of Mind by means of living elementals in the eternal now. Contained within the Cosmic Consciousness is the Cosmic Memory (Sanskrit: *Akashic* record). This is the ‘heavenly archive’ where impressions, actions, thoughts, emotions and desires are chronicled. By attuning himself to the Cosmic Consciousness a mystic can – within the limits of his own development – study and know the Cosmic Memory.

CREATION

Manifestation of Absolute Beingness in Itself as the universes, from the highest heavens to the worlds of existence, in accordance with Its Divine Plan.

DIVINE LAWS

The basic structure of the Divine Plan, governing all worlds and universes, and corresponding to our higher nature. Epitomizing Reason and Love manifested, it is our recognition of, and alignment with, these Laws (e.g. of Cause and Effect, of Harmony, of Order, of Growth and of Love) which lead to enhanced spiritual development.

DIVINE MEDITATION

Divine Meditation, for lack of a better term, is believed to be the state prior to the Will-pleasure where Absolute Beingness contemplates expressing Itself within Itself

DIVINE MERCY

A little understood, but most compassionate force in Creation, Divine Mercy permits the miraculous, the seeming exception to the Law of Cause and Effect, to take place. James, in his epistle, wrote, ‘and mercy rejoiceth against judgement’ (3:13).

DIVINE PLAN

The blueprint of Creation, perfect and complete, accounting for everything and for all occurrences. Attuning our thoughts and actions to the most wise Divine Plan of Absolute Beingness is the purpose of our existence.

ECSTASY

Entering the Kingdom of Heavens through expansion, attunement and at-one-ment. Ecstasy is of the heart as it implies a passing beyond all conceptual thinking.

EGO and EGOISM

Our use of these terms is not to be confused with contemporary psychological terminology. Egoism misuses Mind through the construction of selfish desires, through base emotions, greed, malice and envy. The Ego (with a capital E) is the Self as Beingness, our Soul-aware Soul nature, and is reflected through a reasoning and loving personality. While egoism (the sum total of unbridled elementals) is the source of dis-ease throughout the personality, the nation and the world, our Ego nature brings forth love, compassion, reasoned thinking and reasoned action.

ELEMENTALS

Every thought, emotion and desire creates and transmits an elemental – also called thought-form – that carries on an existence of its own. We create and regenerate two types of elementals. When negative emotion prevails over thought, we have created emotional thought-forms, or desire-thoughts. When our ideas, desires and emotions pass through reason and love, we create reasoned thought-forms, or thought-desires. An elemental can never be destroyed, only dis-energized (when no longer fed with etheric vitality). Elementals of a kind collect to form powerful group elementals. If an individual, or a collection of individuals, are vibrating at the same frequency, they will attract such group elementals. Archangels also create elementals (e.g. nature spirits and angels) in the service of the Divine Plan.

ETERNAL NOW, ETERNAL PRESENT

Time and place are concepts resulting from, and sustained by, impressions generated in the worlds of separation. Consequently the concepts and the experience vary according to your location within the Universe. The worlds of existence are contained within the higher, causal heavens, of the Eternal Now.

Any experience we have in the worlds of existence is but a slice from the larger whole, the state of Everlasting Life, where past, present and future collapse into the Eternal Now.

ETHER

Within etheric doubles etheric vitality breaks down into four conditions of ether: creative, sensate, imprint, and kinetic. Creative ether constructs and maintains the phenomenon of life. Imprint ether is used to shape etheric vitality. Sensate ether is the ‘feeling giving’ ether, and kinetic ether facilitates motion.

ETHER, ETHERIC VITALITY

‘Our daily bread’, etheric vitality (Mind at a certain frequency) is obtained from the sun, breathing, meditation, food and rest. We swim in a sea of etheric vitality which surrounds and permeates the globe, yet, through disharmonious lifestyles, most of us exhaust our portion of etheric vitality and are unable to restore it. Everything in existence, including our bodies, is constructed within a mould of Mind vitality (i.e. the etheric doubles).

ETHERIC CENTRES, SACRED DISCS

Centres of energy and activity (Sanskrit: *chakras*) located at various points on the etheric doubles of our bodies. Each of the three bodies, from the gross material to the more refined, displays these centres, which correspond to organs of the material body. These centres act as gates and storehouses for elements.

ETHERIC DOUBLES

Each body of everything in existence, from the simplest to the most complex structures, possesses an etheric double centred within the body and extending slightly beyond it. The etheric doubles, both perfect and incorruptible, serve as the moulds for

a body's construction and in the preservation of a body's health. Within etheric doubles ether is accumulated and distributed to various parts of the body. The etheric double exists as long as the body (whether material, psychic or noetical) is projected. When a body dies (passes-over), its etheric double dissolves.

EXOSOMATOSIS (*Εξωσωμάτωση*)

The Greek word equivalent to the English expression 'out of body'. We know of a first (from the material body), a second (from the psychical body) and a third (from the noetical body) exosomatosis. We all leave our bodies each night, during sleep, and travel to other planes subconsciously. The aim, however, is to live self-consciously while out of our bodies.

FAITH

Not only an individual or theoretical belief in the dogmatic truths of a religion, but an all-embracing relationship, a recognition of, and love for Absolute Beingness. As such it involves the transformation of our personality, whereby we are taken up into the whole theanthropic activity of God in Christ and of man in Christ through which we realize our Theosis. Faith, above all, is an active virtue: 'Faith without works is dead...' (James 3:26).

FORMS

Anything, in order to exist, is created according to an everlasting Divine form. There are billions of forms reflected in the worlds of existence. Each form possesses a unique Circle of Possibility, established in Total Wisdom, that demarcates its expression in the worlds of separation. The Archangels work through the forms to create and sustain the phenomenon of life.

GUARDIAN ARCHANGEL

At the point of our first incarnation, having passed through the Human Idea, each of us is protected and guided by a Guardian

Archangel. Throughout our long sojourn in the worlds of separation, our Archangel helps our Permanent Personality plan and experience each incarnation – all our valuable lessons – though never tampering with our free will. Our most faithful companion, this Archangel (with whom we are egofied), is from the order of the Thrones.

GROSS MATERIAL WORLD, BODY

The lowest vibration of Mind. Mind made solid to compose the three-dimensional gross material world and body.

HEAVENLY MAN

Also called the Idea of Man or Human Idea. Our bodies are constructed according to the Causal Law of the heavenly human form.

HEART CENTRE

Not simply the physical organ but the spiritual centre of mankind's being. Man made in the 'image and the likeness' (cf. Gen. 1:26) of Absolute Beingness as Reason and Love, our truest self, our inner sanctum, through which the mystery and union between the Divine and the mundane is consummated. 'Heart' has thus an all-embracing significance. Prayer of the heart means prayer not just in the emotions and affections, but of the whole person. We should strive to purify our hearts for 'God knoweth your hearts,' writes Luke (16:15).

HOLY MONAD, HOLY MONADIC SELF

Our real identity as Spirit-Ego-Beings. A Holy Monad might be thought of as one of countless myriads of 'cells' within the Multiplicity of and Self-sufficiency of Absolute Beingness.

HOLY SPIRIT

Impersonal Super-consciousness that expresses the Omnipotence of Absolute Beingness and makes possible the creation and

preservation of the universes. The dynamic aspect of Absolute Beingness as Total Wisdom and Almightyness. We experience the Holy Spirit as universal Wisdom and healing force.

HUMAN FORM

see HEAVENLY MAN *and* FORMS

IDEAS, DIVINE

see CAUSES, IDEAS *and* PRINCIPLES

INDIVIDUATED SELFHOOD

The Personality as a unified Divine Being. Selfhood encompasses all the expressions of the Self from Its apex as the Holy Monadic Spirit-Ego-Being filtered down to the petty present-day personality. Within the Selfhood not a single expression is devalued; each is cherished in its own right. Our Spirit-Ego-Being partakes in the Will-pleasure of Absolute Beingness (to express Itself in Itself) by expressing Itself within Its own Selfhood.

INNER SELF

A term indicating the Self in Its expression as the Permanent Personality.

INTROSPECTION

An inner exploration to trace the sources of our emotional and noetical behaviour with the resolve to self-consciously structure our personality and its subconscious. The determination to free the self of the limitations of egoism, by releasing ‘your conscience from dead works’ (Hebr. 9:14), is moving towards the wise and loving voice of the Soul. Daily introspection, also termed ‘looking within’, is the process of self-examination, of ‘knowing thyself’. This is the core practice of every Researcher of Truth and all those interested in Self-Realization.

JOSHUA EMMANUEL THE CHRIST

God's 'only begotten Son' (John 3:16). Joshua is a direct and pure Ray of the Logos incarnated, by immaculate conception, in Palestine twenty centuries ago as the 'son of man' (Matt. 18:11). His Divine Teachings, as preserved in the New Testament, are cherished in our work as universal and timeless, offering indispensable guidance in the exaltation of consciousness.

KARMA

see CAUSE AND EFFECT, LAW OF

LOGOS, CHRIST LOGOS

The Logos, the Divine Common Selfhood, is Absolute Beingness manifested as Super Self-consciousness. Logos has been translated from the Greek to mean 'Word' and 'In the beginning [authority*] was the Word, and the Word was with God, and the Word was God' (John 1:1). The Logos is 'the real light which enlightens every man ... coming into the world' (John 1:9) Joshua Emmanuel speaks as the Logos when He says, "I am the Son of God' (Matt. 27:43), and as Joshua when He speaks as the 'son of man' (Matt. 18:11)

MEDITATION

The inner reaches of introspection become the outer reaches of meditation, as the exploration moves beyond the subjective experience of the present-day personality, into the boundless oceans of Mind, towards alignment with the universal and eternal.

MIND

Mind is the bearer of all Life. Everything that exists is made of

* The Greek word *αρχή* (arche) has two distinct meanings. The first, and more popularly used, indicates a 'beginning'. The second, and one the author believes to be the real meaning, suggests 'authority'. Please note that John's gospel was originally written in Greek and then mistranslated into Aramaic.

Mind at varying frequencies from super-substance, substance, to solid matter. Mind is an emanation of Absolute Beingness imbued with the Total Wisdom, Love, Power and Purity of its Creator. Mind, however, is not an immortal Being, but rather substance eternally used in all Creation. Mind is Divine at its source, and holy in its expression. When mind is used to express its everyday, idiomatic meanings, it appears with ‘m’ in the lower case.

MULTIPLICITY

Absolute Beingness in Its manifold nature as gods within God. The entire diversity of Life resides within God, ‘which is his body, the fulness of him that filleth all in all’ (Eph. 1:23)

NOETIC STATE

The mental world. A state of Ideas and unexpressed forms in the Eternal Now. From the noetic state the Archangels derive the forms for creating and sustaining the phenomena of life. This state is where we may come to rest in between incarnations.

NOETICAL WORLD, BODY

The five-dimensional world, and the most rarefied of the three worlds of separation. In the noetical world – the world of thought and home of the noetical body – the Total Wisdom of Absolute Beingness first finds expression as thought-forms, ranging from galaxies to unicellular organisms. This is a world of seven planes, each with seven sub-planes.

OBSERVATION

Observation is part of our Divine nature. Attention without tension. Perfect concentration. The ability to observe in detail and to recall what we have observed is vital to our understanding of the Divine Plan.

PASSING OVER

A euphemism for what is commonly termed ‘dying’. Passing-over is properly understood as an episode within a Circle of Possibility where a personality concludes its existence in one dimension only to continue in other worlds. It is in no way separate from life but part of it.

PERMANENT ATOM

That part of the Permanent Personality which records the experiences and lessons it has received in the space-place-time worlds. The permanent atom is situated in the etheric heart of each body simultaneously, and registers emotions, thoughts, reactions and experiences as they occur in the worlds of existence.

PERMANENT PERSONALITY

The active and expressive part of Soul, both within and beyond the worlds of separation. It filters knowledge to and from the present-day personalities and distills wisdom.

PRESENT-DAY PERSONALITY

A personality developed during each incarnation, which we may call ‘George’ or ‘Mary’ or whatever. The present-day personality is a projection of the Permanent Personality into the worlds of separation. This petty self, infatuated with knowledge resulting from the five senses, is the sum total of its elementals. The work of the present-day personality is to cultivate a humble, moral and loving character.

PRINCIPLES, DIVINE

see CAUSES, IDEAS and PRINCIPLES

PSYCHIC WORLD, BODY

The four dimensional world, also known as the ‘world of

emotions'. The super-sensuous psychological world is composed of seven planes, each having seven sub-planes. It is to the psychological worlds that we travel in first exosomatosis, in our psychological body, and to which, on passing-over, we first go.

PSYCHO-NOETICAL

The relationship between the psychological world (emotions) and the noetical world (thoughts) is so interwoven that we need often to consider them as semi-unified. There is scarcely a thought without some emotion, and in every emotion there is a measure of thought.

PSYCHO-NOETICAL IMAGE

A multi-dimensional image of the psycho-noetical substance, formed through visualization by means of noetic light. Once formed, this elemental is everlasting, as are all elementals.

PSYCHO-THERAPY

The esoteric Christian concept and practice of psycho-therapy encompasses a complete range of healing. Not limited to treating problems within the personality, a true psycho-therapist is concerned with the noetical, psychological, and physical well-being of human beings. An aspiring psycho-therapist must train himself in many fields: self-conscious use of etheric vitality (as the four states of ether), the ability to visualize, comprehensive knowledge of human anatomy including the etheric doubles, understanding the subconsciousness, and awareness of Divine Laws. A psycho-therapist is first and foremost a humble Researcher of Truth whose effectiveness in the healing process (not considering himself a 'healer', but rather a worthy conduit for the Holy Spirit) depends on the purity of his heart and consciousness. Motivated by compassion, understanding and, above all, love, he values a friend in need as a Spirit-Soul-Ego, in the Common Selfhood, with time-place-space difficulties to be resolved and evolved from.

REPENTANCE

The Greek word for repentance, ‘metanoia’ (μετάνοια), signifies primarily a ‘change of mind’ or ‘change of intellect’. Repentance implies not only sorrow, contrition or regret, but more positively and fundamentally an analysis of our erroneous ways coupled with a resolve not to repeat them. Repenting means turning our thoughts, emotions, and deeds towards alignment with the Divine.

SELF-AWARENESS

A state of conscious awareness of the self within the Divine Plan. Through work and will-power we awaken from the slumber of everyday consciousness into a state of expanded self-awareness.

SELF-CONSCIOUSNESS, SUPER SELF-CONSCIOUSNESS

Consciousness, in varying degrees, of ourselves as individuated beings and existences. Through faithful introspection self-consciousness expands into Super Self-consciousness, which is total awareness in Beingness and existence also known as Theosis.

SELF-REALIZATION

The culmination of life experiences in the worlds of separation. At the point of Self-Realization, the present-day personality, transmuted into the Permanent Personality, unified with the Self-aware Soul, is prepared to assimilate with the Spirit-Ego-Being in Theosis.

SELF-SUFFICIENCY

The primary Nature of Absolute Beingness: complete Abundance, Blessedness and independence of all needs.

SOUL, SELF-AWARE

When a ray of a Holy Monad passes through the Idea of

Heavenly Man, a Soul *is*. The Soul is not created; it is the precious ‘pearl’ of Spirit (Matt. 13:45, 46). The incorruptible Soul, which St. Paul called the ‘Spiritual Body’ (1 Cor. 15:44), is in a formless state as Spirit, yet retains the human Idea. When returning to the Godhead, the Soul marries the Spirit-Ego-Being in a state of Super Self-consciousness, as the bride marries the bridegroom (cf. Matt. 25:1-13).

SPIRIT-EGO-BEING

Our Self as a Divine Being: boundless, eternal, and immovable. Our Spirit-Ego-Being is the Self as Holy Monad, Super Self-conscious and luminous, in at-one-ment with the Self-sufficiency and Multiplicity of the Godhead. The Will-pleasure of Absolute Beingness to express Itself within Itself is identical with the Will of our Spirit-Ego-Being to express Itself in Its own Selfhood.

SUBCONSCIOUS

Researchers of Truth understand the triadic nature of their subconscious. One chamber of the subconscious contains all the elementals composing our personality. The second chamber is the storehouse of life-giving etheric vitality. The third and most valued chamber is that of the Logos and Holy Spirit.

SYSTEM FOR THE RESEARCH OF TRUTH

Our system of esoteric Christianity celebrates the eternal truths known to all great religious traditions, while firmly based in the teachings of the God-Man Joshua Emmanuel the Christ and the New Testament. Through directed study, exercises and meditations, we seek the balanced evolution and integration of our entire being, as we cultivate our moral, ethical, spiritual and mystical aspects. Our approach is methodical, safe and self-evident.

THEOSIS

At-one-ment with the One God, Absolute Beingness. The moment when the Prodigal Son, now Super Self-conscious, returns home to his most loving Father.

TOTAL LOVE, WISDOM and POWER

Primary Natures of Absolute Beingness and all Beings. Forming a sacred triangle, each Nature depends on the other in order to be properly expressed.

VISUALIZATION

Visualization is a *language* of the Divine, the 'key' to the kingdoms (Rev. 3:7). After learning to observe carefully and to concentrate fully, we gain the ability to visualize consciously. We shape etheric vitality to create elementals, from psycho-noetical images to entire scenes. Through visualization, in healing work, we learn to materialize and de-materialize. There is nothing more powerful than thought, and visualization is the process of harnessing thought in a constructive manner for the expansion of the self and to aid others in need.

WILL-PLEASURE

Absolute Beingness expressing Itself in Itself as Creation. The Will-Pleasure, in Greek *euareskeia* (*Ευαρέσκεια*), carries a sense of pleasure derived from bountiful giving, as practised by a warmly generous and wealthy source. God's pleasure in creativeness.

WORLDS OF SEPARATION

The three worlds of existence (material, psychical and noetical) in which we spend our periods of seeming separation from Absolute Beingness. These are worlds of duality, of space-place-time, which we experience during each incarnation.

Dr. Stylianos Atteshli (known as Daskalos) was born and lives on the island of Cyprus. Daskalos was educated in a variety of disciplines in Cyprus and abroad. Having worked much of his life in the Government Printing Office, Daskalos also spent some time living and working in Africa.

Throughout his life Daskalos has enjoyed composing and performing music (violin and piano), writing poetry, gardening, studying languages and painting. His great passion is teaching about the purpose of life and how to develop our understanding and experience of the Divine.

For over seventy years, Daskalos has taught esoteric Christianity to small groups of students, more recently to a rapidly expanding international audience.

Daskalos prefers not to be treated as a Master or Guru, but as a Brother Guide and friend, always willing to help others in their search. He stresses the independence of the Researcher while discouraging any relationship based on dependence and dominance. He is the moral director of over a 100 study circles, known as *A System for the Research of Truth*.

He is a father of two daughters, a grandfather to three and a great-grandfather to three.

The Stoa Series preserves, develops and distributes the work of Dr. Atteshli and his daughter, Panayiota. Other titles and various audio and video presentations can be obtained by writing:

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'Tell me what salt tastes like. Can you tell me what salt tastes like? Can you? Can you describe to me the taste and sensation of salt? You may say that it is a white crystalline solid, chiefly composed of sodium chloride. You may also say that its chemical composition is NaCl. But I tell you this: until you first place some salt on your tongue you will not know the taste of salt. So, what do we need to do? We need to take a pick and head to the salt mines!'