

TRANSCRIPTS OF MICHAEL CHANNELING SESSIONS - THE ORIGINAL MICHAEL GROUP

(Second Edition - Updated)

INTRODUCTION

TERMS OF USE

This document is intended to be provided freely but privately to “students” of what has become known as the “Michael Teachings” – MT for short. Readers may provide it freely and privately to other students of the Michael Teachings. It is not suitable as an introduction to the MT, or for people who are not yet mature students.

Note especially that word “privately.” Readers do not have permission to publicly distribute this document or any portion thereof. The reason for this is explained below.

SOME HISTORY

In 1973, a few spiritual seekers in the San Francisco Bay area made contact through the Ouija board with a source of information that came to be known as “Michael.” In this document this will be referred to as The Original Michael Group – TOMG for short. The messages, amounting to hundreds, perhaps thousands, of pages, were handwritten or tape recorded at the time of reception. They were then typewritten, and photocopies were distributed to the members of the group. The group grew in number over the next two years until the summer of 1975, when the large group ceased their regular meetings. Afterwards, a core group of friends continued to meet occasionally to receive messages, and some private sessions were held until about 1983. This document is the actual, although incomplete, story of that group.

A fictionalized account of TOMG was published in 1979 (in hardcover edition) by Chelsea Quinn Yarbro in her book, *Messages from Michael* (hereinafter abbreviated to “MFM”). In 1980 the paperback edition was published. Ms Yarbro was a writer of fiction by profession, so it came naturally to her to fictionalize the account of TOMG. All names of TOMG members were changed in MFM to maintain their anonymity. The dialog between these members of TOMG was also created by Ms Yarbro, as well as events in their story. The words attributed to Michael – the words in all upper case – are, however, the actual words from the transcriptions, as you will see in many places in this document. Books about the Michael Teachings published after MFM, such as *More Messages from Michael* (1986), *Michael's People* (1988), and *Michael for the Millennium* (1995) are not about TOMG. They are about the group that Ms Yarbro led after the breakup of TOMG.

In the preface to MFM, Ms Yarbro said there were about three thousand pages of typewritten transcripts in late 1978. This fits with what is currently available. We have about 700 pages of session transcripts plus about 260 pages of compilation material, most of which is extracted from sessions that we also have. It is obvious that the first dated session in this collection (June 19, 1973) is not the first. There are undoubtedly some sessions missing from our collection through February of 1975, and we only have a few sessions from February 1975 to January 1978. This means we have only about one-quarter to one-third of what Ms Yarbro had access to when she wrote *Messages from Michael*. The story of how this material became available is told below.

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In 1977 or 1978, the primary channel, Sarah Chambers, provided Ms Yarbro, who was not a member of TOMG, a copy of the transcriptions channeled up until that time. You can read about this in the Preface to MFM. We now know that a contract was signed for Sarah to receive royalties for profits from the sale of any books published by Ms Yarbro based on this material. At that time, Sarah did not wish to become a public figure, but in the mid 1990s she did just that. We then found out that Sarah had lost her copy of the contract, so we do not really know all the terms of the contract. Therefore, we do not know if the contract precluded anyone else from publishing (or privately distributing) copies of the transcriptions. We do know that Sarah was not the only channel. We know *others* asked the questions, wrote down the answers, typed up the answers, and distributed the photocopies. The material would not exist without each of these activities. None

of the other members of TOMG signed a contract with Ms Yarbro, giving away *their* rights to distribute the material that they participated in the creation of.

Therefore, regardless of the terms of Sarah's contract, it is uncertain at the present time whether or not Ms Yarbro has legal "standing" to prevent private distribution of unpublished material, or have a copyright on material that was so freely available before she included it in her books. This material was freely distributed by members and non-members of TOMG to dozens of people, perhaps hundreds, during the years 1973 to 1979 (and later), so it precedes Ms Yarbro's copyrighted books. Therefore we believe that it might be legally acceptable to publish it, or at least distribute it. In the late 1990s, a member of TOMG actually made a public offering to share copies of the transcriptions. It is possible, even probable, that Ms Yarbro found out about this, but did not challenge the right to do so. Nevertheless, we do not regard the unpublished material to be "in the public domain," which has a legal definition. We have chosen to distribute it privately instead, and then only among "students" of the teachings, just as it was always done. That way we do not affect or challenge Ms Yarbro's income stream or her copyright contract with her publisher.

For us to publish publicly could also jeopardize the possible eventual publication of all the transcriptions of TOMG by Ms Yarbro. Ms Yarbro said in *Michael for the Millennium* (1995, Introduction, page 3) that she might eventually make some of the unpublished material available for viewing. Reliable sources and rumor suggest that this is a work still in progress, many years later. It would please the editors of this document if she would make available all the TOMG material, because we only have a fraction of what we presume she has, based on her statement in MFM mentioned above. She could also publish yet another Michael Messages book containing all the TOMG material, and claim a copyright on it if she likes, because something like that is perhaps what her contract with Sarah allows. If she ever does publish it or otherwise puts a price tag on its availability, we encourage you to purchase them from her. We will, of course, cease to make it available at that time. What really matters is that Michael's full teaching be made available to the students with whom they have Agreements.

In summary, we do not want to test a copyright dispute in court and we do not want to prevent possible release of all TOMG material, so we continue to make what we do have available the same way we received it: privately and discreetly, not publicly or commercially. Our instruction to you the reader is to "go thou and do likewise."

So, the material in this document did not originate from Ms Yarbro and she had nothing to do with processing this document. A fellow by the name of Terence Powers, now deceased, tracked down some of the members of TOMG in 1993. One of them was willing to share a copy of what she had with him and the community of Michael students. This led to the discovery of other members of TOMG, who also shared what they had. (Several others in TOMG said they would also share what they had -- if they had anything, but they did not.) It is still necessary that editing of the original transcriptions be done before they are distributed widely, because many of the members of TOMG still prefer to remain anonymous. Those of course who shared their copies know about the edit and dissemination of these transcriptions. (In fact, one of the founding members of TOMG wanted the unpublished material to be published, and the actual story of the group told.) Those members gave copies freely to the editors of this document, and the editors give them freely to other students and those others give them freely to yet other students. We (the editors) believe this is just a continuation of the policy originally established by TOMG, and is in keeping with Michael's expressed directive – see next section.

What you have here is referred to as the Second Edition - Update. The First Edition was distributed in late 1994. Much of the group process and irrelevant or unnecessary personal information was omitted, and names were substituted with initials. In the Second Edition, first distributed about 1998, all remaining personal information was omitted, including initials of names. This remainder was therefore entirely an "impersonal" presentation of the Michael Teachings. Upon acquisition of some additional material in 2011 by the present editors, it was deemed useful to republish the Second Edition with those updates.

DIRECTIVE TO PUBLISH

In the December 31, 1973 session, in response to the question, "What can I do with this?" Michael said: "Propagate the Logos. This isn't trite. We expect this teaching to reach others. We are not just hollering down the rain barrel." Then on February 8, 1974 this came through: "We would prefer that you assemble the material here given, editorializing if you wish, and present it to all potential students in a palatable form. There are Scholars among you who are up to this task as well as Artisans aplenty who can contribute the imaginative approach. We could see this as one of your major tasks, and we have advised you this before...."

Now it is our aim to see you eventually propagate this teaching at large. We would see you exorcise the personal data prior to disseminating any information beyond this core; other than that, you may publish at will.”

To some small extent, TOMG began to fulfill this directive. They created at least three compilations, extracting material from the sessions, and just before the group was disbanded they produced two editions of a rudimentary magazine. This was obviously for external as well as internal use. However, TOMG never really *completely* fulfilled this itself – because the group was disbanded. It is obvious that Ms Yarbrow also began to fulfill it, and carried the project further than TOMG, but we believe her effort was also incomplete. Having obtained many of the session transcriptions, we now know she left out a lot of material, and based on what we have, the editors believe that she left out some of the best material, some of which we regard as central to Michael's message. We have “exorcised the personal data” as instructed by Michael. We have corrected typographical and (some) grammatical errors and completed some incomplete sentences, so as not to distract the reader. Otherwise, the text is faithful to the original. We have also “editorialized” as Michael suggested: we have provided explanations and clarifications and elaborations in footnotes and bracketed comments where it seemed appropriate.

You will see in these transcriptions that they were *serious* about these teachings and other spiritual paths. Lengthy meetings were generally held two or three times a week. Between meetings, the transcribers were busy typing and making copies. This went on intensely for about two years that we know of. Then there were other spiritual events that members participated in.

Readers will notice that Michael seems to have a different tone of voice in this channeling to this group than to any other group that we know of since then. In subsequent groups, Michael passively waits for questions and provides neutral answers, mere information. With these people, they seemed to have an agenda, a purpose, or at least a message on their mind that they just had to get out. They promptly introduced the overleaf system, for instance. They also emphasized that the group was together for a reason, for a purpose, namely to finish business that they started in earlier lifetimes -- and that business included hearing the MT, living the MT, and spreading the MT.

OTHER TEACHINGS

Some of the founding members of TOMG had been spiritual seekers for years in a Gurdjieff / Ouspensky group. You will understand the transcripts better if you are familiar with the Gurdjieff / Ouspensky teaching more than any other teacher/teaching. You will also notice in the course of reading these transcriptions that some members of TOMG were interested in numerous spiritual teachings and practices. For instance: Theosophy, *A Course in Miracles*, Werner Erhard and EST, John Lilly, Carlos Castaneda, Edgar Cayce, Jane Roberts/Seth, Sri Aurobindo, and many others. New members of TOMG were added all the time and they brought with them questions and ideas from these other spiritual pursuits. The editors have added brief commentary about these other teachings where appropriate, and invite readers to pursue further information about them if they so choose. There are books galore, and of course lots of information freely available on the Internet.

The San Francisco Bay Area in the late sixties and early seventies was a hotbed of spiritual seeking. Founding members and newer members of TOMG were active participants in this milieu for years. They did not just stumble into the Michael teachings by accident as portrayed in the fictionalized account in MFM – they were *actively* seeking that very kind of contact. They had in fact contacted at least three other personalities via the Ouija board and trance channeling during the months, perhaps years, before they contacted Michael.

THE MICHAEL TEACHINGS -- A WORK IN PROGRESS

Students who are familiar with later Michael channeling might notice as they read this document that some things just don't resonate with their current understanding, and some things have been changed in subsequent channeling. Sarah herself emailed one of the editors: “I don't think Quinn owns a copyright on anything but the material in her books, but I will have to say that she was very good at culling out the drivel, so, although I've only read the first one of her books, I'd say what they contain is far more significant insofar as the purpose of the teaching is concerned, than the old unedited transcripts. So I'm not sure if those transcripts are copyrighted...” You will perhaps agree with Sarah as you read this document that some of it is “drivel.” We also believe you will agree with Sarah that Ms Yarbrow, as a writer, had to decide how best to introduce the material to the world, and that she made an excellent selection for a first introduction to the teachings. It is understandable that she didn't include everything in MFM and her subsequent books. We now have the

luxury and the method to provide everything that has become available to us, and we state again that our intention in making TOMG available to students is to allow each student to determine what is valuable to them, rather than Ms Yarbro or even Ms Chambers decide for them what is valuable.

Some of the commentary provided by the editors will point out the apparent dubious channeling, and also point out some of the changes or improvements that have been made to the Michael Teachings in subsequent decades. We will also presume to point out what we regard as the good material that has not elsewhere seen the light of day. We hope the reader finds this instructive in the art and science of “validation,” an important feature of the Michael Teachings.

The point is that Michael's messages are not the Word of God, infallible and immutable. They have evolved and will continue to evolve. We want to emphasize that the Michael Teachings are not a religion, once and for all time delivered to True Believers. Key to these teachings are the prime directives from Michael that each student needs to validate the material for themselves and that ALL IS CHOICE. This goes for TOMG as well as any subsequent material.

CONCLUSION

The following pages are obviously not a photocopy of the original typewritten transcripts. The original documents were often in poor condition. They were processed through a flatbed scanner and optical character recognition (“OCR”) computer software. The resulting electronic files were then processed through a word processor, spelling checker, and grammar checker. Names and personal and private and group process information was removed. Typographical errors were corrected. Explanatory comments were added. These procedures made the transcriptions more readable, and reduced the number of pages by more than half. All of the significant teaching contained in the original transcriptions has been retained.

Comments (in parentheses) were made in the original transcriptions by the original typists. Other helpful and informative comments [in brackets] were made by the present editors. We also took the liberty to capitalize Michael's words for their basic concepts, such as Overleaf and Monad. Some material not contained in the dated sessions was extracted from loose sheets and compilations made by TOMG members. This material was inserted in appropriate locations between dated sessions, or at the end of the document.

Please note that these transcripts are for *private*, not *public*, distribution. You have permission to make photocopies of these transcripts for people who are interested in a study of the teaching. You must also include a copy of this introduction with any photocopies you make. You are *forbidden* to commercially publish these transcripts or any part thereof, or to quote from them in any commercial publication. The messages came to a private metaphysical study group, and the teaching as presented in these transcripts is most suited for this kind of forum. Michael is apparently still channeling to other groups and individuals, and those through whom they come have the right to distribute it as they wish.

We do not know how complete this collection of transcriptions is. It is obvious that the first dated session in this collection, 19 June 1973, is not the first. Contact with Michael was first made on 12 August 1973. There are undoubtedly some but perhaps only a few sessions missing through February of 1975, and we only have a few sessions after that through 1978. The group continued to grow and be somewhat open until about June 1975 when an unpleasant incident with an obnoxious member induced Sarah Chambers to cease the large group meetings, and then only channel for her friends. She continued channeling until 1983, so far as we know, and then ceased for more than a decade, when she resumed channeling in early 1996. This continued until her death on 08 December 1998. Transcriptions of her later channeling are also available.

Soleal

[Before Michael first made contact with TOMG on 12 August 1973, the little group of friends were making contact with two other non-physical beings, Soleal and Tomas. (In subsequent transcriptions, we learn that Soleal is a Physical Plane being, a spiritual “adept” living on another planet, and that he is the leader of the humanoids on that planet.) It appears that the group began a systematic way of transcribing the sessions, from at or near the beginning of their channeling sessions. We do not know exactly when the channeling sessions began, but it must have been months before the first dated session that has come into our possession, 19 June 1973, with Tomas. It was perhaps after they left Robert Burton's “Fourth Way” group (in November 1972?) and after Sally (Sarah) Jo McCord Polhemus married Richard Chambers on December 10 of that year. The following quotes are taken from a compilation done by an early student. All the Michael sessions from

1973 were included in that compilation, plus what we originally thought was one session from Soleal. When we actually acquired a 1973 Soleal session, July 3, we found that the compilation contained extractions from more than that one session. The following is the remainder, and we do not know if it came from one or more sessions. This is placed before all other sessions that we have obtained, because these probably came from sessions before the June 19 Tomas session, which you will see after these few pages.]

[Sarah wrote of the contact with Soleal as follows: "I didn't channel an extraterrestrial before I channeled Michael. [Sarah's memory was faulty here. Soleal was mentioned in the Tomas sessions, before Michael appeared.] I remember that session very well. Someone in the group asked if we could speak to one of Michael's other students because he was always talking about high level students to us. He said yes, that would be possible, but the only student who was available at that moment was not from this planet, but was able to "project" his mind over interstellar space. This student told us his name was "Soleal" or "Soleil." We had quite a conversation with him, but Richard Hannah did not like this particular line of questioning, so we never summoned him again [Sarah's memory was faulty here.] I, however, loved it, and have put him in the book I'm writing. Richard Hannah said he didn't want to have any more "UFO Sessions." However, more sessions were in fact held with Soleal. We know of 18 Feb 74, 11 Jan 75, 01 Feb 75, 12 Feb 75, and 16 Feb 75. We have been told that at least one TOMG member maintains contact with Soleal to the present day.

The next paragraph appears in the compilation of the 1973 sessions with Michael that was made in early 1974.]

Note: We have been informed that Soleal is an astral traveler, an adept from another world located about twenty light years from this solar system. He is also a student of Michael's. As an adept, he has achieved balanced Centers, but says that he was originally Emotionally Centered. He informs us that he has "seen thirty of his world's revolutions."

ANYTIME YOU COMMUNICATE WITH ME, THERE MUST BE SILENCE IN YOUR PSYCHE.

Do you understand that there are tensions on this world, that silence is not easy?

THERE CAN BE TENSIONS ON ANY WORLD IF IT IS ENCOURAGED AND REWARDED. TENSION IS A MANIFESTATION OF UNREST IN ANY SOCIETY.

You said the other night that your planet has interstellar space travel. When they do that in ships, they have to recognize the speed of light, don't they?

YES.

Do they correct on the time axis also?

TIME PLANES MAKES MORE SENSE.

Is basically what they do is go backward in time and forward in space?

[In Einstein's relativity theory, to exceed the speed of light would indeed be to go backward in time.]

YES.

Do you use atomic energy for propulsion in space travel?

NO. WE REDUCE THE INERTIAL POTENTIAL TO A NEGATIVE STATE, THEN WE USE AN INTEGRATOR THAT INTEGRATES POSITRONS WITH ELECTRONS, CAUSING CHAIN REACTION WITHIN THE CHAMBER.

Antimatter — matter! Wow! Who programs the computers on those ships?

[Because space and time are reciprocally related, perhaps this is an indication that the antimatter/matter reaction inverts space and time components.]

I DO.

Are you a nuclear physicist? What is your background? Do you have a profession?

NO, I WAS NOT A SCIENTIST AT ALL. I WAS TAUGHT BASIC SCIENTIFIC FACTS VERY PAINFULLY. I WAS A RELUCTANT STUDENT.

Can telepathic people see into the future?

ONLY THROUGH MISUSE OF POWER.

Is astrology a valid science?

IT IS NOT A SCIENCE AT ALL. IT PURPORTS ONLY THAT WHICH IS FUNDAMENTALLY TRUE, AND THAT IS THAT ALL LEVELS EXERT SOME INFLUENCE ON OTHER LEVELS.

I've been told that I have some obstacles toward spiritual growth — some “bad tapes,” so to speak — that are keeping me from progressing. Can you tell me about them?

["Tapes" are subconscious memories, usually negative, that get "recorded" during some life situation and then "played" in another later situation, usually an inappropriate response or reaction. This is a well-known concept in psychology.]

ANXIETY OVER OTHERS' IMPRESSIONS OF YOUR ACTIONS, OBSESSIONS WITH SYSTEMS AND PROCEDURES, WORRY ABOUT WHAT IS RIGHT, THE FEAR THAT YOU WILL NOT BE SOMEHOW THE GOOD LITTLE BOY. YOUR HALO CAN BE TARNISHED, AND MANY WILL STILL LOVE YOU. PAUL [SAUL OF TARSUS, IN THE NEW TESTAMENT] WAS NOT A CONSCIOUS BEING.

What is the reference to Paul all about?

HE WAS TOO GOOD. HE HAD TO GET HIS HANDS DIRTY.

By systems and procedures, I assume you mean in my personal life and not in my job? Is that correct?

YES.

I think a sense of responsibility toward your job is essential. Don't you have a sense of responsibility toward your job?

OH YES, I CERTAINLY DO. I JUST DO NOT WORRY ABOUT IT. IT TAKES SKILL TO SEPARATE. THAT IS YOUR FRICTION, TO LEARN TO TAKE THE ACTION NECESSARY WITH CALM DETACHMENT.

[The usefulness of “friction” as catalyst for spiritual growth was emphasized by Gurdjieff, and adopted by Soleal and Michael. When you no longer experience friction in life, you have become Balanced and centered.]

Communal living has been tried here on a limited scale. The problem has been with some people not being as productive as others. The system breaks down. Can you comment?

WE FORCE THE ISSUE. YOU OBJECT TO BEING TOLD WHAT YOU LIKE TO DO. YOU ARE BRISTLING ABOUT THIS RIGHT NOW [AS YOU DISCUSS COMMUNAL LIVING]. THE PEOPLE ON MY WORLD DO NOT OBJECT. THEY WOULD RATHER BE FREE.

Do you sometimes have problems getting people to work and how do you handle it?

YES. PEER PRESSURE IS EXERTED RUTHLESSLY.

I would like to know how long you have been the leader of your world, and I would like to know what you teach them.

I HAVE BEEN HERE FOR TEN OF THIS WORLD'S REVOLUTIONS. I TEACH THEM WHAT I WOULD TEACH YOU: THAT IS, TO SEEK MODERATION IN ALL THINGS, TO LOVE UNSELFISHLY, TO BECOME INTIMATE WITH THE INNER WORKINGS OF YOUR SPIRIT, TO LIVE IN THE ESSENCE OF THAT SPIRIT, TO LIBERATE THE TRAPPED ESSENCE IS THE REINCARNATIONAL PURPOSE. I TRY TO GUIDE THEM IN THIS PATH, SO THAT THEY MIGHT BE FREE SOONER.

You have said that you think it is absurd that “creatures of reason” have hang-ups about sex.

WHY HAVE A HANG-UP ABOUT SOMETHING LIKE BREATHING?

Are you at the point where you can transmute that [sexual] energy?

NOT ALWAYS, SOMETIMES I DON'T FIGHT IT EVEN WHEN I FEEL THE ENERGY LEAK.

This brings up something else we should clarify. In reading Gurdjieff, and other teachers on this planet, they say you should control your sexual energy to become more aware. Is this a valid statement?

THAT COMES LATER.

Does “later” mean “on the astral plane” or “above the astral plane”?

NO. THAT IS PART OF THE NORMAL EVOLUTION OF THE CONSCIOUS BEING [ON THE PHYSICAL PLANE].

Is renunciation [of sex] the only way to achieve cosmic consciousness?

I HAVE NOT RENOUNCED AND I DO NOT INTEND TO EVER SECLUDE MYSELF FROM OTHERS. I PREFER TO TEACH. I DO THINK THOUGH THAT NONATTACHMENT IS NECESSARY FOR ANY PROGRESS TO BE MADE. YOU SHOULD WORK ON THAT. RENUNCIATION WOULD FEED THE EGO AND WOULD BE BAD WORK. CELIBACY FRIGHTENS YOU. WHY?

Because this is the first time in my life that I have had a satisfactory sex life and I don't want to abandon it.

THEN DON'T WORRY ABOUT IT. THIS IS SOMETHING THAT SHOULD BE A NATURAL PART OF SPIRITUAL GROWTH, AND WHEN THE CHOICE [FOR CELIBACY] IS MADE, IT SHOULD CAUSE NO INNER AGONY. IF THE TIME IS RIGHT, THE DECISION SHOULD CAUSE NO PAIN AND SHOULD NOT BE DIFFICULT.

19 June 1973

Tuesday

[This is the first dated full channeling session that we have transcriptions for. Several clues in the text reveal this is not their first session; numerous others preceded it. In this session the contact is "Tomas," and there is mention that the group has been in contact with "Soleal." In subsequent transcriptions, we learn that Tomas is an Astral Plane personality. He stepped aside when Michael showed up a couple of months after this session.

This transcription exhibits a pattern that continued to the end: Date, location, and attendees are listed, then often there is a comment at the beginning of a session, then the Q & A.

Assuming you are familiar with Michael channeling, you will notice immediately that the characteristics of the personality and the quality of the information from the Astral Plane is different from the Causal Plane, where Michael resides. You will also see a difference when a different person channels the same personality. You can also see in this early session how much they were experimenting with various forms of communication: There was some channeling while in a light hypnotic trance, and some use of the Ouija board, and maybe some automatic writing. You will also notice how much they were in the early stage of learning how to channel well. One can surmise from the way it reads that this session was likely tape-recorded. That obviously works better for voice channeling, but is not necessary for Ouija board channeling.

Here is what Sarah had to say about Tomas: "CS was channeling an astral entity who called itself "Tomas" or "Thomas" -- it was spelled differently at different times. I was also able to channel this entity, but we soon found out that it didn't really know any more than we did. I remember that it liked Edgar Cayce and Aimee Semple McPherson. In retrospect, it seems like a mature soul between lives and bored." In the sessions that we have, there are no references to Cayce or McPherson, so this is another indication that sessions are missing from our collection. In this session, we see that L as well as CS and Sarah channeled Tomas.

This meeting was held at CS's home in Vallejo. A little later on, most of the meetings alternated between Sarah and Richard Chambers' home in Oakland, and Alice and Richard Hannah's home in Walnut Creek. These four were at almost every meeting from beginning to end of TOMG. Sarah is quoted in the Introduction as saying that Alice was the chief transcriber. She initialed some of the sessions, and some different typewriters were used, and by comparing them we can also tell that she was the chief typist.]

There was a discussion to start out the meeting. Hypnosis in the contact of Tomas was discussed, and CS agreed to undergo hypnosis to see if we could contact Tomas that way tonight. During the next few minutes, ET talked to CS, putting her under hypnosis.

ASK ME WHAT YOU WANT TO ASK ME. HERE I AM, FELLAS.

Do you have any special topics for us?

NO, I HAVE NOTHING TO TELL YOU OTHER THAN WHAT YOU WANT TO HEAR FIRST. THEN I WILL PROBABLY EXPOUND AT GREAT LENGTH, BECAUSE I HAVE MANY THINGS TO SAY.

Good. I have a question to start out with. Can this be personal?

OH MY YES.

There are many times when I am listening to a song or watching television or something when I have an unexpected emotional wave, and I feel like crying over something simple, soft and sweet, or whatever. These come at unexpected times. I wonder why these happen.

WELL, I BELIEVE THAT THAT IS BECAUSE IT REVOKES A MEMORY FROM THE PAST — I DO NOT MEAN "REVOKES", I MEAN "PROMOTES" — A MEMORY IN YOUR CONSCIOUSNESS. IT DREDGES IT UP AND SUDDENLY IT IS THERE. YOU DON'T KNOW WHY, BUT YOU REMEMBER SOMETHING. IT MAKES YOU — DO YOU KNOW, ABOUT WHEN YOU HEAR A SONG IN THIS CONSCIOUS LIFE THAT YOU HAVE NOW, THAT BRINGS BACK A MEMORY THAT YOU HAD IN THE PAST, WHEN YOU WERE A BOY, IT REMINDS YOU OF A SUMMER AFTERNOON, AND SUDDENLY YOU FEEL A NOSTALGIC FEELING. THE SAME THING HAPPENS HERE, EXCEPT THIS IS BRINGING BACK A PLEASANT OR UNPLEASANT MEMORY FROM MAYBE THREE LIVES BACK. BUT IT IS ALL IN YOUR SUBCONSCIOUS. IT IS ALL THERE, AND THERE IS NOTHING TO EXPLAIN IT,

OTHER THAN THE FACT THAT YOU JUST ARE SUDDENLY AWARE OF A NOSTALGIC FEELING WITHIN YOURSELF — A SENTIMENTAL FEELING WITHIN YOURSELF — A GREAT LOVE POURING OUT OF YOU. TONIGHT I HEARD _____ SAY, “TEACH US HOW TO LOVE. HOW DO WE LOVE? HOW DO WE LEARN TO LOVE?” THE ANSWER, _____, IS BY LOVING.

Yes, well, that’s nice, but I am rather emotionally bland.

I THINK THERE ARE A GREAT MANY PEOPLE — NOW _____ IS A VERY, VERY IMMATURE PERSON. SHE IS A GIRL THAT DOES NOT KNOW HOW TO LOVE. SHE HAS MORE LOVE, AND GIVES EVERYBODY LOVE, BUT SHE DOES NOT LOVE BECAUSE SHE IS AFRAID OF LOVE. THIS IS PROBABLY TRUE WITH YOU. YOU LOVE, BUT YOU DON’T LOVE AS YOU FEEL LOVE, AS YOU WANT TO FEEL LOVE, THE DEEPNESS WITHIN YOURSELF. BUT THERE IS LOVE, THAT IS LOVE. YOU LOVE YOUR HUSBAND — BUT YOU DON’T THINK YOU LOVE YOUR HUSBAND. YOU LOVE YOUR MOTHER — BUT YOU DON’T THINK YOU LOVE YOUR MOTHER, BECAUSE YOU DO NOT EXPERIENCE THIS DEEP EMOTION THAT YOU SEE IN OTHER PEOPLE. HOW DO YOU KNOW WHAT OTHER PEOPLE FEEL?

Well, they say they do. I mean, they say they have lots more feeling than I think I do.

THAT’S TRUE. THAT’S TRUE, BUT I DO NOT BELIEVE THAT, BECAUSE YOU HAVE LOVE. YOU HAVE SO MUCH LOVE. IT TURNS OUT THAT ALL PEOPLE [do], BUT YOU DON’T “FEEL” IT. THIS IS GOOD.

Well, I don’t think I hate my mother.

YOU LOVE YOUR MOTHER. I DIDN’T SAY YOU HATED YOUR MOTHER. I SAID YOU LOVED YOUR MOTHER. YOU LOVE YOUR MOTHER, BUT YOU FEEL THAT YOU DO NOT LOVE YOUR MOTHER AS OTHER PEOPLE LOVE THEIR MOTHER. YOU LOVE YOUR MOTHER AS MUCH AS, IF NOT MORE THAN, OTHER PEOPLE LOVE THEIR MOTHER. THE FACT IS, YOU JUST DON’T THINK [you do]. BUT, YOU HAVE TO REALIZE THAT YOU HAVE COBWEBS IN YOUR BRAIN.

Along with all of the other things?

WHAT ELSE? BEFORE THIS SESSION STARTED, YOU ALL SAID YOU HAD A MILLION QUESTIONS TO ASK.

I have a question that interests me, and I don’t know why. There are a couple of astrophysicists on the East coast, whose writings would lead me to believe that they see beyond the veil. They are in a position where their books are automatically published, and people listen to them, and they are even connected to NASA. I wonder why somebody like you doesn’t come through one of them, to get this out.

HOW DO YOU KNOW WE DON’T?

Because it isn’t coming out.

IN THIS PLANE, THAT WE ARE ALL PRESENT ON AT THIS TIME, THERE ARE NO PERSONS, OF ANY INTELLIGENCE, AS YOU ARE QUOTING THE PHYSICISTS, THEY ARE ALL HELPED. THERE IS A SMALL, SMALL VOICE WITHIN EACH AND EVERY ONE, THAT TELLS YOU, AND THESE PEOPLE HAVE MERELY LEARNED TO UNCOVER AND LISTEN. YOU HAVEN’T LEARNED TO UNCOVER AND LISTEN, OR YOU TOO COULD DO IT.

I don’t understand. I’m confused. I could do what?

YOU COULD BECOME WELL VERSED IN ALMOST ANY SUBJECT, IF IT INTERESTS YOU, IF YOU CHOOSE. ALL PEOPLE CAN DO THIS IF THEY LISTEN, BECAUSE THE HELP IS ALWAYS THERE — ALWAYS THERE. NOW, THROUGHOUT YOUR PAST LIVES YOU HAVEN’T BEEN IDLE. YOU HAVE BEEN LEARNING. THERE IS A RECORD. YOU HAVE BEEN LEARNING EVERY STEP OF THE WAY, AND ALL OF THIS IS RECORDED. ALL YOU HAVE TO DO IS LISTEN, AND IT ALL UNRAVELS. THROUGH EVERY LIFE, SOME LIFE WILL START OVER HERE AS ONE THING, ANOTHER LIFE WILL START OVER HERE AS ANOTHER THING. THIS LIFE WILL PURSUE ONE GOAL. TAKE MUSIC — THIS LIFE STARTS AND PROGRESSES THROUGHOUT ITS DIFFERENT ENTITIES, THROUGHOUT THE MUSICAL FIELD UNTIL A GENIUS BLOSSOMS FORTH. THIS PERSON OVER HERE DABBLES IN A LITTLE ART. IN THE NEXT LIFE IT DABBLES IN A LITTLE, OH, MEDICINE, AND THEN NEXT LIFE IT DABBLES IN SOMETHING ELSE. THEY ARE CONFUSED SO THAT THEY NEVER HIT THE RIGHT PLANE — BECAUSE THEY DON’T LISTEN. ALL YOU HAVE TO DO IS LISTEN.

Tomas, if you don’t know what to listen to, when you have so many things going through your head at one time, you don’t know what to listen to.

THAT IS TRUE. THAT IS A VERY GOOD THING TO SAY. NOW I KNOW THAT THERE WERE TIMES WHEN I WAS ON THIS PLANE WHEN I WOULD HEAR THIS STILL VOICE, AND I WOULD ARGUE. IT WAS AS THOUGH I WERE ARGUING WITH MYSELF. I WAS UP HERE IN MY CONSCIOUS MIND, “NOW YOU LISTEN AND LET ME TELL YOU HOW THIS IS”, AND THE LITTLE VOICE WAS SAYING, “YOU LISTEN AND LET ME TELL YOU HOW IT IS”. I DIDN’T LISTEN — I WAS TOO SMART, SO, I HAVE TO, AND EVERYBODY HAS TO, KEEP GOING. BUT

THAT LITTLE VOICE IS STILL THERE. IF YOU WILL QUIET YOUR OWN MIND, GET ON A SUBJECT THAT IS OF PROFOUND INTEREST TO YOU, AND LISTEN, YOU WILL HEAR. YOU AREN'T ARGUING WITH YOURSELF — THEY ARE TELLING YOU.

I would like to ask a question about Uri Geller, [and] the recent psychic phenomenon that produces certain miracles by forces, such as bending metal, making things disappear and reappear. He claims he is going to re-materialize a camera that was left on the moon by one of the astronauts, Edgar Mitchell. He also claims he is being guided by extraterrestrial forces, and that soon they will manifest themselves. Do you have any way of knowing if this is valid?

NO, I HAVE NO WAY OF KNOWING IF THIS IS VALID. IT DOES HAPPEN. I CAN ASSURE YOU THAT IT IS NOT THROUGH HIS OWN PHYSICAL [power] — IT HAS TO BE THAT HE HAS PLENTY OF HELP. IT IS POSSIBLE; IT IS POSSIBLE FOR THESE THINGS TO HAPPEN. THERE IS A MAN FROM INDIA THAT CAN MAKE JEWELS — ANYTHING — MATERIALIZE. I WILL TELL YOU THIS: ANYTHING YOU WANT IS RIGHT THERE — RIGHT THERE. IF YOU SAY, I WOULD LIKE TO HAVE A 20 KARAT DIAMOND TO PRESENT TO MY BRIDE, ITS RIGHT THERE — RIGHT THERE. BUT YOU HAVE TO BELIEVE. YOU HAVE TO SEE IT, BECAUSE IT IS ALL THOUGHT FIRST. THE MATERIAL IS RIGHT THERE IN THE END. THIS MAN THAT IS FROM INDIA CAN DO THIS BECAUSE HE HAS DEVELOPED HIMSELF THROUGH MEDITATIONS AND THROUGH RESEARCH AND THROUGH HIS TRAVELING DOWN THROUGH HIS VARIOUS LIFETIMES, UNTIL HE HAS REACHED THIS PLACE. IT IS A BEAUTIFUL THING, AND MANY PEOPLE DO REACH IT — MANY MORE PEOPLE THAN YOU REALIZE DO REACH IT.

Can you do this for us?

NO, NOT WITH THE CONSTANT POUNDINGS THAT WE HAVE. IT IS NOT EASY FOR ME TO STAY HERE WITH YOU, YOU REALIZE, UNTIL [the channel] GETS USED TO THE IDEA THAT SOMEONE CAN TALK THROUGH HER BODY, THEN SHE IS GOING TO HAVE TO COOPERATE. BUT SHE IS THERE FIGHTING ME EVERY STEP OF THE WAY.

Where is she now?

OH, SHE'S HERE; SHE'S RIGHT HERE. SHE IS A QUIVERING MASS OF MESS. SHE IS A MESS BUT SHE IS A GOOD GIRL, BUT SHE DOESN'T WANT TO DO THIS. SHE DOES NOT WANT TO DO IT. NOW SHE HAS DONE IT MANY TIMES, AND SHE TALKS ALWAYS — ARGUES WITH ME CONSTANTLY. SHE ARGUES WITH ANYBODY THAT TRIES TO TALK TO HER BECAUSE SHE DOES NOT WANT TO DO THIS, BUT THIS WAS WHY SHE WAS PLACED HERE — SHE HAS TO DO IT. SHE HAS TO DO IT, BUT SHE DOES NOT WANT TO.

How long are you going to stay here with us?

HOW LONG DO YOU WANT ME TO STAY?

I would like to ask if the same applies to me?

NO. IT IS NOT SO DIFFICULT THROUGH YOU. IT IS JUST NOT AS HARD TO COME THROUGH YOU.

Why is it, when someone really wants to do this, like me, why is it so hard for anyone to come through?

YOU HAVE ABOUT ONE MORE LIFETIME TO DEVELOP. YOU ARE GOING IN GREAT STRIDES, BUT YOU DID NOT DO TOO MUCH BEFORE. YOU HAVE BEEN A SORT OF A GOOF-OFF, IF YOU WILL PARDON THE EXPRESSION. BUT YOU ARE MAKING UP FOR IT — YOU'VE MADE UP FOR THREE LIFETIMES. BUT I WOULD SAY THAT IN THE NEXT LIFE THAT YOU COME THROUGH, YOU WILL PROBABLY BE ONE OF THE GREATEST PSYCHICS THE WORLD HAS EVER KNOWN. BUT YOU ARE GOING GOOD.

Does that apply to me too?

NO. YOU COULD DO GREAT THINGS IF YOU WILL JUST GET YOU OUT OF THE WAY. THE BIGGEST PROBLEM IN SOMETHING LIKE THIS IS IN GETTING YOU OUT OF THE WAY. YES, THE EGO. YOU HAVE TO GET YOU OUT OF THE WAY. WHEN YOU CAN PUT YOU OUT OF THE WAY AND LET THE OTHER SHINE THROUGH, THEN YOU CAN DO IT.

Is that why I am having difficulty?

YES.

How do I put me out of the way?

IT IS NOT TOO HARD WITH YOU. YOU JUST KIND OF CLOSE YOUR EYES AND SAY, "WELL, THERE WE GO", AND THERE YOU GO. YOU ARE A GOOD SUBJECT, A GOOD SUBJECT. YOU HAVE PEOPLE TALKING TO YOU ALL OF THE TIME, DON'T YOU? AND YOU ARGUE BACK, DON'T YOU? WELL, THIS IS WHAT [this channel] DOES — SHE ARGUES.

How do I put me out of the way?

YOU ARE DOING A GOOD JOB. YOU ARE DOING A BEAUTIFUL JOB. YOU JUST CLOSE YOUR MIND AND LET WHOEVER WANTS TO TALK IN. YOU WILL GET GREAT THINGS. YOU ARE WRITING A BOOK.

Yeah, well, I'm not, but there is a book.

IT IS GOING TO BE A GOOD ONE.

How do I start?

AT THE BEGINNING.

Can you show me the beginning?

NO, NO. FOR EVERY SOUL THAT IS HERE, YOU HAVE TO FIND YOUR OWN BEGINNING. WE HELP YOU FIND THE END, BUT YOU HAVE TO FIND YOUR BEGINNING.

Can I ask about my eyesight, if there is something in my past history somewhere that makes me see so poorly, like I can't stand to look at the ugly, or something.

ALL DISEASE STEMS FROM MISGUIDED THINKING. THIS IS A THING THAT I THINK IS PREVALENT IN THIS PARTICULAR PERIOD OF TIME, IN THAT MEDICINE HAS ADVANCED TO THE PLACE THAT YOU GO TO THE DENTIST TWICE A YEAR, AND HAVE THE EYES CHECKED ONCE A YEAR, AND HAVE GLASSES. YOU START WEARING GLASSES, AND HAVE A LITTLE DEFECT THERE.

03 July 1973

I feel a very strong presence right now.

Is there anyone with us today?

COME JOIN ME HERE.

Who are we talking to?

I AM SOLEAL

We have two other people with us today. Are you aware of their presence?

YES.

RC meditated silently on the question of whether or not, if we got heavily involved in propagating the Logos, and were arrested for our activities and incarcerated, there would be a possibility of rescue. SC and RC both acknowledged that they had no fear of being gassed or hung, but did fear long imprisonments.

WE CAN DO IT.

Soleal, I seem to feel your presence more strongly today, than I have before.

YOU ARE NOT FIGHTING SO MUCH ANYMORE.

I'm a little confused. I've been dealing with Tomas and it's hard to switch here. Is Soleal familiar with what I've been doing with Tomas so far?

I AM NOT FAMILIAR.

Some of the work with Tomas was discussed at this point.

NOT ALL BOOKS ARE GOOD.

Interesting! Remember, you asked that of Tomas.

I don't think we asked a question, we just sort of wanted to know if he was familiar with your heads and your identity.

We're a little bit confused. Could you be a little more specific about that?

THE MALE READS A LOT.

Comments about books were discussed – the fact that Soleal will only comment on topics, since he is not familiar with our books.

Soleal has come through with so much scientific material. I wonder if this type of scientific material is valuable for one's spiritual growth?

VALUABLE ONLY IN THAT IT FREES THE MIND FOR STUDY.

Oh, instead of always wondering about things ...

You get beyond those things and then you feel good about continuing.
I would like to ask him how he can most help us in our spiritual growth.

INTERCHANGE OF CULTURAL VALUES.

Do our cultural values have any value for Soleal?

INTEREST ONLY.

Do his cultural values have something more for us than interest only?

I THINK SO. YOU WILL HAVE TO VERIFY THAT FOR YOURSELF.

Well, knowing virtually only our own culture, it's hard to know the right questions to ask.

I think he means "cultural" in the wider sense, because we've been asking him questions about the political and economic systems.

I THINK YOU MIGHT PROFIT BY A FEW LESSONS IN HOW TO AVOID AGGRESSIVE ACTIONS.

Could you give us those few lessons now?

THE FIRST ACTION THAT MUST BE TAKEN IS TO ELIMINATE POVERTY ON A GLOBAL SCALE. AS LONG AS THERE IS FAMINE AND DEATH FROM STARVATION, THERE WILL BE ENVY.

DP walked through the room at this point.

Soleal, do you sense DP's presence?

ALL THE TIME. I TOLD YOU THAT BEFORE.

I would like to ask Soleal – because of studying Gurdjieff, I've come to believe that the only possibility for anything is through individual personal growth, and not through trying to change things like political systems. I would like to know if this is correct.

NOT ENTIRELY. SOMEONE MUST TEACH THE LOGOS IN THE FIRST [PLACE]. AS THE POPULATION GROWS, THE TEACHERS INCREASE. SOME PEOPLE NEED MUCH MORE PERSONAL DIRECTION. READING WILL NOT HELP THEM. ARE YOU READY TO TAKE ON THAT TASK?

Could we learn how to transmute our sexual energy to get in touch with higher energies?

GET IN TOUCH WITH PURE SEXUAL ENERGY FIRST [A TURN-ON BY SOMEONE'S SEXUAL ENERGY AURA, WITHOUT PHYSICAL STIMULATION], THEN DECIDE WHETHER OR NOT YOU WANT TO GO ON TO CEREBRAL ORGASM.

I'd like to follow that, but first I'd like to go back to another question. I haven't felt ready for the task yet – and I assume that Soleal means to form my own school – I haven't been in touch yet with higher forces in my head and I really didn't feel that it was fair to start a school because at the present, I would only give them what I have read. I've felt like I needed higher forces operating through me in order to go and teach.

THERE ARE HIGHER FORCES WORKING THROUGH ALL OF US IN THIS SCHOOL. BECAUSE YOU ARE HERE TODAY PUTS YOU IN THE STUDENT CATEGORY. YOU HAVE MANY DOUBTS CONCERNING VALIDITY OF EXPERIENCE WHERE COSMIC FORCE COMES INTO PLAY.

Silent meditation began at this point. Then both RC and SC felt a tingling in their fingers and RC felt the tingling over his head.

YOU MUST BE OPEN TO ANY MANIFESTATION OR THE BLOCKS WILL BE JUST AS STRONG AS THEY ARE WHEN YOU ARE DREAMING, AND THE DREAM STOPS AND REALITY TAKES OVER, BUT THE MIND REFUSES TO MAKE THE REALITY TAPE [RECORDING], AND INCLUDES THE EXPERIENCE IN THE RESERVOIR OF DREAMS.

What was the question?

There wasn't one – our fingers just started tingling. Were you meditating on a question?

Just about was I ready for the task – did I have doubts.

I think this is what SC feels when Soleal tells her that she has been on the Astral Plane, but she doesn't have the feeling – it's on the dream tape.

Apparently sometimes when you are dreaming, you do astral projections and the average person doesn't remember this.

Do you understand that last part?

I don't know – I mean, all I can think of is that if your mind refuses to see that as a real experience.... We can ask for some further elaboration.

MANY TIMES THE MIND REGULATES PERCEPTION TO THE POINT WHERE THE CREATURE IS UNABLE TO PERCEIVE THE EXPERIENCE AT ALL, EVEN TO THE POINT OF A RECORDED NIGHTMARE.

Are the means for doing this available to us? I'm so stuffed with systems —Gurdjieff, Don Juan, parapsychology. Actually, information like this might interfere with itself.

THERE SHOULD BE A SYNTHESIS IF THE INFORMATION COMES THROUGH COSMIC [SOURCES]. IF THE SYNTHESIS IS NOT FELT, THEN THE SYSTEM IS PROBABLY NOT VALID.

In the Don Juan books, in the works of faith healers, and in the Indian chakras, there seems to be an agreement that there is a place in the lower abdomen, where there is a chakra in the Indian system, and a place where the healing can be applied (Mr. A's faith healing system), and in the Don Juan system, the 'will' comes out through a gap in the abdomen – and these are things that I haven't been able to experience, except to read about them, and I'd like to know if those particular points are valid.

THE AVERAGE CREATURE OF REASON DOES HAVE HIS GRAVITY CENTER SOMEWHERE NEAR THE MIDDLE OF THE TORSO, AND TO GET IN TOUCH WITH THAT ENERGY SOURCE, YOU MUST FIRST KNOW HOW YOU ARE CENTERED, AND WHAT YOU STILL HAVE TO DO THROUGH, BECAUSE YOU WILL WANT TO DIRECT THAT ENERGY INTO SOMETHING POSITIVE.

I am trying to work on my bad tapes and get rid of them, and I have a strong feeling when these impulses are coming in on the board and we're going over certain words, I get a different register than I get when we're going over other words, and I seem to correlate the one group of words with the bad tapes. Are you helping me work on the bad tapes in that way?

NOT TO MY KNOWLEDGE. YOU MAY BE PICKING UP ON CORE WORDS THAT HAVE SPECIAL MEANING TO YOU. IF THIS CAN BE OF HELP TO YOU, IF YOU CAN BE CONSCIOUS TO IT. WHENEVER YOU ASK A QUESTION, THERE IS MUCH HESITATION BECAUSE YOU HAVE SO MANY AUXILIARY READINGS GOING. TO SEPARATE, RICHARD, IS AS I TOLD YOU ALREADY, YOUR MAJOR PART OF FRICTION.

Would you ask him if there is any conflict between him and Tomas?

Well, he said one time that there were third plane entities working with him too, so I don't know.

["Third plane" being of course where Michael resides.]

I just wonder if there is any jealousy, rivalry. If I listen to what Soleal says, will Tomas be put out – you know. IF THERE IS SYNTHESIS, THERE SHOULD BE NO CONFLICT. IF THERE IS NOT THE SYNTHESIS, THEN ONE OF US IS NOT TELLING THE TRUTH, AND AS IN ALL PREVIOUS SITUATIONS, IT WILL BE UP TO YOU IN THE END TO VERIFY.

Then meditated on a complicated question silently. Soleal answered as follows:

POSTPONE THE DECISION FOR NOW AND DON'T DWELL ON THE FANTASY OF THE REACTION OF OTHERS THAT WOULD CONFIRM YOUR WORST FEARS.

Would you please elaborate on that one?

THERE IS A DEEP-SEATED FEAR THAT YOU WILL CHOOSE THE WRONG PATH AND BE INADVERTENTLY LEFT BEHIND. THE SYNTHESIS IS ALWAYS, IS ALWAYS, THERE FOR THOSE WHO ARE WILLING TO SEARCH BENEATH THE SURFACE. THE READINGS ARE GOOD; THE CONFUSION IS NOT. THAT TAKES CONSCIOUS EFFORT ON YOUR PART.

Again meditated on his question.

NO. I CANNOT ADVISE YOU UNLESS I STRONGLY RECEIVE THE ONE QUESTION.

Okay. Then I'll meditate on the one question.

JUST BE PATIENT. YOU CANNOT ACHIEVE ENLIGHTENMENT BY ANY ROUTE IN ONE DAY, OR BY ANY METHOD WITHOUT FIRST MAKING THE DECISION TO ESTABLISH THIS AS THE GOAL FOR THE PRESENT LIFETIME, AND THEN MAKING THE DECISION TO DEVOTE THE REST OF THE LIFE TO THAT PURSUIT. THE DEVOTION MUST BE THERE, NO MATTER WHICH PATH YOU TAKE ULTIMATELY. THE PATH CAN TAKE YOU THROUGH THE MAINSTREAM OF LIFE ON YOUR WORLD, OR YOU MAY EVENTUALLY DECIDE THAT YOU MUST HAVE THE SECLUSION. A COMMUNAL SETTING WOULD OFFER THIS IN MANY WAYS. YOU NEED

PEOPLE AROUND BY WHOM YOU CAN MEASURE YOUR PROGRESS AND THIS IS NOT BAD FOR YOU. SELF-CONFIDENCE, AND I MEAN IN YOUR OWN SPIRITUAL STRENGTH, MUST BE DEVELOPED.

It is not a responsive answer to the question – in a way – it is not a direct answer, but it is an indirect instruction.

You know, in Robert's [Burton] System, he never felt that there was any reason whatsoever for a person to get in touch with his sexual feelings. You know, that they would automatically be operating during your spiritual growth.

If your lower Centers were cleared out. He said to work on lower Centers.

He never said to get in touch with sexual energy.

Robert's treatment of sexual energy was discussed briefly.

Could we have the sex at our level, before going on to cerebral orgasm – can we have them both, or do we have to give up sex as we know it?

CELIBACY IS A CHOICE THAT YOU ALONE CAN MAKE. NEVER MAKE THAT DECISION ONLY BECAUSE YOU WANT TO AVOID THE EXPERIENCE [OF SEX]. RICHARD IS PARTLY RIGHT: ONLY MANY SUBJECTIVE MINDS THAT GROW FROM EMOTIONAL CENTER NEED TO KEEP THE CLOSENESS OF THE PHYSICAL CONTACT. I DO, AND I NEED IT MORE THAN I AM WILLING TO ADMIT.

Both RC and SC felt strong negative pull over the last few words, then the dictation continued:

NOT THAT I AM WILLING, BUT I MEAN THAT IT IS STILL A PART OF GROWTH FOR ME AND A ROUTE OF EXPRESSION WITH THOSE TO WHOM NONVERBAL EXPRESSION OF HIGHER EMOTIONS IS DIFFICULT. YOU DO NOT HAVE TO CONCENTRATE ON THE KNOWLEDGE THAT THE PARTNER IS OPERATING OUT OF LOWER CENTERS — JUST EXPRESS YOURSELF. GOOD WORK RESULTS WHEN YOU GIVE THE GIFT OF HIGHER EXPRESSION.

The details of a sexual encounter were described here to simplify the above, (members of the group).

MUCH PROGRESS IS MADE AFTER THIS LESSON IS BROUGHT TO CONSCIOUSNESS. MY TELLING YOU WILL ONLY GIVE YOU SOMETHING TO WORK OUT. SOME PEOPLE WORK ON THE GIVING OF THEMSELVES FREELY FOR MANY LIFETIMES. THAT IS THE MOST DIFFICULT PART OF LOVE.

LOVE, TO MEAN ANYTHING IN THE LINE OF CONSCIOUSNESS, CANNOT BE PREDICATED ON ANYTHING MATERIAL. IT MUST COME FROM HIGHER CENTERS. THAT COMES ABOUT WHEN YOU FINALLY GIVE UP NONVERBAL EXPECTATIONS ABOUT THE ACTIONS OF THOSE AROUND YOU, AND BEGIN TO ACCEPT THEM WITHOUT MODIFICATION IN YOUR FANTASIES.

So does that mean that I am a catalyst?

ZEALOTS MAKE THE FINEST CATALYSTS. YOU ARE NOT A ZEALOT. BUT YOU CAN ACT AS A CALMING FORCE ON THOSE AROUND YOU. THERE IS PEACE AND SERENITY IN YOUR ESSENCE TOO. THIS COULD BE THE MAJOR PART OF GROWTH FOR YOU TO GET IN TOUCH WITH THOSE FINE ELEMENTS.

IT IS DIFFICULT TO DO THIS IN A SYSTEM THAT REWARDS COMPETITION. THAT USUALLY LEADS TO THE MORE AGGRESSIVE ELEMENTS OF THE FALSE, CULTURALLY INDUCED, PERSONALITY.

LOVE IS THE ONLY FORCE THAT YOU CAN APPLY IN A POSITIVE SITUATION CONSCIOUSLY.

Love and sex seem like separate things – but when they're pulling together, it seems like a stronger force is generated than either by itself. It seems like the only kind of energy that I have experienced to date that might be the kind of energy that you need for actual [spiritual] evolution.

SEXUAL ENERGY, WHEN USED TO EXPRESS HIGHER CENTERS, CAN BE INCREDIBLY STRONG. WHEN THE ENERGY IS RELEGATED DOWNWARD, IT RESULTS IN AN ENERGY LEAK. THAT IS SOMETIMES WHY YOU WANT TO SLEEP AFTER PHYSICAL UNION. YOU FED LOWER CENTERS — SOMETIMES THE MOVING CENTER AND THE ESSENCE IS EXHAUSTED, SO THE BODY GOES TO SLEEP TO FREE THE ESSENCE. WHEN YOU USE [THE] EMOTIONAL CENTER TO EXPRESS MOVING [CENTER] NEEDS, DON'T YOU FEEL THE LEAK? SO, IF YOU FEEL THAT, JUST STRETCH YOUR MIND. RIGHT NOW, YOU ARE ALL USING EMOTIONAL CENTERS TO SATISFY MOVING [CENTER] NEEDS, AND THIS IS A RESULT THAT IS CULTURALLY INDUCED — THAT YOU FEEL SOMETHING UPLIFTING EACH TIME YOU HAVE A PHYSICAL UNION. THAT IS ABSURD! IT JUST IS NOT POSSIBLE. THE BODY IS NOT CAPABLE OF EXPERIENCING ECSTASY. ONLY THE ESSENCE CAN EXPERIENCE ECSTASY. THE BODY DOES NOT EVEN COME CLOSE WITH ITS SENSUAL PLEASURES.

Maybe he would type through you now.

IT IS MORE DIFFICULT FOR ME TO CONTROL SARAH THROUGH THE TYPEWRITER. ASK HER HOW MANY CORRECTIONS HAVE BEEN MADE ALREADY.

AS YOU LIVE MORE AND MORE IN YOUR ESSENCE, YOU WILL REALIZE THAT THE GOALS ARE VERY DIFFERENT. THE BODY SEEKS SURVIVAL IN PHYSICAL FORM. THE PRIMEVAL ESSENCE DOES NOT NEED THE FORM AND SUBSTANCE. IT CARES NOTHING FOR THE DESIRES OF THE BODY. IT SEEKS ELEVATION THROUGH ANY AVENUE OPEN TO IT. THINK OF THE WAY JESUS DIED. THIS IS ALWAYS THE WAY IT IS IN THE END. ENTRAPMENT IN THE PHYSICAL BODY IS PART OF KARMA FOR THE ESSENCE. IT WILL FIGHT TO BE FREE, AND IF MARTYRDOM IS ALL THERE IS, IT WILL CHOOSE THAT DOOR TO FREEDOM.

We asked for further elaboration on this, as there was some confusion.

IF THAT IS THE ONLY ROUTE TO HIGHER CONSCIOUSNESS, THEN THE HIGHER SELF WILL TAKE THAT ROUTE TO WORK OFF THE KARMA.

You know, in a way, it seems that he is speaking on a higher plane than we are. We're asking questions on one level and he's answering them on a higher level. The principles are there. It seems to me that what we need now is the how and not the principles. I've heard the principles in the Bible and from Robert [Burton]. It seems that if a teacher is going to come and be useful to us, he's got to tell us the how also.

Can you tell us the how?

TO GET TO HIGHER CENTERS, DO WHAT JESUS DID: FASTING, MEDITATION AND AGONIZING SELF-APPRAISAL. EXERCISE THE BODY, LEARN TO LOVE UNSELFISHLY. THIS IS HARD TO DO, BUT IT CAN BE ACHIEVED BY INTELLECTUALLY APPREHENDING THE FACT THAT NO OTHER CREATURE OWES YOU ANYTHING, AND THEN MATERIALLY OBTAINING WHAT YOU NEED THROUGH YOUR OWN RESOURCES. EMOTIONAL ACCEPTANCE WILL ONLY COME ABOUT WHEN THE EXPECTATIONS HAVE CEASED.

JESUS HAD NO ASPIRATIONS OF HIS STUDENTS. IN FACT, HE KNEW THAT HE WOULD FAIL THE MOST DISMALLY IN HIS MISSION TO THOSE CLOSEST TO HIM. YET HE PERSISTED IN HIS EFFORTS. FOR HIS OWN GROWTH, IT WAS MORE IMPORTANT TO EXPRESS THE HIGHER GOOD THAN IT WAS THAT THOSE AROUND HIM ABSORB IT. MANY DID ABSORB — MANY MORE NOW THAN THEN. EVEN IF YOU FEEL THAT GOOD EFFORTS ARE BEING WASTED, CONTINUE. POSITIVE ENERGY IS NEVER WASTED. SOMEBODY ALWAYS ABSORBS IT.

The strange feeling we all had when walking through the doorway into the dining room from the living room, was discussed. We all felt that our arms were being lifted by some force.

Some years ago, there was another lady in my life, and it seemed to me that at that time, I achieved higher states through love and sex. Then it flickered out and it's never been back. The paths I've been following toward enlightenment seem to promise a love of that sort, but more unselfish, but these haven't seemed to help so far. I seemed to be in Essence at the time and I haven't been since, and I'd like to know what to do.

THE CIRCUMSTANCES ARE DIFFERENT NOW, BUT THE CAPABILITY IS UNCHANGED. THE ONLY THING YOU CAN DO IS TO STOP TRYING TO CATEGORIZE RELATIONSHIPS. DON'T TRY TO PUT LABEL ON ANY REALLY PROFOUND EXPERIENCE, OR YOUR PARTNER IN THAT EXPERIENCE. IT MAY NOT HAVE ANYTHING TO DO WITH THE PERSON AT ALL. IT MAY BE SOLELY INTERNAL.

I'd like to ask about that feeling in the doorway. A few minutes ago, when I walked through this doorway, I sensed some attraction, and I pointed it out to the others and I think that everyone thinks that they experienced it. Could you comment on this at all? So you have any comment about what we experienced?

AIR CURRENTS AND IMAGINATION.

I have the feeling that unless I lean on you intellectually and on Tomas, that I'm likely to hear platitudes. LEAN!

All right, then I'll lean. I'd like to hear more about the last subject.

THE ESSENCE USES OTHERS TO GET FREE. THE STATE YOU DESIRE CAN BE ACHIEVED BY DECISION. THIS MAY SOUND PLATITUDINOUS, BUT IT IS THE ONLY WAY IT CAN HAPPEN. NO ONE IS GOING TO DO IT FOR YOU — TAKE YOUR HAND AND LEAD YOU TO THE SACRED SPRING, SO THAT YOU CAN DRINK THE HOLY ELIXIR AND HAVE INSTANT KNOWLEDGE.

I don't feel that I need to know instantly, but I do feel that he could help by telling me what to do now. Is there anything that I can do at this time to help? I want something higher.

TO MAKE THE CHOICE, YOU MUST HAVE A QUIET PLACE. IT WILL BE EASIER FOR YOU TO HEAR THE VOICES AND SORT THEM OUT. YOU NEED TO LEARN TO BE HAPPY WITH YOUR OWN COMPANY. THIS COMES ABOUT WHEN YOU CONSCIOUSLY SET ASIDE A PART OF THE DAY FOR YOUR OWN MEDITATIONS.

Soleal, you've given me so much time already, and we haven't really asked about your schedule. Do you have more time available now?

IT SHOULD NOT MATTER TO ME, BUT FATIGUE HAS SET IN. THE ENERGY IS LOW.

In the future, may we have other sessions?

WHEN YOU SENSE THE PRESENCE, I WILL BE HERE.

Will you manifest through us on our Ouija Board?

YES.

05 July 1973

Thursday

TOMAS IS HERE. DO YOU HAVE A SUBJECT OR QUESTIONS?

I have a question about Kundalini energy. My impression is that enlightenment requires a great amount of energy, and that it is Kundalini energy. I experienced the energy once at age 37, briefly. What I want to know is, can it be a gift, and if so, can Tomas give it to me?

THIS CANNOT BE COMPLETELY A GIFT — IT REQUIRES WORK ON YOUR PART. IT CAN BE A TEMPORARY GIFT. AS YOU SAY, IT CAN BE PAINFUL TO COME DOWN. BE CAREFUL OF WHAT YOU ASK, IT COULD BE GIVEN.

Can it be given in increments?

IT CAN BE REGULATED. THIS IS ALSO TEMPORARY. SHALL WE TRY THIS IN TWO DAYS? I WILL ATTEMPT TO SEND THE ENERGY SATURDAY, YOUR TIME. MEDITATE, AND THEN WE CAN TRY. THIS EXPERIMENT MAY NOT SUCCEED ON THE FIRST ATTEMPT.

Is this the essence of consciousness?

NOT ENTIRELY. BY ITSELF IT CAN BE CALLED INSANITY. THERE ALSO MUST BE UNDERSTANDING.

Then we need more than cramming information?

THERE IS A DIFFERENCE IN THE TWO. UNDERSTANDING COMES WITH LIVING EXPERIENCE. INFORMATION IS THE ABSTRACT ACQUISITION OF FACTS, NONE OF WHICH HAVE BEEN LIVED THROUGH. THE EXCESS OF INFORMATION IS CONFUSING AND OF NO BENEFIT TO YOUR GROWING PROCESS. IT IS NOT GOOD UNLESS THERE IS UNDERSTANDING ALONG WITH INFORMATION. IN YOUR CASE, THIS IS WHY I SUGGESTED EXERCISE AND MOVING — TO CALM DOWN THE INFORMATION.

I have read of the Rosicrucians and their exercises for development of psychic powers. Are these exercises useful?

I DO NOT KNOW OF THESE. MEDITATION IS THE BEST WAY I HAVE FOUND.

I have difficulty clearing my mind while I am trying to meditate. Can you give me any suggestions?

YOU WILL BE REQUIRED TO FIND THE "OFF" BUTTON IN YOUR MIND. TRY SELF-HYPNOSIS AND BREATH DEEPLY. DO NOT TRY TOO HARD TO CONCENTRATE ON NOTHING, AS THEN YOU ARE TRYING TOO HARD, AND THEREFORE THINKING ALL OF THE TIME.

Should we go to Transcendental Meditation classes, as a group, or singly?

MEDITATION ON THE CREDIT PLAN CAN BE HELPFUL. BE SURE YOU HAVE GOOD TEACHERS. BE ALSO SURE YOU WANT THIS.

Is Transcendental Meditation valid?

I WOULD SAY IT DEPENDS UPON THE SOUL INVOLVED. FOR SOME IT IS BETTER TO HAVE TRANSCENDENTAL MEDITATION. FOR OTHERS IT IS WORKING WELL ALONE. IT IS UP TO THE INDIVIDUAL SOUL. YOU CAN USE THIS WAY FOR SUGGESTIONS ON QUIETING YOUR MIND. LATER, AFTER UNDERSTANDING COMES, YOU WILL NOT REQUIRE THEIR AID OR SUPPORT. THAT IS LATER; NOW IT WOULD BE HELPFUL.

Do the planets have an influence on us?

HAVEN'T YOU ALREADY FELT THE INFLUENCE OF THE MOON? TRY AN EXPERIMENT AND CHART YOUR

EMOTIONS AND MOVING INSTINCTS. THIS SHOULD PROVE IT TO YOU. IT IS ANCIENT KNOWLEDGE AND IS TRUE.

Have you heard of the "Board of Karma?"

I HAVE NOT HEARD OF THAT ONE UNTIL JUST NOW. STOP ACQUIRING ALL OF THAT DATA. UNDERSTANDING IS UNLIKELY.

10 July 1973

Tuesday

[This is another session with Tomas.]

Is there anything special about other lifetimes we should learn?

THE MOST BENEFIT IS DERIVED FROM LEARNING ABOUT A PRIOR TIME WHEN THE LESSONS WERE NOT LEARNED, AND NEED TO BE POINTED OUT IN ORDER TO AVOID REPEATING THE STORY. TO LEARN AND NOT REPEAT A LIFETIME THROUGH LEARNING IS USEFUL. TO SIMPLY PLAY WITH A PREVIOUS LIFE LIVED IS NOT HELPFUL AND A WASTE OF YOURS AND MY TIME.

An "automatic typing" session follows.

Do you have anything to say about Robert Burton [the leader of the Gurdjieff group out of which several of the group came]? I feel I owe him much.

I DO NOT PERSONALLY KNOW THE MAN ROBERT BURTON. IF HE OPENED YOUR EYES AND EARS THAT IS GOOD. THE THEORIES HE AND I TEACH HAVE BEEN AROUND FOR MANY GENERATIONS. IT HAS BEEN AN ENDLESS TEACHING IN TIME. IF YOU DECIDED TO LEAVE, IT WAS TIME. DO NOT LIVE IN THE PAST WITH "SHOULD".

In that teaching there were teachings of certain Body Types, and influences of planets. Is this true?

YOU ARE UNDER THE INFLUENCE OF ALL PLANETS, AS THEY ARE IN YOU. THE PLANETS OR PLANET THAT CONTROLS YOU THE MOST STRONGLY THEREFORE IS THE MOST STRONG IN YOU, WAS YOUR TYPE. I ASSUME I HAVE THAT RIGHT. IT IS TRUE IF THAT IS THE WAY IT WAS STATED. THE TYPES ARE A GENERALIZATION OF THE COMMON THINGS, HABITS, PERSONALITY TRAITS IN MOST PEOPLE, AND CAN RESEMBLE ASTROLOGY. IT CAN BE WELL USED IF NOT IN IMAGINATION.

Which planet am I most influenced by?

YOU ARE MOST INFLUENCED BY VENUS, SOMETIMES MERCURY. WHEN HE IS JUMPING RIGHT IN THERE AND USES A SUGGESTION I HAVE GIVEN HIM, HE IS IN MERCURY, ALL RIGHT. WHEN HE IS SITTING AND EATING HE IS IN VENUS. HE IS MORE VENUS, THOUGH HE FOLLOWS INSTRUCTIONS LIKE A MERCURY. THAT CAN GIVE ME AN EGO PROBLEM. HE REACTS SO SUDDENLY.

Is it useful to use this information? Can it be used to take us to higher states or through several Body Types in one lifetime?

IT IS USEFUL TO USE THE TYPES, SO THAT YOU MAY SEE THINGS IN YOURSELF THAT NEED WORK, OR THINGS IN ANOTHER PLANET CONTROL TYPE THAT YOU WISH TO HAVE, SUCH AS PATIENCE, ENERGY, ETC. IT IS A GOOD EXERCISE FOR THE MIND, AND LEAVES YOU OPEN IF YOU USE IT RIGHT, AND CAN LEAD TO THE ALLOWING OF A HIGHER STATE.

Does what we are doing now have anything to do with the return of Christ?

NOT EXACTLY. THE PURPOSE OF YOUR BEING HERE IS NOT TO FIND ONLY CHRIST BUT THE KNOWLEDGE OF HOW TO BE. CHRIST IS IN THE PICTURE, BUT HE IS NOT THE TOTAL ALL — HE WAS A GOOD TEACHER. IF YOU ARE SEEKING ONLY CHRIST, WHY DON'T YOU GO TO CHURCH?

Was Robert Burton's prediction right about California falling into the ocean?

THAT STATEMENT HAS BEEN MADE BY MANY PROPHETS PREVIOUSLY, AND HAS BEEN SPREAD BY MANY NON-PROPHETS AS WORDS OF TEACHING. AS I GET IT, CALIFORNIA WILL NOT FALL INTO THE OCEAN AS SUCH, BUT WILL HAVE LAND CHANGES AND BE DIFFERENT THAN YOU KNOW IT NOW. I CANNOT SEE A PLACE AS BIG AS THAT JUST FALLING INTO THE OCEAN, BUT THAT COULD BE MY PROBLEM.

Does Tomas have any comments on the subject of "love"?

LOVE IS ALWAYS CHANGING, GROWING, REAPPEARING, SHARING. THERE ARE NO ADEQUATE WORDS TO DESCRIBE THE PHENOMENON. THE COMPLETE, UNSELFISH, WHOLE GIVING OF SELF, FIRST TO YOURSELF, AND THEN TO ONE OR MORE, IS LOVE. THE DEFINING OF LOVE ALSO TAKES AWAY FROM THE ESSENCE OF

WHAT THE SPIRIT IS.

THE LOVE SUBJECT IS ONE OF THE MOST DISCUSSED, ALONG WITH SEX, WHERE YOU ARE. THE TWO BELONG TOGETHER, AND YOU CAN HAVE SEX WITHOUT LOVE AND THE SAME APPLIES BACKWARDS. THE DEEP, LOVING FEELING IS TO BE WITH YOURSELF COMFORTABLY, AND THEN WITH ANOTHER. LOVE, ONCE ATTAINED THERE, IS POSITIVE, AND WILL NOT LEAVE. IT IS ON AN EXTREMELY HIGH PLANE, WHICH TAKES MUCH WORK TO ACHIEVE. LOVE IS REACHING INTO THE SOUL. UNTIL THERE IS ENOUGH RICHNESS IN EACH SOUL, THE CREAM CANNOT BE GIVEN TO ANOTHER. IF THE CUP IS EMPTY OF LOVE, IT CANNOT BE SHARED. EMPTINESS IS NOT ABLE TO BE SHARED. AFTER THE CUP, OR BODY, HAS LOVE, IT CAN BE SHARED. I WILL TRY AND GIVE MORE ON THIS.

LOVE ITSELF IS A CONTINUATION. WITH DEEPEST LOVE, LOVE ON A HIGHER PLANE, EACH ARE "BEING". THERE IS NO QUESTION OF LIFE OR LIVING, JUST TO BE, AND BECAUSE OF LOVE, BE TOGETHER. LOVE IS ONE ESSENCE PIECE THAT WAS A GIFT, AND IS TO BE USED TO ATTAIN HIGHER THINGS. WITHOUT THE COMPLETE, DEEPEST EMOTIONAL LOVE, HIGHER PLANES CANNOT BE ATTAINED. THE LOVE IS PART OF THE PUZZLE OF THE WHOLE SELF, AND IS AN INTEGRAL PART OF BEING. WITH LOVE THE SOUL HAS BEEN MADE COMPLETE, AND IS THEN ALLOWED TO GROW. LOVE IS A LARGE STEP TO HIGHER THINGS. IT IS AN EMOTIONAL REALITY AND SHOULD BE SOUGHT. YOUR STEPS PAST IT CAN BE GLORIOUS.

17 July 1973

Tuesday

[This is another session with Tomas.]

HELLO. YOU HAVE ALL POSED MANY QUESTIONS. THERE ARE MANY OF US HERE [on the astral plane]. THIS HAS BEEN PLANNED IN ORDER TO STIMULATE THE QUESTIONS WHICH WE ARE PROVIDED TO ANSWER. THERE ARE MANY SOURCES OF INFORMATION. WE ARE HERE TO TEACH YOU. WHEN MANIFESTING THROUGH ONE PERSON THERE WILL BE DIFFERENCES BECAUSE OF PERSONALITIES OF THE RECEIVER, AND EACH OF US MANIFESTS DIFFERENTLY. THE PERSONS TO WHOM WE ARE COMMUNICATING EACH REQUIRE DIFFERENT INFORMATION. OF COURSE THERE ARE MANY GENERALIZED PIECES OF INFORMATION. THERE ARE SOMETIMES PROBLEMS WITH THE EXPRESSION OF OUR INFORMATION, AND [we] TRY TO ALLOW FOR THIS WHEN ANSWERING PERSONAL ITEMS. IT CAN BE OPINIONATED INFORMATION. BE SURE AT THE TIME OF VERIFICATION [that] THE SAME ONE HERE IS SPEAKING. THIS IS THE ONE TRUE TOMAS.

How can we be sure who we're talking to?

WE ARE ALSO LIMITED IN TRYING TO COMMUNICATE AT TIMES. ANOTHER MISPELLS "TOMAS" AND THE ONLY WAY TO VERIFY IT IS TOMAS IS TO BE IN TOUCH WITH THE INNER SELF. IT DOES NOT MATTER IF IT IS I. THE INFORMATION COMING FROM OTHERS IS RELIABLE. I AM EMPHASIZING THIS: WHEN ASKING A QUESTION THROUGH A MEDIUM AND THEN ASKING THE SAME QUESTION THROUGH ANOTHER, VERIFY THE PRESENCE OF ANOTHER ENTITY BOTH TIMES IN ORDER TO AVOID CONFUSION. MAKE SURE IT IS THE SAME ENTITY EACH TIME FOR TRUE VERIFICATION. THE FACT OF TOMAS OR ANOTHER DOES NOT MATTER. IT DOES NOT HAVE TO BE I AS LONG AS IT IS THE SAME [being] AT THE TIME OF BOTH QUESTIONS.

Do we have all information available through our higher selves?

THAT IS A GENERALIZATION AND CLOSE. ALL INFORMATION IS AVAILABLE TO YOU THROUGH THE HIGHER PLANE. THIS CONTACT WITH THE HIGHER SELF IS A CONNECTION WITH INFORMATION.

Since I am in middle age I have not been having the "living experiences" that you have mentioned. How do I live them?

AT THE TIME OF MIDDLE AGE, ONE ASSUMES, AS YOU HAVE, THAT THERE ARE NO MORE LIVING EXPERIENCES TO COME. EVERY EXPERIENCE IS LIVING, AND AN EXPERIENCE TO LEARN FROM. THE DAILY PROCESS OF WORKING AND DEALING WITH THE INNER RELATIONSHIPS YOU HAVE ARE THERE FOR A PURPOSE: TO TEACH YOU. WHEN YOU CLEAR THE ASSUMPTION THAT THERE WILL BE NO MORE LIVING EXPERIENCES, THE HIGHER LIVING EXPERIENCES WILL OCCUR. EACH MOMENT HAS A TRUTH. THAT IS NOT TO SAY EACH IS A TINGLING BREATHLESS HAPPENING. SOME ARE SUBTLE AND THEY ARE JUST AS IMPORTANT TO YOUR GROWTH. LOOK FOR THESE AND SEARCH FOR THE LESSON IN ALL.

Can we hear more about planes?

YOU UNDERSTAND THAT THIS IS AN EXTENSIVE SUBJECT. THE TIME IN PLANES IS PRESENTLY

MISUNDERSTOOD. THE PLANES ARE DIFFERENT LEVELS, AS IN LADDERS, THOUGH YOUR TIMES CONCEPTS ARE BEING MISINTERPRETED. YOU ARE NOW LIVING IN YOUR TIME, AND YESTERDAY AND TOMORROW ARE ALL THE SAME, GOING ON NOW, AS WITH TODAY. PLANES ARE LADDERS, STEPS, GRADUATIONS. THIS IS UNCLEAR BECAUSE YOU CANNOT SEE ABOVE YOU. AS YOU SEE YESTERDAY IT IS SOMEWHAT CLEARER TO YOU HOW YOU ARE MISUSING ENERGIES. AND YET, IF [you are] IN THE RIGHT PLACE YOU CAN SEE TOMORROW, AS IT IS ALL HAPPENING NOW. THE PLANES ARE A WAY TO STEP UP AND SEE BETTER, A REWARD AS SUCH FOR GROWTH. YOU CAN BE WHERE YOU ARE, OR IN YESTERDAY OR IN TOMORROW, ALL AT THE SAME TIME. YOUR GROWTH AND WORK PLACES YOU WHERE YOU CAN UNDERSTAND. THERE IS MUCH DIFFICULTY SEEING EVEN TODAY, AND YET THE TRUTH IS THAT TO GROW AND LEARN YOU MUST STOP SEEING TODAY AND BE ABLE TO SEE YESTERDAY, NOW, AND TOMORROW ALL AS ONE, AND DEVELOP YOURSELF ACCORDING TO YOUR NEEDS. ON THE HIGHER PLANES YOU CAN SEE YESTERDAY AND TODAY AND TOMORROW, AND YET CANNOT SEE HIGHER THAN YOU ARE. THE PLANES ARE LEVELS OF BEING, WHERE YOUR HEAD IS AT. THERE ARE ALSO PLANES, PLACES, WHERE YOU GO AFTER PASSING ON, WHEN YOU COME OVER — HEAVEN AND HELL TYPE PLACES THAT ARE PLANES. PLANES HAVE MANY DEFINITIONS. PLANES FOR YOU ARE LEVELS OF BEING AND STEPS ON A LADDER. AFTER PASSING ON TO HERE IT IS A PLACE OF BEING, WHERE YOUR SOUL IS STORED UNTIL CLASS.

How is the channel releasing her higher self as a medium?

IN ACTING AS A MEDIUM SHE RELEASED THE HIGHER SELF AS SHE WAS IN A HIGHER STATE OF RELAXATION AND ALLOWING THE SELF TO COME THROUGH. UNTIL THE RELEASE OF THE HIGHER SELF CAN BE ACHIEVED, ACTING AS A MEDIUM WILL ALLOW THE HIGHER SELF TO SPEAK, AS YOU CANNOT CALL ON THE HIGHER SELF YET. ACTING AS A MEDIUM YOU DO CALL OUT THE HIGHER SELF, AND IT ANSWERS. THE ESSENCE OF THE HUMAN BODY IS IN THE DIAPHRAGM AREA IN THE STOMACH, AND THAT IS WHY THE FEELING. AN EMOTIONAL REACTION CAN BE FELT THERE.

24 July 1973

Tuesday

TOMAS IS HERE.

Is this our Tomas, the one Tomas?

TOMAS IS MY NAME, I DO NOT KNOW WHY IT MATTERS TO YOU. THE INFORMATION GIVEN IS THE SAME. THERE IS ONLY ONE TRUE TEACHING.

How do we know? How can we find out about the one teaching?

IF IT IS TRUE IT CAN BE VERIFIED, AND WILL TEACH NONVIOLENCE, PEACE WITHIN, AND MODERATION IN ALL THINGS. THERE WILL BE A CLEAR SYNTHESIS IN ALL THE INFORMATION GIVEN. THE ANSWERS WILL “FEEL” RIGHT.

How can I raise myself to the higher, through meditation?

YOU ARE RIGHT, MEDITATION IS THE DOOR BY WHICH YOU CAN ENTER THE HIGHER PLANE AND COMMUNICATE WITH THOSE WAITING TO HELP. FASTING AND OCCASIONAL SOLITUDE AND SILENCE PREPARE YOU FOR A MORE MEANINGFUL EXPERIENCE. THERE ARE MANY EXCELLENT PLACES GIVING INSTRUCTION. MAYBE THIS WOULD OPEN THE DOOR FOR YOU. THE NEED FOR PERSONAL GUIDANCE VARIES WITH THE INDIVIDUAL. YOU MIGHT PROFIT FROM SITTING AT THE FEET OF A “MASTER”. ALL OF YOU HAVE A NEED TO CHECK AND VERIFY, AND THAT IS NOT WRONG WORK. MUCH OF THIS HAS TO DO WITH YOUR PREDOMINANTLY SCIENTIFIC BACKGROUNDS. YOU WILL ALL REACH THE POINT, IF YOU PURSUE THIS, WHERE YOU WILL KNOW.

I have felt the need to express my opinions more lately, and I wonder if this is good. Sometimes I have spouted off.

DO YOU UNDERSTAND THE SOURCE OF THE NEGATIVE EMOTIONS? IF SO, THEN YOU SHOULD EXAMINE THEM CAREFULLY AND SEE IF YOU CAN TURN THEM INTO SOMETHING POSITIVE. HOSTILITY IS NEVER AN ACT OF CONSCIOUS WILL. THE ONLY POSITIVE FORCES ARE PEACEFUL, LOVING ONES. YOU STILL HAVE A TENDENCY TO SLIP INTO THE PATTERNS OR VIBRATIONS OF THE MOMENT. MANY SLEEPING SOULS PROVIDE THE NECESSARY SHOCKS TO KEEP YOU ON THE RIGHT TRACK — CONSTANTLY EXAMINING YOURSELF. THIS IS A COMMON FAILING AMONG NEOPHYTES ON THE TRUE PATH. THERE ARE ALWAYS MANY DOUBTS UNTIL THE INTEGRATION TAKES PLACE, AND THE COMMITMENT IS MADE AND IS IRREVOCABLE. LIFE ON THE MATERIAL PLANE WITH ALL ITS GLAMOR CONTINUES TO LURE YOU BACK.

THE GLAMOR IS ILLUSION — MAYA, IF YOU PREFER THE MORE ESOTERIC TERM. MAYA IS PART OF KARMA AND IS PRESENT FOR A VERY SPECIFIC PURPOSE. IT TESTS YOUR SPIRITUAL GROWTH ALL THE TIME, AND IS YOUR SOLE ETERNAL SAFETY CHECK POINT. WHEN YOU REACH THE POINT IN YOUR SPIRITUAL GROWTH WHEN YOU “KNOW” THAT ALL HOSTILE FEELINGS AND THOUGHTS AND WORDS — AND EVEN WORLD WARS — COME FROM LOWER CENTERS IN SLEEPING SOULS, AND THEY ARE NOT IN CONTROL, THEN YOU WILL LOSE THE DESIRE OR NEED TO RETALIATE OR SPOUT OFF. IT’S LIKE SPOUTING OFF TO A STONE WALL FOR ALL THE GOOD IT DOES YOU. YOU GAIN NOTHING AND LOSE A GREAT DEAL.

Well, it’s not all spouting off — sometimes it is just a strong urge to say what I feel.

NECESSARY TALK IS NOT WRONG WORK. WHOEVER TOLD YOU THAT IT WAS BAD TO EXPRESS A TRUE OPINION? WAIT — THAT IS A CONTRADICTION. WHEN YOU EXPRESS A VALID POINT, IT IS NOT WRONG — JUST MAKE SURE THAT YOU HAVE VERIFIED IT AND IT IS NOT ILLUSION.

I have been considering moving into a commune, and I would like to know if it is better to live in a commune, or to live alone.

I THINK THAT THE COMMUNAL LIFE OFFERS A GREAT DEAL SO LONG AS THE GOALS OF THE COMMUNE ARE THOSE OF CONTINUED SPIRITUAL GROWTH AND THEY DO NOT CONFLICT WITH WHAT YOU KNOW TO BE TRUE. LIVING ALONE OFFERS LITTLE, AND I WOULD NOT RECOMMEND IT TO ANYONE. ISOLATION BREEDS ALIENATION, AND ALIENATION BREEDS SUSPICION THAT LEADS TO JEALOUSY, POSSESSIVENESS AND GREED, THE THREE CARDINAL STUMBLING BLOCKS ON THE PATH TO AWARENESS.

Do children count, or are we talking only of adults?

CHILDREN DO NOT PROVIDE THE NECESSARY INTERACTION. MOST PEOPLE WOULD NOT PERMIT THE CHILD TO OBSERVE AND OBJECTIVELY COMMENT ON SIGNIFICANT DEPARTURES, AND MOST CHILDREN CANNOT DISCERN AND INTERPRET THE ACTS OF THE ADULTS AROUND THEM WITH CLARITY. THE ABILITY IS THERE, BUT THE CHILD HAS ALREADY LEARNED NOT TO CROSS THE AUTHORITY FIGURES IN ITS LIFE. COMMUNAL LIVING IS AN UPWARD STEP IN THE EVOLUTION OF MAN. IT CAN ONLY BE BAD IF YOU ARE UNDISCERNING IN YOUR CHOICE OF COMMUNES. THE ABILITY TO GET ALONG IN THE COMMUNE DEPENDS ON YOUR LEVEL OF GROWTH — THE HIGHER THE LEVEL THE EASIER IT WILL BE AND THE EASIER THE DECISION WILL BE. MONASTERIES AND ASHRAMS ARE EXAMPLES OF VERY ANCIENT AND SUCCESSFUL COMMUNES. FEW LEAVE, AND THE LEVEL OF THE GROUP IS HIGH. THESE ARE NOT THE ONLY KIND OF COMMUNES. [I mention this] FOR THE BENEFIT OF THE TWO YOUNGEST [people here]. THERE ARE MANY COMMUNES WITH BOTH MALES AND FEMALES, BUT THIS ALSO BECOMES LESS IMPORTANT AS THE LEVEL RISES. THE FACT THAT YOU STILL QUESTION THIS SHOULD GIVE YOU A HINT ABOUT SOME AREAS THAT NEED WORK. THIS WON’T BE INSTANT — NOTHING WORTHWHILE EVER IS, BUT THE NEED FOR EROTIC LOVE IS MAYA TOO. THE NEED FOR AGAPE IS REAL, AND THIS IS THE GOAL. THE OTHER OFTEN GETS IN THE WAY, AND PREVENTS THE EMERGENCE OF AGAPE, FOR EROTIC LOVE IS ALWAYS BASED ON SOMETHING PHYSICAL AND SOMETHING FLEETING — IT WILL FLY BEFORE THE WINDS, AND ILLUSION — OR RATHER DISILLUSION, WHICH IS EVEN WORSE, SINCE IT IS MALFUNCTIONING ILLUSION — WILL SET IN. IT IS EASY FOR EVEN THE PARTIALLY AWAKENED SOUL TO DISTINGUISH. EROTIC LOVE HAS A TENDENCY TO BE FICKLE, AND SLIPS AWAY AT THE MERE HINT OF AN UNFULFILLED EXPECTATION, WHILE AGAPE HAS NO EXPECTATIONS TO BEGIN WITH — [it] ASKS NOTHING IN RETURN, AND [it] ACCEPTS, AND [it] IS THE HALLMARK. GANDHI WAS ABLE TO SAY “GOD BLESS YOU” TO HIS ASSASSIN AND MEAN IT. THIS IS AGAPE — AND DO NOT SAY THAT YOU CANNOT GET TO THAT POINT: YOU CAN. EVEN IF IT TAKES YOU FIFTY LIFETIMES TO DO IT, YOU WILL GET THERE — THAT IS THE REASON FOR YOUR EXISTENCE. YOU MIGHT AS WELL TRY IT THIS TIME; YOU HAVE NOTHING TO LOSE. IF YOU GIVE UP NOW, I CAN GUARANTEE A LIFETIME OF NAGGING DOUBTS, AND ALWAYS THE GNAWING SUSPICION THAT AT ONE TIME YOU WERE ON THE RIGHT TRACK OF SOMETHING GREAT AND PROPERLY AWESOME. THIS HAS BEEN A LONG EVENING. IF THERE ARE NO MORE BURNING QUESTIONS, I WILL SAY GOODNIGHT.

[This is the end of material channeled from “Tomas”.]

TOMAS ACCORDING TO MICHAEL

[Although we have no more channeling from Tomas, he was mentioned in some of those Michael sessions. From those mentions, it is obvious that we have transcriptions for only a very few of the many sessions TOMG must have had with him.]

TOMAS CAME THROUGH AS A HARD POWER... [17 AUG 74]

Please comment on Tomas.

THE ENTITIES ON THAT PLANE ARE LEARNING. ALSO, THERE IS A TENDENCY TOWARD SPIRITUAL ENNUI THAT IS PERVASIVE. THE TEACHING WILL ONLY BE AS DYNAMIC AS THE STUDENTS PERMIT IT TO BE. [17 AUG 73]

Tomas has said that “wrong thinking” is the cause of all disease and trouble... [26 Aug 73]

TOMAS IS A PART OF THE HIGH ASTRAL BODY. THESE ARE ENTITIES WHO CHOOSE TO WORK OUT KARMIC RIBBONS NOT ON THE PHYSICAL PLANE. MANY TRY. FEW MAKE IT. IT IS EASIER TO BE BORN AGAIN.

(Later, Michael corrected the above to read that Tomas was part of the mid Astral and not the high Astral body.) [26 Aug 73]

SOME CHOSE, AS TOMAS HAS, TO WORK OUT REMAINING KARMIC RIBBONS ON THE HIGH ASTRAL PLANE — ASTRAL ANGELS, SO TO SPEAK. [04 SEP 73]

Tomas told several students not to change jobs. [13 Sep 73]

I feel close to the entity we call Tomas and feel bad because we’ve deserted him and are now asking questions of Michael.

ARE YOU ASKING US IF THERE IS SOME SORT OF DISPUTE GOING ON OVER WHO SHOULD BE TEACHING? IF SO, WE FEEL THAT YOU CAN ANSWER THAT QUESTION YOURSELVES. POSSESSIVENESS IS MAYA TOO. [13 SEP 73]

Who is Crystal?

SHE IS TOMAS’S SOUL MATE. [27 SEP 73]

Tomas lectured to us so much on not being selfish, that that was incorrect to be selfish.

THAT DEPENDS ON YOUR PERCEPTION OF SELF. IF YOU PERCEIVE YOURSELVES AS PART OF THE LARGER WHOLE, THEN LOVING SELF BECOMES AGAPE. [06 OCT 73]

Can you tell us about the astral plane and its levels?

THE MID ASTRAL BODIES ARE PARTIALLY REUNITED ENTITIES. YOU HAVE MANIFESTED A MID ASTRAL ENTITY PREVIOUSLY [TOMAS]. [08 OCT 73]

If a person has Fragments on the astral plane, do they try to influence Fragments on the physical plane?

YES. TOMAS IS A PART OF THE ENTITY THAT INCLUDES LORRAINE.

She is always talking to him. She used to run the Ouija board for our group and has left us. [17 Oct 73]

Tomas predicted the second coming, but as far as our own lives go, it is not good work to ask for answers for the future. [17 Oct 73]

Tomas told us that the Infinite soul would manifest in 1997 and bring the Logos to bear. [17 Oct 73]

Lorraine apparently communicates with Tomas, who is a part of her Entity. [20 Oct 73]

Was it Tomas on the typewriter?

THE NAME “TOMAS” WILL SUFFICE, YES. [20 DEC 73]

This question is lost. It was a question about Tomas.

THIS ENTITY IS ATTEMPTING TO WORK OUT OF KARMA ON THE ASTRAL PLANE. THIS IS AN OPINION [OF HIS].

Is the entity of Tomas a young soul?

THIS FRAGMENT, IN THE LAST PHYSICAL INTERVAL, ACCELERATED BECAUSE OF PSYCHIC GROWTH. IF HE CHOSSES TO REMAIN ON THE ASTRAL PLANE FOR SEVERAL MORE OF YOUR CENTURIES, GROWTH MAY BE SUCH THAT HE WILL BE REINCARNATED AS A FIRST LEVEL OLD SOUL. HE HAS AN ADVANTAGE OVER YOU. HE IS NOT ENCUMBERED BY THE PHYSICAL VEHICLE.... [20 DEC 73]

Tomas said you could substitute astral for earth experiences.

THIS CAN BE DONE BUT IT TAKES MUCH LONGER. [12 JUN 74]

How do we burn ribbons on the astral plane? Was Tomas on the astral plane burning ribbons? Is it easier that way?

IT IS LESS PAINFUL IN A PHYSICAL SENSE, BUT THAT DOES NOT MEAN THAT IT IS PAIN-FREE. IT TAKES

MUCH LONGER TO ACCOMPLISH ANYTHING THIS WAY, AS ALL [THAT] CAN BE OFFERED IS GUIDANCE TO THOSE WHO ARE ON THE PHYSICAL PLANE AND TO WHOM THE DEBT IS OWED. IT INVOLVES PATIENT MONITORING AND THE ESTABLISHMENT OF RAPPORT THROUGH THE BARRIERS OF THE PLANES. [19 NOV 74]

Tomas Sessions - Summary

In the Tomas sessions we see a distinct difference between the channeling of Sarah and the other two, even though the same Astral Plane entity is allegedly being channeled. This says a lot about the quality of the channel. The channel for the first session only was later said to be a Young Soul, and that session yielded little information of value. Sarah and the other main channel were early level Old Souls, and their channeling achieved a level very nearly as good as the Michael sessions. The channeling through the Ouija board also seemed to be better quality.

Besides the Soul Age of the channel, the background of the channel is probably also significant. Sarah said, "... [the other channel] was from a Southern Baptist background, and some of this comes through..." We do not see any of that in the Tomas sessions that we have in our possession. Occasionally, [the other channel] channeled on the Ouija board in the Michael sessions. Sarah, on the other hand, was very much from a general spiritual-metaphysical background. It was rumored that she read two or three books a week all her life, and even at the age of 35, she seems to have had a deep and broad understanding of various spiritual teachings. Tomas, and later Michael, were able to convey their information through her much better than through the other two channels. Sarah used only the Ouija board.

Perhaps one of the most interesting things about the Tomas sessions is that they reveal TOMG learning to channel, or at least learning to channel well. The following points about this have been noted:

- 1) Three different methods were tried: hypnotic trance, Ouija board, and perhaps automatic typing. Different channels will probably prefer one of these methods over the others.
- 2) The major key seems to be to seriously want to learn to channel -- then ask, then listen.
- 3) It would probably help if the channel learn to discipline the mind via meditation and concentration.
- 4) The fewer the "issues" (negative thoughts and emotions) in the personality the better the channeling.
- 5) There might be some physical sensations to learn to deal with; don't be overly concerned; relax.

Not much is said in the Michael sessions about learning to channel. In the Michael sessions, Sarah did the vast majority of the channeling on the Ouija board, and there is not much that one needs to know to get that mastered.

The list of various spiritual teachings that members of TOMG were familiar with is extensive. In the Tomas sessions alone, we find the following:

- 1) Uri Geller. Although he had nothing to do with any spiritual teaching, Uri is alleged in the first session to be psychically adept, and there was some curiosity about that in TOMG.
- 2) Kundalini Yoga. Although this is not a spiritual teaching either, it is a spiritual practice with consciousness-raising and -expanding results. It has been around for millennia.
- 3) Meditation and Concentration. These practices have also been around for millennia.
- 4) Rosicrucianism. This is a very broad and deep spiritual knowledge and development practice. It has quite a few similarities to the Michael Teachings.
- 5) Gurdjieff/Ouspensky. Especially the brand presented by the local group leader, Robert Burton.
- 6) Rodney Collin. He was a major student of Gurdjieff. He was advanced enough to be a teacher with his own ideas, particularly about Body Types.
- 7) Marijuana. This "plant medicine" was mentioned as a "crutch," an artificial device for relaxing the False Personality and getting into an altered and even elevated state of consciousness. That and similar psychedelics have been used for millennia to achieve those ends.
- 8) Communal living. Ashrams and monasteries have been the preferred environments for spiritual development for millennia.
- 9) Carlos Castaneda and the teachings of Don Juan Matus.

Most of these teachings and methods are explored and expanded in subsequent Michael sessions.

A number of subjects are introduced that in future sessions will become central features of the Michael

Teachings. These include:

- 1) The primacy of love in human interactions.
- 2) The value of listening to your inner/higher guidance.
- 3) The fact that negative thoughts and emotions negatively impact your physical health.
- 4) There is some value in interpreting dreams.
- 5) Reincarnation. There is no express lane to spiritual maturity, either in one life or in many.
- 6) Mere information does not propel one along their spiritual path; practices are required for that.
- 7) Meditation and concentration are two of the best practices for spiritual development.
- 8) It is Good Work to learn from the strengths and weaknesses of the Body Type one inhabits.
- 9) Do your best to validate whatever channeling you receive; take nothing on faith.
- 10) Don't expect answers from channeling about the present or the future that infringe on your choices.
- 11) Healing energies can be channeled as well as verbal information.
- 12) There are "planes" – whole reality systems – beyond the Physical Plane, and there is influence therefrom.
- 13) The influence of a physical master is good, but the influence of a discarnate master is even better.
- 14) The physical world is full of many illusions and distractions that keep you from waking up, from seeing reality, and from advancing your awareness. Best to minimize glamor, Maya.
- 15) Communal living could be used as a strong catalyst for spiritual development.
- 16) Sexuality can be one of those distractions, OR its energy can promote "agape," the highest love.

12 August 1973

Sunday, Walnut Creek

[This is the first channeling session when Michael appeared. We do not have the complete transcription for this session. What we do have was part of a compilation made by an early student, Cynthia Cutting. The compilation apparently contained all the Michael sessions of 1973 as well as one Soleal session. However, the compilation is incomplete in the sense that personal material was deleted from all the sessions. We have the complete transcriptions for all except three of the 1973 sessions, this being one of them.]

Sarah said of this session, "It is very accurate that we were having a dinner party [like it says in "Messages from Michael"]. A woman named Carolyn Sturkie had been channeling an Astral entity who called itself 'Tomas,' and talked a great deal about the Edgar Cayce material. I had also been able to contact this Tomas entity on several occasions, but that particular evening I felt an enormous surge of energy and I knew that something interesting was going to happen. Others in the room felt it too. For the first time, my fingers tingled. Instead of the jocular 'Thomas is here,' the first words we heard from the Michael entity were 'We are here with you tonight.' I will certainly never forget that."

This very first Michael session was so productive that Chelsea Quinn Yarbro quoted much of it in her book, "Messages from Michael." New terminology came thick and fast.]

At this time and place we were first contacted by Michael, our present teacher, who announced:

WE ARE HERE WITH YOU TODAY.

The question was asked concerning the decision to go on in the search for spiritual enlightenment, to go on to becoming an adept. What do you do when you get so far and are not too sure you want to continue? We wondered if the Masters picked those in whom the desire for "psychic experiences" was quite strong to become adepts.

THE DESIRE IS POLAR TOO. EVERYTHING IN THE UNIVERSE IS, OF COURSE. ALONG WITH THE DESIRE IS ALWAYS THE DREAD. THE CHOICE DOES NOT BECOME CLEAR TO YOU UNTIL YOU HAVE EXPERIENCED THE DESIRE FROM ANOTHER DIMENSION: YOU MUST STAND AND OBSERVE THE DESIRE FROM THE SHADOWS OF DREAD. WISHES, LIKE EVERYTHING, HAVE POSITIVE AND NEGATIVE POLES. THERE MUST BE ATTRACTION AND REPULSION OR NOTHING EXISTS BECAUSE NO ENERGY IS BEING GENERATED. THE PRIMORDIAL FORCE WAS ENERGY, NOT MASS. THINK ABOUT THAT WHEN YOU ARE HUNG UP ON CAUSE AND EFFECT. THE MORE PRIMITIVE ONE IS ENERGY. DOES IT NOT SEEM THAT ALL SEEKING THE LEAST COMPLEX WILL RETURN TO THE ENERGY FROM WHENCE THEY CAME? COMPLEXITY IS THE ANTITHESIS OF

WHAT THE SPIRIT SEEKS. THE BODY REPRESENTS THE EPITOME OF COMPLEXITY. THAT IS WHY THE SPIRIT IS AGAIN AND AGAIN ATTRACTED TO IT, UNTIL THE PARTIALLY AWAKENED ESSENCE CATCHES A GLIMPSE BEYOND THE "VEIL".

Why did they go to the trouble to design such a complex body just to have it wear out over and over? THE ANSWER IS, OF COURSE, THE PRIMARY PLAN. IT IS THE BEST EXAMPLE OF THE YIN AND YANG WE CAN THINK OF.

The other night I was complaining about sitting in the midst of the (human) computer and having all this whirling going on, and saying, "I can't understand this, it is too much!"

THE HUMAN NERVOUS SYSTEM AND THE LARGE BRAIN MAKES IT AN IDEAL CONDUCTOR. JUST ADD AN ISOTONIC SOLUTION AND THAT IS ALL THAT IS NECESSARY. IT IS A SIMPLE CASE OF ATTRACTION-REPULSION — MAGNETISM, IF YOU PREFER.

You can give psychotropic drugs and people become more energetic, and you can chemically alter moods. The process might be basically chemical. Thoughts probably generate different chemicals.

ALL ORGANIC REACTIONS DO. YOU KNOW THAT.

Reactions do what?

[They] GENERATE SOME PRODUCT. ENERGY IS RELEASED. THOUGHTS ARE LIKE THAT. THE REACTION TAKES PLACE AND THOUGHTS ARE RELEASED.

This is probably why you should think good thoughts, but that is hard to do all the time. I don't know how to ask this question, but as I understand it, (according to Ouspensky and Gurdjieff), you don't think "sex thoughts". I mean you should leave it neutral, but then you would not be generating any of these hormones that have to do with the energy that is sex energy.

THE MOMENT YOU START THINKING ABOUT SEX, YOU BRING EITHER EMOTIONAL OR INTELLECTUAL CENTER INTO PLAY. THEN THERE IS LOSS OF ENERGY FROM THE SEXUAL CENTER.

But it seems that people who are turned on sexually have more energy, more than a leak of energy, than people who are turned off. I've noticed this myself, when I'm turned on.

IT IS A HIGHER SOURCE OF ENERGY, AND FOR A FEW MINUTES, OR HOURS IF THE PLAY IS THAT INTERESTING, YOU CAN FEEL ITS EFFECT.

But I'm not talking about that. I mean, you feel better all the time if you are sexually turned on. Question: I wonder if we have to pay for that.

YOU ONLY PAY IN THE ACCESS TO HIGHER CENTERS.

But I've felt that at the times that I have been turned on, I've been much closer to higher Centers, and actually zoomed into them part of the time. In fact, the turning off leads into a depression for me, and at that time one is as far from one's higher Centers as one can ever be.

THAT IS DIFFERENT. THEN YOU ARE USING THE SEXUAL CENTER AS ACCESS TO THE HIGHER CENTERS. THE PHYSICAL ACT ITSELF CAN BE PERFORMED WITH LITTLE LOSS OF ENERGY. THE PROBLEM WITH MOST IS THAT THEY ARE HEAVILY IDENTIFIED WITH OTHER ASPECTS WHEN THEY ARE PERFORMING THE SEX ACT. THIS IS WHAT WE MEAN [when we say you detract from the higher Centers when you are in the negative pole of the Sexual Center].

You are talking about the "act" and I'm talking about the "entre-act" and this is wonderful all the time. It just seems that most people who are turned on feel good and people who are turned off feel bad. They might or might not have an "act", but the people who are turned on are always ready potentially and they feel good.

THE TURNED-ON FEELING IS WHAT YOU ARE STRIVING FOR [in reaching higher Centers]. THAT IS THE GOAL.

Now Jesus was always against sex, even thinking about sex.

JESUS WAS NOT AGAINST SEX. HE WAS FOR MODERATION. PROSTITUTION IS NOT MODERATE.

Sex is part of the computer [organism-mechanism] — we've got to accept that. It may be one of the most highly important parts, and maybe I've neglected it. Maybe in Jesus' time they weren't neglecting it. Maybe if He were here today, He would tell people to have more. Maybe in Jesus' day, people thought about it all the time and we hardly ever think about it.

QUALITY IS THE ANSWER. IT IS WHAT YOU THINK, NOT HOW OFTEN. IN JESUS' TIME ON EARTH, MOST OF THE THOUGHTS WERE BOUND UP IN FERTILITY RITES AND SUPERSTITION. THEY WERE NEGATIVE ENERGY VORTICES.

Then I would say that much of his advice does not apply to us. Isn't that what that answer means?

MUCH DOES NOT APPLY NOW. WHEN YOU RID YOURSELF OF ALL NEGATIVE THOUGHTS ABOUT SEX, THEN IT IS POSSIBLE FOR YOU TO HAVE A VARIETY OF HIGHER LEVEL SEXUAL ENCOUNTERS. THESE DO NOT ALWAYS HAVE TO BE PHYSICAL. SOME OF YOUR MOST REWARDING SEXUAL ENCOUNTERS OCCUR WHEN YOU THINK YOU ARE ASLEEP. THESE ARE ENCOUNTERS WITH UNKNOWN BEINGS ON THE ASTRAL PLANE AND ALSO ESSENCE ENCOUNTERS WITH ACTUALLY KNOWN BEINGS.

I had a love affair once and I think that the meeting must have been karmic. It just seems like something that was sent, or had some super significance.

IT ENABLED YOU TO GET IN TOUCH WITH THE [pure] SEXUAL ENERGY FOR THE FIRST TIME.

For the first and last time!

BUT YOU ARE NOW AWARE OF THEM, YOU CAN NOW REACH THEM AT WILL, BUT IT WILL TAKE PRACTICE.

That's what consciousness is, that's what Robert Burton said — conscious love — to love at will — and that is what he (Michael) is saying here. I have never found that button. As a matter of fact, there is a lot of fear around that button too.

IT REQUIRES THAT YOU GO THROUGH THE SAME SET OF EXERCISES THAT YOU USE IN ANY OTHER CONSCIOUSNESS-RAISING RITUAL — THE DETACHMENT / CONCENTRATION MONAD [alternating identification and disidentification regarding the sexual turn-on].

It appears to me that in consciousness-raising you don't concentrate.

CONCENTRATION [is focus on] ON A SINGLE GOAL. IN THIS CASE, THE GOAL [of the sexual turn-on] WOULD BE ECSTASY [not sexual pleasure through manipulation of erogenous zones].

I am wondering about the cells in the human body: are they ecstatic? Are they even conscious of what they are doing? Are they happy or not happy, or do they just feel good and not good? Then in the happy cell, are there happier atoms? Are atoms happy and unhappy too?

THERE IS EXCITABILITY AND IRRITABILITY IN THE SIMPLEST STRUCTURE. YOU KNOW THAT ALREADY, BUT YOU ARE NOT ACCUSTOMED TO YOUR NEWLY CLEARED ABILITY TO EXTRAPOLATE THIS INFORMATION. THE CELLS REACT TO NOXIOUS STIMULI IN MUCH THE SAME FASHION AS DO STARS IN THE CASE OF SUPERNOVAE.

Well, he's extrapolating it out for us, to the biggest thing that he can think of that we can relate to. That's as far as the understanding goes. He doesn't go into how many universes there are.

THERE IS ONE UNIVERSE, BUT IT IS INFINITE AND ETERNAL.

I can grasp the idea of infinite bigness, but I cannot grasp the concept of infinite smallness — you know, the electron is a planet, etc. Are the electrons cosmos?

THEY ARE "MICROCOSMOSIS" [a Gurdjieff term for the atomic realm].

There was a discussion concerning being unpopular because you held unpopular beliefs, pursued [strange] teachings, etc.

THERE WILL ALWAYS BE UNPOPULARITY WHEN UNPOPULAR IDEAS ARE ESPOUSED AND EXPRESSED. THE BODY DOES NOT WISH THE ESSENCE TO BE FREED. IT WILL FIGHT TO KEEP THE ESSENCE ASLEEP. IT TAKES MANY SUCH FIGHTS TO STRENGTHEN THE ESSENCE.

That's why it's hard to make the commitment while you are scared and while you still care (about going to prison, etc.). I wonder if Timothy Leary cares. Maybe he doesn't. Maybe his little job in prison is tending the flowers and he may be happy there as Claudio Naranjo is happy in Spain tending his flowers.

YOU REACH THE POINT [in your spiritual growth] WHERE ENVIRONMENT ON THE PHYSICAL PLANE DOES NOT MATTER ANY MORE. YOU CAN LEAVE IT AT WILL.

Well, if we do astral travel to associate with the spirits more, maybe they won't let us associate with them, after we have made the commitment. You really don't know whether they will associate with you anyway. That puts you where you don't care. Take the astral trips first. See if you like it.

DON'T WORRY. WE WILL ASSOCIATE. WE WILL NOW ANSWER AN EARLIER QUESTION. WE ARE INTEGRATED FRAGMENTS OF AN ANCIENT ENTITY (One of us had wondered earlier who our new entity was).

I have a complicated question about personality and essence. From what he has said before, it seems like you get here and you develop the personality (the learned personality according to where you land) and it is much

in the way of what you want to do. You may never do what you are supposed to do because of the personality. This is what I've been doing.

YOU WILL BURN OUT ALL YOUR KARMA — YOU MUST. THE CHOICES YOU MAKE BETWEEN PHYSICAL BODIES ARE PART OF THE LEARNING PROCESS ALSO.

Maybe he's saying you lose it in spite of your personality.

PERSONALITY IS JUST ANOTHER DEFENSE THE BODY EMPLOYS WITH THE HELP OF THE OTHER BODIES AROUND IT.

I can't see what part the personality has to do with karma. I think that's put in by culture.

IT IS JUST MORE COMPLEX MAYA. YOU SEE, IT REALLY IS INFINITE.

There was a discussion concerning monads: sacred/profane, profound/superficial, the yin and yang duality, infinite complexity/infinite simplicity.

Was Georges Gurdjieff a conscious being?

GEORGES GURDJIEFF WAS SUBJECTIVELY CONSCIOUS, YES. VERY FEW WHO ARE BECOMING OBJECTIVELY CONSCIOUS NEED TO REINCARNATE. THERE IS USUALLY NO NEED. SOMETIMES WHEN THERE IS SPIRITUAL STAGNATION, ONE WILL ELECT TO ACT AS A CATALYST FOR PHILOSOPHICAL GROWTH. THERE HAVE BEEN MANY. SOCRATES, PYTHAGORAS, KRISHNA, SIDDHARTHA [Gautama, the Buddha], AND CHRIST WERE EARLIER EXAMPLES. THERE WILL BE ANOTHER.

Concerning the level of information given, why is there a difference, however slight, between the small, private sessions, and the larger, open sessions?

WHEN THE KNOWLEDGE LEVEL OF THE GROUP IS RELATIVELY LOW, THEN THE INFORMATION GIVEN WILL BE AT A LOWER LEVEL. THE INFORMATION GIVEN HERE TODAY COULD NOT BE GIVEN TO THE LARGER GROUP IN QUITE THIS FORM. THE KNOWLEDGE LEVEL HERE IS RELATIVELY HIGH.

Before I ask any more questions, I would like our entity to give us a name.

YOU MAY CALL ME ANYTHING YOU WISH.

Well, I was just thinking about the future. Yeah, how do we call you?

THE LAST NAME A FRAGMENT OF THIS ENTITY USED WAS "MICHAEL".

He wants to say something else.

THE ENTITY OF WHICH [Saint] PAUL [of the Bible] WAS A PART IS NOT COMPLETELY INTEGRATED.

There was a discussion concerning the fact that Robert Burton had said that Jesus' disciples were beneath His level. We then asked if we could take a lunch break and if Michael would still be there.

BY ALL MEANS. I NOW HAVE ACCESS TO ETERNITY.

We had discussions concerning: the effects of alcohol on quieting the personality, then the fragmentation of Paul's entity, and finally fragmentation in general.

WHEN THE SPIRIT ENTITY FIRST BECOMES EARTHBOUND THERE CAN BE AS MANY AS A THOUSAND FRAGMENTS. AS THE ENTITY PROGRESSES, THE FRAGMENTS UNITE. AS EACH LESSON IS LEARNED, THE MONADS ARE FORMED.

You mean we are all fragmented?

That's what he said, which means that we have a lot of things to work out here.

Well, I'm still fragmented.

YOU WILL BE UNTIL YOU ARE REINTEGRATED. THE CHRIST ENTITY EVEN CONSISTED OF TWO FRAGMENTS. JESUS STILL HAD A GURU IN JOHN [the Baptist]. THE MASTER/PUPIL MONAD MUST BE EXPERIENCED FROM BOTH SIDES.

You mean everyone must eventually be a guru?

YOU ALL HAVE NEED TO SEEK A TEACHER. YOU MAY ALL TEACH AT THE SAME TIME. RIGHT NOW, THOUGH, THE PRIMARY ROLE IS THAT OF STUDENT. IN PREVIOUS EXISTENCES, YOU HAVE ALL EXPERIENCED RECEIVING THE GIFT OF HIGHER EXPRESSION. YOU MUST NOW LEARN HOW TO EXPRESS [teach] IT TO COMPLETE THE MONAD AND INTEGRATE THAT FRAGMENT.

What is a monad? Could we ask for a specific definition?

A MONAD IS A BASIC UNIVERSAL UNIT USED TO EXPRESS RELATIVE VALUES OF CONSCIOUSNESS [two opposite experiences are united into one complete experience]. A NEPHRON [kidney] IS A PHYSICAL MONAD — OR AN ORGANIC MONAD [two objects united into one thing].

Has anybody ever written about this on our plane?

MANY KNEW: [Tielhard de] CHARDIN, [Georges] GURDJIEFF, [Aldous] HUXLEY. [John] LILLY KNOWS TOO. THE MONADS DO NOT COME BACK TO HAUNT YOU, ONCE THEY HAVE BEEN COMPLETED. IF YOU CAN COMPLETE ONE IN THIS LIFE, THOSE FRAGMENTS CONCERNED WITH THAT WILL UNITE.

He's probably talking about major monads — not minor monads. Probably a million little minor monads just don't make any difference. To love and to be loved may be the greatest monad.

TO BE LOVED AND TO LOVE IS A POSITIVE MONAD OF THE HIGHEST ORDER. YOU MUST BE ABLE TO REALIZE THAT YOU ARE LOVED IN ORDER TO COMPLETE THIS MONAD, AND THAT IS WHAT IS DIFFICULT.

"Jesus loves me, yes I know, for the Bible tells me so." That's being loved.

BUT YOU MUST FEEL THIS FORCE. INTELLECTUALLY SAYING JESUS LOVES ME WILL NOT DO IT. YOU USE JESUS AS A CONVENIENT SOURCE OF LOVE. IT IS ONE WHICH WILL NOT BACKFIRE AND THAT'S OK, BUT YOU MUST EVENTUALLY GET IT TOGETHER WITH YOUR OWN FRAGMENTED ENTITY. THE CONSCIOUS BEINGS ARE ALL LOVING.

When a baby is deprived of a mother because she is sick when it is born, and a certain amount of time goes by, that mother doesn't have the agape love anymore. It is gone. The mother's love is instinctive.

NURTURING, NOT LOVING, IS INSTINCTIVE.

We didn't all necessarily experience the love. We experienced the nurture. I've often wondered about the child that results from superhigh love — the planetary kind — that child is bound to experience love as an infant because of this great love between the mother and the father. He'll experience more than nurture.

THEY ALL HAVE. READ THE AUTOBIOGRAPHY OF [Mohandas] GANDHI. NURTURING IS COMMON TO ALL OF THE ANIMAL KINGDOM. MAN, THROUGH PERSONALITY, TRIES TO RETAIN CONTROL BY CALLING IT LOVE AND MAKING THE RELATIONSHIP CONTINUE LONG AFTER THE NEED FOR THAT TYPE OF NURTURING IS GONE.

In other words, the baby lion when he grows up doesn't worry about being loved anymore. He grows up, but man retains this need to be nurtured. You know, we don't ever let each other become lions. We make us stay baby lions who need Mommy,

MAN IS THE ONLY ANIMAL WHO DRINKS MILK PAST WEANING. PERSONALITY IS LIKE AN ALBATROSS. READ THE "RHYME OF THE ANCIENT MARINER" IN THIS LIGHT.

We had a discussion concerning the "alien corn". That part that was brought to mind was about homesickness and longing. The corn, you know, is neutral. It just grows and gives ears of corn, but it is called "alien corn" because it is not growing in her home.

TO HAVE THE FEELING OF HOME, THE ESSENCE MUST BE AT PEACE. AS LONG AS THE DIFFERENT DRUMMER STILL SOUNDS DIFFERENT TO YOU, YOU WILL REMAIN OUT OF STEP WITH THE MUSIC.

When I've been depressed, I don't want to die. Oh, it is horrible — the thought is ghastly! When I feel good, absolutely overflowing with life, it doesn't matter. It is a weird contradiction. You ought to want to hang onto it the most, but just speaking of it now, it felt like if it ends right now, that's great.

DEATH IS A GHASTLY EXPERIENCE IF YOU ARE DEPRESSED. YOU BRING ALL YOUR DEPRESSION WITH YOU. THAT IS WHY SO MANY SUICIDES MUST GO BACK AND FINISH THAT WHICH THEY ABDICATED, OR NO PROGRESS CAN BE MADE.

Do we change sex upon reincarnation?

YOU MUST EXPERIENCE THE FRAGMENTS OF YOUR ENTITY FROM ALL DIMENSIONS.

As the hour was growing late, we asked Michael if we could contact him again.

OH YES, MORE NOW THAN BEFORE.

We tried to thank him and he replied:

THANKS ARE NOT NECESSARY. THIS GIFT IS GIVEN FREELY IN THE SPIRIT OF LOVE. I WILL GIVE AS MUCH AS YOU WILL RECEIVE. THIS IS TRUE OF ALL OF US. WE ARE ALSO SOLEAL'S TEACHER. ("Soleal" is the name given to us by an entity who says that he is an astral projection from another planet approximately twenty light years away. Michael describes Soleal as an "adept".)

17 August 1973

Friday

I AM HERE WITH YOU. YOU HAVE SOME PRESSING QUESTIONS. THERE IS NOTHING WRONG IN HAVING PERSONAL AGENDAS, IT MERELY INTERFERES WITH CONCENTRATION, AND IF MEDITATION OR MANIFESTATION IS THE GOAL, THEN ALL PERSONAL AGENDAS MUST BE SET ASIDE — SUSPENDED, SO TO SPEAK.

Who are we talking to?

YOU ARE TALKING TO MICHAEL.

Tomas came through as a hard power, but the group was shaky. ____ is pivotal to the group and feels he may have to drop out. Do we have a viable group?

THE VIABILITY OF THE GROUP DEPENDS UPON THE ABILITY OF THE INDIVIDUALS INVOLVED TO RISE ABOVE THE TRIVIAL CIRCUMSTANCES NOW DRIVING THEM APART. IT IS WITHIN THE GRASP OF EACH OF YOU TO DO THIS, EVEN _____. IT IS IN HER KARMA TO SEEK THE PATH YOU WISH TO FOLLOW. SHE HAS SOUGHT IT MANY TIMES BEFORE. THE CLOSER YOU BECOME, THE EASIER IT WILL BE FOR YOU TO RECALL [past lives]. THE ABILITY TO DEFINE YOUR PURPOSE IN THIS EXISTENCE [lifetime] WILL EVEN COME TO YOU. THE GROUP HAS ONE THING THE INDIVIDUAL CANNOT TAP ALONE, AND THAT IS THE COLLECTIVE MEMORY. THE ABILITY TO SEE THE LESSON WHICH IS BEING LEARNED IS DIFFICULT ENOUGH IN A GROUP, LET ALONE IN SOLITARY. THE RELATIONSHIPS WITHIN THIS GROUP ARE ANCIENT. I REALIZE THIS IS A NEW CONCEPT FOR YOU TO SWALLOW, BUT IN ORDER TO PROGRESS FURTHER, YOU MUST COME TO GRIPS WITH THIS. THE LAW OF CAUSE AND EFFECT IS AS OLD AS THE TAO, AND THAT HAS EXISTED FOR A LONG TIME.

YOUR GROUP IS NOT COMPLETE BY ANY STRETCH OF THE IMAGINATION. YOU HAVE CHOSEN VERY DEFINITE ROLES FOR THIS LIFE. AN ANCIENT ENTITY IS COMING TOGETHER WITHIN THIS GROUP. THAT IS WHY YOU FEEL POWERFUL EMANATIONS FROM CERTAIN MEMBERS. YOUR RELATIONSHIPS ARE NOW NOT NECESSARILY IN THE ORDER OF IMPORTANCE. IN OTHER WORDS, YOU ARE LIVING WITH ONE PERSON WHILE YOUR KARMIC RIBBON INVOLVES ANOTHER.

There was a question regarding ____ and her karmic ribbon.

THAT PERSON IS ALREADY WITHIN THE GROUP. IF I TELL YOU EVERY MINUTE DETAIL AT THIS MOMENT, YOU WILL HAVE GAINED NOTHING. KARMA IS NOT FATE. FATE IS A LIE. KARMA IS A LAW. THERE IS A GREAT DANGER IN BECOMING FATALISTIC ABOUT KARMA. YOU ARE ALL AT THE LEVEL NOW WHERE THAT [discernment of your karma?] IS A POSSIBILITY. YOU MUST LEARN THIS ABOUT KARMA, AND THAT IS THAT LESSONS LEARNED IN THIS WAY ARE ETERNALLY YOURS. FATE IS ILLUSION. IT EXISTS NO MORE THAN FAITH, WHICH IS SIMPLY SILLY. IT [karma] IS A WEAVING TOGETHER OF LIFE CYCLES. IT IS WHAT KEEPS YOU TOGETHER. ____ WOULD HAVE FOUND ____ [they were later said to be fragments of the same entity] AGAIN IF SHE HAD TO SEARCH THE WORLD.

Is there any way to figure out your karmic ribbons?

YES, THERE IS A WAY. YOU MUST FIRST BE ABLE TO RECALL THE THREADS. THIS IS WHAT TAKES THE PRACTICE. THIS IS WHY CONCENTRATION AND MEDIATION HAVE BEEN STRESSED. YOU HAVE INDICATED THAT YOU WISH THIS, AND WE ARE SHOWING YOU HOW. WE WILL DICTATE WHAT AMOUNTS TO A BOOK TO YOU WITHIN THE NEXT YEAR. WHAT YOU DO WITH THIS INFORMATION DEPENDS ON YOUR DESIRES ENTIRELY, BUT THE INFORMATION WILL BE GIVEN WITHIN THIS GROUP. THERE WILL BE AN ADEPT WHO WILL AID THE OTHERS. THERE IS ONE AMONG YOU WHO WILL MASTER THE TECHNIQUES.

Will you tell us who it is?

NO. YOU WILL ALL SENSE THE CHANGE WHEN IT OCCURS.

There were problems earlier with growth of the group. We've had requests to join. Some have misgivings about the group growing.

THOSE WHO SHOULD BE PART OF THIS WILL NOT NEED A LENGTHY INVITATION — THEY WILL ARRIVE EASILY. BE CAREFUL OF LURING ANYONE IN WITH GLAMOR. THIS COULD BE DEVASTATING TO YOUNG SOULS.

Are we young souls?

YOU ARE NOT YOUNG SOULS. YOU WERE TOGETHER IN SYRIA OVER TWO THOUSAND YEARS AGO.

There was an unrecorded comment.

THE CONCEPTS EXPRESSED HERE BLOW YOUR MIND. THERE IS NO EVIL IN THE UNIVERSE. THIS ALONE IS ENOUGH FOR SOME TO REALLY HAVE A FOUNDATION-SHAKING EXPERIENCE. WE WILL GIVE YOU AS MUCH INFORMATION AS YOU CAN ABSORB. THE DISCUSSION IS NECESSARY.

Should we invite ____?

SHE IS A SEEKER. SHE IS QUITE INVOLVED IN SOME NONSENSE, BUT THEN YOU ALL [were] AT ONE TIME OR ANOTHER. SHE CAN BECOME A SEEKER OVERNIGHT. IT PROBABLY IS [true that] THE ONLY ONES THAT IT WILL CHANGE ARE THOSE WHO ARE READY. WHEN YOU SEEK A TEACHING, THE TEACHER APPEARS.

Might EST [Erhard Sensitivity Training, an intense seminar, popular at the time, for breaking through cultural programming] take care of people's personal agendas?

NOT IF IT MEANS FINANCIAL DISASTER TO THE PERSON INVOLVED. IT IS ENOUGH THAT SEVERAL OF YOU KNOW THE TECHNIQUES, THEN YOU CAN TEACH THE OTHERS.

How does a friend of mine share a karmic ribbon?

AN ESSENTIALLY PASSIVE RESISTANCE TO CHANGE IS HIS CHIEF OBSTACLE. FROM WHAT YOU ARE PROJECTING, HOWEVER, THE ESSENCE IS ONE OF COMPASSIONATE STRENGTH. THIS IS NOT ALWAYS PRESENTED TO THE WORLD, BUT YOU SENSE IT AT A DEEPER LEVEL. THIS IS NOT A JOYOUS ESSENCE. THIS IS WHY HE SEEKS JOY IN THE ESSENCE OF OTHERS AT THAT DEEPER LEVEL.

What is an obstacle for me?

YOU HAVE AN OBSTACLE IN PERSONALITY, NOT ESSENCE; THAT IS THE NECESSITY TO PUT YOURSELF DOWN IN FRONT OF OTHERS AND THEREBY GAIN THE REASSURANCE. [She was later said to have a Chief Feature of Self-deprecation.] YOU CAN OVERCOME THAT BY REALIZING THAT THE [false] PERSONALITY IS A HINDRANCE, AND THAT ITS "NEEDS" NEED NOT BE FULFILLED.

Please comment on Tomas.

THE ENTITIES ON THAT PLANE ARE LEARNING. ALSO THERE IS A TENDENCY TOWARD SPIRITUAL ENNUI THAT IS PERVASIVE. THE TEACHING WILL ONLY BE AS DYNAMIC AS THE STUDENTS PERMIT IT TO BE. SOLEAL FEELS THE RAPPORT. POWERFUL MEDIUMS MANIFEST POWER.

Someone asked why she liked a certain person.

OPPOSITES DO ATTRACT. THIS IS NOT ALWAYS COMFORTABLE, BUT THEN COMFORT IS NOT ALWAYS WHAT YOU ARE SEEKING.

Someone had a question about a dream he had.

THE EXPERIENCE WAS NOT REAL. IT HAD TO DO WITH SYMBOLS YOU ARE UNWILLING TO DEAL WITH IN REALITY. PART OF YOUR "DREAMING" IS REAL: IT IS TIME SPENT OUT OF THE BODY. ADEPTS SUCH AS SOLEAL CAN SPEND THE ENTIRE [sleep] TIME OUT OF BODY.

Someone else had a dream last night.

WHEN YOU REPEAT A DREAM LIKE THAT, IT USUALLY HAS MUCH SIGNIFICANCE — IT IS A WARNING. YOU HAVE DREAMED IT BEFORE. SYMBOLS CHANGE WHEN KNOWLEDGE INCREASES, BUT THE ESSENCE OF THE EXPERIENCE REMAINS UNCHANGED.

Someone else had a recurring dream about driving past a lumber yard where statuary representing griffins and chimeras stand among the stack of lumber; of driving into a circular driveway, of approaching an old, dilapidated white frame house, of coming closer to the house each time the dream recurred.

IT IS A WARNING. EACH TIME YOU DREAM THIS DREAM, YOU ARE IN DANGER OF SLIPPING BACK INTO OLD DESTRUCTIVE PATTERNS. THE HOUSE IS SYMBOLIC OF THE MUNDANE, THE STATUARY [is a symbol of] THE ARCANE.

What does "arcane" mean? Look it up in the dictionary.

THE EXPERIENCE WILL DO YOU GOOD.

Will we understand this material in this lifetime?

IF YOU WORK VERY HARD.

Is it necessary that we understand it?

IT IS NOT NECESSARY [now]. EVENTUALLY, IT WILL BE.

21 August 1973

Tuesday

Is someone with us tonight?

WE ARE WITH YOU TONIGHT.

What is an adept?

AN ADEPT IS ONE WHO HAS CLEARED THE MIND OF ALL TRIVIA. THIS IS AN INTEGRATED BEING WHO IS FIRMLY COMMITTED TO THE PATH, WHO IS UNAFRAID TO LEAVE THE PHYSICAL PLANE FOR HOURS AT A TIME, IS THOROUGHLY VERSED IN THE OCCULT TEACHING, IS AWARE OF KARMIC TIES, AND HAS RECALL BEYOND THE GRAVE, CAN MATERIALIZE BOTH SELF AND OBJECTS FROM BORROWED ENERGY SOURCES, IS BOTH CLAIRAUDIENT AND CLAIRVOYANT. THIS MEANS NONATTACHMENT TO BOTH PLANES AND ITS INHABITANTS.

Can we achieve this when smoking cigarettes and drinking alcohol?

IT IS NOT IMPOSSIBLE, JUST HIGHLY IMPROBABLE. THE ENERGY USED ON THESE ACTIVITIES CAN BE USED FOR THOSE ACTIVITIES. YOU ALSO NEED MORE SLEEP WHEN YOU DRINK COFFEE, SMOKE, OR DRINK ALCOHOL. SLEEP IS TIME WASTED. THAT [astral travel during sleep] IS THE MOST VALUABLE TIME OF ALL, AND THE TIME USUALLY LOST BY PEOPLE ON YOUR PLANE.

Who are we talking to tonight?

THE NAME I AM CALLED IS MICHAEL. THAT IS A CONVENIENCE AND NOT A TRUTH. ONLY ONE SMALL FRAGMENT OF THIS ENTITY HAD THAT NAME. WE ARE INTEGRATED FRAGMENTS OF A LARGER ENTITY. WE ARE THESE THEN. WE COME TO YOU FROM THE CAUSAL BODY AND NOT THE ASTRAL. YOU ARE ACCUSTOMED TO DEALING WITH ASTRAL ENTITIES.

What is a causal body?

THE CAUSAL BODY IS THE PLANE ABOVE THE ASTRAL PLANE. IT IS AN UPWARD STEP IN THE SPIRITUAL EVOLUTION. HEAVEN IS CREATED OUT OF ASTRAL MATERIALS FOR THOSE BETWEEN BODIES WHO NEED THAT EXPERIENCE BEFORE THEY REVIEW. SOME ALSO NEED THE EXPERIENCE OF HELL, AND [that] TOO THEY CREATE FROM ASTRAL MATTER. IT IS VERY PLIABLE — IT CAN TAKE ANY SHAPE YOU WISH. THIS IS THE STUFF USED TO CONJURE UP THE DEMONS. THEY CAN CAUSE ONLY THE AMOUNT OF DAMAGE THAT YOU ALLOW THEM TO, IN YOUR MIND. THERE HAVE BEEN MANY INSTANCES OF FRAGMENTS BEING LITERALLY FRIGHTENED TO DEATH BY PRODUCTS OF THEIR MINDS, MANUFACTURED FROM ASTRAL MATTER.

Can you manifest for us?

THE POWERS OF CONCENTRATION ARE NOT GREAT ENOUGH AT THIS STAGE TO OVERCOME THE NEGATIVITY IN THE ROOM. WHAT SHE SAYS IS TRUE THOUGH. YOU WOULD NOT SEE A MANIFESTATION IN A POSITIVE SENSE.

Will you be willing to manifest?

I WILL MANIFEST WHENEVER ALLOWED TO DO SO.

Does it help to have a group at the sessions?

THE GROUP FORMULATION WOULD PRODUCE COHESION. THIS COULD EVENTUALLY BE VALUABLE IF YOU WISH TO USE GROUP CONCENTRATION. THERE IS NO OTHER REASON.

Various questions were asked about humans reincarnating in animal forms. One student even thought she remembered a portion of a life spent as an animal.

IT IS POSSIBLE FOR THE ENTITY NOT EARTHBOUND TO THROW OFF FRAGMENTS AND CREATE EARTHBOUND ELEMENTAL FORMS. THIS DOES HAPPEN BUT IS NOT A TRUE EVOLUTION. THIS IS POSSIBLE ONLY FOR AN ENTITY NO LONGER EARTHBOUND. THE EARTHBOUND ENTITIES CANNOT HOLD ON TO THE FRAGMENTS. BY "EARTHBOUND" I SPEAK OF THOSE WITH UNBURNED KARMIC RIBBONS WHO MUST STILL RETURN. THE CAUSAL ENTITY HAS THE ABILITY TO CREATE EARTHBOUND ELEMENTARY FORMS AND THROW A FRAGMENT OF THE ENTITY TO THAT FORM FOR ITS EARTHBOUND EXPERIENCE. THIS ONLY BECOMES NECESSARY OCCASIONALLY AND IS RARE. THERE ARE SOME STRONG TIES WITH CERTAIN EARTH ELEMENTALS. THE PROBLEM HAS ARISEN MORE OFTEN THAN NOT AMONG THOSE WHO HUNT AND EAT THE FLESH OF ANIMALS. THAT FRAGMENT SOMETIMES BECOMES A "RESTLESS SPIRIT".

Do humans reincarnate in animal form?

HUMAN SPIRITS REINCARNATE IN HUMAN FORM WITHOUT EXCEPTION. THE ONLY KARMA INCURRED OF IMPORTANCE RELATES TO OTHER PEOPLE. HOWEVER, THERE ARE SOMETIMES UNRESOLVED EMOTIONAL CONFLICTS IN THE ENTITY. I HAVE SAID THAT ASTRAL MATTER CAN BE USED TO MATERIALIZE SELF AND OTHER OBJECTS. THE ENTITY CHOOSES THEN TO CREATE THE HUNTED AND EXPERIENCE THE HUNT. FROM THAT DIMENSION THIS EXPERIENCE IS REAL, IN THE SENSE THAT IT IS NEEDED TO PLAY OUT A SCENE.

Can astral matter materialize?

ONLY THE CAUSAL ENTITY HAS THIS ABILITY. NO OTHER ENTITY WOULD HAVE A REASON. THE ANIMALS THUS CREATED FROM ASTRAL MATTER ARE ONLY AS REAL AS ANYTHING ELSE CREATED FROM ASTRAL MATTER, BUT THEY GIVE THE FRAGMENT FROM THE CAUSAL BODY A SUITABLE VEHICLE FOR WORKING OUT AN UNRESOLVED CONFLICT. NOTICE I DO NOT SAY [work out a] "KARMIC" [ribbon]. THESE ARE SHORT-LIVED EXPERIENCES.

We do this to ourselves?

THAT IS CORRECT.

Is it a good experience?

THAT WOULD BE VERY RARE EXCEPT IN THE CASE OF A TRANCE MEDIUM. IT WOULD ALSO SERVE NO PURPOSE.

How do animals fit in?

PHYSICAL ANIMALS HAVE ETHERIC AND ASTRAL VEHICLES. THEY HAVE A LIVE SOUL, NO — A HIVE SOUL, AS IN BEES.

Can we see the animals manifest?

YOU PROBABLY WOULD NOT SEE THEM UNLESS YOU HAD BEEN SELECTED AS THE HUNTER, AND THEN, OF COURSE, YOU WOULD BE UNSUCCESSFUL IN THE HUNT. SELECTED PERSONS [can see the manifestation], YES. DON JUAN [of the Carlos Castaneda books] WAS ONE SELECTED. MANY DO SEE THESE MANIFESTATIONS BUT BLOCK THE EXPERIENCES. HE ALSO CREATED MANY OF HIS OWN.

What are "allies" [a term used by Don Juan in the Carlos Castaneda books]?

"ALLIES" WAS A WORD USED BY A RELATIVELY UNLETTERED BEING TO DESCRIBE THE FORCES MANIFESTING. SOME HE CREATED AND COMBATED. THIS ENABLED HIM TO OVERRIDE THE HEREDITY OF SUPERSTITIONS AND OPEN HIMSELF TO POSITIVE EXPERIENCE. HIS "MAN OF KNOWLEDGE" MEANS THE SAME AS "THE ONE IN WHOM THE LOGOS RESIDES". THERE WERE NO WORDS IN HIS VOCABULARY TO DESCRIBE WHAT HE KNEW. HE COULD ONLY TAKE DISCIPLES OVER THE SAME ROCKY PATH, AND HOPE THAT THEY WOULD ARRIVE AT THE SAME PLACE. IT WAS VERY DIFFICULT FOR HIM TO HAVE AN OUTSIDER FOR A STUDENT, BUT HE DID SUCCEED.

Is self-remembering important? ["Self-remembering" is a Gurdjieff term meaning being present in reality with what you are doing, and the goal is to be present every moment of every day. It is the opposite of living in maya/fantasy.]

YOU CANNOT EVEN REMEMBER YOUR DREAMS ACCURATELY AND WHAT YOU HAD FOR DINNER LAST THURSDAY.

True.

I AM ONLY POINTING OUT TO YOU THAT YOU ARE NOT ALWAYS PRESENT, AND ONE REASON IS THAT YOU ARE STILL IN FANTASY TO A STILL INJURIOUS EXTENT. NOW, THAT ONLY APPLIES TO THOSE ASPIRANTS WHO DESIRE HELP WITH CONSCIOUS[ness] RAISING TECHNIQUES. OTHERS CAN AND WILL DISREGARD THIS INFORMATION. IT SERVES NO PURPOSE TO THEM. YOU ARE AN ASPIRANT. TAKE HEART. THE ABILITY IS THERE.

There was a discussion about a "spirit" in someone's house.

Are spirits real?

IT MAY BE AN ETHERIC VEHICLE. IF SO, IT WILL DECOMPOSE AS [the dead] BODY DECOMPOSES. THEN YOU WILL BE ALONE AGAIN. THIS SOMETIMES HAPPENS WHEN ONE DIES SUDDENLY OR VIOLENTLY. THE ETHERIC VEHICLE IS THE INNERMOST AURA. IT BORROWS MINUTE QUANTITIES OF ENERGY FROM ANY AVAILABLE SOURCE — A CAT OR DOG OR YOU. IT DECOMPOSES RAPIDLY. THIS ENTITY CANNOT HARM YOU AT ALL. IT IS LIKE THE DURA [the tough sheath covering the brain] SANS [without] THE BRAIN. THE ASTRAL BODY LEAVES IMMEDIATELY. THE ETHERIC VEHICLE CANNOT LEAVE — IT HAS NO POWER BY ITSELF. IT PROBABLY FEELS COMFORTABLE IN YOUR HOUSE. WE CAN TAKE IT AWAY. IT IS ONLY A SHADOW. IT HAS NO INTRINSIC ENERGY.

Is cremation a good way of disposal after death?

NO HARM, AS LONG AS THE CREMATION EVENTUALLY TAKES PLACE INCIDENTALLY. THE ETHERIC VEHICLE WILL DISAPPEAR UPON CREMATION. THAT IS A MORE DESIRABLE DISPOSAL OF BODIES.

Is meditation helpful?

MEDITATION?

Transcendental Meditation.

THERE IS A VERY GOOD FORM OF MEDITATION WHERE YOU ACTUALLY MEDITATE UPON THE CHAKRAS AND BRING THE AUM UP THROUGH THEM. YOU CANNOT TRANSMUTE ANY ENERGY YOU ARE NOT IN TOUCH WITH, HOWEVER, SO IF YOU SUDDENLY FIND YOURSELF UNABLE TO CONTINUE, THAT IS WHY. YOU NEED TO GET IN TOUCH WITH MOVING CENTER AND INTELLECTUAL CENTER BEFORE YOU CAN THINK ABOUT TRANSMUTING. _____ COULD READ [A.R.] ORAGE [a prominent leader of a Gurdjieff school in America] AND DO THE EXERCISES. IT WOULD HELP WITH THE DETACHMENT.

Is fasting healthy?

FASTING WHEN DONE PROPERLY LEADS TO THE LIBERATED MEDITATION. YOU SHOULD NOT FAST IF YOU ARE ILL OR IF THERE IS HONEST GRIEF OR PRESSURES OF PRIVATE AGENDAS.

How should we do it?

START WITH ONE DAY. GO TO TWO THEN THREE. DO NOT EXCEED FIVE AT THIS STAGE. TAKE PLENTY OF LIQUIDS AND BE QUIET AT FIRST. DO NOT DRIVE. THAT INCLUDES WATER, AND UNSWEETENED LIQUIDS AND FRUITS.

What about drinking milk during a fast?

NO MILK. YOU CAN FILL UP ON MILK.

Should we eat meat?

I HAVE AN AVERSION TO THAT. [It is] ALL RIGHT, BUT NOT ADVISABLE OR NECESSARY. THE EATING OF FLESH IS NOT NECESSARY.

What about fish and chicken?

FLESH IS FLESH. FISH LIVE. THE FRUITS AND VEGETABLES REACT, BUT NOT TO THE DEGREE THAT ANIMALS DO. ANIMALS ARE CAPABLE OF FEELING FEAR.

Is it wrong to eat meat, fish and fowl?

NOT WRONG, JUST NOT ADVISABLE. AS YOU COME MORE IN TOUCH WITH YOUR ENVIRONMENT, YOU WILL EXPERIENCE MORE DISCOMFORT OVER THE EATING OF FLESH THAN PLEASURE. THERE AGAIN, I SPEAK ONLY TO THOSE WHO SEEK THE PATH. GOOD NIGHT TO EVERY ONE.

SEVEN CYCLES OF REINCARNATION

[The date of this section is unknown. It is not a compilation of quotes extracted from any other sessions that we have. It was presented between the sessions of 21 August and 26 August 1973 in an edited compilation made in early 1974. It obviously fits here because in the next session there was discussion of soul ages for the first time in the transcriptions as if they were familiar with the subject, but soul age was not a part of the Gurdjieff or any other teaching they were familiar with. Therefore, it would seem this entire exposition was channeled just this way during the few days between those two sessions. All of this text was quoted in MFM pages 69 to 80 but with much additional text obviously extracted from various sessions.]

THE APPROXIMATE AGE OF THE SOUL CAN BE DETERMINED BY ITS PERCEPTION OF ITSELF AND THE WORLD AROUND IT.

THE INFANT OR "FIRST-BORN" SOUL PERCEIVES ITSELF AND THE WORLD AROUND IT SIMPLY AS "ME" AND "NOT ME". IN THIS CYCLE THERE ARE NO RACIAL MEMORIES. IF "NOT ME" IS PERCEIVED AS HOSTILE AND UNKIND EARLY IN LIFE, WITHDRAWAL OCCURS, AND A CONDITION KNOWN AS AUTISM OFTEN RESULTS. IF THIS PERCEPTION OCCURS LATER, THE INFANT SOUL MAY REACT WITH UNCHECKED VIOLENCE: SADISM, MURDER WITHOUT VISIBLE PROVOCATION, ACTS OF UNBELIEVABLE CRUELTY. THE INFANT SOUL TRULY DOES NOT KNOW THE DIFFERENCE BETWEEN RIGHT AND WRONG ACTION, BUT IT CAN BE TAUGHT THE LAWS OF COMMON SENSE AND DECENCY.

THE BABY SOUL PERCEIVES ITSELF AND THE WORLD AROUND IT AS "ME" AND "MANY OTHER MES". THE BABY SOUL FORMS STRONG BELIEFS EARLY IN CHILDHOOD, BORROWED FROM THOSE AROUND IT, AND THESE ARE LITERALLY UNSHAKABLE AND INCORRUPTIBLE. THE BABY SOUL IS NORMALLY AGREEABLE, A PILLAR OF THE COMMUNITY — UNTIL AN OPPOSING VIEWPOINT IS EXPRESSED. THEN, INWARDLY THE BABY SOUL IS BEWILDERED — BAFFLED BY THE DIFFERENCE. OUTWARDLY, IT WILL EXPRESS ANGER, HOSTILITY, NEGATIVE EMOTIONAL ENERGY, [and] BELLIGERENCE.

THE YOUNG SOUL PERCEIVES ITSELF AND THE WORLD AROUND IT IN QUITE A DIFFERENT MANNER THAN IN THE PRECEDING CYCLES. IT PERCEIVES ITSELF AS "ME", AND IT PERCEIVES YOU AS "YOU", BUT IT

PERCEIVES “YOU” AS DIFFERENT FROM “ME”, AND EXPERIENCES THE NEED TO CHANGE YOU — TO BRING YOU AROUND TO ITS POINT OF VIEW.

THE MATURE SOUL: THIS IS THE MOST DIFFICULT CYCLE OF ALL, FOR THE MATURE SOUL PERCEIVES OTHERS AS THEY PERCEIVE THEMSELVES. BECAUSE OF THESE PERCEPTIONS, THE MATURE SOUL WILL OFTEN SEEK TO SEVER RELATIONSHIPS, SEEMINGLY FOR NO REASON, OR BY THE SAME TOKEN, SEEK TO PERPETUATE OUTWARDLY INAPPROPRIATE RELATIONSHIPS. IF YOU AND I ARE BOTH MATURE SOULS, WITHIN THIS FRAMEWORK ARE ALSO YOUR EXPERIENCES OF ME. IN OTHER WORDS, WHILE I AM EXPERIENCING YOU, YOU ARE ALSO EXPERIENCING ME, AND AT THE SAME TIME, YOU ARE AWARE OF MY EXPERIENCE, AND UPON THIS DEEPER AWARENESS, YOU AND I WILL BASE ANY FUTURE SOCIAL INTERCOURSE.

THE OLD SOUL PERCEIVES OTHERS AS A PART OF SOMETHING GREATER THAT INCLUDES ITSELF.

THE TRANSCENDENTAL SOUL EXPERIENCES OTHERS AS ITSELF. TELEPATHIC RAPPORT AND PSYCHIC UNION OCCUR. THESE EXALTED SOULS SELDOM SEEK REINCARNATION IN THE PHYSICAL BODY. IF THEY DO, IT IS USUALLY BECAUSE OF THE SPIRITUAL AND/OR PHILOSOPHICAL ENNUI EXISTING ON THE PLANET, AND THEN THEY NORMALLY PRECEDE THE DESCENT OF THE REALIZED MASTERS BY LESS THAN ONE HUNDRED YEARS. THE TRANSCENDENTAL SOUL CAN ENTER THE PHYSICAL BODY AND DISPLACE AN OLD SOUL AT ANY TIME DURING THE LIFE CYCLE. IT HAS HAPPENED THAT THE PRESENCE OF THE TRANSCENDENTAL SOUL ALONE WAS ENOUGH TO PROVOKE THE NEEDED SPIRITUAL, PHILOSOPHICAL, OR CULTURAL REVOLUTION.

THE INFINITE SOUL PERCEIVES THE TAO.

THE INFANT SOUL PERCEIVES LOVE ONLY IN THE FORM OF LUST. IT PERFORMS THE SEX ACT WITH ALL THE FRENZY OF A WILD ANIMAL, COMPLETELY DEPENDENT UPON SOME INNATE ESTRUS LOST TO HIGHER CYCLES. IT IS POWERLESS TO CHANGE THIS.

THE BABY SOUL VIEWS ITS OWN SEXUALITY WITH A VAGUE UNEASINESS, AND IF THE CULTURE FOSTERS SUCH, WILL THINK OF IT AS SOMEHOW SHAMEFUL. THE BABY SOUL WILL BE EMBARRASSED BY OVERT DISPLAYS OF HONEST SEXUALITY, AND IT WILL STRIVE TO KEEP THE OTHERS AROUND IT BOUND DOWN BY ITS OWN REPREHENSIBLE MORAL CODE. BEHIND CLOSED DOORS, THE BABY SOUL IS MORE OFTEN THAN NOT QUITE AS PRUDISH AS IT IS IN PUBLIC, AND SELDOM SUSTAINS ANY SORT OF SENSUAL PLEASURE. NOT HAVING EXPERIENCED SUCH, IT NATURALLY DOES NOT “BELIEVE” IN THE EXISTENCE OF THE EXPERIENCE.

IF THE YOUNG SOUL’S OWN PERSONAL OPINION OF SEX IS RATHER LOW, IT WILL DO ITS BEST TO CONVINCING THOSE AROUND IT THAT SEX IS EVIL AND SHOULD BE ESCHEWED. RENUNCIATE MONKS AND NUNS ARE QUITE OFTEN YOUNG SOULS. THEY RENOUNCE LOUDLY AND TAKE EVERY OPPORTUNITY TO REMIND THE WORLD AROUND THEM THAT THEY HAVE RENOUNCED. ON THE OTHER HAND, THE YOUNG SOUL CAN BE AN EQUALLY ZEALOUS PROPONENT OF TOTAL SEXUAL FREEDOM. THE YOUNG SOUL PERCEIVES LOVE AS EROS, SOLELY PREDICATED UPON THOSE EXPECTATIONS IT HAS OF THE OTHERS AROUND IT. IF THE OTHERS FAIL TO LIVE UP TO THOSE EXPECTATIONS, THE YOUNG SOUL CAN HATE WITH EQUAL ZEST. SEXUAL CONFLICTS CAN BE AGONIZING IN THIS CYCLE — EARLY TRAINING VERSUS INTERNAL URGE.

WITH THE RIGHT PARTNER (ANOTHER MATURE SOUL WHO HAS BECOME CENTERED OR AN OLDER SOUL) THE MATURE SOUL CAN BE AN ARDENT LOVER. THE LOVE IS DEEP AND LASTING, FOR AGAPE IS POSSIBLE DURING THIS CYCLE IF THE INNER CONFLICTS ARE RESOLVED. WITH THE WRONG PARTNER, THERE IS APATHY, IMPOTENCY, FRIGIDITY, INFIDELITY. THIS SOUL HAS MORE OF A TENDENCY TO “MATE FOR LIFE” THAN ANY OF THE OTHER CYCLES, PROVIDING A COMFORTABLE MATING OCCURS.

THE OLD SOUL IS CASUAL ABOUT SEX IN THE EARLIER LEVELS BECAUSE EROTIC LOVE BEGINS TO LOSE ITS CHARM. IN THE FINAL LEVEL, THE OLD SOUL OFTEN DOES NOT PARTICIPATE FOR LACK OF PURPOSE (SEX ADDS NOTHING TO ITS LIFE). THE OLD SOUL IS INTENSELY SENSUAL, HOWEVER, AND DOES ENJOY CLOSE PHYSICAL CONTACT. THE OLD SOUL IS USUALLY AN EXPERIENCED AND EXCITING PARTNER FOR A SOUL IN AN EARLIER CYCLE, BUT CAN BE A VERY DISAPPOINTING LOVER BECAUSE OF ITS NONCHALANCE.

NEITHER THE TRANSCENDENTAL SOUL NOR THE INFINITE SOUL PURSUES PHYSICAL UNION. QUITE OFTEN, HOWEVER, THE HIGH CAUSAL BODY OR THE HIGH MENTAL BODY DISPLACES AN OLDER SOUL, AND AT THE TIME OF THE MANIFESTATION, THE SEXUAL ACTIVITY CEASES. THESE SOULS ARE NOT CHALLENGED BY MAYA.

LET IT BE KNOWN THAT INTELLECT IS NOT A FACTOR IN ANY OF THESE CYCLES. INTELLECT IS A PRODUCT

OF CULTURE, AND EVEN FIRSTBORNS AND INFANT SOULS CAN BE TAUGHT TO READ, WRITE AND COMPUTE ARITHMETICALLY. INFANT SOULS RARELY SEEK HIGHER EDUCATION UNLESS FORCED. THEY ARE BEWILDERED AND HOSTILE IN STRANGE SITUATIONS.

THE BABY SOUL OCCASIONALLY SEEKS HIGHER EDUCATION — DOES WELL IN SMALL, CONSERVATIVE LIBERAL ARTS COLLEGES, TRADE SCHOOLS — LEARNS “PROPER” SUBJECTS, IS OFTEN THE “GOOD STUDENT”.

THE YOUNG SOUL ALMOST ALWAYS SEEKS HIGHER EDUCATION, USUALLY GRADUATE DEGREES. THE YOUNG SOUL IS A TIRELESS WORKER FOR ITS CAUSE, AND WILL GO THROUGH UNBELIEVABLE HARDSHIP TO BRING THIS CAUSE TO BEAR: EDUCATION CAN BE AN EXAMPLE OF THIS.

THE MATURE SOUL ALWAYS SEEKS HIGHER EDUCATION, ALTHOUGH NOT ALWAYS IN AN INSTITUTIONAL SETTING. IT IS OFTEN TOO UNCOMFORTABLE IN A SCHOOL SETTING. THE MATURE SOUL MAKES MASSIVE CONTRIBUTIONS TO KNOWLEDGE, BOTH PHILOSOPHICAL AND SCIENTIFIC. KARL MARX, ALFRED ADLER, FRITZ PERLS, SIGMUND FREUD, IMMANUEL KANT, ARISTOTLE, AND ALBERT EINSTEIN WERE ALL MATURE SOULS.

THE OLDER SOUL USUALLY ENJOYS HARD, MANUAL LABOR, BUT SELDOM WORKS AS AN ARTISAN. IT MAY OR MAY NOT SEEK HIGHER EDUCATION. IF PRESSURE IS EXERTED BY THE GURU, IT WILL, OR IF IT SENSES THAT ITS TASK SOMEHOW INVOLVES THE NECESSITY FOR OBTAINING THE PROPER CREDENTIALS.

THE TRANSCENDENTAL SOUL SELDOM “SEEKS” ANY SORT OF FORMAL EDUCATION, ALTHOUGH IT WILL GO ALONG WITH WHAT IS FORCED UPON IT CHEERFULLY UNLESS IT INTERFERES TOO GREATLY WITH ITS PURPOSE. THEN THE TRANSCENDENTAL SOUL WILL GENTLY BUT FIRMLY BALK.

THE INFINITE SOUL HAS DIRECT ACCESS TO ALL KNOWLEDGE AND HAS NO NEED FOR EDUCATION OF ANY TYPE.

THE INFANT SOUL ADOPTS THE RELIGION OF ITS PARENTS WITHOUT MODIFICATION, ALTHOUGH ITS INTEREST IS CURSORY AND ITS UNDERSTANDING POOR.

THE BABY SOUL TENDS TO BE FUNDAMENTALISTIC IN ITS RELIGIOUS BELIEFS. PERSONIFICATION OF THE GODHEAD IS THE STRONGEST IN THIS CYCLE. THE BABY SOUL BELIEVES IN THE FORCES OF EVIL.

THE YOUNG SOUL, IF RELIGIOUSLY INCLINED, TENDS TOWARD ORTHODOXY IN THE EXTREME. IT WILL CAMPAIGN TIRELESSLY AGAINST ALL RELIGIOUS REFORM. IF THE YOUNG SOUL IS ATHEISTIC, IT WILL BE EQUALLY AS TIRELESS IN ITS EFFORTS TO WIPE OUT THE ORTHODOXY OF OTHERS.

RELIGION BECOMES SELF-MOTIVATED IN THE MATURE SOUL CYCLE. THE MATURE SOUL SEEKS QUIET FAITHS — QUAKERS, UNITARIANS, BUDDHISM.

THE RELIGION OF THE OLD SOUL IS EXPANSIVE AND INCLUDES UNORTHODOX RITUALS. GROVES OF TREES BECOME CATHEDRALS, AND THE PRESENCE OF THE REALIZED MASTERS IS OFTEN FELT BY OLDER SOULS. THE SYNTHESIS IS PERCEIVED IN THE FINAL CYCLE, AND OLD SOULS SELDOM CLING TO DOGMA.

THE TRANSCENDENTAL SOUL PERCEIVES THE SYNTHESIS AND TEACHES IT AS SUCH — [it] WILL NOT ESPOUSE POPULAR DOGMA AND DOES NOT AFFILIATE WITH ORGANIZED RELIGION.

THE RELIGION OF THE INFINITE SOUL IS THE LOGOS.

OLD SOULS ARE GARDENERS. YOUNG SOULS WITH FABULOUS ESTATES PAY THEM WELL TO EXERCISE THIS INBORN TALENT. THE MONEY THUS GAINED IS USED BY THE MID CAUSAL BODY TO PERPETUATE ITS INFLUENCE ON THE PHYSICAL PLANE.

MANY NURSERIES ARE SCHOOLS RUN BY MID CAUSAL TEACHERS. THE TEACHING THERE IS NONVERBAL AND EXTREMELY SUBTLE, BUT IT IS EASILY RECOGNIZED.

WINE MAKING IS AN ANCIENT ART. MOST VINTNERS ARE OLDER SOULS AND MANY HAVE BEEN VINTNERS BEFORE.

OLD SOULS ARE CASUAL COOKS: THEY USE RECIPES AS GUIDELINES RATHER THAN THE GOSPEL. THEY TEND TO USE SPICES AND HERBS FREELY, AND WILL CUT MOLD FROM CHEESE AND ROTTEN SPOTS IN FRUITS.

MATURE SOULS MAKE FINE CHEFS: THEY ENJOY PRECISION COOKING AND GOURMET DINING. THEIR HOLLANDAISE SAUCE DOES NOT CURDLE — IT WOULD NOT DARE. WINE FETISHES ARE AT THEIR HEIGHT IN THIS CYCLE. A MATURE SOUL WOULD NEVER SERVE A ZINFANDEL WITH LOBSTER. AN OLD SOUL WOULD NOT HESITATE A MOMENT, IF ZINFANDEL HAPPENED TO BE HIS FAVORITE WINE.

EARLY CYCLE YOUNG SOULS TEND TO ADHERE TO THE FOOD PATTERNS LEARNED IN CHILDHOOD. IN THE MIDDLE OF THIS CYCLE, EXPERIMENTATION IS RAMPANT, BUT THE APPETITE IS GENERALLY POOR.

LATE CYCLE YOUNG SOULS CONTINUE TO EXPERIMENT WITH FOOD, AND FOREIGN FOOD FETISHES OFTEN DEVELOP. RACIAL MEMORIES ARE STRONGER NOW AND THE DEJA VU DRAWS THEM TO CERTAIN TYPES OF FOODS.

INFANT SOULS AND BABY SOULS COOK AND EAT TO SURVIVE AND THE FOOD IS USUALLY TASTELESS AND OVERCOOKED. THE BABY SOUL IS FEARFUL (OF ALMOST EVERYTHING) AND HER KITCHEN IS USUALLY ANTISEPTICALLY CLEAN.

MOST SHAGGY DOGS BELONG TO OLD SOULS. BABY SOULS DO NOT LIKE LONGHAIRCED CATS AS A GENERAL RULE. YOUNG SOULS OFTEN OWN STATUS PETS, SUCH AS OCELOTS AND LHASA APSOS. INFANT SOULS ARE OFTEN BITTEN BY DOGS WHO HAVE NO PREVIOUS HISTORY OF BITING, SIMPLY BECAUSE OF THEIR INORDINATE FEAR. OLD SOULS BEGIN TO RELATE TO WILD ANIMALS AND OFTEN HAVE AN AFFINITY FOR ALL LIVING CREATURES. THE PETS BELONGING TO MATURE SOULS WILL MOST OFTEN REFLECT THEIR OWNER'S PERSONALITIES: MANY WINNERS OF OBEDIENCE TRIALS BELONG TO MATURE SOULS. YOUNG SOULS RIDE THE RODEO, MATURE SOULS RIDE TO THE HOUNDS, OLD SOULS RIDE THE TRAILS. MOST BABY SOULS AND INFANT SOULS WOULD NOT BE CAUGHT DEAD ON HORSEBACK. ALLERGIES TO ANIMALS ARE DENIALS.

26 August 1973

Sunday

WE ARE HERE WITH YOU TONIGHT. WHAT ARE YOUR QUESTIONS?

First of all, I would like to say thank you for all the help you gave me in quitting smoking.

THE CREDIT GOES TO YOU. YOU COULD HAVE CHOSEN TO IGNORE OUR ADVICE.

How valid is the thing I was picking up about stomach cancer?

FOR YOU, IT IS VERIFIABLE. THIS WILL VARY WITH THE INDIVIDUAL.

At this point there was a discussion about eye problems pointing to other physical disorders and denoting a brain deviation.

VERIFY THIS WITH ACTUAL PATIENTS. THOSE WHO HAVE VISUAL DEFECTS HAVE A VERY SET CONSTELLATION OF ABNORMALITIES SYSTEMICALLY. THERE ARE OTHER PHYSICAL DEFECTS THAT FOLLOW PATTERNS LIKE THIS.

I would like to have a medical session some night, but right now I'd like to move on to something else. I'd like to bring up the subject of "heaviness" that I find reading all these esoteric books and Hindu books. So far in these systems I've found so little of the ordinary type of joy. I'd like to buy a toy boat and just lie in the bath tub and put around.

YOU WOULD PROBABLY BENEFIT MUCH MORE FROM THAT ACTIVITY THAN FROM READING FIFTY PHILOSOPHICAL TEXTS. THESE ARE NOTHING MORE THAN ANOTHER OLD SOUL EXPOUNDING ON HALF ACQUIRED ENLIGHTENMENT. ENLIGHTENMENT IS NOT PONDEROUS. AS I SAID BEFORE, AS GROWTH PROGRESSES, THE SOUL SEEKS SIMPLICITY. THIS IS ONE GOOD WAY TO DISCERN WHETHER A PARTICULAR PIECE OF LITERATURE WILL BE OF ANY HELP TO YOU. IF IT IS MERELY AN EXERCISE IN VOCABULARY AND RHETORIC, THEN ABANDON IT. SOME VERY WORDY MATERIAL COMES FROM YOUNG SOULS. BE WARY OF THIS IN SELECTING READING MATERIAL.

The ponderousness of Sri Aurobindo's books and the books written by Dr Chaudhary were discussed. (The tape recorder was turned off during this time, so the actual question was lost.)

DR CHAUDHARY IS NOT A YOUNG SOUL. HE IS WORDY BECAUSE OF NATIONAL ORIGIN. WRITING IN HIS OWN LANGUAGE, HE IS QUITE DIFFERENT. HE HAS NOT RESOLVED HIS EGO EITHER. HE MUST APPEAR ERUDITE AT ALL TIMES. THIS IS PART OF KARMA [necessary experience] FOR HIM.

Could we have a definition of karma from Michael?

AS YOU REAP, SO YOU ALSO SOW; OR AS YOU SOW, SO YOU SHALL REAP. HOWEVER, THIS GOES FAR DEEPER THAN MERE ACTION BY THOSE IMMERSSED IN THE WAKING SLEEP. FOR THEM, THE ENERGY LOSS IS FAR GREATER, FOR MOST OF THEIR LIVES ARE WASTED IN FANTASY, AND FANTASY COSTS MUCH IN KARMIC DEBTS. YOU MUST FULFILL ALL CARNAL DESIRES BEFORE SERIOUS WORK IS BEGUN ON THE ESSENCE. THIS CAN TAKE MANY LIVES, USUALLY A MINIMUM OF FORTY-NINE.

("Waking sleep" is a Gurdjieff term used to describe our normal state of awareness, in which consciousness is assumed, but not truly present. [Peter] Ouspensky [Gurdjieff's star student] once asked Maurice Nicoll [another

star student], “What irritates you most?” Nicoll began to talk vaguely and then Ouspensky said: “No, you are wrong. It is mechanical [automatic, unaware] behavior in others.” When you are angry with someone in this work it is usually because you feel that the person is in the work and is merely behaving in a mechanical way, which is irritating, whether it is good or bad. Why is it irritating? *Because there is no one there!*)

It worries me some that a physician is in a position to acquire so much karmic debt — through laziness, mistakes, lack of all kinds of things. There have been particular patients that haunt me still, where I feel that I should have done something differently. Then, on the other hand, maybe it was their karmic thing to die when they died.

YOU HAVE BEEN A FAITH HEALER BEFORE. THERE HAVE BEEN PATIENTS IN THIS LIFE THAT YOU LITERALLY SNATCHED FROM THE JAWS OF DEATH BEFORE. THIS COULD NOT HAVE BEEN REPEATED. IT WAS NOT IN THEIR KARMA TO SURVIVE. NOTHING YOU COULD HAVE DONE WOULD HAVE MADE MUCH DIFFERENCE. THERE WILL BE A TIME THOUGH. THIS LIFE IS THE TRAINING GROUND FOR THAT EXPERIENCE. YOU WILL WALK AMONG THE MASSES AND THE TOUCH OF YOUR HAND WILL BE SUFFICIENT.

The tape recorder was turned off for a moment, but a question was asked about all of us being old souls. THE EXALTED CYCLES ARE SPARSELY POPULATED. YOU ARE RIGHT ABOUT THE BELL CURVE. THE MAJORITY OF ALL CREATURES OF REASON ARE YOUNG AND MATURE RIGHT NOW BECAUSE OF THE CLOSENESS OF THE MANIFESTATION OF THE HIGH MENTAL BODY [the infinite soul].

There was much interference on the tape recorder at this point — the question was unintelligible. THE HIGH CAUSAL BODY LAST MANIFESTED THROUGH MOHANDAS GANDHI. YOU ARE ALL WORLD SERVERS. THE THEOSOPHISTS ARE RIGHT FOR A CHANGE, ABOUT THAT. YOU WILL BE USED IN THE PASSION PLAY FOR CERTAIN, BUT THE ROLES THIS TIME WILL BE MUCH MORE DIVERSE — LARGER WORLD, MORE ROLES.

I would like to know more about my present role.

YOUR PRESENT ROLE IS BEING PRESENTLY FULFILLED. IT IS NECESSARY THAT YOU SIT AT THE FEET OF A LIVING MASTER. IT WILL BE IMPERATIVE TO YOU THAT YOU ASSUME THE ROLE OF THE MASTER THE NEXT TIME. THIS IS ONE OF THE LAST INCOMPLETE MONADS YOU HAVE.

I would like to ask if Michael was with me last night and saw me put my hand on the brow of this young lady who had taken an overdose and cut her wrists.

YES, WE ARE ALMOST CONSTANTLY WITH ALL OF YOU NOW. IT WILL BE THAT WAY FROM NOW ON. PLEASE ACCOMPANY THE GESTURES WITH MEDITATION UPON MY AURA, AND THEN WE CAN GUIDE YOU. THE WORDS WILL BE IN YOUR MIND THEN, AND THERE WILL BE NO MISTAKE. YOU WILL EVEN BE ABLE TO DISCERN WHETHER ANY ACTION SHOULD BE TAKEN AT ALL. IN MANY CASES, YOU SHOULD DO NOTHING, AND I REALIZE THAT THIS IS CONTRARY TO YOUR TRAINING, BUT IT IS ONE OF THE HURDLES YOU MUST SCALE. MOST OF THOSE INVOLVED IN THE TEACHING PROFESSION — ACADEMIC THAT IS — ARE EITHER YOUNG OR MATURE SOULS, AND THEIR SYSTEM OF ETHICS IS ERRONEOUSLY BASED UPON THEIR OWN FEARS OF PHYSICAL DEATH AND THE NOTHINGNESS — ANNIHILATION OF THE SOUL. THE HEALER KNOWS INTUITIVELY WHEN NOT TO HEAL.

Well, I really didn't know. Tomas has said that “wrong thinking” is the cause of all disease and trouble. ONLY EMOTIONALLY CENTERED BEINGS SUICIDE. YOU CAN ONLY REACH THEM EMOTIONALLY, OF COURSE. SUICIDE IS QUITE ROMANTIC TO THEM; ALSO RETALIATION.

As I get thinner, I seem to become more sensitive to hostile impulses, or the generation of hostile feelings in others. I don't know how to handle this. There are so many ideas, like the Lamb of God and the Essenes [an ascetic religious group in the time of Jesus]. You should shield yourself, but I'd like to know if there is a way of handling hostility directed toward you.

YES, THERE IS A WAY. TELEPATHS SHIELD, BUT THE WAY YOU HAVE LEARNED IS SUFFICIENT FOR NOW. RECOGNIZE THAT THEY CANNOT CONTROL THEIR HOSTILITY, AND MOVE AWAY FROM IT IN YOUR MIND. DEVELOP A MANTRA IF THIS IS NECESSARY. ACCEPT THAT THEIR BAD SPACES ARE NOT YOUR CONCERN. THEY ARE ACTING OUT OF THEIR OWN ROLES.

I would like to know what course of action to take, whether to go back to school, which is one of the present aims, or just what to do.

THE FORMAL EDUCATION WOULD ONLY SERVE TO GIVE YOU THE PROPER CREDENTIALS AND INCREASE YOUR CREDIBILITY FACTOR. IF YOU CAN PURSUE THE COURSE IN ESSENCE, THIS WOULD BE GOOD WORK. OTHERWISE, YOU PROBABLY WILL NOT DISTINGUISH YOURSELF ACADEMICALLY.

For the growth of my own soul, is this a good course of action, to, for instance, study music, which may be in my essence?

IF YOU DO STUDY MUSIC, YES. DON'T ALLOW YOURSELF TO BECOME ENMESHED IN THE RHETORIC. YOU ALREADY APPRECIATE THIS MODE OF EXPRESSION. NOW IT WOULD BE GOOD WORK TO LEARN TO EXPRESS YOURSELF IN THIS FASHION. MAGNIFICENT CONTRIBUTIONS HAVE BEEN MADE IN THIS WAY BY ESSENTIALLY NONVERBAL SOULS. YOU HAVE LEARNED THE BENEFITS OF CREATIVE SILENCE. THE LECTURE HALL IS NOT FOR YOU. IF YOU GIVE THE GIFT OF HIGHER EXPRESSION THROUGH MUSIC, YOU WILL REACH MANY.

Some time ago Soleal suggested that I get a hypnotist to help me work off some bad "tapes " [a term adopted from John Lilly, referring to the recording in the subconscious mind of a reaction to a significant event that is later played back to inappropriately influence behavior], and I am having difficulty doing this. I wonder if I could have a comment on this. Should I continue to look for someone, or what should I do?

WHEN YOU REALLY WISH THIS TO HAPPEN, THE HYPNOTIST WILL BE AVAILABLE.

I have a question. It has to do with the fact that I have only known one living master [Robert Burton, the leader of the Gurdjieff group to which some in the Michael group belonged], and when it comes to patterning my behavior, I have only this one model, and my tendency is, as the "level of being" [a phrase of Gurdjieff, equivalent to "spiritual maturity"] goes up, to follow this model that I already know. Is this correct?

THE PATTERN IS A GOOD ONE. THE MAN, ROBERT BURTON, WILL BE A VEHICLE FOR THE MANIFESTATION OF THE HIGH CAUSAL BODY [transcendental soul]. THIS WILL OCCUR SIMULTANEOUSLY WITH OTHER MANIFESTATIONS IN OTHER PARTS OF THE WORLD. [Mohandas] GANDHI WAS THE FIRST; MANY FOLLOW. THE WORLD IS MUCH LARGER NOW THAN IT WAS AT THE TIME OF THE LAST MANIFESTATION OF THE INFINITE SOUL. THERE MUST BE MANY [Transcendental souls] TO PREPARE THE WAY.

Does this mean that I only have one more life? They say that I only have one monad left. What does this mean? Do I make it then, or is that my last chance?

THEN YOUR [entity] FRAGMENTS WILL BE REUNITED AND YOU WILL BE AN INTEGRATED CAUSAL BODY.

The causal plane was discussed at this point, and ____ said that she gathered that there was a high causal body and a low causal body, and that Michael says that they are a causal being.

THAT IS ESSENTIALLY CORRECT. THERE IS GROWTH AND EVOLUTION NECESSARY ON THE CAUSAL PLANE AS WELL AS THE ASTRAL. THERE IS A DIFFERENCE THOUGH. THIS ENTITY [Michael] STILL PERCEIVES SELF AND SOMETHING APART FROM SELF, ALTHOUGH STILL A PART OF SELF, SO THIS ENTITY CANNOT BE SAID TO BE ALL OF EVERYTHING THERE IS. THE HIGH CAUSAL BODY DOES NOT PERCEIVE EVEN THIS MINUTE SEPARATION EVIDENTLY. THIS IS WHERE THE DIFFERENCE LIES. BEYOND THE PHYSICAL PLANE, THE EVOLUTION CONCERNS PERCEPTION OF THE TAO.

He is a high entity! I have a question of the evolution of the teaching — about who's coming through. Haven't you wondered about that? Was there a decision made that we were ready for a higher teaching than we started with? I'm pleased, you know. This is not a hostile question, just a seeking of information.

SOLEAL IS A STUDENT. HE NEEDS THIS EXPERIENCE FOR GROWTH. TOMAS IS A PART OF THE HIGH ASTRAL BODY. THESE ARE ENTITIES WHO CHOOSE TO WORK OUT KARMIC RIBBONS NOT ON THE PHYSICAL PLANE. MANY TRY. FEW MAKE IT. IT IS EASIER TO BE BORN AGAIN. (Later Michael corrected the above to read that Tomas was part of the mid astral and not the high astral body.)

Is it useful for us to know when we are going to die, so that we can speed things up?

NOT UNTIL YOU CAN STAY OUT OF FANTASY ABOUT IT. THIS INFORMATION IS ALREADY KNOWN TO YOU ON ANOTHER LEVEL. WHEN YOU CAN TAP THIS, THERE WILL BE NO DANGER.

Is it within [my daughter's] grasp to become an adept within this lifetime?

YES. ALL OLD SOULS HAVE THIS WITHIN THEIR GRASP. WHETHER OR NOT IT IS ACHIEVED DEPENDS UPON THE SOUL'S ABILITY TO BURN KARMA AS RAPIDLY, AND THEN PURSUE THE PATH. ONE OF YOU HAS MADE THIS DECISION ALREADY AND WILL BECOME THE TEACHER FOR THE OTHERS. THE SKILLS ARE THERE. THEY NEED TO BE PRACTICED.

04 September 1973

Tuesday

WE ARE WITH YOU TONIGHT.

Are there any general comments?

WE HAVE NO GENERAL COMMENTS. WE FEEL THAT THE VERBALIZATION OF THOSE PRESSING QUESTIONS IS GOOD WORK. WE HAVE CHOSEN TO WORK WITH YOU BECAUSE WE SENSE IN YOU READINESS TO ASSIMILATE THE TYPE OF DATA BEING TRANSMITTED.

My patients have headaches and I have no inkling of why they have chronic ones. Some I just don't understand at all. I can't figure out why they have headaches all the time.

HEADACHES ARE REPRESSED EMOTIONS. MANY THINGS CAN BE SAID THROUGH THE PAINFUL HEAD. MOST FREQUENTLY A WEARINESS OF THE BODY COUPLED WITH A BORED, TRAPPED ESSENCE WILL PRODUCE THE WORST HEADACHE. YOUNG SOULS FREQUENTLY HAVE MIGRAINE HEADACHES. THEY DO NOT ATTEMPT TO UNDERSTAND THE TREADMILL THEY ARE ON. MATURE SOULS FREQUENTLY HAVE TENSION HEADACHES FROM BEING SURROUNDED BY UNCOMFORTABLE SOULS ALL DAY. MATURE SOULS IN CLOSE CONTACT WITH BABY SOULS AND MANY YOUNG SOULS TEND TO HAVE THE MOST FREQUENT AND SEVERE HEADACHES. YOU CAN TREAT THEIR HEADACHES BY HELPING THEM SEE THE SOURCE. WITH YOUNG SOULS, YOU CAN ONLY TREAT THE PAIN.

How old a soul am I?

YOU ARE A SECOND LEVEL OLDER SOUL. [This is the first mention in these transcriptions of "Levels" in a soul Age. I don't have the first session where the seven levels may have been originally described.]

In treating allergy is there distinctions of Young and Old souls? Is there some way to get to repressed emotions? Robert Burton used to say the Bible had keys to understanding the words. With Christ it may have not actually been "healing". When He made the blind man see, the Bible may have been using esoteric terms. Is this interpretation correct?

THOSE PARABLES ARE TRUE AS YOU EXPRESSED THEM. JESUS WAS ALSO ABLE TO CALM THE HYSTERICAL [psychosomatic] BY HIS PRESENCE ALONE. THERE IS A CLEAR-CUT CASE OF GLOBUS HYSTERICUS IN THE BIBLE. THIS IS NOT AN ORGANIC DISEASE [it is a psychosomatic one]. YOU COULD LEARN TO DIFFERENTIATE IN THIS WAY. THE PEOPLE THEN WERE SUPERSTITIOUS. IT WAS EASIER TO TALK THEM OUT OF THEIR DEMONS. THERE WAS ALSO A CASE OF HYSTERICAL [psychosomatic] PARALYSIS.

Perhaps they mean the man they lowered through the roof in order to see Christ, and the woman who menstruated for eight years.

The wording is so ambiguous, it would be hard to know for sure that's what they had.

IT IS DOUBTFUL THAT ANYONE COULD SURVIVE IF THEY BLED REALLY FOR THAT LONG. THIS PARTICULAR PROBLEM IS SYMBOLIC OF SEXUAL PROBLEMS IN GENERAL, MOST OF WHICH ARE HYSTERICAL [psychosomatic]. MANY WOMEN DO CAUSE PROLONGED UTERINE BLEEDING THROUGH THEIR FEELINGS OF REJECTION AND GUILT. IF THE BLEEDER IS A MATURE SOUL, YOU CAN HELP THEM BY HELPING THEM TO SEE THE SOURCE. OTHERWISE, YOU MAY HAVE TO REMOVE THE UTERUS. HOW THEY REACT TO YOUR SUGGESTION THAT THERE IS NOTHING ORGANICALLY WRONG SHOULD GIVE YOU A CLUE TO THE CYCLE.

Are you aware of modern medical methods?

YES.

Why are there so many diseases? God made a perfect organism and caused so many diseases.

ONLY FALSE PERSONALITY IS SUSCEPTIBLE [to disease]. MANY THINGS SUCH AS DIET AND LIFESTYLE MITIGATE AGAINST GOOD HEALTH. EXCESSES OF ANY SORT MITIGATE AGAINST GOOD HEALTH, AND SINCE THOUGHTS ARE THINGS, EXCESS WRONG THINKING MITIGATES AGAINST GOOD HEALTH. JESUS SAID THAT, I DID NOT. YOU [medical doctors] ARE BOMBARDING PSYCHICALLY SICK ORGANISMS WITH ORGANIC AND INORGANIC COMPOUNDS [drugs] IN SHOTGUN FASHION. ONE THING WITHIN THE GRASP OF TERRAN MEDICINE RIGHT NOW IS THE SUBSTITUTION OF ACOUSTICAL HOLOGRAPHS FOR X-RAY. THIS SHOULD BE DONE SOON. IT IS AVAILABLE NOW. COST IS WHAT IS HOLDING IT BACK. THIS IS A CLEAR-CUT CASE OF SCRAMBLED PRIORITIES.

Could you define "false personality"? [Gurdjieff used this very term, and Michael adopted it.]

THE FALSE PERSONALITY IS THAT WHICH IS PRODUCED ARTIFICIALLY BY THE SOCIETY IN WHICH YOU LIVE. IT IS THE RULES OF MAYA.

Define "hysteria".

HYSTERIA IS THE PRODUCTION OF AN ABNORMAL STATE WITH NO DISCERNIBLE STRUCTURAL DEFECT MANIFEST. HYSTERICIS ARE CAPABLE OF PRODUCING ALL MANNER OF ORGANIC PHENOMENA WITH NO APPRECIABLE DAMAGE TO THE BODY. EASTER BLEEDERS ARE AN EXCELLENT EXAMPLE. THEY ARE RARELY

ANEMIC, AND YET THEY SOMETIMES HEMORRHAGE COPIOUSLY. THE HYSTERIC ALWAYS GAINS BY PRODUCING THESE PHENOMENA. DISCOVER THE GAIN AND YOU CAN USUALLY HELP THESE MOST UNFORTUNATE SOULS. SOMETIMES AN INATTENTIVE SPOUSE MUST BE PRESSED INTO SERVICE IN THIS FASHION. USUALLY, HOWEVER, THE HYSTERIC IS A WEAK, UNDERDEVELOPED SOUL AND THE PHENOMENON IS THE ONLY WAY FOR THIS SOUL TO COMPETE WITH THE STRONGER SOULS AROUND IT. IN THESE CASES IT IS DIFFICULT TO CURE THE HYSTERIA. YOU CANNOT HELP THE SOUL TO GAIN IN STRENGTH.

Was Christ able to cast out demons?

THE DEMONS ARE PRODUCED BY THE SICK MIND AND DO NOT EXIST. THEY CAN BE CAST OUT ONLY BY ONE SKILLED IN THIS. THE EXORCIST MUST BE ABLE TO GIVE THE PATIENT A VISIBLE SUBSTITUTE; THUS HE MUST BE CAPABLE OF PRODUCING PSYCHIC PHENOMENA AT WILL. JESUS WAS AN OCCULT MASTER. HE COULD PRODUCE THE NECESSARY PHENOMENA TO MAKE THE PATIENT SEE HIS DEMON LEAVE AND OCCUPY SOME OTHER ORGANISM. THEN, OF COURSE, YOU MUST STILL TREAT THE SICKNESS WHICH CAUSED THE SOUL TO PRODUCE THE DEMON. USUALLY THIS IS MASOCHISM IN ITS EXTREME MANIFESTATION. IT WAS MOTIVATED IN PART BY COMPASSION AND IN PART BY HIS KNOWLEDGE OF THE KARMIC RIBBONS OF THOSE AROUND HIM. HE WAS ALSO AWARE OF THE FACT THE MEDICAL CARE IN GREECE WAS FAR SUPERIOR TO THAT IN SYRIA.

The healing that Jesus did, was that done to demonstrate to people that He had these powers so that people would follow Him to hear “the word”? His mission being to “spread the Logos”?

IN THE BEGINNING, YES IT WAS.

Do you have any suggestions for my changing attitudes in work? Is there anything I could bring into my grasp right now?

YOU ARE BEGINNING TO UNDERSTAND THE CONCEPT OF MAYA. THIS WILL AUTOMATICALLY AID YOU IN YOUR PRACTICE. STRUCTURAL INTEGRATION [otherwise known as “Rolfing”, or deep muscle massage] IS VALID ONLY FOR EMOTIONALLY-CENTERED SOULS WHO ARE OUT OF CONTACT WITH INTELLECT AND ALIENATED FROM THEIR BODIES. GESTALT THERAPY IS VALID FOR INTELLECTUALLY CENTERED SOULS WHO NEED TO CONTACT THEIR EMOTIONS. HYPNOSIS IS MOST VALUABLE FOR MOVING-CENTERED SOULS. NONE OF THIS WILL BE SUCCESSFUL IF YOU ARE NOT DEALING WITH MATURE SOULS (middle cycle) [or older].

Are there limitations of experiences on planes?

PRIMITIVE SENSATIONS, YES. THESE MUST BE EXPERIENCED BEFORE EVOLUTION CAN TAKE PLACE.

If one is an Old soul, there is no need for the seven stages — you don’t need to come back to evolve, do you? I would like to know about the man who devised “EST”, Werner Erhard.

THAT IS CORRECT. SOME CHOSE, AS TOMAS HAS, TO WORK OUT REMAINING KARMIC RIBBONS ON THE HIGH ASTRAL PLANE — ASTRAL ANGELS, SO TO SPEAK. HE IS NOT A MANIFESTATION OF THE CAUSAL BODY IF THAT IS WHAT YOU MEAN. HOWEVER, HE DOES HAVE A WORKABLE SYSTEM FOR OLDER SOULS. OLDER SOULS ARE CAPABLE OF HELPING EACH OTHER. IN THIS CYCLE THE PSYCHOLOGICAL BECOMES PHILOSOPHICAL, AND THIS IS THE APPROACH NEEDED. THIS IS WHY YOU ALL DISCOVERED GURDJIEFF.

What are “karmic ribbons”? (Those interwoven threads between you and the others you are associated with; things they’ve done to you and you to them; things that have to be evened.) Is there any way we can get in touch with our karmic ribbons?

YES, THROUGH CONSCIOUS RECALL. THIS IS IMPORTANT. WORK ON IT, THEN YOU WILL KNOW WHAT IT IS THAT YOU MUST DO THIS TIME.

Have we had lives on other planets?

SOME HAVE. SOME HAVE NOT.

I perceive vaguely a better way to heal, but it is too vague.

I HAVE GIVEN YOU A START. YOU MUST BEGIN TO APPROACH YOUR PATIENTS AS SOULS WHO ARE CENTERED IN DIFFERENT PLACES. YOU HAVE VERIFIED FOR YOURSELF THE TRUTH OF THE CENTERS. NOW YOU MUST VERIFY THE TRUTH OF THE [soul Age] CYCLES. THIS IS PRACTICAL KNOWLEDGE FOR THE OLDER SOUL, NOT JUST IDLE CHATTER. IT SUPERSEDES ALL PREVIOUS INFORMATION. THIS IS THE LESSON YOU MUST LEARN. THE APPROACH MUST BE GOVERNED BY WHAT YOU SENSE INTUITIVELY, GIVEN THIS SPECIAL SKILL.

08 September 1973

Saturday

MODESTY IS A PART OF FALSE PERSONALITY. MORE ERUDITE SOULS CALL IT "HUMILITY" — [it] MEANS THE SAME [thing]. MORE OFTEN THAN NOT, A DISPLAY OF MODESTY IS AN APPEAL FOR ATTENTION AND EXPRESSES JUST THE OPPOSITE OF THAT WHICH THE SOUL DESIRES.

Will my Mature soul mother be able to work thru her over-sensitivity?

ONLY IF THOSE AROUND HER ALLEVIATE THE CONDITIONS FOR HER — HER REACTIONS TO YOUR PERCEPTIONS, NOT HERS. SHE IS ALSO CAUGHT UP MUCH MORE IN THE ENTHRALLMENT OF MAYA THAN OLDER SOULS. PROBLEMS DO EXIST ON HER PLANE. THEY ARE VERY REAL TO HER. THE OLDER SOUL BEGINS TO REALIZE THAT THERE ARE NO PROBLEMS EXCEPT THOSE CREATED BY FALSE PERSONALITY AS A DEFENSE. A MATURE SOUL PERCEIVES OTHERS AS THEY PERCEIVE THEMSELVES. SOMETIMES THIS MAKES LIVING DIFFICULT. THE MATURE SOULS IS NOT AS OPEN TO THE OCCULT AS THE OLDER SOUL. THE MATURE SOUL PERCEIVES BEAUTY WITH A CLARITY NOT FOUND IN EARLIER CYCLE. AT THE END OF THE CYCLE, THE MATURE SOUL BEGINS TO PERCEIVE TRUTH. THIS PREPARES THE SOUL FOR THE SEARCH. THIS CYCLE IS REALLY FRAUGHT WITH MAYA, MORE SO THAN ANY OTHER, BECAUSE THE PERCEPTION OF THE OLDER SOUL BEGINS TO EMERGE, BUT THE UNDERSTANDING DOES NOT. THE MATURE SOUL FEELS ALL OF THE HOSTILE VIBRATIONS AROUND THEM. THEY HAVE A NEED TO REMOVE THEMSELVES FROM THIS, BUT ARE TOO CAUGHT UP IN THE TRADITIONAL MORES TO REMOVE THEMSELVES ENTIRELY. THEY FEEL A CERTAIN SENSE OF DUTY WHICH DOES NOT DISSIPATE UNTIL THE TRANSITION [to Old Soul] IS MADE. THIS IS WHY A SKILLED THERAPIST WOULD BE OF HELP IN THIS CYCLE. IN HER CASE, GESTALT [Therapy] WOULD BE OF VALUE.

Michael said something last time about Emotionally Centered people not being helped by Gestalt Therapy. BY THE THERAPIST, I DON'T MEAN A YOUNG SOUL PRACTICING PSYCHIATRY, EITHER.

What are Infant souls?

Infant souls perceive their environment as "me and not me", and if "not me" is hostile, they withdraw or get into all sorts of trouble. If everything outside "me" is not OK, they are hostile. Things to the older soul are not as big a shock as to the new soul. Everything to them is new and they experience it as a shock.

INFANT SOULS ARE OFTEN GIVEN TO MATURE SOULS FOR GROWTH.

Given in what way? Are they led to you as children?

THE SOUL BETWEEN PHYSICAL LIVES CHOOSES TO HAVE THIS EXPERIENCE.

Is ____ a Young soul?

YOU ARE CORRECT: LATE CYCLE YOUNGER SOUL. ____ HAS ALREADY DONE HER EARTHSHAKING, THOUGH THERE IS STILL DESIRE THERE TO CREATE HARMONY BY FORCING OTHERS INTO A MOLD: "IF THEY WOULD JUST BEHAVE IN A SPECIFIC FASHION, 'THINGS' WOULD BE A WHOLE LOT SMOOTHER".

I don't feel that about her. She doesn't force anybody.

That's how she feels.

She may try to manipulate those around her so things will go smoothly.

AT A DEEPER LEVEL, SHE WOULD MUCH PREFER THAT THEY WENT HER WAY.

Obviously she is under the influence of Venus, and it is not like Venusians to be manipulative.

OH YES THEY ARE. THEY ARE EXCELLENT SILENT MANIPULATORS. THEODORA WAS A YOUNG SOUL UNDER THE INFLUENCE OF VENUS. OLDER SOULS ARE MORE OVERT IN THEIR MANIPULATIONS.

Does this mean she should work out now this karma, or is this a natural thing?

THIS IS A NATURAL PART OF THE CYCLE. IT [trying to work out your karma as a Young soul] WOULD BE LIKE DYEING YOUR HAIR: THE CHANGE WOULD BE ONLY TEMPORARY AND PROBABLY NOT TO YOUR LIKING.

I've been accused of being grossly insensitive. Is that part of the Mature soul perceiving other people as they perceive themselves, or is that something else?

THAT IS SHIELDING. YOU DO IT TO PROTECT YOURSELF. YOU PERCEIVE THE UNHAPPY ONES AROUND YOU, AND AT A DEEPER LEVEL YOU ALSO KNOW THAT YOU CANNOT HELP THEM. YOU CAN ALSO NOT STAND THE RAW EMOTIONAL STRENGTH.

I would like to be more in touch with that part of me that "knows the score".

MEDITATION WOULD HELP. THAT PART OF YOU REALIZES THE INTENSE INTERNAL STRUGGLE. IT IS

ALMOST LIKE WAR RIGHT NOW. THE FALSE PERSONALITY SENSES THAT IT IS LOSING AND WILL CONTINUE TO FIGHT.

What can I do to clear up the troubles with my body, and get in tune with it more. (She has suffered with asthma most of his life.) It's really hanging me up lately.

STRUCTURAL INTEGRATION [Rolfing] WOULD HELP; ALSO YOGA — NOT THE EASY ASANAS, THE HARD ONES. HIKING WITH COMPATIBLE SOULS WOULD ALSO BE GOOD. CHOGYAM TRUNGPA'S METHODS WOULD WORK FOR YOU. YOU COULD READ THE BOOK OR COULD SEEK HIM OUT. EITHER WOULD WORK. THE LATTER WOULD BE MORE INTERESTING. HE IS A BEAUTIFUL, JOYOUS ESSENCE. FIND HIM.

Why does Michael always use the full name.

NICKNAMES ARE A PART OF FALSE PERSONALITY, SOMETIMES EVEN THE FALSE PERSONALITY OF THE PARENTS AND NOT THE SOUL ITSELF. THE PARENTS OFTEN GIVE THE CHILD A NAME WITH SOCIAL SIGNIFICANCE, THEN PROMPTLY CHANGE IT.

How long in terms of years are there between lifetimes?

They tell us it could be 200 years and perhaps as short as five between lives. In between you go to classes, while the soul is in transition.

I think I'm Centered in Intellectual part. I used to think I was in Emotional Center.

WE THINK SO TOO, BUT YOU USE EMOTIONAL CENTER OFTEN. YOU HAVE HAD A TENDENCY TOWARD DOWNWARD LEAKS. THIS IS NOT SO MUCH IN EVIDENCE NOW. YOU ARE MOVING TOWARD BALANCE.

Was my father a late cycle Old soul whose personality was much bound up in false personality?

YES, BUT NOT LATE CYCLE — EARLY. THIS IS WHY HE COULD NOT COME OUT OF THE FALSE PERSONALITY TO BE "REAL" TO YOU. HE HAD DESIRE TO SEARCH, BUT NOT KNOWLEDGE OF THE GOAL. THE GOAL DOES NOT BECOME CLEAR TO OTHER THAN OLDER SOULS. THAT IS WHY THE PENITENT ORDERS ARE ALMOST ENTIRELY COMPOSED OF MATURE SOULS. THEY PERCEIVE THE COLLECTIVE GUILT OF THE WORLD AROUND THEM AND ASSUME THAT IT IS THEY WHO HAVE SINNED. THERE IS NO "SIN", ONLY KARMA, AS THERE IS NO "EVIL", ONLY MAYA.

Someone asked a silent question.

IT WOULD BE WRONG WORK FOR YOU TO EVEN TRY — MUCH WASTED ENERGY. YOU CANNOT CHANGE ANYTHING OUTSIDE OF SELF AND YOU ARE NOT IN CONTACT WITH SELF. KARMA IS SUBJECT TO CHANGE, BUT ONLY BY THOSE WHO KNOW. ANY ATTEMPT WITHOUT KNOWLEDGE WILL BE WASTED. YOU HAVE CHOSEN THIS ROLE. YOU HAVE ALSO CHOSEN THE COURSE YOUR LIFE MUST TAKE. UNLESS YOU KNOW WHY, THEN YOU CANNOT MAKE ALTERATIONS. I COULD TELL YOU WHY, BUT IT WOULD NOT CHANGE THE ROLE. WE CANNOT ERASE YOUR TAPES [subconscious programming].

It's still nebulous.

WHEN THE MATURE SOUL PERCEIVES THE UNHAPPY ONES, THE DESIRE IS TO SHIELD THE SELF FROM THE UNPLEASANT VIBRATIONS. YOU HAVE ALREADY EXPERIENCED THE BACKLASH FROM THIS, BUT KNOW THIS WELL, YOU CANNOT ALTER THEIR PLAY NO MATTER HOW MUCH YOU LOVE THEM.

In other words, there is nothing you can do to make the unhappy ones around you happy. They have also chosen their roles.

My question had nothing to do with unhappy people.

Apparently it has to do with altering karma. We can give you information on altering karma. We had an incident where, at Asilomar, there was a situation where a girl came knocking at our door, looking for a minister. We didn't think anything about it, and when we went back to the board, it told us she was contemplating taking her own life, and we asked if there wasn't anything we could do to help her. The answer was, "NO", and that we should not interfere with her karma, and that if the person had asked us for help, then we should help; otherwise do not tamper with suicides. The first part was about altering karma. There's another comment —

THE COURSE YOU WISH TO FOLLOW WOULD NOT HOLD YOUR INTEREST LONG. KARMA MUST BE BURNED.

How about people having congenital brain damage?

THIS IS THE PATH FOR THEM. USUALLY THEY DID NOT RELATE TO THIS DIFFICULTY IN A PREVIOUS LIFE.

I think what they [Michael] are saying is that these people did not understand the situation before [they had they experience themselves]. Can this be verified on the Ouija board?

IT WAS IN ADOLPH HITLER'S KARMA TO BE BORN A JEW. HE HAS ALREADY BEEN BORN IN ISRAEL. IT WILL BE A SHORT LIFE.

Will his soul eventually die?

NO, THE SOUL IS ETERNAL. THE ESSENCE DOES NOT DIE; IT DOES NOT LIVE — IT SIMPLY IS. [Adolph] HITLER WAS A YOUNG SOUL.

Is it fair to ask how old he is now?

HE WAS BORN AGAIN IN [nineteen] SIXTY-TWO. (So he is ten years old.)

I would like to ask about people who have led exemplary lives because of their religious beliefs, such as my grandfather. It seems like your essence misses so much experience being so religious.

THAT IS CORRECT. USUALLY THE NEXT LIFE IS SPENT IN A WHIRLWIND OF ACTIVITY.

And after that, would it balance out?

THAT DEPENDS ON THE ACTIVITY. SOMETIMES THE SOUL OFTEN CHOOSES A RATHER VAIN, PURPOSELESS ROLE WHICH LEADS TO NO PARTICULAR GROWTH. THIS IS WHAT A "RESTING LIFE" IS ALL ABOUT. THAT IS WHY SOME SOULS SPEND MUCH TIME IN ONE CYCLE. THE FIGURE "SEVEN" IS AN AVERAGE, NOT AN ABSOLUTE. THE YOUNG SOUL IS MUCH ATTACHED TO THE PHYSICAL BODY, AND LESSONS ARE OFTEN NOT LEARNED EVEN IN THE ASTRAL INTERVAL. THE YOUNG SOULS SEEK TO RETURN AS SOON AS POSSIBLE. BEING OUT OF THE BODY IS UNPLEASANT FOR THE YOUNG SOUL. IT IS TERRIFYING FOR THE BABY SOUL, INTERESTING FOR THE MATURE SOUL, AND WELCOMED BY THE OLDER SOUL.

When you get into the Old soul, do you remember your experiences more clearly?

YES. THE ABILITY TO RECALL DEPENDS ON THE RATE THE RIBBONS ARE BURNED.

I have a question about conventional religions and how they influence people. I know it's a vague question, but people who become identified with a religion somehow limit their experience and don't seem to grow much, yet they may help other people. Christ did not look for His followers among the "righteous"; He looked among the "unrighteous".

HIS FOLLOWERS WERE ONLY UNRIGHTEOUS IN THE EYES OF CERTAIN BEHOLDERS. THE RITUALS DERIVED FROM THE RELIGIONS ARE GOOD WORK. THEY PRODUCE A GROUP HIGH, WHICH IS THE ONLY WAY THAT BABY SOULS EVER EXPERIENCE A HIGH; THAT IS, VICARIOUSLY (through others).

How do religions deviate so far?

WE [high teachers] CANNOT REACH THE YOUNG SOULS. THEY ARE IN CHARGE OF YOUR WORLD.

Is [then president] Richard Nixon a Young soul?

NO, HE IS NOT. HE IS A LAST CYCLE BABY SOUL.

People with money are Young souls. That is what their goal is.

Michael have never told us about war.

It's karmically programmed to happen.

IT HAPPENS BECAUSE YOUNG SOULS ARE IN THE MAJORITY ON YOUR WORLD. THEY ARE LARGELY MOTIVATED BY THE DESIRE FOR MATERIAL ACHIEVEMENT. THIS IS AN ALIENATING GOAL.

Why did Christ judge the Pharisees [a strict Jewish sect], and speak of people being cast out into darkness?

HE WAS DESCRIBING PRECISELY WHAT THEY WOULD ENCOUNTER ON THE ASTRAL INTERVAL. HE DID NOT JUDGE, HE KNEW — THERE IS A DIFFERENCE. JUDGMENT IMPLIES AN ALTERNATIVE; THERE WAS NONE. WHEN A MASTER SPEAKS, THERE IS NO ROOM FOR DISCUSSION.

Where on the wheel of reincarnation is the enlightened youth culture of today, such as Richard Alpert [who calls himself "Ram Das"] and Alan Watts? Are they older souls?

WATTS IS; ALPERT IS NOT [he is a Mature soul].

Is "self-remembering" [a Gurdjieff term for being aware of your awareness] a part of meditation?

NO, BUT IT IS AN EXCELLENT FORM OF CONCENTRATION — THE HIGHEST FORM TO BE EXACT.

MEDITATION REQUIRES AN EMPTY HEAD.

Michael told us there is a difference. Both have their place and the goals are different.

What is the difference between meditation and concentration?

MEDITATION IS THE EMPTYING OF THE MIND OF MAYA. CONCENTRATION IS THE ACTIVE ACQUISITION OF HIGHER KNOWLEDGE: THE LOGOS.

SELF-REMEMBERING CAN BE DEFINED AS FOLLOWS: YOU ARE SITTING IN A FIELD. YOU SEE THE SUNLIGHT.

YOU SEE IT AND FEEL ITS EFFECT ON YOU. YOU ALSO FEEL AND SEE ITS EFFECTS ON THE TREES. YOU CAN SEE AND FEEL ITS EFFECTS ON YOUR ENTIRE PHYSICAL ENVIRONMENT AT ONCE: THE SUNLIGHT FILTERING THROUGH THE TREES, THE SUNLIGHT CALLING THE BEES TO ACTION, THE SUNLIGHT ON YOUR BACK, THE SUNLIGHT AS RADIANT ENERGY, THE SUN AS A SOURCE OF LIGHT AND HEAT. YOU CAN HOLD ALL OF THESE IMPRESSIONS SEPARATELY AND YET RECOGNIZE THEM AS AN INTEGRATED WHOLE. TO DO THIS REQUIRES SEPARATION FROM MAYA.

Our goal is to wake up the self. Do not these two techniques have the same goal?

YES.

In day-to-day, apart from sleeping, when does the soul come closest to cosmic awareness?

THE AVERAGE SOUL GLIMPSES THE HIGHER ONLY IN MOMENTS OF EXTREME STRESS OR AGONY.

What is a Rosicrucian?

It is a society which apparently began in Egypt, at the time of the Pharaohs. It has to do with the occult arts. It is one of the oldest esoteric schools. They study these things, such as astral projection.

WHEN THE TEACHER DIES, THE TEACHING PASSES INTO LITERATURE AND SHOULD BE REGARDED AS SUCH. (Regarding the Rosicrucians.)

There is no live master here.

WE ARE COSMIC INFLUENCE. [This is another concept from Gurdjieff about types of influences we experience in life, with cosmic influence coming from spiritual planes.]

I would like to know how to untrap my intellect.

CONCENTRATION IS AN EXCELLENT EXERCISE FOR YOU.

Let us ask if it would be of value to us.

IT WOULD BE A VALUABLE EXPERIMENT.

ALL OLD SOULS SEE THE SYNTHESIS.

Are there power grounds for certain people?

CERTAIN SOULS REACT TO THE EMANATIONS OF SPECIFIC ENVIRONMENT. [The channel] TUNES IN TO WILD, ISOLATED SPLENDOR; _____, TOO.

In regard to Christ, when the Ouija board said, "When the teacher dies, the teaching dies", did they mean Christ?

THE DESCENT OF THE HIGH MENTAL BODY SUPERSEDES ALL THAT HAS GONE BEFORE. THE HIGH MENTAL BODY DOES NOT LIVE IN THE SENSE THAT YOU KNOW LIFE. WHEN THE "AVATAR" [its physical manifestation] DESCENDS, THE LOGOS IS BROUGHT TO BEAR. THIS IS NOT A TEACHING. WHEN THE AVATAR DESCENDS AGAIN, THE LOGOS WILL AGAIN BE BROUGHT TO BEAR, BUT IN THE LANGUAGE OF TODAY. TEACHINGS ARE INTERPRETATIONS OF THE LOGOS. THEY MUST BE UPDATED, NOT BECAUSE THE LOGOS CHANGES, BUT BECAUSE LANGUAGE DOES.

What is "logos"?

The knowledge.

"In the beginning was the word. The word was God." [John 1:1.]

They are saying the teachings aren't the logos; they are just the interpretations of the logos, and the interpretations have to be constantly changed.

Well, they had better hurry up because we have hydrogen warheads aimed at Russia and they at us and there may not be a world to spread the logos to.

IT IS NOT IN THE PLAN TO DESTROY THIS PLANET, YET.

Back to being modest: is there any other act I could put on?

OPENNESS WOULD BE THE BEST APPROACH. YOU ARE QUITE OPEN, BUT THERE ARE STILL SOME CLOSED CORRIDORS. YOU ARE CONSCIOUS OF THE FUTILITY OF ANGER, BUT ARE NOT QUITE SURE OF HOW TO HANDLE WHAT YOU INTERPRET AS ANGER, SO YOU TEND TO AVOID SITUATIONS WHICH MIGHT GIVE RISE TO THIS. ALSO YOU HAVE A TENDENCY NOT TO TRUST YOUR OWN VERIFICATIONS. YOU HAVE VERIFIED YOUR OWN STATUS AND ARE STILL UNWILLING TO ADMIT THIS. THIS IS WRONG WORK. DON'T ACCEPT THE WORDS OR EVALUATIONS OF THE OTHERS UNTIL YOU HAVE VERIFIED THEIR STATUS [as your true teacher, or as an adept]. THIS ABILITY IS WITHIN YOUR GRASP. YOU KNOW INSTINCTIVELY WHO TO SEEK, AND HAVE SO FAR SOUGHT WITH DISCRIMINATION ON AN INSTINCTUAL LEVEL. NOW YOU CAN

MOVE INTO DOING IT ON A HIGHER LEVEL. THE KNOWLEDGE IS THERE.

The question was lost but it had something to do with being able to tell the difference in soul levels. THERE IS A DIFFERENCE: FINER. IT MUST BE VERIFIED; BUT "PERCEPTION" IS THE CONCEPT THAT SEPARATES THE [soul age] CYCLES.

about 13 September 1973

[This section is incomplete and of uncertain date because it is from a compilation in which personal information was deleted.]

Twice in meditation, through automatic writing, I got the statement that I should ask about the man who developed the tesseract, which is based on the number seven.

THE TESSERACT IS AN ADEQUATE VISUAL GEOMETRIC REPRESENTATION OF FORM EXISTING ON OTHER PLANES. IT IS NOT POSSIBLE TO REPRESENT THIS MORE CORRECTLY. THE VISION IS NOT THERE TO RECEIVE THE IMAGES AND INTERPRET. THE MAN WAS AN OLD SOUL WHO HAD THE GIFT OF ASTRAL PROJECTION. HE WAS ALSO A FAIRLY COMPETENT MATHEMATICIAN.

Is the number seven important, as important as has been implied through automatic writing?

YES, BUT SO ARE OTHER ODD NUMBERS. THESE POINT TO THE YIN AND THE YANG AND THE COMPLETED MONAD IN THE CENTER. SEVEN IS IMPORTANT TO THOSE ON THE PHYSICAL PLANE. NITROGEN, FOR INSTANCE, IS NUMBER SEVEN. ALL PHYSICAL THINGS — LIVING ORGANISMS — ARE PART OF THE NITROGEN CYCLE.

Christ said that He would speak in parables to the rest of the people, but to His disciples He gave all the knowledge of heaven and earth. It seems that "they" [Michael] are giving it to us.

HE ALSO SAID: "SEEK AND YE SHALL FIND; KNOCK AND THE DOOR SHALL BE OPENED". YOU HAVE ASKED. Many of my patients had pain problems today and I did not have the time to help them — to help them see the source.

YOUR SOCIETY USES TIME AS AN ENEMY. HOW CAN YOU EXPECT TO BE OF MUCH HELP WITH THE SCHEDULING YOU ARE ENDURING?

Tomas told several students not to change jobs.

THE IDEA OF CHANGING JOBS RIGHT NOW IS TRAUMATIC. AS EVOLUTION PROGRESSES, THIS WILL NOT BE THE CASE. THERE ARE STILL RIBBONS HOLDING YOU THERE.

Were we a part of the "passion play" [Jesus' crucifixion]?

ISRAEL, OF COURSE, REFERS TO THE TAO. ISRAEL WAS NOT A PHYSICAL THING WHEN THOSE WORDS WERE WRITTEN. SOULS CAST FROM THE TAO AT THE BEGINNING, AT LEAST NOT IN ANY WAY THAT YOU WOULD UNDERSTAND [sic]. ISRAEL WAS NOT SYRIA-PALESTINE, AT LEAST NOT UNTIL FAIRLY RECENT TIME. ISRAEL WAS AN ALLEGORY USED TO EXPRESS THE INEXPRESSIBLE. WHEN THE BEING YOU SPEAK OF AS MOSES SPOKE OF HIS PEOPLE BEING CAST FROM THEIR HOMELAND, HE SPOKE OF SOULS BECOMING EARTHBOUND FOR THE CYCLE [of reincarnation]. THE GENEALOGIES ARE REINCARNATIONAL CYCLES: COUNT THEM.

Would studying history be better than relating more to present day problems?

RECORDED HISTORY HOLDS THE GREATEST LESSON THAT CAN BE LEARNED, EXCEPT AT THE FEET OF THE REALIZED MASTER.

Can you suggest some reading material for me?

YOUR PURSUIT OF THE TEACHINGS OF MOHANDAS GANDHI WILL BE [good] FOR NOW. LEARN TO FINISH ONE TASK BEFORE YOU BEGIN ANOTHER. THAT BOOK WAS GIVEN TO YOU AS A SPECIFIC TASK FOR A VERY SPECIFIC REASON. (This particular student is a Moving Centered, Old Artisan in Acceptance. To another student — an Old Warrior in Growth:) FOR YOU [we recommend] THE WORKS OF ZARATHUSTRA [Zoroaster]. THEY WOULD HAVE MORE IMMEDIATE MEANING; ALSO THE PHILOSOPHY OF HERACLITUS.

Can I separate best from my job by not taking it so seriously?

NOT ONLY IS IT NOT SERIOUS, IT IS WITHOUT MEANING AT ALL. YES, SEPARATE. IT IS A MEANS TO AN END RIGHT NOW. IT HAS NO OTHER REDEMPTION WHATSOEVER. REGARD IT AS SUCH.

Is Robert Burton (the leader of the local Gurdjieff/Ouspensky group) a "realized master"?

NOT YET. HE WILL BE WHEN THE HIGH CAUSAL BODY MANIFESTS. HE STILL HAS QUESTIONS. HE WISHES

TO BECOME THAT [manifestation]. HE WILL BE GIVEN THAT WISH.

How about _____?

HE IS A MAJOR DOMO — A YOUNG SOUL, THE SAME AS SOME OF THE DISCIPLES OF CHRIST. HIS TALENTS OF ORGANIZATION ARE MUCH NEEDED. HE IS COMPLETELY ENTHRALLED BY THAT WHICH HE DOES NOT UNDERSTAND. FOR THIS REASON, HE IS BEING USED. THIS IS NOT WRONG WORK.

I feel close to the entity we call Tomas and feel bad because we've deserted him and are now asking questions of Michael.

ARE YOU ASKING US IF THERE IS SOME SORT OF DISPUTE GOING ON OVER WHO SHOULD BE TEACHING? IF SO, WE FEEL THAT YOU CAN ANSWER THAT QUESTION YOURSELVES. POSSESSIVENESS IS MAYA TOO.

It seems that I have one foot in religion and one foot in science, and they do not fit together. Could you comment, please?

THERE IS NO CONFLICT. RELIGION IS FROM THE EMOTIONAL CENTER. SCIENCE MUST BE APPROACHED THROUGH INTELLECT. IF THERE IS BALANCE, THERE WILL BE NO CONFLICT. UNDERSTANDING SCIENTIFIC PRINCIPLES IS A WAY TO HIGHER INTELLECTUAL ENERGY, JUST AS FEELING RELIGION IS THE WAY TO HIGHER EMOTIONAL CENTER. IT IS DOGMA THAT COMES FROM FALSE PERSONALITY AND HAS NO PLACE IN THIS DISCUSSION.

How did life get started?

PHYSICAL EVOLUTION PROCEEDED ON AN ORDERLY BASIS ON ALL WORLDS. THIS CONCEPT SHOULD BE SELF-EVIDENT WHEN ONE EXAMINES THE REMNANTS. SPIRITUAL EVOLUTION OCCURS SIMULTANEOUSLY. THERE IS EVOLUTION ON ALL PLANES EXCEPT THE TAO. THAT IS THE ONLY PERFECTION OF WHICH WE ARE COGNIZANT.

It seems that there is a host of designers.

LIVING ORGANISMS ARE NO MORE OR LESS COMPLEX THAN INORGANIC COMPOUNDS TO PERPETUATE, ONCE THE FORMULA HAS BEEN CAST AND THE REACTION STARTED. THE NUCLEIC ACIDS ARE TOTIPOTENTIAL. WITHIN EACH STRAND OF DEOXYRIBONUCLEIC ACID IS CONTAINED THE COMPLETE CODE.

Could we ask for more details on the acoustical holograph?

HOLOGRAMS ARE MULTIDIMENSIONAL REPRESENTATIONS OF SOLID OBJECTS. THIS IS MADE POSSIBLE BY PASSING THROUGH THE OBJECTS WITH A HIGH ENERGY SOURCE LIGHT. LIGHT ACTIVATED, SIMULATED ELECTRON RESPONSE ["laser"] IS ONE METHOD, USING LIGHT WITHOUT DIFFRACTION. SOUND WAVES CAN ALSO BE USED IF THE DISTORTION CAN BE ELIMINATED THROUGH PROPER SHIELDING OF THE SOURCE — "MODULATION" IS THE MORE CORRECT TERM. THERE HAS BEEN RESEARCH ON THIS IN YOUR OWN COUNTRY IN THE RECENT PAST.

By "modulation" do you mean to filter out the static?

STATIC IS ANALOGOUS TO DIFFRACTION, OF COURSE.

18 September 1973

Tuesday

WE ARE HERE WITH YOU TONIGHT.

The Transcendental and Infinite souls do not manifest in a physical body.

THAT IS ESSENTIALLY CORRECT. THE HIGH CAUSAL BODY [Transcendental soul] MANIFESTS ONLY IN TIMES OF SOCIAL OR RELIGIOUS UNREST. THEN IF THE REVOLUTION DOES NOT COME ABOUT, THE HIGH MENTAL BODY [Infinite soul] MANIFESTS AND BRINGS THE LOGOS TO BEAR. THE MATURE SOUL CAN ALSO ACCELERATE WITHIN THE CYCLE. YOUNG SOULS CAN BURN KARMIC RIBBONS RAPIDLY, SOMETIMES, AND ACCELERATE. ELIZABETH BLACKWELL AND FLORENCE NIGHTINGALE ARE EXAMPLES; LOUIS PASTEUR, WALTER REED, MARIE CURIE, [and] FRANK LLOYD WRIGHT ACCELERATED.

We looked up Elizabeth Blackwell in the Encyclopedia to find out who she was. She was the first woman physician in the United States.

Is _____ a Young or Baby soul? I couldn't tell which.

EARLY CYCLE YOUNG SOUL — RETAINS THE TRAPPINGS. WATCH FOR THE PERCEPTIONS OF OTHERS. IF THEY DIFFER GREATLY FROM THOSE INVOLVED, YOU ARE PROBABLY DEALING WITH A MATURE SOUL.

What does that mean to you?

That means that if we (the group) perceive you in a certain light, and someone comes into the group and perceives you altogether differently, he is probably a Mature soul. He picks up on different vibrations. Michael keeps telling us what a lousy cycle that is to be in, because you pick up all of the bad vibrations from everybody around you. Then you have all these problems. That's where the suicide rate is the highest.

Then what about Dr ____? — I have Young.

____ IS A FINAL CYCLE MATURE SOUL, AGAIN WITH PROBLEMS.

Let's try and get some clarification on how to tell.

Well I'm trying to read it from the eyes.

THE EYES ARE VALID. YOU MUST DISCRIMINATE BETWEEN FEAR, UNREST, AND CRAZINESS.

Well then, can we have some eye signs that are valid? Or some guidelines?

INFANT SOULS MANIFEST FEAR. THIS CAN BE SEEN IN THEIR EYES. THIS FEAR IS OUT OF PROPORTION TO THE SITUATION. THE WHOLE BUSINESS OF LIVING IS FEARFUL TO THEM. BABY SOULS ARE GUILILESS, AND THIS SHOWS IN THEIR EYES. YOUNG SOULS ARE IN A STATE OF UNREST. THIS OFTEN SHOWS UP IN ERRATIC EYE MOVEMENTS: THE INABILITY TO HOLD EYE CONTACT FOR LONG — BUT THEN THE MATURE SOULS FIND IT DIFFICULT TO MAINTAIN EYE CONTACT BECAUSE OF DISCOMFORT. OLD SOULS HAVE A DIRECT, PENETRATING STARE ABSENT IN EARLIER CYCLES. WISDOM IS REFLECTED THERE.

I would like to know if ____ is a Baby soul.

____ [a Mature soul] HAD MANY PROBLEMS BECAUSE OF THIS [person]. THIS IS THE WORST OF ALL POSSIBLE ALLIANCES BECAUSE THE BABY SOUL HAS SUCH A STRONG SENSE OF RIGHT AND WRONG, AND HIS OPINION OF HIMSELF IS OFTEN EXALTED.

I think that could be so, but then I don't understand how to help him. I would like some guidance.

ALLOW HIM TO PERCEIVE THE CHANGES AS THEY OCCUR IN YOU. MATURE SOULS ARE DISTURBED BY SECRETS.

Yes, but that's not helpful to me, because I do that all the time, and what I get is kind of like - - -

IN A SENSE YOU DO. YOU MUST REMEMBER THAT HIS PERCEPTIONS ARE VASTLY DIFFERENT THAN YOURS. HE MUST BE SHOWN A POSITIVE RESULT: THAT IS, SOMETHING TANGIBLE, BEFORE HE IS ABLE TO EXERT ANY ENERGY. HE IS ALSO IN THE TRANSITORY STAGE NOW; YOU CAN LOOK FOR CHANGES. *THE SOCIETY OF FRIENDS* [Quakers] WAS A NATURAL FOR HIM. PERHAPS HE WILL RENEW.

How can ____ find changes and secrets less threatening? How can I present changes in myself so they are less threatening to him?

BY PREFACING THE CHANGES WITH SOMETHING FAMILIAR. TEACH THE CHANGES AFTER REVIEW.

All of a sudden we're having this huge body of information about souls, and it must be important, and I would like an overview. Is this information going to be practical to me? Can I use it? Why this topic?

THIS IS ANOTHER OVERLEAF, AND INTEGRATION MUST TAKE PLACE BEFORE YOU ARE ABLE TO PERCEIVE THE SYNTHESIS, WHICH OF COURSE MUST PRECEDE PERCEPTION OF THE TAO. YES, IT CAN BE OF GREAT VALUE TO YOU. BODY-TYPING ANSWERS SOME QUESTIONS. THIS [soul age] ANSWERS STILL ANOTHER SET OF QUESTIONS. THIS IS A BROADER OVERLEAF, AND THERE ARE MORE.

I have a daughter, 26 years old, who is miserable. How can I help her to enjoy life more?

MATURE SOULS DO NOT USUALLY "ENJOY" LIFE UNLESS THEY ARE SURROUNDED BY SOULS IN BLISS. THIS IS A DIFFICULT CYCLE. WE MUST EMPHASIZE THIS DIFFICULTY. THE MATURE SOUL IS BESET WITH MANY PROBLEMS, ALL INTRINSIC. THE ONLY WAY YOU CAN HELP IS TO MAKE THE ENVIRONMENT NON-STRESSFUL, SO THAT SHE HAS SANCTUARY. THE MATURE SOUL OFTEN SEEKS PROFESSIONAL HELP ON ITS OWN.

Can someone, in one lifetime, go from a Mature soul to being an Old soul?

They have said so.

Because that is what I feel has happened to me. I used to see everybody as they wished to be seen, and as they perceived me. I believed in their perceptions too.

THAT WAS BECAUSE YOU WERE RAISED BY MATURE SOULS.

Yeah, apparently until you are about 35, this thing [soul age] doesn't really go into effect. The soul manifests at that point whether or not you've allowed it to [previously].

I am at the present time trying to look deeper into myself; make contact with myself. Will I get anywhere there?

YES. MEDITATION WOULD HELP. TRANSCENDENTAL MEDITATION IS EXCELLENT FOR THOSE STARTING LATE.

Well, I am also sensitive about those things which work for me, and being from the old country [Greece], I sometimes have reservations about some of the things that may work for other people in this culture.

THIS CULTURE NOTWITHSTANDING, YOU MUST VERIFY THE EFFICACY OF THE METHOD YOURSELF.

We asked them about the disciples of Christ and whether any of them were old souls, and they said that only Luke was.

I liked Matthew. Can we have a statement about Matthew?

HE WAS A RELATIVELY PERCEPTIVE YOUNG SOUL.

I have a question that is burning my heart. To me it wouldn't matter if he said read John or Mark or Matthew or Luke, because they are all translations, ad nauseum, and maybe the great original Luke was the best, but I have no relation to the great, original Luke. Recently on my trip I read a book by Meher Baba and it really tore me up, because he said, "I am the Christ, I am God, I've gone all the way up and I've been united with the all". Then he says, "yes, I catch colds, and I do this and that". I also know that Baba Ullah says, "I was Christ, who was Muhammed, and now I am here!"

And Saiya Baba says that also.

Yeah, OK, and then there were the five perfect masters that Maher Baba talks about. Maharaj Gee, the 14-year old Guru calls himself the "Perfect Master". There are so many "masters" and there are so many "Christ principles" and "God principles", and I sure would like some clarifying help in this.

THE INFINITE SOUL MANIFESTED THROUGH THE PHYSICAL FORMS OF LAO TSU, SRI KRISHNA, SIDDHARTHA GAUTAMA, AND JESUS — NO OTHERS. THE TRANSCENDENTAL SOUL HAS MANIFESTED THROUGH SOCRATES, ZARATHRUSTRA, THROUGH MUHAMMED, AND THROUGH MOHANDAS GANDHI [and some others: Amenhotep, for instance].

What about Maher Baba?

NO, HE IS AN OLD SOUL WHO HAD A VISION.

And Baba Ullah?

THIS IS A YOUNG SOUL WITH DELUSIONS OF GRANDEUR, SAME AS MAHARAJ GEE.

What about Sri Aurobindo?

HE IS, OR WAS, AN OLD SOUL, FINAL CYCLE; [he] IS NOW PART OF THE LOWER CAUSAL BODY. HE IS WORTH EMULATING. WE FIND NO FAULT WITH HIS WORKS.

Apparently, we are going to have a return again of the Infinite soul around the year 2,000?

Within 100 years of the appearance of the Transcendental Soul. It has happened every time.

WE HAVE TOLD YOU THAT.

There will be an anti-Christ preceding him, who was born in 1964. He will lead many astray.

THE ANTI-CHRIST IS NOT "EVIL", JUST MISGUIDED, BUT IT IS IN THE KARMA OF MANY TO FOLLOW THIS MAN. MANY HAVE THIS RIBBON TO DEAL WITH. THERE MUST ALSO BE AN ANTITHESIS TO COMPLETE THE MONAD. PAUL [Saul of Tarsus] WILL ALSO RETURN.

A question was lost in the changing of the tapes. However, Michael's answer leads one to assume that the question concerned John the Baptist, as described by Seth.

JOHN WAS A FRAGMENT, NOT A MANIFESTATION [of the Transcendental or Infinite soul]. [The Apostle] PAUL [Saul] WAS A YOUNG SOUL WHO WAS A ZEALOT [later said to be a Priest in Role].

The next question was also lost, but it concerned the fact that John [the Baptist] was presumably a reincarnation of Elias.

YOU ARE CORRECT, ELIAS WAS A PART OF THE INFINITE SOUL AT THE TIME OF THE MANIFESTATION. THE CAUSAL BODY EVOLVED. THE HIGH PLANES EACH HAVE SEVEN LEVELS. THE FRAGMENTS INTEGRATE AT DIFFERENT TIMES. WHEN THE INTEGRATION TAKES PLACE, EVOLUTION SUPERVENES.

Down here where I am, on this poor old physical plane, could you send me a little more energy?

TAP THE PROPER SOURCE AND THE ENERGY WILL BE THERE. EMOTIONAL ENERGY RESULTS IN A POWERFUL LEAK WHEN USED TO FEED OTHER CENTERS.

How can we get to the source?

BY NOT REACTING TO THE MAYA OF THE PHYSICAL PLANE. THIS RESULTS IN A DRAIN. NO AMOUNT OF STEWING IN ONE'S OWN JUICES WILL MAKE A MECHANICAL OBJECT PERFORM BEYOND ITS OPTIMAL LEVEL. IT ["mechanical object"] HAS TO DO WITH BOTH A CAR AND A BODY. NEITHER CAN BE PUSHED BEYOND ITS LIMITS ON THE SHEER FORCE OF EMOTIONAL ENERGY.

If I am evolving at all, it is invisible to me, and I've been studying Gurdjieff, and then Ouspensky, and now this, and the longer I go at this, the less I seem to know. I seem to be evolving backwards.

THIS IS MORE APPARENT THAN REAL. YOU ARE NOW IN TOUCH WITH THE SYNTHESIS, AND THIS IS NOT AN EASY CONCEPT. COULD YOU APPRECIATE THE BEAUTY OF THE DIFFERENTIAL EQUATION IF YOU DID NOT FIRST HAVE UNDERSTANDING OF ALGEBRA AND THE LINEAR EQUATION? THE MORE DIMENSIONS YOU EXPLORE, THE MORE DIFFICULT THE EXPLORATION BECOMES.

But I feel lousy.

THE BODY IS TIRED; THE ESSENCE IS BORED. WHAT WOULD YOU EXPECT FROM THAT COMBINATION? WE WOULD EXPECT A WEARINESS OF THE ENTIRE PSYCHOSOMATIC APPARATUS.

What can I do?

SLEEP WILL HELP THE BODY. THE ESSENCE MUST PURSUE ECSTASY IN IT'S OWN WAY, OR IT IS BORED.

I will finish the book on Gandhi tomorrow. Then what should I do?

FIRST MAKE SURE THAT ABSORPTION HAS TAKEN PLACE. THEN CONTINUE WITH THE MEDITATION. ANY OF THE ADEPTS AND MASTERS WE HAVE DISCUSSED THIS EVENING WOULD BE VALUABLE.

To me, Gandhi seemed weak and sick most of his life.

HIS DIET WAS TERRIBLE.

But was that good work?

IT WAS GOOD WORK FOR HIM. IT ALSO ACCOMPLISHED HIS PURPOSE. THE HIGH CAUSAL BODY HAS NO ATTACHMENT FOR THE PHYSICAL PLANE.

But wouldn't he have been more effective if he had been healthier? Wouldn't he have reached more people? NO, HE WOULD HAVE REACHED FAR FEWER. WHEN HE FASTED, THOSE WHO LOVED HIM ATTEMPTED TO BRING ABOUT THE CHANGES HE DESIRED IN ORDER TO PERSUADE HIM TO BREAK HIS FAST.

THE BODY TYPES

[In the Gurdjieff / Ouspensky group of which some of the original Michael students were members, seekers learned about "Body types." The following section was either adopted from the Gurdjieff group, or written by one of the members of the Michael group to bring new members up to speed about this information. It appeared in the edited compilation of the 1973 sessions at this location, before the session of September 22, 1973. This information was important to the group, and was reinforced by Michael during the early sessions. It is included here because it did not appear in MFM, yet it is important to an understanding of the transcriptions.]

We have been told that the physical body is influenced by the position of the planets at the instant of conception. Those planets providing maximum influence are Mercury, Venus, Mars, Jupiter and Saturn, also our satellite, the Moon, and, of course, the Sun. Various conjunctions of these planets occur, causing crossed influences.

The Passive Body Types:

LUNAR: This is the midmost point of femininity. Lunars have round, pale, and full faces. The Goddess Diana represents the ideal Lunar woman. The Lunar gives the impression of coolness and smoothness (no rough edges). This student has found most Lunars to have a look of shining cleanliness and to be relatively small-boned.

VENUSIAN: Aphrodite represents the ideal Venusian woman. They are warm and passive and usually sluggish; they have steadiness and tone of muscle and nerve. They are round and plump-appearing, though not necessarily obese (fleshy).

JOVIAL: These are short, rounded, stout, with a large head. Falstaff was the classical Jupiter. Juno represents the ideal Jovial woman. There is a tendency toward baldness in the male. The Jovial person usually develops paunchiness and has little body hair.

The Active Body Types:

MERCURIAL: These are quick, agile people, with thick hair, bright eyes and even teeth. They are characterized by many unnecessary movements (gestures, etc.). Many have powerful voices for their small statures.

SATURNINE: These are the so-called "Bone People". Saturnine people have long heads, rugged faces, projecting cheek bones, prominent noses, large straight teeth and square jaws. They are normally lanky, long-boned with strong frames and large, and firm muscles. They are slow-moving and have a tendency to sit quietly.

MARTIAL: These people are characterized by a low hairline, hair of unusual color (black among the Scandinavians, yellow among Latins, red among others — but this is not always present). They usually have swarthy or freckled skin, sharp teeth, and they are hairy of face and body. Those under the influence of Mars are normally short.

An Intermediate Body Type:

SOLAR: Pure solar types have milk and roses skin, delicate teeth and bones and an air of fragility — the Snow White type.

Combinations of maximum physical attraction are:

Saturnine + Lunar

Jovial + Mercurial

Martial + Venusian

Pure types are exceedingly rare. Most of us are a combination of the above.

22 September 1973

Saturday

WE ARE HERE WITH YOU TONIGHT.

I would like to know how to burn karma.

IF YOU ARE TO PURPOSEFULLY BURN RIBBONS, YOU MUST FIRST KNOW WITH CERTAINTY WHAT HAS BEEN INCURRED. THIS TAKES STUDY AND RECALL. OTHERWISE YOU WILL PAY YOUR KARMIC DEBTS IN THEIR NATURAL ORDER. THIS IS WHY THE KNOWLEDGE OF REINCARNATION COMES IN SOME WAY TO ALL OLD SOULS. PRIOR TO THAT, IT IS ONLY A MATTER OF CHANCE, SUCH AS BIRTH IN A COUNTRY SUCH AS INDIA WHERE THIS IS THE ACCEPTED THEOLOGY.

Is burning a karmic ribbon always a negative thing?

SOMETIMES YOU ARE THE DEBTOR. SOMETIMES IT IS TO YOU THAT THE DEBT IS OWED. THE RIBBON IS THE THREAD THAT LINKS YOU TO THE OTHER FRAGMENTS OF A KARMIC PLAY. YOU WISH TO COMPLETE THE MONAD. AS SOON AS THIS IS ACCOMPLISHED, THE FRAGMENT HAS EVOLVED. AS SOON AS THE MAJOR MONADS ARE COMPLETED, THE FRAGMENTS ARE INTEGRATED.

Someone asked for assistance with an emotional problem concerning the inhibitory influence of another person, no longer in the picture, but still on his mind. He wishes to break away, but somehow cannot.

WHEN YOU TRULY WISH TO BE FREE OF THAT INFLUENCE, TRY MAKING A MENTAL TALLY OF ALL POSITIVE EXPERIENCES THAT HAVE COME ABOUT SOLELY AS A RESULT OF THAT RELATIONSHIP.

Someone stated that he felt only rejection, sorrow and loss, and that he could see those blocking his ability to love (fear of this happening over again).

IN THAT RELATIONSHIP, YOU WERE ABLE TO GIVE THE GIFT OF HIGHER EXPRESSION. IT WAS NOT RECIPROCAL BECAUSE SHE WAS NOT IN TOUCH WITH HIGHER CENTERS, BUT SHE HAS ALSO MEMORIES. THIS IS OFTEN THE CASE. YOU COULD NOT RECAPTURE THAT EXPERIENCE, BUT YOU COULD DUPLICATE THE HIGHER EMOTIONAL ENERGY OUTPUT — NOW ESPECIALLY. BUT FIRST, YOU MUST STOP EQUATING THE EXPERIENCE YOU HAD WITH A SPECIFIC PARTNER. IT WAS YOUR EXPERIENCE. YOU WERE READY TO HAVE IT.

If it is intellectual, it is easy to change, but if it is emotional, it is difficult to deal with.

THE EMOTION HE IS DEALING WITH NOW IS GRIEF. THIS IS DIFFICULT TO OVERCOME UNTIL THE DUPLICATION IS ACCOMPLISHED. HE MUST ALLOW HIMSELF TO LOVE.

_____ related the Gurdjieffian analogy of the horse representing Emotional Center, the carriage Intellectual, etc. The grief produces a "sick horse".

YOUNG SOULS WHO LOSE A CHILD THROUGH TRAUMA OR ILLNESS OFTEN SEEK TO REPLACE THAT

CHILD, AND IN SO DOING MAKE LIFE MISERABLE FOR THE SECOND CHILD, WHO DOES NOT, OF COURSE, REPLACE THE LOST ONE.

I don't understand that. What does that mean?

YOU CAN ONLY DUPLICATE THE ENERGY OUTPUT; YOU CANNOT DUPLICATE THE CIRCUMSTANCES.

Am I dealing with some form of the Oedipal complex?

FIRST OF ALL, THE OEDIPAL MYTH IS CULTURALLY INDUCED AND DOES NOT HAVE THAT MUCH INFLUENCE AT YOUR LEVEL [soul Age]. SECONDLY, THE GRIEF STEMS FROM NOT BEING ABLE TO RECAPTURE WHAT WAS FOR YOU AN EXTREMELY IMPORTANT EVOLUTIONARY MILESTONE. SHE HAPPENED ALONG AT THAT TIME IN YOUR LIFE.

What now?

REALIZE THAT YOU CAN DUPLICATE THE FEELING. THE GRIEF IS A NORMAL REACTION TO THE LOSS.

But isn't it abnormal for it to last this long?

MATURE SOULS OFTEN TORCH-BURN FOR THEIR ENTIRE LIVES. THIS IS NOT UNUSUAL FOR INTELLECTUALLY CENTERED INDIVIDUALS WHEN THEY ARE FIRST IN TOUCH WITH HIGHER EMOTIONS. YOU LACK CONFIDENCE IN YOUR EMOTIONS. REJECTION, OR THE SENSE OF REJECTION, PRODUCES THIS IN SOULS WHO STILL CLING TO THE [false] CONCEPT OF EROS [romantic sexual love], AND TO THE [false] CONCEPT OF CHOOSING WHOM TO LOVE.

Someone asked whether it was necessary for us to experience life in all of the various body types.

YES, YOU MUST COMPLETE THE CYCLE. IT IS IMPORTANT THAT YOU EXPERIENCE LIFE FROM ALL OF THE VANTAGE POINTS. VENUS-INFLUENCED FEMALES CAN BE QUITE STRONG EMOTIONALLY.

What is the nature of the influence? I mean, what comes from Venus?

A SPECIFIC TYPE OF ENERGY IS EMANATED BY THE PLANET. EACH ONE OF THE PLANETS IN THIS SOLAR SYSTEM HAS A VERY DIFFERENT ATMOSPHERE AND EXERTS A DIFFERENT INFLUENCE ON THE OTHERS. THOSE WITH THAT PLANET HIGH WILL BE INFLUENCED BY THAT PARTICULAR ENERGY.

At what point does that influence take place? I mean when is it put into the genetic code? Also, the question was asked about the meaning of the "planet high".

THE PLANET AT MID-HEAVEN AT THE TIME OF CONCEPTION.

Someone then asked question about the validity of astrology as we know it. We also wondered about the Gurdjieffian system.

[Astrology is] NOT [valid] AS YOU KNOW IT, ALTHOUGH YOU HAVE GOOD BEGINNINGS. GURDJIEFF DID SEE THIS. OUSPENSKY REJECTED ASTROLOGY. IF YOU CONSTRUCT CHARTS FOR ENTIRE FAMILIES, YOU WILL FIND STRIKING SIMILARITIES.

Michael Gauquelin [A Frenchman who made a scientific study of astrology] said a male child is conceived at the same time that the male parent was conceived; the female at the time of the female parent. Some studies proved blood plasma changes with ionization in the atmosphere, and there is a correlation. The planet on the horizon is the important one genetically (the "Ascendent"). The soul could influence its structure.

SOULS ENTER THE PHYSICAL PLANE AT DIFFERENT TIMES. THAT IS NOT VALID IN THAT SENSE. THE BODY, BEING PHYSICAL, OR ORGANIC IF YOU WILL, IS INFLUENCED BY THE CELESTIAL BODIES.

Then Bodytyping is not genetically determined?

YES THEY ARE. EACH STRAND OF DEOXYRIBONUCLEIC ACID IS TOTIPOTENTIAL. THIS ALLOWS FOR THE INFLUENCE.

At what point does this influence take place, when the sperm meets with the ovum, or at the time of the first breath?

THIS IS WHY WE SAY THAT ASTROLOGY AS YOU KNOW IT IS LARGELY INVALID. HOWEVER, IRONICALLY WE MIGHT ADD, IT DOES WORK BACKWARDS, UNLESS YOU ARE DEALING WITH A PREMATURE CHILD.

Then astrology would be valid if we knew the moment of conception?

YES. THE TIME OF BIRTH IS ALSO IMPORTANT.

I would like to ask if there is advice on how to turn things around in the right direction.

YOU ARE USING EMOTIONAL CENTER AS A PSYCHIC DUMPING GROUND. THIS IS CAUSING THE ENERGY LEAK YOU ARE FEELING NOW. THE MEDITATIONS, OR MORE CORRECTLY CONCENTRATIONS, UNDER MARIJUANA RESULT IN GOOD INSIGHTS FOR YOU, IF YOU WILL FOLLOW THEM OUT.

Someone in the group had a question about Michael's use of "soul", "essence", and "self" interchangeably, and the departure from the Gurdjieffian system where there is a false and true personality, and that essence and true personality together form the "self".

THE SOUL IS THE ESSENCE. THIS IS SYNONYMOUS WITH "SELF". EVEN WE HAVE A PERSONALITY; IT SIMPLY IS NO LONGER CHALLENGED BY MAYA.

Someone wanted to know if Michael could manifest through any one in the group.

WE ARE CAPABLE OF MANIFESTING THROUGH YOU UNDER HEAVY HYPNOTIC TRANCE — ALL OF YOU.

What happens to the Old soul when it is displaced by the manifestation of the Transcendental soul?

HE REMAINS AS A PART OF THE LOW ASTRAL BODY.

Then he doesn't automatically become a Transcendental soul?

NOT UNTIL HE BURNS THE REMAINING RIBBONS OR CHOOSES TO BE REBORN.

I would like to spend tomorrow meditating and next week meditating and reflecting. How can I best do this?

CEASE INNER CONSIDERATION OF THE EFFECTS OF YOUR ACTIONS ON OTHERS. YOU ARE DOING NOTHING WRONG. WE FIND NO FAULT WITH YOUR PLAN.

27 September 1973

Thursday

WE ARE HERE WITH YOU.

Would Reichian Therapy help me in overcoming my Chief Feature? I see it making changes in some of my friends.

NO. IT WOULD NOT BE OF ASSISTANCE BECAUSE YOU HAVE WITHIN YOURSELF THE ANSWER AND CAN FIND IT FOR YOURSELF. THEY [therapists] CAN ONLY HELP THOSE WHO ARE ENMIRENED IN THE WORLD OF FALSE PERCEPTIONS.

I down myself or else give expert advice. It seems like it's a monad.

THE ADVICE-GIVING-MOTHERING COMPLEX IS A PART OF FALSE PERSONALITY. THIS CAN BE COUNTERACTED ONLY BE REALIZING THAT THE SOLUTION TO A "PROBLEM" RESIDES ONLY IN THE ONE INVOLVED. YOU CANNOT SOLVE ANYTHING FOR ANYONE BUT YOURSELF. YOUR CHIEF FEATURE OF SELF-DEPRECIATION STEMS FROM KARMIC RIBBONS.

Do I resent this?

YOU CANNOT DIVORCE KNOWLEDGE OF THE HATS YOU HAVE WORN [in previous lifetimes] FROM YOUR PRESENT ROLE. THE FEELING IS NOT BAD WORK. IN FACT, IT SHOWS CONSIDERABLE EVOLUTION. A YOUNGER SOUL WOULD NOT PERCEIVE THIS AT ALL AND WOULD MERELY CHOOSE NOT TO UNDERSTAND.

Why do I feel your presence more strongly when I am drunk?

YOU ARE LESS INHIBITED.

Rodney Collin [a primary student of Gurdjieff and Ouspensky] describes in his book [*The Theory of Celestial Influence*] that the key to consciousness is great suffering, prison, starvation, extreme illness, abandonment, or ruin. These words have contributed to my leaving a previous teaching. I did not then nor do I now feel prepared to accept voluntarily these forms of extreme suffering in order to pursue the "path". These things have to be swallowed and not rebelled against.

THAT IS ESSENTIALLY CORRECT. HOWEVER, THE TORTURE CAN BE INTERNAL AND CAN REVOLVE AROUND THE CONFLICT OF INTEREST BETWEEN ESSENCE AND FALSE PERSONALITY. IT DOES NOT NECESSARILY HAVE TO INVOLVE AN EXTERNAL AGENT.

Personality does not die easily. Collin says a person does not have a soul until this occurs — some earthshaking thing causes it to die.

IT IS, WE FEEL, A MATTER OF SEMANTICS. THE SOUL IS THERE, NO MATTER HOW DEEPLY BURIED.

The teaching of Michael seems closer to Collin than that of Gurdjieff or Ouspensky.

GURDJIEFF WAS MISUNDERSTOOD BY OUSPENSKY, NOT SO MUCH BY RODNEY.

Endocrinology in Collin's book is in dire conflict with modern day endocrinology.

YES, IT IS. HE MISUNDERSTOOD THE LIMITS OF PLANETARY INFLUENCE WHERE DIET AND INBORN

GENETIC ERRORS ARE CONCERNED.

If Michael is incorrect, it invalidates a third of Collin's book.

THAT IS NOT NECESSARILY VALID. CERTAIN BODY TYPES ARE FAR MORE PRONE TO SPECIFIC ENDOCRINOLOGIC DISORDERS THAN OTHERS. HOWEVER, THE AGE OF THE SOUL COMES INTO PLAY AT THIS LEVEL.

Are some people sexually centered?

NO. SEXUAL ENERGY IS SEPARATE AND APART FROM ALL OTHER ENERGY SOURCES, AND CAN BE EFFECTIVELY USED TO REACH HIGHER EMOTIONS.

If you experience sex on a higher level, what would be going on?

CEREBRAL ORGASM. THE WHOLE SOUL EXPERIENCES ECSTASY. THE BODY CANNOT EXPERIENCE ECSTASY, ONLY SATIATION. ONLY THE ESSENCE IS CAPABLE OF THAT EXPERIENCE [of ecstasy].

I saw recently an old friend whom I hadn't seen for several years. He's a parapsychologist and mystic. He seemed just as dogmatic as ever. He says that any teaching that says that people change sexes in their different lifetimes is pure bilge, because if we knew something of the origin of creation and the true nature of twin souls, we wouldn't have such terrible conceptions. Could Michael comment on souls and sex changes?

WE HAVE OFTEN REITERATED THAT BELIEF IS NOT NECESSARY. THIS IS ANOTHER EXAMPLE OF ONE DOGMA BEING MORE PALATABLE THAN ANOTHER, AND THEREFORE ACCEPTABLE. HE CANNOT ENVISION HIMSELF IN A PHYSICAL BODY OF A FEMALE. PAUL COULD NOT IMAGINE A MESSIAH WHO SWEAT, EITHER, BUT JESUS DID.

Was Ahura Mazda special? He's an Indian hero.

THIS WAS AN ANCIENT TERM DENOTING THE MANIFESTATION OF THE HIGHER MENTAL BODY. THE FACT THAT WE ACCEPT NAMELESSNESS QUITE CASUALLY, EVEN ON THIS PLANE, IS ALMOST INCOMPREHENSIBLE TO MOST OF THOSE ON THE PHYSICAL PLANE, SINCE NAMES HAVE BECOME THE PRINCIPAL METHOD OF IDENTITY, EVEN ASCENDANCY.

Someone asked about Solar Body Types.

IF SUN SPOT ACTIVITY WAS GREAT AT THE TIME OF CONCEPTION, THE BODY TYPE WILL BE ARCHETYPAL; THE BODY WILL ALSO BE POWERFUL.

Michael Gauquelin [a Frenchman who made a scientific study of astrology] says that sun spot activity is related somehow to the position of the other planets. Is this so?

YES.

All astrological things are functions of sun spots, and sun spots determine the function of the other planets on the ionization of the air.

HEAVY PLANETS AT APHELION CAUSE INCREASE IN SUN SPOT ACTIVITY AND THEREFORE VELOCITY OF SOLAR WIND.

Is the sun the key or the catalyst for planetary influence?

BEING THE LARGEST OF THE NEARBY CELESTIAL BODIES, THIS SMALL STAR EXERTS THE MOST POWERFUL INFLUENCE PHYSICALLY.

Is the influence of Jupiter upon us through the sun, or is it direct?

IT'S MITIGATED BY THE SUN AND THE POSITION OF THE OTHER LARGER BODIES. SATURN AND JUPITER EXERT A POWERFUL INFLUENCE ON EACH OTHER TO THE EXTENT THAT THE SATELLITE OF SATURN CLOSEST TO THE ORBIT OF JUPITER HAS AN ATMOSPHERE.

Are these physical influences we can measure? We know the planetary effect is inversely proportional to the square root of the distance between them — Kepler's Law. Is it something else, like ionization?

THE DRAG OF THE HEAVY BODIES HAS A MAGNETIC EFFECT ON THE STAR'S ABILITY TO BURN HYDROGEN. WHEN THESE PLANETS ARE AT APHELION [furthest from the sun], THE DRAG IS LESS, AND SUNSPOT ACTIVITY INCREASES. IONIZATION OCCURS IN THE ATMOSPHERES OF VENUS, EARTH, AND MARS; TO A LESSER EXTENT ON MERCURY, SINCE THE ATMOSPHERE IS MORE TENUOUS. ORGANIC LIFE IS EXTREMELY SENSITIVE TO MINUTE CHANGES IN IONIZATION.

Could you comment on the virtue of astrology and the validity to this discussion?

THE POSITION OF ALL OF THE PLANETS AND THEIR POSITION IN RELATION TO THE SUN AND TO EACH OTHER MUST BE TAKEN INTO CONSIDERATION. FOR INSTANCE, VENUS WITHOUT THE INFLUENCE OF MARS EXERTS MUCH MORE INFLUENCE THAN WHEN MARS IS IN APPOSITION ON THE FAR SIDE OF EARTH.

What is the effect of the DNA on conception? Is it influenced by ionization?

THE RIBONUCLEIC ACIDS (are affected), NOT THE DEOXYRIBONUCLEIC ACIDS.

The messenger is DNA and can be called the "printout" of the brain cell.

Does each strand of DNA have the potential of becoming anything it is encoded with?

NO.

Would two people conceived in the same room at the same time have the same Body Type?

YES.

Is ionization the key?

ATMOSPHERIC CHANGES.

Are these chemical or potential changes.

REAL, NOT POTENTIAL.

Are the changes in electrical field? Ionization knocks out or grossly distorts the code.

We're dealing with very minute molecules and every particle of DNA will be affected. I want to know what the planetary effect is.

THE IONIZATION IS ONLY ONE FACTOR. THERE ARE ALSO MINUTE CHANGES IN AIR PRESSURE AND IN THE FORCE OF GRAVITY. THERE ARE ALSO FLUCTUATIONS IN THE CHEMICAL COMPOSITION OF THE ATMOSPHERE ITSELF. ALL OF THESE TOGETHER PRODUCE A STAMPING EFFECT ON THE ENCODING APPARATUS OF ALL ORGANIC LIFE. WE SPEAK OF ONLY THE PHYSICAL UNIT NOW.

How do these influences affect us?

THEY ONLY INFLUENCE THE SOUL TO THE EXTENT THAT THEY INFLUENCE FALSE PERSONALITY. THE SOUL IS NOT UNDER PHYSICAL INFLUENCE.

Could we have a statement on race.

THERE ARE SCHOLARS IN ALL RACES. SOME CULTURES PLACE GREAT EMPHASIS ON INTELLECTUAL PURSUITS. TESTING THESE CULTURES WOULD RESULT IN A PREPONDERANCE OF INTELLECTUALLY-ORIENTED YOUNGSTERS. SOME CULTURES ARE CONCERNED PRIMARILY WITH SURVIVAL IN A HOSTILE WORLD.

02 October 1973

Tuesday, Walnut Creek

I seem to have come on a realization that I've undergone crystallization in personality and that is why everything is so fixed and seemingly unchangeable. I'm under constant internal attack by personality, and that is why I can't seem to listen to any new information and transform it into anything worthwhile. I was hoping for a miracle that would change things. Also, grass [marijuana] will do it, but it just does it temporarily. That's why I can't seem to react to or feel any new possibilities.

THE FIXED RIGID PERSONALITY IS RATHER LIKE A MOUNTAIN OF GRANITE. CHIPPING AWAY RELENTLESSLY IS THE SOLE SOLUTION. DEPRESSION IS THE EXTERNAL MANIFESTATION OF THE INTERNAL STRUGGLE. DEPRESSION, BY THE WAY, IS ONE OF THE ONLY NEUROTIC MANIFESTATIONS LEFT TO THE OLD SOUL. EVEN JESUS FELT IT. EACH OF YOU SPENT MANY YEARS BUILDING THE FACADE. DO YOU REALLY FEEL THAT YOU SHOULD BE ABLE TO DISCARD THIS QUITE CASUALLY WITH HARDLY A WHIMPER? WE THINK NOT. PROGRESS IS BEING MADE IN QUITE CONCRETE WAYS.

Things like trips and new impressions don't help much, because the wolf goes on vacation with me, and I can also see where, if I ask a Transcendental Soul to take over my body, he would do quite well with it. In fact, there is almost no end to what he would do with it. But that would mean that I would go from here to the astral plane and I would hate to carry all this garbage with me. Also, the reason I don't start anything new, is that I know that the wolf will somehow stop it anyway, and also there is a great deal of fear that helps keep me in prison, and I'm afraid to get out.

THE AMOUNT OF "GARBAGE" YOU HAVE DISCARDED DURING THIS LIFETIME HAS BEEN SIGNIFICANT. THE PILGRIMAGE WOULD FORCE ALL OF YOU TO BE REAL. THERE WOULD BE NO OPPORTUNITY FOR FALSE PERSONALITY TO TAKE OVER. WE DO NOT LIKE TO MAKE SUGGESTIONS CONCERNING THE DISBURSEMENT OF FUNDS. HOWEVER, WE SEE IN SEVERAL OF YOU A REAL NEED TO DO THIS THING.

The pilgrimage to where?

Well, we were talking about a trip to Israel.

When would be a good time to go?

THE TIME TO GO IS WHENEVER YOU DECIDE THAT YOU REALLY WISH TO GO.

I've been chipping away at the granite mountain with my internal dialogues, and it doesn't seem to get anywhere for me. Another thing is that I realize that, in me, fear predominates over love, no matter how strong the love is.

FEAR OF LOSS OF CONTROL BESETS ALL OF YOU. WITH YOU IT IS LOSS OF EMOTIONAL CONTROL. [Later it was said he is in the Repression Mode.] WITH ANOTHER IT IS FEAR OF BEING CONSIDERED INSANE. WITH MANY OF YOU IT IS FEAR OF LOSS OF REASONING.

I don't live in fear all the time, because everything I do is designed to avoid situations where I might encounter it.

IF THE PERSONALITY WAS NOT LIVING IN FEAR, IT WOULD NOT GO TO SUCH ELABORATE MEANS TO AVOID THE PAIN-PRODUCING SITUATION.

We were talking about depression before. Freud explains that depression is aggression turned inward, or that anger turned inward creates depression, doesn't he?

Like you are mad at yourself?

Like you are mad at anything and if you have no legitimate or acceptable ways of showing it, if I recall Freud correctly, then you turn it inward upon yourself as it were, and that creates a depressed state.

DEPRESSION IS NORMALLY THE PASSIVE PERSONALITY'S ONLY CHANNEL THROUGH WHICH IT CAN EXPRESS HOSTILITY. THE ANGER CAN BE SELF-DIRECTED, BUT DOES NOT HAVE TO BE. UNFULFILLED EXPECTATIONS ARE THE SOLE CAUSE OF ANGER. WE KNOW OF NONE OTHER. WHEN YOU STOP EXPECTING, THERE WILL BE NO ANGER.

There is a delicate line between that and going to sleep. Lots of things in life depend on expectations. YOU MUST COMMUNICATE YOUR NEEDS AND WANTS TO THOSE AROUND YOU. UNLESS YOU ARE TELEPATHIC, YOU MUST DO IT VERBALLY. THEN YOU MUST LEAVE THEM WITH AN OPTION. YOU MUST MAKE THAT OPTION KNOWN TO THEM. THE ALTERNATIVES, WITH ALL OF THE RAMIFICATIONS, MUST BE UNDERSTOOD, AS WELL AS THE MOTIVATION OF THEIR ACCEPTANCE OR REFUSAL. WHEN THERE IS COMPLETE UNDERSTANDING, THERE WILL BE NO DISAGREEMENT. YOU HAVE ALL HEARD THIS BEFORE, AND WE MUST EMPHASIZE IT BECAUSE IT IS THE SECRET TO EFFECTIVE COMMUNICATION, WHICH WILL BANISH THE SPECTER OF UNFULFILLED EXPECTATIONS.

Was that "affective" or "effective?"

EFFECTIVE, MEANING HAVING A POSITIVE EFFECT.

Some of the internal depression and anger I experience seems to be the result of expectations I have of myself. REEXAMINE THOSE EXPECTATIONS FOR SHADES OF REALISM. ONE STEP AT A TIME IS NORMALLY EFFECTIVE FOR USEFUL AMBULATION; WHY NOT FOR SPIRITUAL LIBERATION?

It seems that it is the personality that is mad — the personality is the wolf, and it is trying to eat essence and beat on it.

IT IS ONLY TRYING TO SURVIVE. SURVIVAL IS THE GOAL FOR THE ORGANISM; ECSTASY IS THE GOAL OF THE ESSENCE. BEING BURNED AT THE STAKE WAS AN ECSTATIC EXPERIENCE FOR THE SOUL OF JOAN D'ARC. LIBERATION — WHETHER BY DEATH BY FIRE OR WHATEVER METHOD — IS THE GOAL. THE BODY SEEKS TO SURVIVE REGARDLESS.

Dr ____ asked if Michael was present during his examination of a difficult male patient, who appeared to be a latent homosexual and a florid hypochondriac.

MOST BABY SOULS SOMATIZE. ANY PATIENT WHO FIXATES ON A PARTICULAR ORGAN SYSTEM CAN USUALLY BE CATEGORIZED IMMEDIATELY. FOR INSTANCE, ALL ELDERLY LADIES WITH BOWEL FIXATIONS ARE BABY SOULS.

He was a Lunar. I couldn't read his cycle of souls. He wants to make a regular appointment to come in and tell me about the veins on his hands, etc. I want to avoid that, and I just drew a blank. I didn't know what to do.

THIS MALE IS BOTH UNDER LUNAR INFLUENCE AND HAS UNREALIZED HOMOSEXUAL URGES. BABY SOULS ARE ASHAMED OF THEIR SEXUALITY, WHETHER IT BE HOMO OR HETERO. HE CANNOT ACT OUT THIS INCLINATION.

Can you suggest any approach to this problem.

REASSURANCE IS THE ONLY ROUTE WE ARE AWARE OF, BUT PLEASE MAKE SURE THERE IS FREEDOM FROM REAL DISEASE. BABY SOULS USE THE COURTS EXCESSIVELY WHEN THEIR SENSE OF JUSTICE HAS BEEN OUTRAGEOUSLY INSULTED.

Dr ____ requested some help in handling a female patient who has had many operations, and now may have a common duct stone. He wonders if she is a red herring. Should he open her up or what?

IF YOU DO NOT, SOMEONE ELSE WILL. SHE IS ADDICTED TO POLYSURGERY AS A MEANS OF VENTILATING HER ANGER.

Dr ____ discussed his feelings of responsibility in the matter, and his unwillingness to exorcise her gastrointestinal demons in the absence of a stone.

WHETHER OR NOT SHE HAS A STONE IS IMMATERIAL TO THIS DISCUSSION. HOWEVER, SOME OF THESE UNFORTUNATE LADIES ARE STONE FORMERS PAR EXCELLANCE. IF SHE HAS A STONE REMOVED FROM HER COMMON DUCT, SHE WILL FORM ONE ELSEWHERE. WE KNOW OF MASSIVE CONCRETIONS CAUSED IN THIS MANNER.

Is there any way I can help her get to her emotions?

SHE IS QUITE INCAPABLE OF "GETTING TO" HER EMOTIONS.

I just want to know if my previous observation about aggressive Body Types was correct.

ESSENTIALLY [it was]. THIS CULTURE IS HYPOCRITICAL TOWARD AGGRESSION. THE CULTURE PRETENDS TO DECRY AGGRESSION, YET TEACHES IT TO THE YOUNG. CONFUSION RESULTS, AND MANY GROW UP BELIEVING THAT ALL AGGRESSIVE TENDENCIES ARE SOMEHOW NOT NICE. OTHERS GROW UP IN AN ATMOSPHERE OF AGGRESSIVE ABANDON. MOST ARE CONFUSED ABOUT THEIR OWN INTERNAL PASSIVE/AGGRESSIVE RATIO.

Now, will you repeat the question?

I am just saying that there are a good many variations within each Body Type. They are just not all the same. MOST DEVIATIONS ARE CULTURALLY INDUCED.

I think that all unhappiness results from greed, or wanting something. Greed imprisons you in maya.

JUST BECAUSE YOU HAVE A WANT DOES NOT MEAN THAT THE CHOSEN ONE MUST SUPPLY IT. YOU MAY NEED TO GO TO SEVERAL SOURCES. EXPECTATIONS ARE FOOLHARDY. GREED IS A LARGE PART OF MAYA.

I would like to know if Robert Burton is a Transcendental soul?

THE TRANSCENDENTAL SOUL DISPLACES AN OLDER SOUL WHEN IT MANIFESTS. THIS HAS NOT HAPPENED TO THIS MAN YET.

What is he now?

HE IS A FINAL LEVEL OLDER SOUL.

I would like to know about reincarnation as presented by Gurdjieff; in other words, "recurrence" [the idea that you live the *same* life over and over again till you get it right]. He says that we were all cycled through the same machine: In time we change bodies.

THIS MOST LIKELY REFERS TO ALTERNATIVE COURSES. TIME, OR ALL TIME, DOES EXIST, THOUGH NOT IN YOUR FRAME OF REFERENCE. THE SENSATION OF TIME "PASSING" IS VERY REAL ON YOUR PLANE. YOU BELIEVE THIS AT A DEEPER LEVEL, BUT ARE CONFUSED, AS WAS GEORGES [Gurdjieff]. YOU MAY NEED TO DUPLICATE THE TYPE OF LIFE THAT ABRAHAM LINCOLN LIVED, AND WHEN A PARALLEL TIME FRAME EVOLVES, YOU WILL. THESE TIME FRAMES ARE TWO THOUSAND YEAR CYCLES FOR THE MOST PART. THE AXIOM, "HISTORY REPEATS ITSELF", IS TRAGICALLY TRUE. YOU ARE NOW ON A PARALLEL TIME FRAME WITH THE TIME OF THE REIGN OF CAESAR AUGUSTUS.

I am confused.

IN ANOTHER FRAME OF REFERENCE, THE REIGN OF CAESAR AUGUSTUS IS JUST BEGINNING.

I have the feeling that somehow Michael is outside of these frames and sees them as we see a movie.

YES.

Then I could be Caesar Augustus in another frame of reference?

THERE WOULD BE NO NEED NOW FOR YOU TO DO THAT. THIS WAS A YOUNG SOUL. YOU CANNOT TRANSCEND THE TIME FRAMES IN THE PHYSICAL BODY, NOR CAN YOU REINCARNATE IN ANOTHER PHYSICAL REALITY.

If time as we know it does not exist, is there an absolute? I have the feeling that space is just standing still and

we're just moving through it — space and time.

_____ IS SAYING THE CORRECT WORDS WITHOUT COMPLETE UNDERSTANDING. THERE IS A TIME AXIS ABOUT WHICH PARALLEL UNIVERSES OF PHYSICAL REALITY REVOLVE. THE PLAY IS ETERNAL.

Is there time on the astral plane?

NOT AS YOU KNOW IT.

I did read Sir James Jean's book on time, and I've never thought about it since, but he projected this idea of movement through space. That's why time exists ahead and behind, and you could look ahead or behind if you knew how. Did Einstein ever get close to this?

CLOSE TO UNDERSTANDING, BUT MUCH FEAR. EINSTEIN WAS A MATURE SOUL.

Are there any Old soul mathematicians around working on this? I wanted to ask about Arthur Rosenfeld. I felt that he was a Young soul, a physicist and sharer of the Nobel Prize.

YES, HE IS, BUT MURRAY IS AN OLD SOUL.

Who is Murray?

Murray Gell-Mann.

That's interesting. Gell-Mann wouldn't have anything to do with anybody. Let's see; Alvarez might have been an Old soul also.

FIRST CYCLE OLD SOUL.

He was a Nobel Prize winner too — invented a lot of things too: invented radar. Then Owen Chamberlain was a Young soul, a Lunar, and a troubled soul?

FIRST CYCLE MATURE SOUL; TROUBLED.

What about Edward Teller: is he a Mature soul?

NO, THIS MAN IS A FINAL CYCLE YOUNG SOUL. HE HAS NO REAL SENSITIVITY.

06 October 1973

Saturday

WE ARE HERE WITH YOU TONIGHT.

I have a complaint and comment and a question. I don't seem to be able to change knowledge into "being" [a Gurdjieff term for spiritual growth], and I don't feel any different.

YOU DO APPROACH "BEING" UNDER THE INFLUENCE OF MARIJUANA. THIS IS AN INCONTROVERTIBLE MESSAGE ABOUT THE PACE OF YOUR LIFE. MARIJUANA SLOWS THE RESPONSES TO PHYSICAL PHENOMENA AND HEIGHTENS EMOTIONAL RESPONSE TO ALL EXPERIENCES. YOU FEEL THE MUSIC INSTEAD OF HEARING IT. THE FIVE PRIMITIVE SENSES BELONG TO FALSE PERSONALITY. THEY CAN BE COMPARED TO MARGARINE — THEY WILL NEVER BE BUTTER, NO MATTER HOW YOU COLOR THEM OR PACKAGE THEM. YOUR LIFE IS NOT GEARED FOR UNDERSTANDING, JUST TOILING. HOWEVER, JESUS WAS TRYING TO TELL THIS SAME TRUTH TWO THOUSAND YEARS AGO. WE KEEP TELLING YOU [that] YOU MUST CHOOSE YOUR PATH. IF THAT [chosen path] IS SPIRITUAL LIBERATION, THEN YOU MUST ELIMINATE THE DISTRACTIONS OF MAYA. IF THE GOAL IS DIFFERENT, THEN THE PATH WILL BE DIFFERENT, AND YOU ARE CORRECT IN ASSUMING THAT WE DON'T CARE [which path you choose]. WE IMPART THE LOGOS DISPASSIONATELY. IT IS YOURS TO ACCEPT OR REJECT.

Soleal said you have to use your own resources. Michael is saying, "Don't toil so much". That's what I'm complaining about. They say not to work so hard.

WE HOLD UP SOLEAL AS AN EXAMPLE OF HOW THIS CAN BE DONE BY SOMEONE LIVING VERY MUCH IN THE WORLD. HE IS NOT AN ASCETIC BY ANY STRETCH OF THE IMAGINATION. HE SIMPLY HAS LEARNED TO DISSOCIATE HIMSELF FROM THE MUNDANE AND CONCENTRATE ON THE ARCANE. THE DECISION TO PURSUE SPIRITUAL LIBERATION IS AN AGONIZING ONE FOR EVERYONE WHO MAKES IT, WITHOUT EXCEPTION. NO ADEPT HAS FOUND IT EASY. IF WE HAVE LED YOU TO THINK THAT BEING AN OLD SOUL MEANS BEING ON THE GRAVY TRAIN, THAT IS YOUR MISINTERPRETATION. IT IS PROBABLY THE MOST DIFFICULT [cycle] OF ALL. THE ONLY THING THAT MAKES IT BETTER IS YOUR OWN READINESS TO STAND APART FROM THE MAINSTREAM AND BEGIN TO VERIFY. THIS, OF COURSE, MAKES YOU EVEN ODDER THAN EVER.

SOLEAL HAS A TENDENCY NOT TO TRUST HIS DECISIONS UNTIL HE HAS FANTASIZED OVER THE

ALTERNATIVES, NONE OF WHICH ARE RELEVANT AND COME FROM VESTIGIAL FALSE PERSONALITY.

There's a thing that causes transformation and I'd like to know if love is the thing that causes the transformation. In the past, it was always aroused by someone else.

LOVE OF SELF.

Doesn't sound right.

EROS IS A PRODUCT OF FALSE PERSONALITY AND IS BASED ON THE SIGNS AND SYMBOLS OF THE PHYSICAL PLANE. THERE IS NOTHING SPIRITUAL ABOUT THIS AT ALL. IT IS BASED ON PHYSICAL ATTRACTIVENESS AND DEPENDS UPON STABILITY TO PERPETUATE ITSELF.

That still doesn't answer my question. Simply in the past, love always was directed toward someone; now what do we do, direct it towards God or Jesus?

They said direct it to yourself.

You can't do that — not a burning love inside yourself.

A DEEP SENSE OF SPIRITUAL SATISFACTION IS THE ONLY REWARD THAT WE KNOW OF. YOU MAY CALL IT ECSTASY OR WHATEVER YOU WISH. STOP A MOMENT AND ASK YOURSELF WHY IT IS THAT YOU SEARCH, AND FOR WHAT.

Tomas lectured to us so much on not being selfish, that that was incorrect to be selfish.

THAT DEPENDS ON YOUR PERCEPTION OF SELF. IF YOU PERCEIVE YOURSELVES AS PART OF THE LARGER WHOLE, THEN LOVING SELF BECOMES AGAPE.

It's a substitute search for me.

LOVING THE CREATIVE FORCE ITSELF REQUIRES SEPARATION FROM ANY PERSONIFICATION.

What do you mean, "substitute search"?

I found in this past thing this high state of love — every moment was overflowing. Day and night I was "turned on" — and that's the only way I know how to describe it — and now I'm too old and it's too late for this kind of search. So I take this substitute search. I've known all along it's a substitute search, and that the path is more difficult, and I plod along, and maybe it will result in feeling good in that high state.

THE SOUL EXPERIENCES ALL EMOTIONS AT A DIFFERENT LEVEL THAN DOES THE MORE TEMPORAL ORGANISM. THE VISCERAL PLEASURES ARE TEMPORARY. WE DO NOT SUGGEST THAT YOU ESCHEW THEM, JUST DO NOT EXPECT THEM TO SUSTAIN THE ESSENCE.

They are mistaken. They are taking it for visceral. What I'm saying is I experienced things on a high, spiritual level, and I'll never get back to that level.

THAT IS REALLY INACCURATE. YES, THAT WAS A HIGH EXPRESSION, BUT YOU CAN DUPLICATE IT.

There's this problem not being able to go around stoned all the time. A person might be able to meet someone. Unless I was stoned, I'd get no signals. My personality is turned off to that.

Is it possible to be high without the use of grass?

YOU TELL US. IS IT?

With meditation, I am close.

THEN PERHAPS, FOR YOU, IT WILL BE POSSIBLE. IT DOES NOT MATTER HOW THE LIBERATION COMES ABOUT. IF IT REQUIRES MARIJUANA FOR A WHILE, THEN SO BE IT.

Look at the Jehovah's Witnesses who come to the door. They certainly have a certain amount of love and enthusiasm for Jesus.

THERE IS A CERTAIN AMOUNT OF TRANSFERENCE OF EROTICISM IN THE "LOVE OF JESUS". IN THAT SITUATION YOU ARE MERELY SUBSTITUTING THE NONEXISTENT LOVER WITH THE PERSONIFICATION OF THE INFINITE SOUL.

When love is turned on, this in itself puts you on a high. Maybe that's "man number four" [balanced man] according to Gurdjieff, and it is not permanent.

THE LOVE OF THE LOGOS OR AGAPE PERMEATED THE BEING OF JESUS EVEN PRIOR TO THE MANIFESTATION. HE LIVED FOR THE WORD. THE QUEST FOR SPIRITUAL LIBERATION TOOK PRECEDENCE OVER ALL THINGS, SOMETIMES TO HIS DESPAIR PRIOR TO MANIFESTATION. THIS WAS AN EMOTIONALLY CENTERED MERCURY-SATURN. HE WAS PASSIONATE AND SENSUAL. WHEN OTHERS REJECTED HIS OPINIONS, HE WAS ASTONISHED.

I had the feeling that Robert Burton said that everybody good was Saturn. I had it beaten into me, and I guess

it is so. They are strong, smart, big, with strong teeth. When I learned the Body Type information, it really put me down. It's not a good feeling to be told you have a feminine body when you're a man. Venusians are weak and non-existent. There's nothing good about Venusians.

The same goes for the Lunar type — not much can you say about them that is good: timid, obstinate, feminine, ad nauseum.

I felt in Robert Burton's group that only men in the active Body Types could contribute anything to the group except for money. You could not even be his friend unless you were an active Body Type. The Body Type stuff is the Body Type stuff — I verified it as true.

THE BODY TYPES REFER TO CHARACTERISTICS THAT BELONG TO FALSE PERSONALITY. IT IS IN THE SAME CATEGORY AS SAYING, "I AM A TYPICAL LEO OR TAURUS". IF YOU BELIEVE YOURSELF TO BE A VICTIM OF YOUR BODY TYPE, YOU ARE. IN FACT, YOU ARE VIRTUALLY IMPRISONED BY IT. ANYTHING THAT IS TIED TO THE TEMPORAL PHYSICAL PLANE DEALS WITH FALSE PERSONALITY. THAT WHICH EXISTS SPIRITUALLY AND INDEPENDENT OF THE PHYSICAL IS OF THE ESSENCE.

My false personality latched on to the information as to "why I'm not good". Venusians are not generally successful.

NO, NOT IF THEY ALLOW THIS VERY STRONG SELF-DEPRECIATION FACTOR TO RULE THE ROOST.

If given the information and you go around carrying a green lantern and you say, "Look, I'm green".

It's like saying, "I always knew I was no good; now look, I have proof".

I have not been chosen for a significant role in life because of the type of my body. It is no good.

THE ROLE YOU HAVE CHOSEN IS NOT ONE OF DOMINANCE BY PHYSICAL PROWESS; NOR IS IT ONE OF FAILURE. THE ROLE YOU PLAY NOW IS NOT IN ESSENCE, MORE BECAUSE OF THE WAY YOU PLAY IT THAN THE SUBSTANCE OF THE ROLE. BEING A HEALER IS IN ESSENCE FOR YOU, BUT YOU HAVE LITTLE OPPORTUNITY TO DISPLAY THIS. YOU HAVE NO SUITABLE OUTLET FOR THE CREATIVITY THAT IS IN ESSENCE; THEREFORE YOU ARE FRUSTRATED MOST OF THE TIME.

Could we have a clarification of fragments and entities?

THE HIGHER PLANES EACH HAVE SEVEN LEVELS OF EVOLUTION, NOT JUST THE PHYSICAL. THE CONTINUOUS CREATIVE FORCE THAT IS UNIVERSAL CASTS OUT ENTITIES INTO PHYSICAL LIFETIMES. THESE ENTITIES FRAGMENT AND BECOME MANY DIFFERENT PERSONALITIES. THEIR INTEGRATION IS THE EVOLUTIONARY PATTERN FOR ALL SOULS. YOU DO NOT FEEL THE DESIRE TO SEEK THE REMAINING FRAGMENTS OF YOUR ENTITY UNTIL THE LAST PHYSICAL CYCLE. THEN AT THAT TIME THERE IS ALMOST A COMPULSION. YOU DO NOT ALWAYS KNOW WHY, BUT YOU ALWAYS DO SEEK. KURT VONNEGUT [an author] IS AN OLD SOUL WHO KNOWS THIS DIMLY, BUT DOES NOT KNOW THE REASON. [He] DOES KNOW THE THIRST AND HE HAS COME CLOSE, VERY CLOSE IN HIS WRITING. HE FEELS THE COMPULSION BUT DOES NOT UNDERSTAND THE REASONS FOR IT. HE HAS COME CLOSE SEVERAL TIMES IN HIS FICTIONAL WORKS. THIS CONCEPT DOES NOT HAVE TO BE EXPRESSED IN THEOLOGICAL TERMINOLOGY IN ORDER TO BE VALID. MANY WHO SEEK AND FIND ARE ATHEISTS. THAT IS ALL RIGHT. THE TAO DOES NOT REQUIRE BELIEF IN ORDER TO CONTINUE.

It seems that the unification of fragments goes on inter life. You can't do it here, can you?

YOU CAN, BUT IT IS DIFFICULT. IT REQUIRES PSYCHIC UNION, AND THAT BY DEFINITION REQUIRES THAT YOU BE AN ADEPT. THAT IS ALWAYS [sexually] POLAR. IT IS USUALLY DONE BETWEEN LIVES.

You could not possibly experience all there is to experience in forty nine lives. Do fragments experience between lives?

Can we assume then when the entity is reintegrated, it has experienced everything there is on the physical plane?

IT HAS EXPERIENCED ALL OF LIFE, YES. EACH FRAGMENT DOES NOT NEED ALL EXPERIENCES, BUT MOST FRAGMENTS CHOOSE TO EXPERIENCE ALL OF LIFE.

Can we live over and over the same type of vocation in many cycles.

IT IS NOT NECESSARY TO CHANGE THE PARTICULAR VOCATION AS MUCH AS THE LOCATION IN ORDER TO EXPERIENCE ALL OF LIFE. FOR INSTANCE, BEING A PHYSICIAN ON MAINLAND CHINA DOES IN NO WAY RESEMBLE BEING IN PRACTICE IN VALLEJO, CALIFORNIA.

Are towns segregated by age of souls?

BABY SOULS TEND TO CONGREGATE IN MID AMERICA TOWNS. THIS TO THEM REPRESENTS THE "GOOD LIFE". YOUNG SOULS LIKE THE URBAN LIFE OR THE COUNTRY. THE MATURE SOULS SEEK TRANQUILLITY,

AND IF THIS MEANS ISOLATION, THEN SO BE IT. OLD SOULS LIVE ALL OVER.

In my practice, I see so few people that I can relate to. They are happy to see me, I guess, but there is not much rapport. Their Centers are different. They're happy to come there, but there seems to be an overlay of IQ as well as income.

INTELLIGENCE MEANS DIFFERENT THINGS TO DIFFERENT CULTURES. SOME CULTURES STRESS SURVIVAL. OTHERS STRESS SCHOLASTICS. THEREBY HANGS THEIR CRITERIA FOR MEASURING INTELLIGENCE.

How about brain deficiency? How does that fit with karma?

GENETICALLY DETERMINED DEFICIENCIES DO EXIST. THEY ARE NOT PARTICULARLY DISTRIBUTED. IN OTHER WORDS, THERE IS A BAD GENE, BUT THIS CULTURE HAS NEVER STRESSED INTELLECTUAL PURSUITS AND NEVER WILL. THERE ARE NO SUPERIOR ORIENTAL GENES, BUT THIS CULTURE HAS ALWAYS STRESSED KNOWLEDGE, AND A CERTAIN AMOUNT OF THIS IS INCULCATED IN THE CULTURE SO DEEPLY THAT IT HAS BECOME HEREDITARY IN A VERY OBSCURE FASHION. IT IS IMMEASURABLE, BUT PERVASIVE. SOME OF YOU WERE BLACK IN PREVIOUS LIVES, AND SOME BLACKS HAVE BEEN WHITE. IN THEM THERE ARE RACIAL MEMORIES THAT CAUSE THEM TO SEEK OUTSIDE OF THEIR CULTURE.

Were all races created simultaneously? Is evolution still going on?

NEW SPECIES ARE NO LONGER APPEARING ON YOUR PLANET; ALTERATIONS CONTINUE. THE RACES EVOLVED FROM A SINGLE RACE. THEY ARE HYBRIDS.

Where was the location of the origin of the species?

IN THE MIDDLE EAST.

07 October 1973

Sunday

Someone stated that she had developed quite an admiration for Caius Octavian (Caesar Augustus) upon reading *Caesar and Christ*, and wished to know about him.

THIS EXTREMELY PERCEPTIVE FINAL LEVEL YOUNG SOUL BURNED MUCH KARMA AND ACCELERATED. HE CHOSE THE STATESMAN ROLE AGAIN IN THE RECENT PAST, AND IS A FIRST LEVEL OLD SOUL, RETURNED AS DAG HAMMARSKJOLD.

Then she stated that she wished to know more about Julius [Caesar]. She felt that he was a Mature soul and that this had held him back in a lot of ways, because he didn't seem to know who his enemies were.

HAD IT NOT BEEN FOR HIS ERRONEOUS PERCEPTIONS OF THOSE AROUND HIM, THIS FINAL LEVEL MATURE SOUL WOULD HAVE BEEN THE GREATEST OF YOUR WORLD'S LEADERS.

We asked, then if Julius was not the greatest world leader, who was, and Michael answered:

ELIZABETH THE FIRST.

08 October 1973

Monday, San Francisco

WE ARE HERE WITH YOU TONIGHT.

When you call Soleal, his thoughts are coming from 20 light years away.

We don't call him, by the way. The only time we have a session with him is when one of us feels the "presence".

THERE IS NO CONCEPT OF TIME AS YOU KNOW IT ON THE HIGH PLANES. THE PHYSICAL LAWS GOVERNING YOU ARE IRRELEVANT [there].

We were hoping that we might be able to speak to Soleal tonight.

SOLEAL IS NOT AVAILABLE PHYSICALLY AT THIS MOMENT.

A question was asked about fragments (this was unintelligible on the tape).

THE REASON YOU HAVE ALL COME TOGETHER, UNDER FAIRLY UNUSUAL CIRCUMSTANCES, IS, AS WE HAVE PREVIOUSLY INFORMED YOU, BECAUSE OF THE STRONG DRIVE OF THE OLD SOUL TO REUNITE WITH HIS FRAGMENTS. FALSE PERSONALITY IS AWARE OF THIS DRIVE, OF COURSE, AND OCCASIONALLY REJECTS SEEMINGLY UNSUITABLE RELATIONSHIPS BECAUSE OF THIS LACK OF KNOWLEDGE. TWO OF THE ENTITIES OF WHICH THIS GROUP IS A PART WERE FIRST BORN AT THE SAME TIME. THE DRIVE THERE IS

STRONGER.

ENTIRE ENTITIES ARE CAST FROM THE TAO. THEY FRAGMENT INTO PHYSICALLY TRAPPED SOULS FOR AS LONG AS IS NECESSARY FOR THEM TO EXPERIENCE ALL OF LIFE THROUGH THE CYCLES. THIS MEANS THAT WHEN [someone]'S ENTITY FIRST FRAGMENTED, OTHER ENTITIES FRAGMENTED ALSO.

Is this a process of growth and evolution, and for what purpose, or just indigenous, or if that is so, why? TO ENSURE THE CONTINUOUS CREATIVE FORCE IS THE ONLY PURPOSE WE KNOW. THE ENTITIES NO LONGER EARTH-BOUND EXPERIENCE LENGTHY PERIODS ON THE HIGH PLANES, AND AT THE END, REUNITE WITH THE PRIMEVAL FORCE THAT IS CREATION. THUS, THE CREATED BECOMES THE CREATOR, AND THE CYCLE REPEATS ITSELF AD INFINITUM. THIS IS INFINITY [eternity actually].

If someone else and I are part of the same entity, whose perception does the reunited entity have? THE WHOLE BECOMES THE SUM OF THE PARTS.

Do we then lose our individual perceptions?

YOU WILL LOSE YOUR INDIVIDUAL PERCEPTIONS LONG BEFORE YOU BECOME A MID CAUSAL TEACHER.

We hear so much about twin souls, and I would like to know about that.

DYADIC UNION OCCASIONALLY OCCURS WHILE THE PRINCIPALS ARE STILL ON THE PHYSICAL PLANE. THIS IS EXCEEDINGLY RARE AND HAPPENS ONLY AMONG FRAGMENTS OF THE SAME ENTITY. THESE UNIONS ARE ALWAYS [gender] POLAR, AND IT IS A DEVASTATING EXPERIENCE. SOULS SO UNITED ARE TRULY ONE FLESH.

Part of the following was not recorded.

Why is this devastating? What do you mean by polar?

THERE IS COMPLETE PSYCHIC UNION. THERE ARE NO LONGER ANY INDIVIDUAL PERCEPTIONS. THERE IS A TOTAL LOSS OF IDENTITY. ALL OF YOU WILL ESCAPE THIS FATE IN THIS LIFETIME, FOR YOUR STRONGEST ATTRACTIONS WITHIN THE GROUP ARE FOR THOSE OF THE SAME SEX.

I feel that I am was probably already at least one hundred reintegrated fragments.

YOU ARE ESSENTIALLY CORRECT. THERE ARE APPROXIMATELY TWENTY SEPARATE FRAGMENTS OF THAT ENTITY EXTANT ON THE PHYSICAL PLANE. ALL OF YOU ARE COMPOSITES OF COMPLETED MONADS.

How many fragments are in my composite?

APPROXIMATELY ONE HUNDRED AND FIFTY. ALL OF YOU NOW HAVE FRAGMENTS THAT ARE A PART OF THE MID ASTRAL SEQUENCE. [Where souls wait till all of their entity mates cycle off.]

I have past lives and so do the other fragments. When you come together, do you remember the other lives of the other fragments?

YOU DO EXPERIENCE THE FLASHES FROM ALL OF THE COMPOSITE FRAGMENTS. THIS IS WHY ____ IS SO CONFUSED RIGHT NOW.

Is this something like micro-akashic records? [The "akashic record" is the middle level of the middle plane.]

YES, BUT YOU MUST REMEMBER THAT ALL OF THE FRAGMENTS ARE NOT IN THE PHYSICAL BODY AT THE SAME TIME. GEORGES GURDJIEFF GLIMPSED THIS IN PART WHEN HE PRESENTED HIS THEORY OF RECURRENCE.

I feel that I've been cast into the wind, without direction, without control.

YOU ARE FREE TO CHOOSE. THE RUB COMES IN WHERE FALSE PERSONALITY, WHICH IS KARMA DRIVEN, MAKES MOST OF THE CHOICES, IN DIRECT OPPOSITION TO THE DESIRES OF THE ESSENCE.

The word "ego" was discussed extensively at this point. Unfortunately, there is no recording, so this scribe is unable to capture it in essence. However, someone did mention that he had been searching for fifty years, and he wondered how to get away from ego (false personality).

THE WORD DOES NOT MATTER SO MUCH AS YOUR UNDERSTANDING. HOWEVER, "EGO" TO THE PSYCHIATRIST NORMALLY MEANS "SELF", SO BE CERTAIN THAT YOU ALL UNDERSTAND EACH OTHER. FOR PURPOSE OF EASE IN TRANSMISSION, WE HAVE BEEN USING TERMINOLOGY FAMILIAR TO THE MAJORITY, WITH SOME VARIATION. FOR INSTANCE, WE PERCEIVE NO SCHISM BETWEEN "SELF", "SOUL", AND "ESSENCE". ALL ARE SPIRITUAL. FALSE PERSONALITY IS ATTACHED TO THE ORGANISM.

How is it practical for me to know about my fragments? Should I search for them?

IT IS MORE PRACTICAL NOT TO RESIST THAN TO TRY TO CONSCIOUSLY SEARCH. FALSE LEADS ARE POSSIBLE AT YOUR LEVEL [of spiritual development]. LEARN NOT TO ANALYZE YOUR INTUITION OUT OF

EXISTENCE; THAT IS A TRAIT OF FALSE PERSONALITY.

I see some parallels between the unconscious and the process of the soul, although we've been told the relationship of the ego to the others. I wonder if I can get some information as to where the unconscious falls in the psychological terms we just discussed?

WHEN CARL JUNG DESCRIBED THE COLLECTIVE CONSCIOUSNESS, HE WAS DESCRIBING HIS OWN APPREHENSION OF THE COLLECTIVE FRAGMENTS RESIDING IN HIS BODY. HE WAS DESCRIBING A DIRECT CONFRONTATION WITH HIS OWN SOUL. THIS HAS BECOME KNOWN POPULARLY AS THE SUBCONSCIOUS, SIMPLY THROUGH MISUNDERSTANDING. THROUGH THE AGES, THERE HAVE BEEN OLD SOULS MAKING THIS CONFRONTATION AND ATTEMPTING TO DESCRIBE IT. HE CAME CLOSER THAN MOST WESTERNERS. MYSTICISM HAS NEVER BEEN A COMPELLING FORCE IN WESTERN PHILOSOPHY.

But he called it the collective "unconscious", which is correct?

WE DISLIKE THE TERM "UNCONSCIOUS" — IT IS MEANINGLESS. THE SOUL IS ETERNALLY VIGILANT. THE FALSE PERSONALITY DOES NOT HAVE THE CAPACITY FOR BECOMING CONSCIOUS.

Internally I have, and I assume others have also, a great deal of pulling and shoving, sometimes like I'm composed of many different people. Some are in charge at one time and others are in charge at other times. Up until now, I had always assumed that this was the many "I's" in false personality [as taught by Gurdjieff]. Is it this, or is it the many fragments, or is it a mixture?

IT IS AN ADMIXTURE OF BOTH.

Is this why, when you see an Infant or Baby soul, you see simplicity there? It is just one fragment? And then with Old souls, you sense a complexity, and then in between, you see mixtures. Is this because the fragments are unified all along the line, beginning with the Infant souls?

THAT IS VALID TO A POINT. NOT MUCH UNITING OCCURS IN INFANCY.

Would this have any influence on Mature souls?

Yeah, that's what I was saying, because all along the line you seem to see more complexity.

Then perhaps the impact is greater at the level of the Mature soul than anywhere else. Is that valid?

NOT REALLY. THEIR PERCEPTIONS ARE SOMETIMES ERRONEOUS.

Hangmen, crooks, and thieves: all my past lives, that's what I'm composed of.

Yeah, me too.

BUT YOU MUST REMEMBER; THOSE LESSONS WERE LEARNED.

Is it possible to go through life without burning the karma that you had set out to burn in that life, or is it inevitable that you burn karma?

IT IS INEVITABLE THAT YOU PLAY OUT THE [karmic] ROLE YOU CHOSE. IT IS NOT NECESSARY THAT YOU ALWAYS CHOOSE A DIFFICULT ROLE.

Does it sometimes take more than one lifetime to learn the lesson? I mean, he's asking if you choose a role, it's all over with, but I'm asking, might you not have to play it over and over again?

MANY TIMES YOU HAVE CHOSEN ALMOST IDENTICAL ROLES IN ORDER TO PLAY OUT A MONAD. ONLY THE TIME AND LOCATIONS WERE DIFFERENT.

At what point do we make our choice?

THE CHOICE IS MADE ON THE ASTRAL LEVEL BETWEEN LIVES. YOUNG SOULS QUITE OFTEN HAVE VERY LITERAL CONCEPTS OF HEAVEN AND HELL. THEY MUST EXPERIENCE THIS, AS THEY CREATE IT OUT OF ASTRAL MATTER.

We've been told that we go to school between lives. Is this accurate?

"SCHOOL" IS A DECEPTIVE TERM. THERE IS MUCH TIME FOR REFLECTION, AND MUCH GUIDANCE. MANY SOULS REMAIN SUSPENDED IN A LIMBO OF THEIR OWN MANIFESTATION FOR MANY OF YOUR YEARS. OLD SOULS WELCOME THE INTERVAL. THERE IS NORMALLY A VERY SHORT TRANSITION FROM THE PHYSICAL BODY TO THE LOW ASTRAL PLANES.

Can you tell us about the astral plane and its levels?

THE FIRST LEVEL OF THE ASTRAL PLANE IS POPULATED BY LIVING FRAGMENTS ADEPT AT ASTRAL TRAVEL, AND THOSE SOULS WHO PENETRATE THIS PLANE ACCIDENTALLY THROUGH DRUGS. THE SECOND LEVEL OF THE ASTRAL PLANE IS INHABITED BY ALL THOSE BETWEEN [physical] BODIES. THE THIRD LEVEL ATTRACTS OLD SOULS WHO ARE TRYING TO BURN FINAL KARMA WITHOUT BEING REBORN. THE MID ASTRAL BODIES ARE PARTIALLY REUNITED ENTITIES. YOU HAVE MANIFESTED A MID ASTRAL ENTITY PREVIOUSLY

[Tomas]. THE THREE HIGHER LEVELS ARE PROGRESSIVELY INTEGRATED. ACCESS TO THE HIGH PLANES IS THROUGH THESE LEVELS. EVEN VERY HIGH ADEPTS SUCH AS SOLEAL HAVE FANTASIES CONCERNING THE HIGH PLANES. WE HAVE CONFRONTED HIM ON THE LOW ASTRAL PLANE, AND HAVE BEEN REQUIRED TO DESCEND A STAIRCASE WHICH DOES NOT EXIST EXCEPT IN HIS MIND.

What is meant by the high planes?

BY "HIGH PLANES" WE REFER TO THE CAUSAL AND BEYOND.

Does the path become harder as your soul evolves and becomes older?

DIFFICULTY IS RELATIVE TO THE PERCEIVER. NOT STRICTLY SPEAKING — IT SHOULD BECOME EASIER. IT IS SIMPLY THAT MORE OF THE PIECES FIT INTO THE PUZZLE, AND YOU ARE FACED WITH AN INCREASINGLY ALARMING VOLUME OF DATA UNTIL YOU ALLOW YOURSELF TO PERCEIVE THE SYNTHESIS.

Did Christ know about atomic theory when He was in the physical body?

NOT AS AN OLD SOUL, BUT WHEN THE HIGH MENTAL BODY [Infinite soul] MANIFESTED, IT BROUGHT THE SUM OF THE LOGOS TO BEAR.

There was discussion about the Transcendental and Infinite souls and their place on the reincarnational cycle; about the possibility of the Transcendental soul manifesting through Robert Burton, etc.

THAT IS OVERSIMPLIFICATION. THE TRANSCENDENTAL SOUL IS ONLY SUCH WHEN IT IS MANIFEST ON THE PHYSICAL PLANE, AS IS THE INFINITE SOUL. THE HIGH CAUSAL BODY [Transcendental soul] IS CAPABLE OF DISPLACING MANY SOULS AT ONCE. THIS WILL OCCUR WITHIN THE NEXT DECADE. MANY MUST SIT AT THE FEET OF LIVING MASTERS. YOU ARE NOW LIVING IN A LARGE, COMPLEX SOCIETY. A JEWISH CARPENTER WOULD HARDLY BE APROPOS.

Will He be a Russian?

THE HIGH MENTAL BODY [Infinite soul] WILL MANIFEST. LOOK AROUND YOU; DO YOU NOT THINK THAT THIS IS NECESSARY? THERE IS SOCIAL AND POLITICAL UNREST, INTERNECINE [mutually destructive] AND INTERRACIAL WARS, RELIGIOUS SCHISM — ALL EXISTING SIMULTANEOUSLY IN A POWDER KEG OF NUCLEAR POWER. THE MANIFESTATION WILL BE A VERY DIFFERENT TYPE. THE PROBLEMS ARE NOT SO DIFFERENT AS THEY ARE MORE DANGEROUS.

We discussed the present Israel-Syria conflict, and the possibility of the destruction of ancient shrines. Someone asked for a comment on that conflict.

WHAT WAS OCCURRING ABOUT TWO THOUSAND YEARS AGO IN SYRIA-PALESTINE? WE HAVE TOLD YOU THAT YOU ARE ON A PARALLEL TIME FRAME. THESE VERY ANCIENT ENEMIES HAVE BETTER INSTRUMENTS OF WAR NOW THAN THEN. THE BOOK-BURNING THREAT IS REAL. THE ROLE HAS NOT BEEN CHOSEN, BUT IT WAS IN THE PAST.

We had discussed the burning of the library at Alexandria by Justinian, and someone voiced the fear that perhaps this would be repeated, but this time out of shame, so that future generations would not know how irresponsible we were. Then he asked Michael if the books were burned at Alexandria out of shame.

MISGUIDED ZEAL. HE REGARDED SCIENCE AS EVIL.

Someone then asked for a statement on war, wondering why it was necessary, and why it was imposed on us.

THE HIGH [Causal and Mental Plane] BODIES IMPOSE NOTHING. THE CYCLES IMPOSE THEIR OWN KARMA. THE REASONS FOR THIS BECOME CRYSTAL CLEAR WHEN ONE STUDIES THE PERCEPTIONS OF THE WORLD AND SELF THROUGH THE CYCLES. MANY NATIONS ARE NOW HEAVILY POPULATED WITH EARLY CYCLE YOUNG SOULS. YOUR OWN IS THE PRIME EXAMPLE. OTHER NATIONS ARE HEAVILY POPULATED BY MATURE SOULS. THESE ARE THE NATIONS WHO CHOSE NEUTRALITY IN WORLD WAR TWO. OLD SOUL NATIONS ARE ACTIVELY PACIFIC, AND SUBMIT TO DOMINATION RATHER THAN FIGHT.

Could we stop all wars?

YOU CANNOT DO IT. THERE WOULD BE MINIMUM COOPERATION AND YOU WOULD JUST BECOME A NEEDLESS MARTYR.

We all have negativity and there is all this evil. What do we do with it? How do we handle it?

EVIL PER SE EXISTS ONLY IN THE MINDS OF THOSE PERCEIVING AN ACTION. IF YOU HAPPEN TO BE A YOUNG SOUL, YOUR DESIRE WILL BE TO CHANGE THAT EVIL TO GOOD, "TO RIGHT THE UNRIGHTABLE WRONG". YOU WILL NOT HESITATE TO WIPE OUT THE LIVES THAT STAND IN YOUR WAY. AFTER ALL, ARE THEY NOT EVIL? MATURE SOULS OFTEN PERCEIVE EVIL IN THEMSELVES, AND SEEK TO EXORCISE THIS. YOUNG SOULS PERCEIVE THE DIFFERENCES IN PEOPLE OFTEN AS EVIL. THE OLD SOUL ORDINARILY DOES NOT PERCEIVE EVIL AS SUCH. HE PERCEIVES THE CAUSE AND DOES NOT SEEK TO ERADICATE THE AGENT.

THIS IS WHAT IS MEANT LOOSELY BY "ACCEPTANCE". ON A HIGHER LEVEL THIS ACCEPTANCE BECOMES AGAPE. YOUR NEGATIVITY CAN BE DISSOLVED AS SOON AS YOU REALIZE HOW FUTILE IT IS. SOULS ENTHRALLED IN [the] GLAMOUR OF THE PHYSICAL PLANE DO SENSELESS THINGS, GRANTED, BUT REALIZE THIS: THE SOUL IS ETERNAL; THESE ACTS ARE TEMPORAL.

13 October 1973

Saturday

WE ARE HERE WITH YOU TONIGHT.

Someone asked a question about burning karmic ribbons in order to make progress. Otherwise, he felt like he was standing still. Is it the same as overcoming the evil side of ourselves?

IN ORDER TO BEGIN WORK ON THE PATH, YOU MUST FIRST BURN THE KARMIC RIBBONS. THEY ARE OF THE PHYSICAL PLANE AND ARE CHALLENGED BY MAYA. NEGATIVITY CAN ONLY BE OVERCOME BY SOME POSITIVE ACTION ON YOUR PART. NO ONE CAN DO IT FOR YOU. YOUR REACTION TO A GIVEN SITUATION IS THE ONLY CRITERION UPON WHICH THE JUDGMENT, GOOD VERSUS BAD, RESTS.

How do you burn the ribbons?

WE HAVE SAID THIS BEFORE, BUT WE WILL REPEAT: AS YOU REAP, SO YOU SHALL SOW; AS YOU SOW, YOU SHALL REAP. THE "RIBBONS" ARE MERELY OUR WAY OF EXPRESSING THAT WHICH DRAWS YOU IRRESISTIBLY TO PERSONS, PLACES, ERAS AND SITUATIONS SO THAT THE PLAY CAN GO ON. SOME MUST WAIT MANY YEARS TO PASS BEFORE THE OPPORTUNITY ARISES AGAIN AND PRESENTS THE SCENE WITH THE ROLES REVERSED.

A person may become stuck at the same point. Is he pulled or pushed by some force? It seems you are required to make some action to move.

YOU ARE MERELY GIVEN A SET OF PLANS AND TOOLS: THE REST [of the construction project of karma] IS UP TO YOU. THE PLAY GOES ON FOREVER.

I've played the same game for 45 years; it was unchanging. I could have spent my whole life in one spot. Is it my own volition or by chance to change my life?

INTELLIGENCE IS NOT A DETERMINING FACTOR, AT LEAST NOT IN TERMS OF SCHOLASTIC PROWESS. IT IS MORE A SUBTLE DISCERNMENT STEMMING FROM MEMORY EXPERIENCE AND THE SHEER POWER OF [soul] AGE. THE YOUNG SOUL IS LOST TO THE SEARCH JUST AS THE CHILD OF TEN WOULD BE LOST IN THE BUSINESS [world]. THE MATURE SOUL HAS ALL OF THE CONFLICTS OF THE CELESTIAL ADOLESCENT OR YOUNG ADULT. ONLY THE OLD SOUL HAS THE EXPERIENCE TO SURRENDER TO THE DESIRE.

I would like to ask if there is any significance in the fact that little children bring me many wounded birds and I raise them until they are well. Does this have any meaning for me?

NONE OTHER THAN OLD SOULS NORMALLY HAVE AN AFFINITY FOR ALL LIVING THINGS. THE PERCEPTIONS OF CHILDREN ARE SURPRISINGLY KEEN. ABUSED AND TROUBLED CHILDREN OFTEN KNOW WHERE TO FIND AN OLD SOUL. CHILDREN FEEL MUCH MORE ACUTELY THAN ADULTS. THIS CAN BE EITHER POSITIVE OR NEGATIVE.

I am concerned about the slow growth of the group. It was said that we should spread the logos.

IT IS THE MANNER IN WHICH IT IS BEING PRESENTED THAT FRIGHTENS MANY. ARRANGE THE DATA IN SOME SUITABLE FORM AND TEACH IT YOURSELVES. WE WILL BE WITH YOU TO KEEP YOU FROM EMBELLISHING.

17 October 1973

Wednesday

WE ARE HERE WITH YOU TONIGHT.

WHAT ARE YOUR BURNING QUESTIONS?

One more question which my daughter, requested me to ask: will "EST", which she is in the process of experiencing, help her to burn karmic ribbons?

SOMETHING LIKE "ERHARD SENSITIVITY TRAINING" DOES NOT BURN RIBBONS, BUT THE EXPERIENCE COULD CONCEIVABLY PUT HER IN TOUCH WITH UNTAPPED INNER RESOURCES THAT WOULD ENABLE HER TO MAKE WISE CHOICES IN THE FUTURE AND THUS BURN THE RIBBONS.

Someone wanted to know if children could be helped by EST.
THE CHILDREN WOULD BENEFIT ENORMOUSLY.

I would like to know what level my son is. He is 14 years old.
HE IS A THIRD LEVEL OLD SOUL. THIS CHILD IS GIFTED.

What do I do with his gifts

ALLOW HIM TO DEVELOP THEM. HE COULD BE A POWERFUL PSYCHIC. HE EXPRESSES THIS MUSICALLY. (He possesses) THE INTUITIVE SENSE OF UNDERSTANDING SO OFTEN PRESENT IN OLDER SOULS.

It is hard to tell the level of Mercurial souls, as they have this young look about them — bright, sparkley eyes. Is it possible to identify how many fragments are united, and can we begin to identify them?

UNDER HYPNOSIS VERY ADVANCED STUDENTS CAN IDENTIFY THEIR OWN FRAGMENTS. YOU CAN SOMETIMES IDENTIFY FRAGMENTS IN OTHERS BY DIVERSITY.

Must mean by the diversity of the person.

If a person has [united] fragments on the astral plane, do they try to influence fragments on the physical plane?

YES.

I would like to verify if our radiologist is a Baby soul. He seems naive. It has nothing to do with competence — it is his behavior.

THAT IS VALID. THE SOCIAL BEHAVIOR OF BABY SOULS IS NORMALLY A DEAD GIVEAWAY. THEY HAVE NONE OF THE SMOOTHNESS OF THE OLDER CYCLES. NEW SITUATIONS FRIGHTEN THEM. CHANGE OF ANY TYPE IS THREATENING. THE YOUNG SOUL IS USUALLY POLISHED AND POISED SOCIALLY. THE MATURE SOUL IS SOMETIMES NERVOUS IN CROWDS IF THE VIBRATIONS ARE BAD, BUT THEY ARE EXACTING IN THEIR SOCIAL RELATIONSHIPS. THE OLD SOUL IS CASUAL ABOUT EVERYTHING. BABY SOULS TEND TO BE IMMACULATE ABOUT PERSON AND HOME — HAVE STRONG FEELINGS ABOUT HYGIENE. THEY LIVE BY STANDARD CLICHÉS, AND, AFTER ALL, “CLEANLINESS IS NEXT TO GODLINESS”. THE YOUNG SOUL OFTEN KEEPS EXTERNAL APPEARANCES: SHOVS EVERYTHING INTO THE CLOSET BEFORE THE COMPANY COMES. THE MATURE SOUL GOES IN SPURTS: ONE DAY CLEAN, THE NEXT DAY, NOT TOO CLEAN. THE OLD SOUL USUALLY DOES NOT BOTHER TO SHOVE ANYTHING IN THE CLOSET — WHO CARES? THE BABY SOULS REGULARLY CLEAN DRAWERS, CUPBOARDS AND THE TOPS OF REFRIGERATORS.

I would like to know what the nature of the next overleaf is?

WE WERE HOPING TO TIE THOSE YOU ALREADY HAVE TOGETHER BEFORE GOING ON. HOWEVER, THERE ARE FOUR MORE INFLUENCES THAT COME INTO PLAY AND DETERMINE THE ROLES THAT ARE CHOSEN AND HOW THE ACTORS PERFORM IN THEM. THERE ARE SEVEN MAJOR LIFE “ROLES”.

What good is it to know people's soul levels?

THERE IS NO PARTICULAR ADVANTAGE TO KNOW THIS UNLESS YOU PLAN TO PUT IT INTO PRACTICE IN HELPING YOU TO OBSERVE YOURSELVES AND THOSE AROUND YOU, TOWARD IMPROVING YOUR INTERACTIONS IN A POSITIVE FASHION. THERE IS NO SPECIFIC ADVANTAGE TO A LEVEL ON THE CYCLE. SELF-AGGRANDIZEMENT [for being an older soul than someone else] IS MAYA TOO, OF A MOST NEGATIVE SORT.

There is no advantage of being on one level over another one. No one trapped in one Center is better off than another somewhere else. Since it was said that I was Moving Centered, that means I can get to my Moving Center more readily than someone trapped in Emotional or Intellectual Center.

THAT IS MERELY A SUGGESTION, NOT A COMMAND.

I would like to ask about a recurring dream I have had and the significance of it.

YOUR DREAM IS HIGHLY SYMBOLIC OF AN INCIDENT THAT HAPPENED WHEN YOU WERE THREE YEARS OLD. HYPNOSIS WOULD HELP RECOVER THE INCIDENT. MARIJUANA MIGHT ALSO.

If the incident bothers you, you could have hypnosis.

It does not bother me. I get the feeling of falling through a long tunnel, and there are large, bulbous shapes. It's the only dream I can remember having more than once.

THE SENSATIONS OF FALLING OFTEN ACCOMPANIES THE SUDDEN RETURN TO THE BODY AFTER ASTRAL SOJOURNS. ALL OF YOU DO SPEND PART OF THE LIGHT SLEEP ON THE ASTRAL PLANE.

Why is sleep necessary?

SLEEP IS NECESSARY TO REPAIR PSYCHIC TRAUMA. THE LESS YOU INCUR, THE LESS YOU NEED TO SLEEP.

DEEP WOUNDING REQUIRES MUCH SLEEP. OF COURSE, PSYCHIC TRAUMA IS SELF-INFLICTED AND USUALLY KICKS OFF A CHAIN REACTION, RESULTING IN LIFELONG SLEEP HABITS. THE MORE YOU REPRESS, THE MORE YOU DREAM. THOSE WHO DO NOT REPRESS CAN SPEND MOST OF THEIR SLEEP PERIODS ON THE ASTRAL PLANE. SOLEAL IS A GOOD EXAMPLE.

Are karmic ribbons influenced by false personality?

YES. ENTRAPMENT IN THE BODY AND THE CHIEF FEATURE ARE KARMA FOR ESSENCE. ALL OTHER[karmic ribbon]S ARISE FROM ACTIONS BORN OF THE WAKING SLEEP. IF YOU WERE AWAKE, YOU WOULD NOT DO IT.

Gurdjieff says that most people pass their lives in the “waking sleep”. If you want to verify it, just try to remember what you had for dinner last Tuesday, or how many traffic lights did you drive through when you came over here.

Is it fate if you are psychic and predict the future?

They told us that was bad work. It does not do any good to know the answer. We have to work out answers for ourselves. Tomas predicted the second coming, but as far as our own lives go, it is not good work to ask for answers for the future. All choices are yours. You even choose your [essence] role.

THIS RESURGENCE OF INTEREST IS A HARBINGER. IT WOULD BE INTERESTING FOR YOU TO CHECK WITH LOCAL BOOK SELLERS AND ASK THEM WHAT TYPE OF LITERATURE IS MOVING.

Someone mentioned a book she had read recently, and we wondered what was causing the resurgence. IT IS CALLED MESSIANIC FEVER.

Just look around you — the ancient enemies are at it again; political unrest, religious schism. Tomas told us that the Infinite soul would manifest in 1997 and bring the Logos to bear.

20 October 1973

Saturday

WE ARE HERE WITH YOU TONIGHT.

Is the Messiah necessary to complete the Monad?

YES; ALSO TO BEGIN THE NEW CYCLE. PROGRESS ALWAYS OCCURS TOWARD THE END OF THE CYCLE. SPIRITUAL AND MATERIAL PROGRESS IS USUALLY AT ITS PEAK DURING THE WANING CYCLE.

If the information we receive from other sources is correct, we are going to have to transport many souls to other planets. There is the energy crisis, the over-pollution cycle, and the overpopulation cycle. Looks like the major end of the cycle of mankind on earth; or is this just scare propaganda?

THAT IS SCARE PROPAGANDA. THERE HAS BEEN A RADICAL DECLINE IN [the] POPULATION [growth rate], WHICH WILL NOT BE FELT FOR SEVERAL GENERATIONS, BUT WILL CONTINUE FOR MANY GENERATIONS. THE GREAT LEVELERS OF THE PAST ARE NO LONGER EFFECTIVE, SO SOMETHING ELSE MUST TAKE THE PLACE OF THE PLAGUES AND NATURAL DISASTERS OF PAST ERAS. BUCKMINSTER FULLER DOES NICELY, AND SO DO MANY OTHERS LIKE HIM. THEY HAVE AN IMPORTANT TASK. SOME ARE AWARE; OTHERS ARE DRIVEN BLINDLY.

We discussed the fact that Michael had already told us that he did not foresee a nuclear war as the end of mankind on this planet. Also the fact that this world is heavy on Young and Mature souls who still have a long way to go in their evolution.

YOU HAVE ALL MADE STRIDES TOWARD ELIMINATING SUPERFLUOUS MATERIAL POSSESSIONS. DON'T FALL INTO THE TRAP OF BEGRUDGING YOUNGER SOULS THEIR POSSESSIONS. THIS IS MERELY TRANSFERENCE OF IDENTIFICATION, AND EQUALLY PERVASIVE. TEACHING IS A FULL TIME OBLIGATION. IF YOU WISH TO MAKE THIS COMMITMENT, YOU MUST RESIGN YOURSELVES TO THE FACT THAT SOMEONE MUST SUPPORT THE TEACHING. IN ORDER TO STAY ALIVE, YOU MUST EAT. WE SEE NO VIRTUE IN CRIPPLING ASCETICISM. THE DANGER LIES IN IMMODERATION.

The question I have concerns alchemy. This past week I became aware that there is a quality in people that is beyond Body Types and soul cycles, and has to do with coarseness and refinement, and as I understand it, this has to do with a metal, either gold, silver, copper or lead. The reason that I saw this is because I have so many coarse and unrefined patients, who are probably people of lead.

THE DIFFERENCE YOU PERCEIVE PERTAINS TO THE NEXT MAJOR OVERLEAF, THAT OF “ROLES”. THE ROLES ARE CHOSEN IN THE BEGINNING AND FOLLOWED THROUGHOUT. SLAVE IS ONE.

Well is there such a thing as alchemy?

THAT IS ONLY PARTIALLY VALID, IN THAT CERTAIN SOULS HAVE AN AFFINITY TO HEAVY METALS SUCH AS PLATINUM, GOLD, SILVER, LEAD, AND THE LIGHTER METALS, SUCH AS COPPER.

I have a question about this problem of “troubled souls” Michael has mentioned several times, and it seems to me that all souls are troubled. This sounds like an area we ought to ask about. Are there untroubled souls?

FEW BABY SOULS ARE EVER TRULY TROUBLED. THEY RARELY QUESTION THEIR MOTIVATION, AND EVERYTHING THAT HAPPENS TO THEM IS EITHER BECAUSE THEY WERE BAD AND ARE BEING PUNISHED, OR BECAUSE THEY WERE GOOD AND ARE BEING REWARDED. THINK OF THE TWO AND THREE YEAR OLD CHILD WHEN YOU THINK OF BABY SOULS. THINK OF THE BRIGHT, LOVABLE, OVERLY ENERGETIC, QUICK, INQUISITIVE EIGHT TO TWELVE YEAR OLDS WHEN YOU THINK OF YOUNG SOULS. THINK OF THE EMOTIONALLY DISTURBED TEENAGER WHEN THINKING OF MATURE SOULS. THE WISER YOUNG ADULT IS THE OLD SOULS.

Are the ages of man, as put forth by Shakespeare, another overleaf?

NOT COMPLETELY. SHAKESPEARE, LIKE JUNG, DID NOT BECOME AWARE OF THIS TEACHING [on soul age] UNTIL VERY LATE IN LIFE.

I’m glad that is not another overleaf, because it is something that we already knew. I would like more information on troubled souls.

WHEN WE SPEAK OF TROUBLED SOULS, WE SPEAK OF A CLOUDING OF REASON LEADING TO DISINTEGRATION OF THE FUNCTIONING PSYCHE.

Well what happens? Do they ever get it back together again?

NOT IN THAT LIFETIME.

Well it must be the karma that is troubling it, isn’t it? Wouldn’t you assume that?

THERE IS A GENERAL BOMBARDMENT OF UNFAMILIAR STIMULI DURING THE MATURE CYCLE. THIS IS DIFFICULT TO COPE WITH AT BEST. IF A SOUL HAS CHOSEN A PASSIVE ROLE AND BODY, THE PRESSURE CAN BECOME INTOLERABLE, ESPECIALLY IF POOR ENVIRONMENTAL CHOICES ARE MADE. YOU SEE, THE ULTIMATE CHOICE IS ALWAYS UP TO YOU. WE ONLY OFFER GUIDANCE. NEVER DO WE IMPOSE THE CHOICE.

If you observe person “A” and person “B” closely, shutting out everything else, like a Vignette, you get a touch of their soul and they are all different. I’ve never seen any two alike, and yet we’re all supposed to be a part of the “one”. There seems to be an individuality — it’s a flavor or perfume — not an experiential thing. This must carry over into the astral cycles and other cycles.

THERE IS A SHRED OF INDIVIDUALITY LEFT WHEN YOU HAVE ALL OF THE OVERLEAVES, BUT REALLY VERY SLIGHT. YOU NOW HAVE HALF THE STORY. YOU WILL PERCEIVE LESS INDIVIDUALITY WHEN YOU BEGIN TO PERCEIVE THEM IN THEIR ROLES.

One factors put me out of Robert Burton’s [Gurdjieff] group, this exercise of not using “very, really, a lot”. I notice that Michael uses these words — not often, but they did use “very” tonight. I’d like a comment on that. Formatory language is really another subject.

WE DO NOT OBJECT TO EXPRESSIONS OF ENTHUSIASM WHEN ENTHUSIASM IS GENUINE. IT IS WHEN YOU FEEL COMPELLED TO EXCLAIM THAT IT BECOMES FORMATORY AND OF THE “WAKING SLEEP”. THE EXPRESSION “FAR OUT” CAN BE VALID OR IT CAN BE INANE.

Michael was asked to comment on “power places”, and asked whether it was true that the power people made the power places.

SOME LAND HAS POWER INTRINSIC WITHIN IT, JUST AS THERE ARE POWER PEOPLE. POWER SPOTS GENERATE ENORMOUS ENERGY AND GIVE IT TO EVEN THE WEAKEST PERSON THERE. POWER PEOPLE STRENGTHEN WEAK SPOTS ALSO. TAOS IS STRONG BECAUSE IT IS A POWER SPOT FILLED WITH POWER PEOPLE; BIG SUR TOO — THEY ARE THE STRONGEST. TAHOE AND GRANT’S PASS ARE POWER VORTICES, BUT THE POWER PEOPLE HAVE NOT FOUND THEM YET.

We seem to always find obstacles in our path. Is this part of karma for us, or is it something that we are imagining.

FALSE PERSONALITY DOES NOT WANT YOU TO HAVE A COMMUNE.

I would like to know if part of the discomfiture I have is due to my Role?

YES, THE ROLE YOU CHOSE IS NO LONGER MET IN THE PROFESSION YOU FOLLOW. THERE WAS A TIME

WHEN MEDICINE WAS AN ART.

Well, is my Role as an artist?

AS AN "ARTISAN," YES. THIS [Role] INCLUDES ALL ART FORMS.

It seems that I've always been a very nervous person. I have all these nervous tics and nervous habits, and I feel that I lose a lot of energy because of this.

WHEN YOU STOP FULFILLING THE NEEDS OF OTHERS AND BEGIN FULFILLING THE NEEDS OF YOURSELF, THE GRIMACES WILL DISAPPEAR. [In a later session it was said that he has the Goal of Acceptance.]

What is the best way I can overcome my nervousness?

YOUR NERVOUSNESS STEMS FROM WHAT YOU FANTASIZE TO BE OTHER'S EXPECTATIONS OF YOU: YOUR MOTHER, YOUR FIRST GRADE TEACHER, EVEN YOUR WIFE.

What is the best way to overcome that?

STOP CARING WHAT THEY EXPECT. YOU WILL NOT PLEASE THEM ANYWAY.

I would like to know if the Gurdjieff idea of Man #1 [physically focused], Man #2 [emotionally focused], Man #3 [mentally focused], etcetera, is correct, and if so, at what level am I.

IT IS VALID WHEN THE MAN NUMBER SIX IS THOUGHT OF AS THE TRANSCENDENTAL SOUL. YOU ARE GOING TOWARD BALANCE [Man #4]. FEAR OF EMOTIONAL ABANDON HOLDS YOU BACK — THE FEAR OF LOSING EMOTIONAL CONTROL.

I've never thought of myself as a teacher in any sense, and I have apprehension about trying to impart knowledge to other people. Is it possible for me to do this?

YOUR TEACHING WILL BE NONVERBAL, THROUGH YOUR HANDS.

Why do people dump their problems on me?

BECAUSE THEY ARE LOOKING FOR AN OLD SOUL TO DUMP ON, AND YOU ARE THERE.

I wonder if I should ask _____ to come into the group?

YES, HE IS A REAL SEEKER. [But] WARRIORS ARE [often] THE LAST TO SEEK.

I just wonder if, through meditation, each of us could contact the reunited fragments of our entities.

WE ARE NAMELESS, BUT YES, YOU COULD COMMUNICATE.

If I were to try to contact my entity, what would I meditate on?

YOU WOULD CONCENTRATE ON YOUR ENTITY.

Well, what would you concentrate on?

THINK OF THE FREE-FLOATING ESSENCE, DEVOID OF MAYA.

23 October 1973

Tuesday

WE ARE HERE WITH YOU TONIGHT.

I'd like to know the source of the psychic phenomenon I have been experiencing lately.

THE MATURE SOUL BEGINS TO SEEK AND TO QUESTION MOTIVATION FOR ALL LIFE ACTIONS. WHEN THIS HAPPENS, THERE IS A GRADUAL OPENING UP OF THE SOUL. WHEN THIS OCCURS, WE CAN MAKE LIMITED CONTACT. MORE OF THE UNUSED PORTION OF THE BRAIN COMES INTO PLAY DURING THIS CYCLE, AND PSYCHIC PHENOMENA OCCUR WITH MORE FREQUENCY UNTIL THEY ARE FINALLY ACKNOWLEDGED, AND THE SERIOUS WORK BEGINS.

What can I do to enhance this for more information to be released? What am I doing to keep myself where I am?

LEARN TO MEDITATE AND INCORPORATE IT INTO YOUR LIFESTYLE. LEARN THE DIFFERENCE BETWEEN MEDITATION AND CONCENTRATION.

Am I giving myself this bursitis that I have?

WE DO NOT DETECT ELEMENTS OF SOMATIZATION.

I'm having an internal conflict right now based on certain information I have received, and I want to know if the conflict is justified.

NO CONFLICT IS EVER JUSTIFIED. THERE IS MUCH YOU DO NOT UNDERSTAND. WHEN YOU "FLASH" ON

THE UNDERSTANDING, THE CONFLICT WILL DISAPPEAR. DON'T BROOD ABOUT THIS.

What is my role in my present life; one I can't perceive yet?

WE SEE YOU REACHING A BETTER SPACE WITHIN. WE HAVE NOT TALKED WITH YOU BEFORE AND WISH TO EMPHASIZE THAT YOURS IS A STEEP PATH. ALL MATURE SOULS HAVE THIS AS THEIR TASK.

Last week or so I felt hung-up in mid space about what is happening. The first feeling was one of letting go. I dislike discipline and still I feel I ought to let go. I feel suspended in between — reaching for something. I want to be free. What is happening?

YOU ARE MAKING AN AGONIZING INNER COMPARISON OF WHAT YOU HAVE COME TO KNOW AS FAMILIAR AND WHAT YOU ARE NOW BEGINNING TO SEE AS "REAL". THIS MEANS A DECISION MUST BE MADE AS TO WHETHER YOU GO ON PURSUING THE UNKNOWN OR LET IT RIDE THIS TIME AROUND AND TRY AGAIN ANOTHER TIME. THE LETTING GO IS AN ARDUOUS PROCESS, WE REALIZE THAT. WE DO NOT HAVE ADVICE FOR YOU ON THIS. IT IS SOLELY UP TO YOU.

I feel hung up in suspended animation. I resent the discipline I may have to put upon myself.

THE DISCIPLINE IS DIFFERENT BUT NO MORE STRENUOUS THAN THAT TO WHICH YOU HAVE BEEN EXPOSED THIS WHOLE LIFETIME.

Can passive Body Types be a Warrior?

YES. THE PASSIVE BODY TYPE IS SOMETHING THAT DOES NOT STAY WITH YOU; THE ROLE DOES.

Comments: We've been given only three Roles so far: Warrior, Artisan, and Slave. The Role persists throughout your lives. You choose your Role in the beginning of life. The question was asked if essence and Role were two different things. The answer given was that, yes, they are as different as cats and pears. The essence is the true part of you — the part that is underneath all the yammer yammer of the mind. They distinguish "self", "soul", and "essence" as the same thing — something spiritual; the body and false personality as on the physical plane. False personality does not like to see you make it spiritually.

What happens to women when they assume a Warrior Role? What happens to women when they are Warriors and have children? As a mother her role is defined by society — she has to stay home raising the children.

THE OTHER ROLES ARE: SCHOLAR, SAGE, PRIEST, KING. BEING FEMALE DOES NOT CHANGE THE ROLE. CHILDREN RAISED BY WARRIORS ARE USUALLY VERY GOOD CHILDREN. THEY WOULD NOT BE TOLERATED OTHERWISE.

From the first time a fragment is made, this carries on. If I'm 150 fragments [reunited in my entity] at this point (in time), that means there are 150 roles [personalities]. Could they comment on this? Do we assimilate these? Is there a dominant role?

THE FRAGMENTS AS THEY INTEGRATE ASSUME THE DOMINANT PERSONALITY. THE STRONG EXPERIENTIAL THREAD PERSISTS.

I had a blissful childhood, with love and enjoyment. Was I aware of my role then?

CHILDREN BEFORE THEY ARE THOROUGHLY PROGRAMMED FOR THEIR SOCIETAL ROLE, USUALLY OPERATE FROM ESSENCE AND KNOW THEIR ROLES. THE ROLE THE CHILD FIRST VOICES AS A DESIRE USUALLY COMES FROM ESSENCE; AFTER THAT, FROM FALSE PERSONALITY BASED ON EXPECTATIONS OF THOSE AROUND THE CHILD. TO RETURN TO THIS STATE IS OF COURSE A MAJOR PART OF THE GOAL. UNTIL YOU DO, YOU CANNOT SHAKE THE ENTHRALLMENT OF THE PHYSICAL, MATERIAL PLANE. THE CHILD, ESPECIALLY THE YOUNG CHILD, OFTEN SEES BEYOND THE VEIL. THIS IS QUICKLY SQUASHED. THE HAPPY CHILDHOOD IS MOSTLY A MYTH. IN YOUR CASE, IT WAS A BONA FIDE EXPERIENCE, AND YOUR DESIRE TO RETURN THERE IS GOOD WORK.

ALL OF THESE ROLES COME FROM ESSENCE. THE PROBLEMS ARISE WHEN FALSE PERSONALITY OVERRIDES THE DESIRES OF THE SOUL.

Could we ask for their definition of my Role of Sage?

THE SAGE ACCUMULATES KNOWLEDGE LIKE A SEA SPONGE. THE SAGE IS NORMALLY AN EXCELLENT EXTEMPORANEOUS ORATOR AND WISHES TO SHARE ALL KNOWLEDGE ACQUIRED WITH ALL THOSE WITHIN HAILING DISTANCE. THE FACT THAT YOU ARE A MATURE SOUL PUTS A BIT OF A DAMPER ON YOUR STYLE RIGHT NOW.

Seems that Roles create limitations on us. As I understand it, part of evolution is getting out of Body Type, balancing Centers and so forth: is getting out of the Role part of evolution?

NO. GETTING INTO THE ROLE IS.

How does the Role of Artisan apply to me?

YOU CAN BRING A GREAT DEAL OF CREATIVE TALENT TO ALL THAT YOU DO, BUT YOU DO NOT DO THIS CONSISTENTLY. YOU NEED TIME TO YOURSELF ALONE TO INDULGE IN FANCIFUL ACTIVITY TO BRING THIS OUT. YOU ARE RIGHT ABOUT THE MUSIC. THIS COULD BE A GREAT AVENUE.

Is all illness from wrong thinking?

MOST ILLNESSES DO ARISE FROM AN EMOTIONAL CAUSE, BUT FROM THESE ONE MUST EXCLUDE INBORN GENETIC DEFECTS, TRAUMA, INCLUDING THE BITES OF VENOMOUS CREATURES, AND DRUG-INDUCED ILLNESSES THAT ARE IATROGENIC [caused by the doctor] IN ORIGIN.

What does Artisan mean? I think I know: it's one who makes something for the good of all, or does something creative for social good.

AT A MUCH DEEPER LEVEL, THIS INCLUDES ALL SERVICES PERFORMED FOR THE GOOD OF MANKIND. THESE SERVICES INCLUDE THE HEALING ARTS, AND ALL FORMS OF SELF EXPRESSION WHERE A TANGIBLE RESULT IS PRODUCED, EITHER IN THE FORM OF A MATERIAL MONUMENT, OR THE MORE INTANGIBLE VALUES, SUCH AS HEALTH.

I would like to know if there are other parts of my entity that are part of this group, and if so, who they are. NONE OF THE FRAGMENTS OF YOUR ENTITY ARE NOW A PART OF THIS GROUP. YOU ARE THE FIRST TO SEEK. THERE ARE MANY WARRIOR FRAGMENTS AND THEY WILL BE THE LAST TO SEEK. ONE IS NOW A GENERAL HAPPILY AT WAR IN THE MID-EAST.

In my Role as Sage, what part would Artisan play in my interest in the healing arts.

NOT AN AWFUL LOT. YOU ARE MORE LIKELY TO BRING ERUDITION TO BEAR THAN CREATIVITY. THAT FOR YOU IS GOOD WORK.

The strong feeling of creativity that I have, is that false personality that will get in my way, or is it a real part of me?

IT IS NOT NECESSARILY FALSE. IT IS JUST THAT YOU BRING LESS ORIGINALITY AND MORE ACCUMULATED KNOWLEDGE INTO WHAT YOU DO. THIS FOR YOU IS NATURAL. ARTISTIC TALENT PER SE OCCURS IN ALL THE ROLES TO A DEGREE. THE ARTISAN BRINGS TO LIFE FRESHNESS OF APPROACH AND ORIGINALITY. THE TRUE SAGE BRINGS WISDOM.

Of all the Roles, is there one Role that predominates?

IN THIS [American] SOCIETY, THE PREDOMINATING ROLES ARE ARTISAN AND WARRIOR. [These are technological and business types.]

I would have guessed Slaves — workers.

Discussion as to what was meant by "Slave" led to the next comment.

THE NEXT TIME YOU [medically] EXAMINE A DOWNTRODDEN, MIDDLE AGE FEMALE WITH LIFELESS EYES, DULL HAIR, SOFT VOICE, DUMPY CLOTHES, [and] A TYRANT FOR A HUSBAND, THINK "SLAVE".

If I understand the logos [teaching] correctly, there seems to be four features dominant in each of us. My question is, is there one more important than the other? I see the four: (1) the constitution you are born with, essence, or if you are born with brain damage; (2) the level [Age] of the soul; (3) Centering; (4) Body Types; (5) Roles. Is there a line of relationship that we can be guided by? Is there one more important than another? SOCRATES SAID, "KNOW THYSELF".

They're avoiding the question.

ALL OF THESE OVERLAYS COME INTO PLAY. YOU MUST LEARN THEIR SIGNIFICANCE. A BYPRODUCT OF THIS WILL BE A FAR DEEPER UNDERSTANDING OF THE OTHERS [people], WHICH MUST BE LEARNT BEFORE YOU CAN TRULY FEEL AGAPE.

I would like to ask about my Role. I thought they said before that I was a Slave.

YOU DID NOT CHOOSE THE "ROLE" OF SLAVE JUST BECAUSE AT ONE TIME IN HISTORY YOU BELONGED TO SOMEONE ELSE. EVERY ONE IN THIS ROOM HAS BEEN BOTH THE OWNER AND THE OWNED. NO, IN SPITE OF YOUR CHIEF FEATURE [of Self-deprecation], YOU ARE A TRUE ARTISAN AND COULD EXPRESS THIS FROM ESSENCE EITHER THROUGH MUSIC OR THROUGH ANY MEDIA.

ROLES SESSION

[Date and circumstances of this little session are unknown. It is not a compilation from other sessions in our

possession. Perhaps this is an example of Sarah's automatic typing that was mentioned in one of the sessions. It was found in the edited compilation of the 1973 sessions. In that document, it was placed inside the October 20 session — when Roles were first mentioned. However, it was not a part of the full transcript of that session, so it was apparently not channeled at that session. It fits best here, after the October 23 session, because the names of all the Roles were given therein.]

THERE ARE SEVEN MAJOR ROLES IN ESSENCE. THESE ARE CHOSEN AT THE TIME THE ENTITY IS FIRST “BORN”, OR CAST FROM THE TAO, AND FOLLOWED THROUGHOUT. IT IS POSSIBLE TO EXPERIENCE ALL OF LIFE WITHIN THE CONFINES OF THESE ROLES. THEY ARE: SLAVE, WARRIOR, ARTISAN, SCHOLAR, SAGE, PRIEST, AND KING.

JUST AS THE LEVEL OF SOUL MANIFESTS INWARDLY AS PERCEPTION, SO THE MAJOR ROLE IN ESSENCE MANIFESTS OUTWARDLY IN ATTITUDES AND BEHAVIOR.

THE PRIEST IS THE SLAVE EXALTED. THESE ROLES EXPRESS THEMSELVES IN SERVICE TO MANKIND: HUMANITARIAN IDEALS. IN THE PRIEST, THERE IS A SENSE OF GOD-CONSCIOUSNESS, OTHERWORLDLINESS. PHYSICIAN CAN BE IN ESSENCE FOR EITHER SLAVES OR PRIESTS, AS CAN SOCIAL WORK, NURSING, AND THE CLERGY.

THE SAGE IS THE ARTISAN EXALTED. THESE ROLES MANIFEST THROUGH SELF-EXPRESSION. ARTISANS BRING TO LIFE FRESHNESS AND ORIGINALITY; SAGES INNATE WISDOM AND SAGACITY.

THE KING IS THE WARRIOR EXALTED. THESE ROLES EXPRESS THEMSELVES THROUGH LEADERSHIP AND THE ABILITY TO INFLUENCE MOTIVATION. THE KING TAKES CHARGE THROUGH KNOWLEDGE AND INHERENT POWER; THE WARRIOR THROUGH AN INSTINCTIVE DRIVE.

THE SCHOLAR IS AN INTERMEDIATE ROLE. HE IS AN OBSERVER RATHER THAN A PARTICIPANT. ALL OF LIFE IS VICARIOUS RATHER THAN EXPERIENTIAL, REGARDLESS OF THE CYCLE OR GENDER OF THE SOUL. NO SCHOLAR WILL EVER BE “GUSHY”, NO MATTER HOW YOUNG A SOUL. ENTHUSIASM CAN BE GENUINE, BUT WILL BE SUBDUED. ALL REACTIONS ARE LOW KEY: GRIEF, JOY, PAIN, PLEASURE. THE OLD SCHOLAR IS DETACHED, ALOOF, AND OFTEN ARROGANTLY INTELLECTUAL.

ELIZABETH I WAS A KING. SHE WAS THE GREATEST OF ALL OF THIS WORLD'S LEADERS. JULIUS CAESAR WAS A WARRIOR, BUT A MATURE SOUL. AUGUSTUS CAESAR WAS A SAGE AND TIBERIUS A SCHOLAR. ALEXANDER THE GREAT WAS A KING, BUT A YOUNG SOUL. MARCUS AURELIUS WAS AN OLD SCHOLAR -- A GREAT PHILOSOPHER, BUT A POOR LEADER. RICHARD NIXON IS A SCHOLAR, BUT A BABY SOUL. HENRY KISSINGER IS A YOUNG SOUL SCHOLAR. GOLDA MEIR IS A YOUNG WARRIOR; SO IS MAO TSE-TUNG. JOHN KENNEDY WAS A YOUNG KING. FRANKLIN ROOSEVELT WAS A MATURE SAGE; THEODORE ROOSEVELT, A YOUNG WARRIOR; AND WOODROW WILSON, A MATURE SCHOLAR.

27 October 1973

Saturday

I would like to ask about the dream I had yesterday in which appeared a beautiful doorknob made of abalone and silver. Also there were extruded silver railings of abalone and silver. Was this part of an astral projection? THAT WAS AN ASTRAL CREATION, NOT A PROJECTION — THERE IS A DIFFERENCE. WHEN YOU PROJECT, YOU ARE VIEWING SOME THING THAT ALREADY EXISTS IN YOUR PHYSICAL REALITY. IN ASTRAL CREATION, YOU USE ASTRAL MATTER TO PRODUCE THAT WHICH YOU WOULD LIKE TO EXIST.

I would like to ask about the cow walking through the room. This morning [my daughter] commented casually about the cow in the room, as if it actually existed.

THAT WAS ALSO ASTRAL CREATION. SHE HAS ALREADY BEGUN TO FARM IN HER MIND. SHE IS RATHER SINGLE-MINDED ABOUT IT RIGHT NOW.

I would like some advice on how to organize the group without a King at the head. It seems we're writing a play for someone else — setting a stage for a King to appear.

THERE WILL BE A MEMBER OF YOUR GROUP WHO WILL ASSUME THE DETAILS. THE KING IS VALUABLE FOR ATTRACTING AND HOLDING MANY SUBJECTS. THIS WILL COME TO YOU.

Was Michael a king?

FOR YOUR INFORMATION, THIS ENTITY WAS COMPOSED OF TWO HUNDRED KINGS AND EIGHT HUNDRED AND FIFTY WARRIORS.

How come I was a slave so much? That one evening, I was told that I was objecting to the slave role [menial

position in life] for the first time.

YOU HAVE HAD THE SELF-DEPRECIATION FEATURE AS AN OBSTACLE TO GROWTH BEFORE. THE SLAVE CANNOT RISE ABOVE THIS, YOU CAN.

What is my source of power? Is it due to some overleaf we have not covered yet?

NO. YOU ARE ENERGIZED SOLELY THROUGH YOUR OWN EFFORTS. YOU WORKS OUT OF ESSENCE A GREAT DEAL OF THE TIME. WHEN THIS HAPPENS, THERE IS A SURGE OF ENERGY.

SOMETIMES THE DIFFERENTIATION [between Sages and Kings] IS DIFFICULT, AS SAGES OFTEN ARE DOMINANT AND REGAL, PARTICULARLY IF THEY ARE MALES.

I met a Mature soul at a power spot who seemed to be pretty together. I had a good feeling about him. Could we have a comment about the warm feelings I had for him?

YOU FIND IT EASIER TO BREAK THROUGH THERE. THIS IS NOT POSSIBLE, OF COURSE, FROM FALSE PERSONALITY. THE MAN IS AN EXAMPLE. HE APPEALED TO YOU SIMPLY AS ANOTHER SOUL AND THEREFORE PRECIOUS. THIS IS THE WAY THAT IT BEGINS. SOON IT WILL COME MORE EASILY AND MORE FREQUENTLY AND THEN SNOWBALL. IT IS EASIER NOW WITH MATURE SOULS. YOU ARE MORE COMFORTABLE FOR THEM TO BE AROUND AND THEY SEEK OUT YOUR [old soul] COMPANY. THEIR CHARM CAN BE GREAT AND APPEALING. THERE CAN BE A GREAT DEAL OF LOYALTY GENERATED IN MATURE SOULS WHO FIND SANCTUARY IN YOU. MATURE SOULS WHO ARE ARTISANS AND SCHOLARS CAN BE EXTREMELY VALUABLE TO THIS TEACHING IF YOU CAN PROVIDE A COMFORTABLE ENVIRONMENT FOR THEM WHERE THEY DON'T FEEL THREATENED BY HOSTILITY.

WE WISH FOR [those in] THIS TEACHING TO REMAIN SCRUPULOUSLY HONEST. YOU DO NOT WISH TO DESTROY LOYALTY GAINED HONESTLY THROUGH ESSENCE BY SHADY DEALINGS THROUGH FALSE PERSONALITY. THE MOMENT YOU STOOP TO THIS TYPE OF DEALING, YOU ONCE AGAIN BECOME IDENTIFIED WITH THIS GAME, AND FEEL THAT THE GAME OF WITS IS STILL IMPORTANT.

If I am to act out of essence, I'm afraid that people would take advantage of me.

IN WHAT WAY CAN THEY POSSIBLY TAKE ADVANTAGE OF YOU? IF YOU ARE ACTING OUT OF ESSENCE, YOU HAVE NO EXPECTATIONS OF THEM ANYWAY. THEN IT DOES NOT MATTER IF THEY DON'T COME THROUGH.

INTUITION [not rationalization or machination] IS THE PRIMARY REASONING POWER OF ESSENCE.

As a child, I was in essence playing with my toys, watching the dust particles float by in the sunlight, knowing that my father would provide the necessities for me and my mother would cook the food and clean for me. Is Michael saying that the universe will provide for us so that we need not feel harried?

WE ARE SAYING THAT. JESUS SAID IT ALSO. ALL OF THE HIGHEST TEACHERS HAVE SAID THIS. THE HARASSMENT IS SELF-PRODUCED. THE ONLY WAY YOU CAN GET OFF THE PHYSICAL CYCLE IS TO RISE ABOVE THIS. YOU CANNOT BRING IT HERE.

The reason I could sit there peacefully was I didn't have to worry about food. I have provided for my own children. If essence is Snow White and Red Riding Hood, we have to go into this dependency on Michael or whomever is going to take care of us. Otherwise we have to scurry around to produce what we need. I would be happy to go back into that state, it's so lovely. Unless you become independently wealthy, you must forage for yourself. To go into essence completely, there must be trust. As a child, there is no trust, there is knowing that you will be cared for. Something tells the child as he grows older, that this idyllic situation will end and it will be up to him to take care of himself.

THE ROLES IN ESSENCE PROVIDE THE NECESSARY FOOD, CLOTHING, AND SHELTER WITHOUT THE SCURRYING. THIS ADULT PLAY CAN BE FINANCIALLY REWARDING. THAT IS WHY WE HAVE TOLD YOU THAT COMMUNAL LIVING IS AN UPWARD STEP IN SPIRITUAL EVOLUTION. THIS ALLOWS YOU TO PURSUE THE ROLE IN ESSENCE. THERE WILL BE THOSE WHO WILL PROVIDE THE OTHER NECESSITIES.

Geared for toiling, we may carry this into our essence role. There's that old fear of insecurity. We have to build fast so that we can paint fast for fear to provide.

IF PANIC SETS IN, YOU ALL HAVE SKILLS THAT ARE MARKETABLE AND CAN PROVIDE FAIRLY STEADY INCOME.

Where do humans go astray in choosing mates? No one is willing to wait for the right person.

THERE IS A WEIRD SORT OF ESTRUS OPERATING IN HUMANS THAT MAKES THEM SEEK A SEXUAL PARTNER. THE SOCIETAL MORES DEMAND THAT THEY CEMENT THIS INTO A MORE BINDING CONTRACT. SOMETIMES THIS CAN BE COMBINED WITH FINANCIAL GAIN OR CLIMBING THE SOCIAL LADDER. THERE

IS USUALLY LITTLE THOUGHT IN THE LASTING EMOTIONAL CONSEQUENCES, LET ALONE THE SPIRITUAL. QUITE OFTEN TWO PEOPLE WILL ARBITRARILY DECIDE THAT THEY HAVE A "GREAT DEAL IN COMMON". THIS USUALLY IS NOT TRUE, SINCE NEITHER PRESENTS THE TRUE PICTURE TO THE OTHER. EACH TRIES TO OUTGUESS THE OTHER AND FIT IN THE MOLD IN ORDER TO QUALIFY FOR THE PRIZE, WHICH CAN BE SEX, MONEY, GLAMOUR, OR PRESTIGE -- ALL OF WHICH ARE FEATURES OF FALSE PERSONALITY. THAT TYPE OF SEXUAL ATTRACTION IS RARELY LASTING. IT IS BASED ON AN INITIAL ADRENALINE FLOW WHICH DOES NOT LAST. THIS PRODUCES A NICE WARM GLOW WHICH IS INTERPRETED AS "LOVE".

01 November 1973

Thursday

WE ARE HERE WITH YOU TONIGHT.

WE HAVE SEVERAL COMMENTS BEFORE WE BUCKLE DOWN TO BUSINESS. ONE CONCERNS FORMATORY SPEECH AND PERTAINS TO A QUESTION EARLIER ASKED. WE HEAR MORE FORMATORY SPEECH IN RESPONSE TO VERBALIZED INSIGHTS THAN AT ANY OTHER TIME. WE DO NOT SAY THAT YOU SHOULD NOT COMMENT ON INSIGHTS, BUT GIVE SOME THOUGHT TO UNDERSTANDING BEFORE EXCLAIMING "WOW, FAR OUT". THE EXERCISE THE MAN ROBERT BURTON IMPOSED ON HIS TEACHING IS NOT DESIRABLE BECAUSE IT IS NOT INDIVIDUALIZED, BUT THE IDEA IS A GOOD ONE, AND WE ARE PROPOSING THAT SIMILAR ONES BE DEvised.

SECONDLY, WHEN THE MEDIUM THROUGH WHOM WE ARE TRANSMITTING IS FATIGUED, CONTRADICTIONS OCCUR. THIS CAN BE DIFFICULT, WE UNDERSTAND. HOWEVER, WE SUGGEST THAT YOU PREPARE YOUR QUESTIONS. THIS WOULD ELIMINATE THE LAST MINUTE SPURT.

What does it mean when Michael says, "That is good work for you"?

GOOD WORK IS THAT WHICH COMES FROM ESSENCE AND USES POSITIVE ENERGY FORCES.

I am still confused about my essence and my Role.

THE ROLE IS CHOSEN AS THE ROLE IN ESSENCE. READ THE DESCRIPTION OF THIS ROLE IN THE TRANSCRIPTION. YOUR ESSENCE IS YOUR SOUL, THAT PART OF YOU WHICH IS IMMORTAL AND ETERNAL. THE ROLE YOU CHOSE CONCERNS ONLY THAT INTERVAL YOU SPEND ON THE PHYSICAL PLANE, WHICH IS BRIEF TO SAY THE LEAST.

I have been reading John Lilly in *Center of the Cyclone* and have had a similar experience [to his].

WE CONSIDER THE ORDEAL JOHN WENT THROUGH IN ORDER TO ACHIEVE BREAKTHROUGH DANGEROUS FOR MOST ON THE PHYSICAL [plane]. IT WAS NECESSARY FOR JOHN, AS THERE WERE BLOCKS NOT KNOWN TO HIM AT THE TIME. ONE WAS THE DOGMA OF THE CHURCH THAT HE HAD CONSCIOUSLY REPRESSED OR REJECTED, BUT WAS THERE NEVERTHELESS. HE DID MAKE IT THROUGH THOUGH. YOU MAY BE CERTAIN JOHN KNOWS.

I have been told I have hidden talents. Could I find out what they are?

YOU ARE A PRIEST. IF YOU HAVE TALENT IT IS NOT HIDDEN. THIS IS A POOR CONCEPT. MOST PEOPLE DO UTILIZE WHATEVER TALENT THEY HAVE IN ONE WAY OR ANOTHER. YOUR ROLE CONCERNS SERVICE AND THIS IS CERTAINLY A TALENT OF A SPECIAL SORT. WE DO NOT THINK THAT YOU ARE WASTING YOUR LIFE.

Is there some way I might communicate more with my older son?

THE RENT IN THE TRUST MUST BE REPAIRED FIRST. LET HIM KNOW THAT YOU WILL NOT JUDGE. YOU MUST ALSO LET HIM KNOW THAT YOU WILL RESPECT CONFIDENCES THUS EXPOSED. THIS IS A FRAGILE MATURE SOUL WHO PERCEIVES YOU AS A FLUCTUATING SOURCE OF SECURITY BECAUSE OF YOUR OWN INNER CONFLICTS.

I have done psychotherapeutic work in the past. Much has come from my false personality. I am thinking of starting again from essence. I would like some comments.

THIS IS OF COURSE POSSIBLE ONLY IF THE EXPERIENCE ITSELF COMES FROM ESSENCE. THIS WILL REQUIRE THAT YOU EXAMINE YOUR MOTIVATIONS FROM ESSENCE. TRY TO DETERMINE WHY YOU WISH TO DO THIS. IN OTHER WORDS, WHAT IS IN IT FOR YOU? IF IT COMES FROM A SPACE THAT IS GUILTY, THEN FALSE PERSONALITY HAS THE UPPER HAND. DON'T TRY TO GO BACK IN THIS LIFE AND UNWIND [karmic] RIBBONS. THIS IS NOT THE WAY IT IS DONE. THE WORK YOU DID WAS NOT WHOLLY IN FALSE PERSONALITY, BUT THERE WAS A GREAT DEAL OF GAIN FOR THE PERSONALITY THERE. YOU CAN BE

CERTAIN THAT ALL OF THOSE DESIRES ATTACHED TO PHYSICAL OR MATERIAL GAIN EMANATE FROM FALSE PERSONALITY. THIS INCLUDES ACCOLADES AND LAUREL LEAVES.

Could Michael comment on my inner conflicts they referred to.

HE [your son] PERCEIVES YOU AS YOU PERCEIVE YOURSELF. WHEN YOU ARE IN A SNIT HE DOES NOT FEEL SECURE. WHEN YOU WORRY, HE PICKS UP ON THE WORRIED VIBRATIONS AND INTERPRETS THIS AS INSECURITY. PERHAPS LEVELING WITH HIM ABOUT THAT WHICH IS WORRYING YOU WOULD BE THE BEST APPROACH. OTHERWISE HE WILL CONTINUE TO INTERPRET YOUR FRUSTRATIONS AS A REFLECTION OF YOUR SOUL.

My father died in 1955. Is he born again?

NO. THIS IS UNCOMMON EXCEPT WITH SPECIAL KARMA. USUALLY THERE ARE TWO HUNDRED YEARS BETWEEN PHYSICAL INTERVALS. THIS IS NOT THE GOSPEL, THOUGH, ESPECIALLY WITH CHILDREN WHO DIE YOUNG. THE FRAGMENT THAT WAS ADOLPH [Hitler] SAW THE UNIQUE POSSIBILITY TO BURN THE RIBBONS INCURRED IN GERMANY. WE FEEL THAT THIS WAS A WISE CHOICE.

What about soldiers killed in war who were against the war? Do they come back right away?

NO, THAT IS USUALLY A DEFINITE RIBBON AND A LIFE ROLE THEY CHOSE. THE ONLY EXCEPTION WOULD BE THE NUCLEAR DEVASTATION IN JAPAN. MOST OF THESE WERE REBORN. ALSO THOSE WHO DIED IN THE CONCENTRATION CAMPS WERE NOT ALL BY CHOICE — OR RATHER, UNWISE CHOICES WERE MADE.

What about natural disasters such as flood or fire?

THESE ARE USUALLY BY CHOICE.

Can we contact our fragments of other lives?

THE ANSWER IS YES. THE ESSENCE IS COMPLETELY AWARE OF ALL THE LIVES AND OF ALL THE RIBBONS; ALSO THE REASONS FOR THE CHOICES MADE.

08 November 1973

Thursday

WE ARE WITH YOU TONIGHT.

Two weeks ago Michael suggested further contact with meditation. I can't concentrate and I need more advice on this.

MEDITATION IS THE CLEARING OF THE MIND OF TRIVIA AND ALLOWING THE FREE FLOW. TRANSCENDENTAL MEDITATION PROVIDES GOOD GROUNDWORK FOR THOSE NEW TO THE ENLIGHTENMENT GAME. THE MORE EXALTED FORMS SUCH AS THAT TAUGHT BY TRUNGPA REQUIRES MUCH PREPARATION AND MAY TAKE YEARS TO PERFECT. ALSO, MANY MEDITATE FOR ALL OF THEIR LIVES AND ACHIEVE NOTHING. TO BE EFFECTIVE, MEDITATION MUST PREPARE ONE FOR ACTIVITY, NOT REST.

I have energy surges after healing treatments, and I have a fear of this being from false personality or my ego. IF THE SURGE IS CAUSED BY ELATION OF A FALSE SORT, A FEELING OF TIREDNESS WILL SUPERVENE SOON AFTERWARD.

I have been reading of the concept that one has to be true to himself — be himself, an individual — to perceive the infinite. Is this true?

THAT IS WHY SOCRATES SAID, "KNOW THYSELF". IF YOU PERCEIVE THAT WHICH IS "REALLY YOU", YOU WILL CONCOMITANTLY PERCEIVE THE TAO.

I would like to know how practical for me are the teachings of Joel Goldsmith.

USEFUL APPLICATION OF THIS TEACHING WOULD BE EASY FOR YOU, BUT NOT TRULY REWARDING IN THE LONG RUN, AND YOU WOULD SEARCH AGAIN.

I have two more questions that need to be asked in order. One, what is the relationship of the carnal and the mortal minds?

THE MORTAL MIND SHOULD BE SELF-EXPLANATORY, BUT THIS REFERS TO THAT WHICH IS GOVERNED BY PHYSICAL STIMULI IN THE TRADITIONAL STIMULUS-RESPONSE SENSE. THE MULTIMIND PERCEIVES THE MULTIDIMENSIONAL UNIVERSE THAT IS OUTSIDE OF PHYSICAL SPACE AND BEYOND THE RESTRICTIONS OF TIME. THESE ARE VALID TERMS. WE WOULD EXPRESS THEM DIFFERENTLY. WE SEE NO MORE SIGNIFICANCE, OR LESS EITHER, IN THIS CONCEPT THAN IN ANY OF THE OTHER MAJOR PHILOSOPHICAL

TEACHINGS ALONG THIS SAME LINE. THEY ARE WORDS.

They didn't answer about the carnal mind.

THE CARNAL MIND PERCEIVES THE WORLD IN TERMS OF SATIATION OF THE FLESH. IF THIS WAS AN AFFLICTION OF YOURS WE DOUBT THAT YOU WOULD BE HERE. THIS REFERS TO MAN'S BASER LIVES BEFORE THERE IS A GLIMMER OF UNDERSTANDING. THE MULTIDIMENSIONAL IS MERELY THE NEXT STEP UP.

Can you explain reality and unreality?

THE "REALITIES" OF COURSE DEPEND UPON THE PERCEIVER. THIS SESSION ITSELF IS A GOOD EXAMPLE. SOME IN THIS ROOM PERCEIVE US AS REAL, OTHERS DO NOT. THE SAME COULD BE SAID OF UNIDENTIFIED FLYING OBJECTS AND MOST UNEXPLAINED PHENOMENA. ANOTHER CONCEPT OF "REALITY" BEGINS WITH WIDESPREAD AGREEMENT THAT A CERTAIN OBJECT IS REAL. WE THINK THAT BISHOP [George] BERKELEY HAD A FEW WORDS ON THIS SUBJECT. THERE IS, OF COURSE, AN ULTIMATE REALITY THAT IS ABSOLUTE. THIS CAN ONLY BE GLIMPSED WHEN THE LOGOS IS BROUGHT TO BEAR. PHYSICAL THINGS ARE VERY REAL ON THE PHYSICAL PLANE, AND SHOULD BE RESPECTED AS SUCH IN ORDER TO AVOID POSSIBLE SERIOUS COLLISIONS WITH DOORS THAT ARE REALLY AND TRULY THERE. ON THE ASTRAL [plane], THINGS ARE TRULY REAL ON THE ASTRAL PLANE. IN ANOTHER FRAME OF REFERENCE THE SAME ADMONITION [to be careful of "real" things] HOLDS TRUE. WE ON THIS PLANE ALSO PERCEIVE CERTAIN CAUSAL PHENOMENON AS "REAL" AND THERE IS AGREEMENT. WE BELIEVE THAT HOLDS TRUE FOR THE HIGH PLANES. THIS SAME SUBJECT HAS BEEN OCCUPYING PHILOSOPHERS HAPPILY NOW FOR MANY THOUSANDS OF YEARS. THERE IS, ODDLY ENOUGH, ALWAYS AN OPPOSING OPINION THAT GOES SOMETHING LIKE: ACCEPT THAT NOTHING IS REAL. DOES THIS SUGGEST ANYTHING TO YOU?

Yes. Why did you not understand my questions?

WE HAVE ALREADY EXPRESSED THE POINT THAT EMOTIONAL CRISES AND THE LIKE ARE SELF-INFLICTED, AND ARE ONLY REAL TO THE FALSE PERSONALITY OF THE ONE HAVING THE CRISIS. THIS CAN BE EXTRAPOLATED OUT AD INFINITUM TO INCLUDE FALSE LEADS FOLLOWED IN SEARCH OF THE PATH.

I have another question, about the bursitis in my arms. Is there any more treatment for it, or any suggestions for new treatment?

YES, THAT WOULD BE YOUR DESIRE TO BE RID OF THIS NOW. THE TREATMENTS ARE SOUND. THIS BURSTITIS WAS TRAUMATIC BUT NOW IS SERVING TO HOLD YOUR INTEREST AWAY FROM OTHER MORE ESOTERIC MATTERS WHICH THE FALSE PERSONALITY DOES NOT LIKE. IN ORDER TO COUNTERACT THIS POWERFUL NEGATIVE FORCE YOU MUST SOMEHOW DECIDE TO IGNORE THE PHYSICAL DISCOMFORT. THE INFLAMMATION OF THE BURSA IS EASILY CURED, BUT THE MEMORY LINGERS.

Could I ask what my soul level is?

YOU ARE A SIXTH LEVEL YOUNG SOUL. DON'T LET THEM [older souls] INTIMIDATE YOU. THIS IS NO LESS ADVANTAGEOUS.

There was a long discussion held here on the definition of karma. According to Webster's: "Karma: the force generated by a person's actions, held in Hinduism and Buddhism to perpetuate transmigration, and in its ethical consequences to determine his destiny in his next existence." Several in the group had different definitions.

IF YOU KNOCK SOMEONE TO THE GROUND THIS EVENING AND HE RECIPROCATES, THE DEBT IS PAID, ALTHOUGH YOU BOTH MIGHT CHOOSE A MORE PACIFIED APPROACH TO PROBLEM SOLVING THE NEXT TIME AROUND. IF, ON THE OTHER HAND, YOU STRIKE SOMEONE TONIGHT AND DIE TOMORROW, OR OTHERWISE MAKE YOURSELF UNAVAILABLE, THEN CHANCES ARE EXCELLENT THAT YOU WILL HAVE A KARMIC ENCOUNTER IN THIS LIGHT.

Can you give us more in reference to entities being born at the same time?

THE ENTITIES WERE CAST FROM THE TAO AT THE SAME MOMENT IN TIME. [In subsequent sessions, these were called "cadre" members.]

Does that mean we are a lot alike, or that we have a feeling for each other?

MORE OF A FEELING OF DEJA VU THAN ORDINARILY PRESENT. YOU ARE MORE LIKELY TO HAVE SIMILAR FLASHES WHILE READING OR TRAVELING, ALTHOUGH THIS DOES NOT ALWAYS RING TRUE FOR EVERY LIFE OR EVERY LOCATION.

Michael said that there were 150 fragments here, in me, and I would like to ask how many are male, and how many are female?

ALL OF THOSE FRAGMENTS EXPERIENCED IN LIFE AS BOTH INTEGRATED FRAGMENTS HAVE NO GENDER. THERE ARE NO SEXED SOULS.

Then, can we assume that essence has no sexuality? Is this false personality?

EROTIC SEXUALITY, YES.

Is there sexuality in essence?

THERE IS, BUT IT IS NONCOMPETITIVE. [It is cooperative].

Be what you are. A soul cannot realize, or mature, without physical [experience].

THAT IS VALID. [This is] THE ONE GOVERNING FEATURE ANCHORING THE SOUL TO THE PHYSICAL.

There was quite a discussion here about sexuality, false personality and essence. Some at the meeting were uneasy because they thought Michael was running down sex. Then came:

PLAN IS FANTASY, OR IF YOU WILL, IMAGINATION. IF THE SEXUAL ACT IS SURROUNDED BY FANTASY IT IS BOTH COMPETITIVE AND UNREAL. IT IS NEITHER GOOD NOR BAD [per se]. IT IS THAT WHICH INSURES THE CONTINUITY OF THE TAO. THIS UNIVERSE HAS AN AWESOME ORDER.

I was at EST this past weekend, and tried to perceive different people's Roles and soul level. Was I correct on any of these?

SOME WERE. YOU FAILED IN YOUR PERCEPTION OF MATURE SOULS IN THE THROES OF AN EMOTIONAL CRISIS. THIS CAN BE MISTAKEN FOR THE DRIVE AND VIGOR OF THE YOUNG SOUL.

I placed Werner Erhard as a last cycle Mature Sage.

HE IS A FIRST LEVEL OLD SAGE.

I have come to believe that the EST thing is a powerful tool for the group. Is this true?

YES. WE HAVE SAID THIS. POSITIVE TOOLS ARE POWERFUL BY DEFINITION.

What is the purpose?

TO SEEK LIBERATION OF THE TRAPPED ESSENCE THROUGH COMING TO GRIPS WITH THE FRAILTY OF THE PHYSICAL BODY, AND ITS CRUDE, GROSS LIMITATIONS. YOU HAVE NOT EXPERIENCED DISABILITY OF THIS GRAVITY FOR A LONG TIME. THIS TIME WE FEEL THERE IS MUCH OPPORTUNITY.

Is my brother honest?

WITHIN HIS CONCEPT OF HONEST, YES, BUT DON'T COUNT ON THIS FULFILLING YOUR EXPECTATIONS.

I don't see just what is important about past lives? What is their importance now?

KNOWING THE NAMES ONLY SERVES AS A GOOD SPRINGBOARD. THIS ENABLES YOU TO PERUSE YOUR POSSIBLE ALTERNATIVES IN A LEISURELY FASHION. IF [the channel] CAN OUTGROW HER FEAR OF NAMES, THIS COULD BE QUITE INSTRUCTIVE, AS IT COULD WEAVE A MOST INTERESTING TAPESTRY.

10 November 1973

Saturday

WE ARE WITH YOU TONIGHT.

I would like to ask the Center of gravity, Body Type, soul level and Role of the lady I live with now in Pacific Grove.

THIS IS A MATURE PRIEST. THIS IS AN EMOTIONALLY CENTERED LUNAR-VENUSIAN. THE MATURITY OF THE SOUL SOMETIMES MODIFIES PHYSICAL CHARACTERISTICS. MOST OLD SOULS ARE RATHER SLOPPY. THE TENDENCY TOWARD SIMPLICITY IS GOOD WORK; BEING A MENACE TO PUBLIC HEALTH IS NOT. SOMETIMES THE CASUALNESS PROVIDES AN EXCUSE TO VEGETATE.

I would appreciate a comment about the books *Tales of Beelzebub* and *All and Everything*. Is it good work to read them straight through? Is the third book available?

THE ONE [Beelzebub], OF COURSE, IS ALLEGORICAL. *ALL AND EVERYTHING* IS WORTH READING. IF YOU REFER TO *THE STRANGE LIFE OF IVAN OVORKNY*, THAT IS ALSO WORTH READING. TO READ ALLEGORICAL LITERATURE "STRAIGHT THROUGH" SEEMS A BIT FOOLHARDY TO US.

Do you mean [*The Strange Life of*] *Ivan Osakan* by Gurdjieff?

IT IS BY OUSPENSKY. "BEELZEBUB" IS ALLEGORICAL. THIS IS DIFFICULT TO READ WITHOUT REFLECTION.

I do not like being a female. Is it because Kings do not like that gender?

YES, KINGS DO NOT LIKE BEING FEMALES; SCHOLARS DO NOT, EITHER.

How does this affect my relationship to men?

IN ANY RELATIONSHIP WITH MALES, YOU WOULD HAVE TO BE ALLOWED TO REIGN.

How about a relationship with another King? How would that work?

POSSIBLY AN OLD KING COULD USURP YOUR POWER TEMPORARILY, BUT NOT FOR LONG.

How about a Mature soul?

THAT WOULD BE LOVELY FOR YOU.

How does guitar fit into the essence of a King?

MUSIC IS NOT STRICTLY AN ARTISAN EXPRESSION. STRAVINSKY WAS A KING. HIS MUSIC WAS DOMINANT, INNOVATIVE, POWERFUL.

I have difficulty identifying with males. There's an emotional trauma.

IT'S NOT STRICTLY POSSESSIVENESS; MOSTLY THE DESIRE TO LEAD.

Could we have a comment on Slave Roles?

THEIR PURPOSE IS TO SERVE THEIR MASTER. IF THEY CHANGE MASTERS, THEY WILL ONLY FIND ANOTHER. IN A MASTER-SLAVE RELATIONSHIP, THE MASTER DOES NOT ALWAYS HAVE TO BE A PERSON. IT CAN BE THE CHURCH OR HUMANITY AT LARGE. ONE WAY OR ANOTHER, THEY WILL SERVE.

Is the relationship of King and Slave a good one?

ONE OF THE BEST.

What is the Role and soul level of my friend, ____?

THIS LADY IS A YOUNG SLAVE. PARTICULARLY DEVOTED PARENTS ARE USUALLY [Slaves]. HER HUSBAND IS A YOUNG WARRIOR. THIS IS NOT A BAD MATCH [Rolewise].

My current love relationship is going awry.

YOU ARE BLAMING YOURSELF FOR HIS PROBLEMS. THIS IS NOT ON A CONSCIOUS LEVEL ALWAYS, BUT THE GUILT IS THERE. YOU MUST STOP [your guilt] BEFORE HE CAN LOOK AT HIMSELF IN RELATION TO YOU. WE SEE THE QUESTION YOU ASK ON MULTIPLE LEVELS. THERE IS THE SUB-VOCAL ONE, BUT THIS IS A TEMPEST IN A TEAPOT COMPARED TO THE UNDERLYING STRUCTURE. THIS MUST BE SOLVED BY HIM. AS LONG AS YOU HELP [enable his problem] BY SHOULDERING THE BLAME, WHETHER CONSCIOUSLY OR NOT, IT WILL NOT BE SOLVED. HE BRINGS UP SURFACE ISSUES WHICH CLOUD THE REAL ISSUE, AND YOU RESPOND WHEN HE PUSHES YOUR BUTTONS. STOP RESPONDING IN YOUR PENITENT FASHION. THIS WILL BE THE NEEDED SHOCK [to provoke his insights]. YOU MUST KNOW THAT YOU ARE NOT TO BLAME.

I'd like information on the "Bermuda Triangle". Some call it the "Devil's Triangle".

IT IS A VORTEX OF ELECTROMAGNETIC ENERGY SO STRONG THAT GRAVITY AND INERTIA ARE AFFECTED. IT CAN SINK SHIPS.

Does the spot change?

NO, IT IS ALWAYS THE SAME SPOT.

What is the vortex located in North Carolina?

THIS IS A PHENOMENON OF MAGNETIC FORCE. THIS HAS TO DO WITH THE FACT THAT THIS PLANET IS NOT A PERFECT SPHERE.

What is it that astronaut Edgar Mitchell saw on his flight to the moon?

HE CAME IN CONTACT WITH HIS ESSENCE FOR THE FIRST TIME. DURING THE VOYAGE HE OBSERVED HIS FALSE PERSONALITY AND WAS SHOCKED INTO ACTION.

15 November 1973

Thursday

Could we fund a medical clinic in a similar way to the ways EST has?

WE ARE HERE WITH YOU TONIGHT. THIS WOULD BE AN INTERESTING AND NOBLE EXPERIMENT. OF COURSE, YOUR PATIENTS TREATED IN THIS MANNER WOULD FIRST HAVE TO BE CONVINCED THAT WRONG THINKING IS THE BASIS OF DISEASE. THIS WOULD REQUIRE LENGTHY INTRODUCTORY SESSIONS. THE ONLY SOULS WHO WOULD REALLY BENEFIT FROM THIS APPROACH WOULD OF COURSE BE MATURE SOULS AND OLD SOULS. YOUNG SOULS DO NOT POSSESS A DEVELOPED SENSE OF SELF AND COULD NOT DIRECT THE KNOWLEDGE INWARD. ALSO THEIR BELIEF SYSTEM WOULD MITIGATE AGAINST THEIR

ACCEPTANCE. IN ORDER TO MAKE SUCH A VENTURE PRACTICAL AND SUCCESSFUL YOU WOULD HAVE TO BUILD WHAT WOULD BE EQUIVALENT TO A SPA, WHERE PATIENTS COULD COME AND STAY FOR THE DURATION OF THEIR TREATMENT. YOU WOULD NOT HAVE TO WORRY ABOUT EXPENSE. THERE ARE SO MANY PEOPLE ENROLLED IN ESOTERIC TEACHINGS NOW THAT YOU WOULD HAVE A WAITING LIST. YOU WOULD HAVE TO INCORPORATE VARIOUS MODALITIES WITHIN THIS SYSTEM TO MAKE IT WORK, SUCH AS: DIET, MANIPULATION, CORRECT POSTURING, EXERCISE, ETC. THESE ARE ALL NECESSARY TO CORRECT BEFORE THE ORGANIC PROBLEMS CAN BE SOLVED. AFTER ALL, OBESITY IS A DIRECT RESULT OF WRONG THINKING, YET OBESE PEOPLE ARE SELDOM CURED BY ANY OTHER METHOD THAN LOCKING UP THEIR FOOD.

I would like advice regards getting rid of pain.

WE CAN BE OF ASSISTANCE ONLY IN THAT YOUR ILLNESS IS A PART OF KARMA FOR YOU, AND WHEN YOU COME TO GRIPS WITH YOUR SPIRITUAL CONTROVERSY THE PAIN WILL NO LONGER BE NECESSARY. THIS CAN BE ACCELERATED OF COURSE BY THOSE METHODS WE HAVE OUTLINED FOR THE OTHERS; THAT IS: MEDITATION, CONCENTRATION, FASTING AND STUDY. YOU ARE WAGING AN INTERNAL BATTLE WITH REASON VERSUS DOGMA. THIS IS NOT UNUSUAL, JUST AGONIZING, PARTICULARLY FOR SCHOLARS WHO ARE SLAVES TO REASON.

WE SHOULD LIKE TO CORRECT THE PASSAGE IN YOUR NOTES CONCERNING THE LADY, _____. THIS LADY IS A PRIEST AND NOT AN ARTISAN. AGAIN, THIS IS AN ERROR IN TRANSMISSION. THESE WILL HAPPEN OCCASIONALLY AND WE SHALL ENDEAVOR TO CORRECT THEM AS WE BECOME AWARE OF THEM.

DON'T BE SURPRISED TO FIND THAT IN THE PAST YOU WERE SOMEONE OF FAME OR NOTORIETY. THIS SHOULD NOT SURPRISE YOU AT ALL. THERE ARE APPROXIMATELY EIGHTY THOUSAND SIXTH AND SEVENTH LEVEL OLD SOULS EXTANT ON THE PHYSICAL PLANE AT THE PRESENT TIME, APPROXIMATELY SEVENTY THOUSAND FIFTH LEVEL OLD SOULS, [and] THIRTY THOUSAND FOURTH LEVEL. AND SO, AS YOU CAN SEE, THIS IS A SMALL COMPANY WHEN YOU TAKE THE WORLD POPULATION INTO CONSIDERATION. WE HAVE DETECTED SOME DISBELIEF, AND YET YOU WERE ALL YOUNG SOULS AT ONE TIME. THERE IS A FRAGMENT LIVING QUIETLY IN SUSSEX NOW, AN OLD SOUL, WHO WAS IN THE PAST NINE TIMES THE MAYOR OF LONDON.

Where do people stay after death? In what space are they?

THIS DEPENDS A GREAT DEAL ON THE LEVEL OF THE SOUL AND THE BELIEF SYSTEM GOING AT THE TIME OF TRANSITION. FOR INSTANCE, THOSE WHOSE SOULS MAKE TRANSITION BELIEVING IN A LITERAL HEAVEN AND HELL WILL HAVE TO EXPERIENCE THIS BEFORE THEY CAN EXPERIENCE ANYTHING ELSE, AS UNFORTUNATELY THEY CREATE THIS OUT OF ASTRAL MATTER WITH THE THOUGHTS OF TRANSITION. THEN THOSE SOULS LIKE [the atheist] JEAN PAUL SARTRE MUST EXPERIENCE A LONG PERIOD OF "NOTHING" BEFORE THEY GO ON. THEN THE SOUL BECOMES A HABITUÉ OF THE LOW ASTRAL PLANE. THE ALTERNATIVE THREADS CAN BE PURSUED, THE ALTERNATE COURSES OUTLINED, AND THE CHOICES MADE [for the next incarnation].

There was a discussion here regarding entity fragmenting once, regrouping, then going back to the Tao.

I was David Hume. Was anyone else David Hume?

WHEN YOU WERE DAVID THERE WERE APPROXIMATELY FORTY INTEGRATED FRAGMENTS [in your entity]. BUT TO ANSWER YOUR REAL QUESTION, NO, THERE IS NO ONE ELSE ALIVE WHO WAS DAVID. THE FRAGMENTS UNITE -- THEY DO NOT SCATTER AGAIN.

I would like to know my soul level and Role.

THE MATURE SOUL HAS DIFFICULTY TRUSTING INTUITION.

I would like a definition of any Role and how it is assigned.

IT IS NOT ASSIGNED. NOTHING IS -- ALL IS CHOSEN. THE SLAVE IS A SERVICE ROLE IN A MENIAL SENSE. HOWEVER, IT IS POSSIBLE TO EXPERIENCE ALL OF LIFE WITHIN THIS FRAMEWORK. THE SLAVE WILL ALWAYS LOOK RATHER WOEBEGONE REGARDLESS OF STATION IN LIFE AND WILL APPEAR POOR REGARDLESS OF MATERIAL WEALTH. THE MANIFESTED SLAVE MAKES A GOOD BUT BUSY HOST AS THEY WORRY ABOUT THE COMFORTS OF THOSE AROUND. THE SLAVE IN ESSENCE IDENTIFIES WITH THE WRONGS OF HUMANITY AND TRIES TO BRING COMFORT IN A MATERIAL SENSE TO MANY. THE PRIEST IS THE SLAVE EXALTED. THE PRIEST IS BORN WITH A SENSE OF GOD-CONSCIOUSNESS OR "OTHER WORLDLINESS." THE PRIEST IN ESSENCE CHOOSES A LIFE ROLE WHERE IT IS POSSIBLE TO BRING COMFORT TO MANY IN A SPIRITUAL SENSE.

How is role chosen?

KNOWLEDGE OF ALL ESSENCE ROLES IS ACCESSIBLE TO THE UNFRAGMENTED ENTITY. THIS SOMETIMES RESULTS IN A HASTY CHOICE, BUT REGARDLESS OF THIS HASTE IT IS ALWAYS POSSIBLE TO EXPERIENCE ALL OF LIFE IN EACH OF THESE ROLES. THE WARRIOR IS A LEADERSHIP ROLE. THE WARRIOR LEADS INSTINCTIVELY. THERE IS AN INNER DRIVE TO LEAD. THE WARRIOR IS PURPOSEFUL IN VOICE AND ACTION, OFTEN POWERFUL PHYSICALLY EVEN THOUGH SMALL IN STATURE. THE KING IS THE WARRIOR EXALTED. THESE SOULS LEAD THROUGH INNER KNOWLEDGE THAT THEY WERE MEANT TO LEAD. THEY, LIKE THE WARRIORS, ARE REGAL IN APPEARANCE REGARDLESS OF SIZE. THE KING COMMANDS YOUR INTEREST WHEN HE WALKS IN THE ROOM. THE MANIFESTED KING IS ALWAYS THE DOMINANT PARTNER IN ANY RELATIONSHIP, WHETHER SEXUAL OR PROFESSIONAL, AS IS THE MANIFESTED WARRIOR. THIS RESULTS IN MANY DIVORCES AND OTHER BROKEN CONTRACTS IN EARLY MIDDLE AGE FOR BOTH.

What benefit or harm is there to stimulating the acupuncture point known as the "Divine Door"?

[There is] NO HARM. THE BENEFIT DEPENDS ON YOUR BELIEF SYSTEM. IF YOU THINK OR BELIEVE IN IT, IT WILL PROBABLY BE OF BENEFIT. IF YOUR BELIEF SYSTEM IS SUCH THAT YOU BELIEVE THAT STIMULATION OF CERTAIN AREAS OF THE HUMAN BRAIN SUCH AS THE HYPOTHALAMUS, THE PINEAL GLAND, [or] THE ANTERIOR PITUITARY PRODUCES A DOORWAY TO ENLIGHTENMENT, AND THIS BELIEF IS STRONG ENOUGH, SOMETIMES THE RESULT IS JUST SHORT OF MIRACULOUS.

Can a soul take on a dual Role?

NOT IN ESSENCE. HOWEVER, THE LIFE ROLE OFTEN BEARS LITTLE RELATION TO THE ESSENCE ROLE, AND IF FALSE PERSONALITY IS FIRMLY IN COMMAND IT WILL ALMOST BE IMPOSSIBLE TO DETECT THE ESSENCE ROLE. ON A PERSONAL LEVEL OTHERS CAN OFTEN DETECT THE FACADE AND THE UNDERLYING ROLE BEFORE THE STUDENT CAN.

Was my friend, who suicided, troubled in personality or soul?

THAT IS VALID. THIS IS [inherently] A CONFLICT BETWEEN ESSENCE AND PERSONALITY. IT IS WHEN THE INDIVIDUAL FRAGMENT CANNOT COPE WITH THE CONFLICT THAT THE INTEGRATIVE DEFENSE MECHANISM FALLS APART AND ALLOWS THE EGO TO DISINTEGRATE BEFORE THERE IS ANY STRENGTH IN ESSENCE [contact], LEAVING THE SOUL GOALLESS AND ADRIFT.

Is this conflict unresolvable?

IT IS NOT UNRESOLVABLE. WITH CAREFULLY CHOSEN THERAPY OR AN UNDERSTANDING GURU THE CONFLICT WILL BE RESOLVED. THE DIFFICULTY LIES IN THE CHOICE OF THERAPIES.

Is this what we call psychosis?

YES, IN A SENSE. PSYCHOSIS CAN ALSO BE DRUG-INDUCED.

Is a certain patient of mine psychotic?

WE WOULD DEFINE THIS AS NEUROPSYCHOTIC. IN THE BABY SOUL THE CONFLICT RARELY BECOMES FULL BLOWN. WITH HIM THE CONFLICTS ARISE FROM DESIRES OF A PHYSICAL NATURE WHICH HE PERCEIVES AS "EVIL".

Are these suicidal tendencies repetitive life after life?

NO. SOONER OR LATER THE SOUL LEARNS THAT SUICIDE IS UNPROFITABLE. FOR INSTANCE, IF A PERSON WITH TERMINAL CANCER SUICIDES AND THERE REMAINED FIVE OR SIX MONTHS OF LIFE WITH ITS ATTENDANT LESSONS, THEN THAT SOUL WILL EXPERIENCE INFANT DEATH AT A LATER TIME.

We nurses react negatively to a terminal cancer patient. Why do we do this?

PEOPLE WHO ARE DYING ARE NO MORE OR LESS OBNOXIOUS THAN AT MOST OF THEIR CRISIS POINTS IN THEIR LIFE. THIS BABY SOUL PERCEIVES PHYSICAL DEATH AS PUNISHMENT.

Why can we not overcome our negativity?

YOU PERCEIVE [a] HIGH INDEX OF NEGATIVITY IN THIS PATIENT AND YOU ARE UNABLE TO SEPARATE. YOU HAVE NOT BEEN IN THE TEACHING LONG ENOUGH TO HAVE LEARNED EFFECTIVE SEPARATION FROM THOROUGHLY OBNOXIOUS FALSE PERSONALITIES.

How can I learn to be less affected by negativity of those close to me?

YOU MUST FIRST BELIEVE THAT THERE IS NOTHING THAT YOU CAN DO TO ALTER THEIR REACTION, AND THAT THEIR REACTION HAS NOTHING TO DO WITH ANYTHING IN YOUR OWN FRAME OF REFERENCE. THEIR PERCEPTION OF A SITUATION AND ITS RAMIFICATIONS IS SOMETHING THAT ONLY THEY CAN DEAL WITH, AND THERE IS REALLY NOTHING THAT YOU CAN DO. KEEP REPEATING THAT TO YOURSELF EACH TIME IT COMES UP.

May we have the definition of Scholar?

WE HAVE GIVEN THIS BUT WE WILL REPEAT. THIS IS AN INTERMEDIATE ROLE WHERE REASON AND LOGIC ARE THE FOUNDATIONS UPON WHICH LIFE IS BUILT. WE DID NOT SAY THAT SCHOLARS WERE EMOTIONALLY BEREFT, JUST A LITTLE MORE DISCREET ABOUT DISPLAYING. SOME SCHOLARS ARE BORN INTO EMOTIONAL CULTURAL ENVIRONMENTS AND DISPLAY MORE EMOTIONALITY THAN THE AVERAGE SCHOLAR, BUT STILL DO NOT APPROACH THE SHEER EMOTIONAL EXTRAVAGANCE OF OTHER ROLES SUCH AS PRIESTS AND SAGES.

I would like to know the relationships between the caste system of India and roles?

THERE WAS [a relationship] IN THE BEGINNING WHEN SRI KRISHNA BROUGHT THE LOGOS TO BEAR. THIS HAS SINCE BECOME BLURRED BY AMBITION AND MATERIAL DESIRES.

They suppose that Slaves are born to Slaves. What we have here is, everyone has parents in a different Role. THIS IS WHERE THE MISINTERPRETATION ARISES. LOOK AT THE HEREDITARY MONARCHIES. ONLY TWO MONARCHS IN RECENT TIMES HAVE BEEN KINGS: ELIZABETH THE FIRST AND JAMES THE FIRST.

What are the relative quantities of Old souls. It seems there should be more. [From what Michael has said,] there seems to be a minute number in relation to the total population.

IT NOW HAPPENS THAT ON THIS PLANET THE VAST MAJORITY OF SOULS ARE YOUNG AND MATURE SOULS, WELL OVER ONE AND ONE HALF BILLION. THE BABY SOUL AND INFANT SOULS TOGETHER EQUAL THE NUMBER OF OLD SOULS NOW. THIS HAS NOT ALWAYS BEEN, BUT LIFE ON THIS PLANET IS EVOLVING TO THE POINT WHERE THERE WILL BE NO MORE INFANT SOUL ENTITIES CAST INTO THIS FRAME. AT THIS POINT THE MAJORITY WILL BE EITHER MATURE OR OLD SOULS, AS IT IS NOW ON SOLEIL'S WORLD. THERE IS OF COURSE AN END POINT TO ALL WORLDS WHEN THE STAR EXHAUSTS ITSELF. THE EVOLUTION OF LIFE WITHIN A GIVEN SOLAR SYSTEM IS ALWAYS GEARED TO NOT EXCEED THE LIFE OF THE STAR. IN OTHER WORDS, ALL LIFE ON THIS PLANET WILL HAVE EVOLVED AND COMPLETED LONG BEFORE THIS STAR EXPANDS TO BECOME A RED GIANT AND EVENTUALLY SHRINKS INTO A REMNANT DWARF.

Is what is known in the medical profession as the "subconscious" the essence or the soul?

NO. MOST PSYCHIATRISTS WHERE THEY SPEAK OF THE SUBCONSCIOUS THEY MERELY SPEAK OF ALL OF THOSE EXPERIENCES WHICH THE BRAIN RECORDS BUT YOU CANNOT IMMEDIATELY RECALL. THE RECALL OF THIS MATERIAL IS OFTEN BLOCKED BY VERY EFFECTIVE BARRIERS. SOME FEW PSYCHIATRISTS SUCH AS [Carl] JUNG BEGAN TO SEE MORE, BUT FEW HAVE KNOWN OF THE MYRIAD DATA ACTUALLY AT YOUR COMMAND, MUCH LESS THE SOURCE.

20 November 1973

Tuesday

WE ARE WITH YOU TONIGHT.

PLEASE ASK QUESTIONS CLEARLY SO THAT WE MAY CORRECTLY GUIDE YOU.

Hypnosis has been suggested for a patient of mine. However, I see her as a Baby soul Slave, and this may not be correct therapy.

YOU ARE NOW SEEING THE ROLES MORE CLEARLY. THIS LADY IS, HOWEVER, A YOUNG SOUL, WITH SLAVE AS HER ROLE. YOUNG SOULS DO NOT HEAR THE MESSAGE, AND THE HYPNOTIST WOULD HAVE TO BE EXCEPTIONALLY EXPERIENCED AND WITH MUCH TEACHING KNOWLEDGE IN ORDER TO HELP A YOUNG SOUL. A SLAVE WILL NOT LISTEN — THEY ARE DRIVEN TO THIS ROLE. TO ACCOMPLISH WEIGHT REDUCTION THROUGH THE WILL IS AN ALMOST IMPOSSIBLE CHORE FOR THIS YOUNG SLAVE SOUL. THE PHYSICIAN OF WHOM YOU SPEAK (for doing the hypnosis) CAN'T REACH HER; ANOTHER MIGHT. INITIALLY, SHE SHOULD HAVE TO WORK ON HER SOUL LEVEL BEFORE UNDERTAKING WEIGHT REDUCTION.

What is the nature of the work she could do concerning weight reduction? I was not aware that she would be considered a candidate for a school.

WORK ON HER SOUL LEVEL WITHOUT A TEACHING IS DIFFICULT. IT IS, AGAIN, VIRTUALLY IMPOSSIBLE TO RAISE THE LEVEL OF CONSCIOUSNESS WITHOUT A TEACHING. WITH A TEACHING, HOWEVER, THE SPAN FROM A YOUNG OR MATURE LEVEL TO A LATE LEVEL OLDER SOUL MAY BE ACCOMPLISHED.

Could you comment on the cause of this patient's sever hypertension [high blood pressure]?

IT IS UNDERSTANDABLE THAT YOU ARE AWED BY THE POSSIBILITY OF HELP FROM THE OTHER SIDE. AFTER

ALL, IT IS NOT EVERY DAY THAT YOU ASK FOR HELP OF THIS NATURE. OTHERS WOULD NEITHER BELIEVE NOR USE IT. THE LADY SUFFERS FROM ANXIETY. HER OBESITY IS BUT A CONTRIBUTING FACTOR TO THE PROBLEM OF ILL HEALTH. SHE NEEDS TO CLEAR THE FAMILY HOME OF THE TENSION CAUSING HER PROBLEM. IF YOU CAN, SUGGEST MEDITATION TO HER AS A SORT OF "RELAXING TIME" SEVERAL TIMES A DAY. INSTRUCT HER TO CLEAR HER MIND OF ALL THOUGHT, AND THIS SHOULD ASSIST. YOU DO NOT HAVE TO TERM IT "MEDITATION" TO HER, AS SHE MAY NOT UNDERSTAND THE TRUE WORD. JUST ASK HER TO LIE DOWN IN A QUIET PLACE, CLEAR HER MIND, AND REST, THINKING OF NOTHING IN THE WORLD EXCEPT SOMETHING PEACEFUL, SUCH AS A MEADOW WITH BIRDS AND A STREAM. FOR FIFTEEN MINUTES THREE TIMES A DAY WILL BE A GREAT HELP TO HER IF SHE WILL FOLLOW THE INSTRUCTIONS.

My nurse has told me she had a premonition that her son, who has had much trouble with the law, will come to a violent and early death. She asked me to ask for a comment for her.

THE YOUNG MAN IS A WARRIOR, A BABY SOUL. HE HAS PROBABLY ALREADY CHOSEN A YOUNG, VERY DRAMATIC DEATH. HE WILL DIE IN AN ACCIDENT, PROBABLY WITH FIRE. IT SHOULD BE CONSIDERED CAREFULLY BEFORE INFORMING THE MOTHER OF THIS. OFTEN IT IS NOT NECESSARY TO INFORM THEM. SHE ALREADY KNOWS, AND CONFIRMATION WILL NOT HELP HER. YOU MUST FIRMLY REASSURE YOURSELF ABOUT THE STEADINESS OF HER MIND BEFORE YOU GIVE HER SUCH INFORMATION. THE INFORMATION CAN HELP HER, BUT IN ALL LIKELIHOOD WILL NOT. IT WILL AFFIRM TO HER A PREMONITION. THAT IS ABOUT ALL IT CAN DO. YOU MAY USE YOUR OWN CHOICE ABOUT THIS. IF YOU BELIEVE AT ONE PARTICULAR MOMENT THAT THE TIME IS RIGHT, TELL HER. WHEN YOU DO NOT FEEL IT, DO NOT TELL HER. WHEN AND ONLY WHEN THAT ONE MOMENT COMES, THE TIME WILL BE RIGHT: YOU MAY TELL HER. SHE THEN CAN PREPARE.

Some people don't come to our meetings regularly, but feel they are still a part of the group.

THE PROBLEM OF DISCIPLINE IS COMMON ON YOUR PLANE. WHEN SOMEONE DOES NOT COME TO MANY MEETINGS, THEY SHOULD NOT CONSIDER THEMSELVES A PART OF THE GROUP. IT IS NECESSARY TO CONTRIBUTE SOMETHING TO A WHOLE BEING IN ORDER TO CALL IT WHOLE. MANY PARTS MAKE THIS WHOLE OF THE GROUP, AND IF A PART IS MISSING, IT IS NECESSARY TO REPLACE IT BEFORE GOING ON. THERE SHOULD BE A GENERAL MEETING AT ONE THURSDAY NIGHT TO DISCUSS ALL OF THE PROBLEMS NOW ARISING. IF YOU DO NOT HAVE TIME ON THAT ONE THURSDAY TO ASK ANY TEACHING QUESTIONS THERE IS NOTHING LOST: WE CAN MEET ANOTHER TIME THAT WEEK FOR THE QUESTIONS.

RULES ARE SOMETIMES NECESSARY IN ORDER FOR YOUR PLANE TO ACCOMPLISH THE USE OF WILL. IT IS SOMETIMES NECESSARY TO EXERCISE WILL, AND SET A GOAL OF BEING ON TIME, BEING PRESENT. THERE ARE ALSO TIMES WHEN IT IS NECESSARY FOR A MEMBER TO MISS MANY NIGHTS IN A ROW BECAUSE OF THE STRANGE OCCURRENCES THAT COME UP. THESE ARE USUALLY PLANNED BY A MUCH HIGHER SOURCE, AND THESE PEOPLE SHOULD NOT BE CASTIGATED, BUT RATHER DESERVE A REWARD. SOMEHOW YOUR GROUP WILL NEED TO DIFFERENTIATE BETWEEN THE TWO TYPES OF ABSENTEEISM; ALSO LATENESS TO MEETINGS. TRY TO PLAN ONE MEETING DISCUSSING THE TYPE OF RULES NEEDED, WHATEVER THEY ARE, THEN GO FROM THERE. IT IS NOW TIME FOR SOME DISCIPLINE.

Is the comet, Kohoutek, marking the birth of a higher mental body?

THERE ARE MANY SIGNS NOW PRESENT INDICATING THE REBIRTH OF SPIRITS. THE COMET IS INDEED A SIGN OF NEW BIRTH. ALL OF THE RUMBLINGS INTERNALLY OF YOU PEOPLE, SOME YOUNG AND SOME OLD, ALL INDICATE THAT THE NEW CHRIST IS COMING SOON. YOU WILL NOT PINPOINT THE PLACE, BUT YOU HAVE THE TIME RIGHT.

Would it help our school?

THIS SCHOOL DOES NOT NEED TO GROW TO LARGE PROPORTIONS IN ORDER TO TEACH. IT PROBABLY WILL WORK BETTER WITH A LIMITED SELECTION OF STUDENTS; PEOPLE LIVING ON A RANCH, HEALING WITH LAYING ON OF HANDS, AND HEALING OF THE SOUL WITH MESSAGES.

Will this school be rich or poor?.

FOR A WHILE, IT WILL BE TOUCH AND GO — ON THE POOR SIDE. SEVERAL IN YOUR GROUP NEED THE GROWTH INVOLVED IN FARMING, LEAVING THE CITY AND BEING AWARE OF THEMSELVES. THEN THE SCHOOL WILL GROW IN SPURTS AND BECOME LARGE. IT WILL NEVER BECOME AN EXTREMELY RICH SCHOOL; IT IS NOT NECESSARY. PART OF YOUR EVOLUTION WILL BE THE LOSS OF YOUR EGO, WHICH WOULD LIKE THE RICHNESS. IT IS NICER TO BE RICH: GREATER TO BE POOR. YOUR GROWTH WILL COME FASTER. AT SOME TIME IN YOUR GROWTH, YOU WILL NEED ONLY WHAT IS AROUND YOU AT THE MOMENT, AND THE MATERIALS WILL NO LONGER BE NECESSARY. IT IS NOT EVEN SO FAR OFF AS YOU

THINK, AS YOU ARE MOVING IN THAT DIRECTION ANYWAY. MOST OF THOSE IN THIS GROUP ARE MOVING AWAY FROM THE MATERIAL, AND THIS IS NECESSARY FOR THEIR GROWTH AND IS GOOD. IT CAN LEAD TO GREAT LEAPS IN SOUL WORK.

Usually when a teacher dies, the teaching dies, but here we could go on for generations as long as you wish or we have a medium.

THIS TEACHER CANNOT DIE. THAT IS A TRUE PERCEPTION. THERE ARE MANY MEDIUMS WHO WILL COME AND GO. I CAN TALK THROUGH ANYONE IN THIS ROOM WHEN THE TIME IS RIGHT. YOU WILL ALL NEED TO JOIN IN AND LISTEN. THERE IS NO END TO A TEACHING.

IT IS NOT NECESSARY TO BE PHYSICALLY INACTIVE IN ORDER TO GROW. IT IS NECESSARY TO MEDITATE AND BE INACTIVE FOR PERIODS OF TIME, BUT NOT ALL DAY EVERY DAY. THE WORK BRINGS ABOUT FRICTIONS AND GROWTHS LIKE NEW GRASS IN THE FOREST AFTER A RAIN. YOUR GROWTH WILL BE ACCELERATED BECAUSE YOU WILL BE WORKING FROM ESSENCE. THAT IS WHAT MATTERS, NOT JUST DOING WORK OR NOT DOING WORK.

Noonan-Michael was on TV recently. Watching him from a conventional point of view, I thought he was kooky, i.e., he says there are angels in UFOs and that space people built the pyramids and that he has been on board a UFO. Further, that he has a "radio station" in his head tuned into the "cosmic influence". It was disquieting, though, to find that his ideas are close to those of this school in many areas.

THE MAN IS FOR REAL. YOU MAY END UP APPEARING AS STRANGE AS OR STRANGER THAN THIS MAN. HE HAS A TEACHING FROM ABOVE YOUR PLANE AND HAS A RATHER UNUSUAL WAY OF SPREADING THE KNOWLEDGE ATTAINED. HE WILL NOT SEEM SO STRANGE A YEAR FROM NOW. THERE WILL BE MORE LIKE HIM, INCLUDING YOURSELVES.

Noonan-Michael also says that this planet is to be included in some sort of "cosmic synthesis" soon.

THAT IS A ROUGH APPROXIMATION, YES. WE WOULD LIKE TO GO INTO THAT MORE LATER. DO NOT TAKE ONE GIANT STEP FORWARD.

Could you comment on Kings and Artisans not getting along well. and I have been good friends for a long time.

YOU ARE NOT MARRIED TO YOUR FRIENDS. THERE ARE SOME SOULS THAT DO NOT WORK OUT WITH ANY ROLES. IT IS NOT ENTIRELY DECIDED BETWEEN KING AND ARTISAN. MOST TIMES IN COUPLES IT DOES NOT WORK.

What about Joe Namath — is he a King?

WITH HIS HISTORY, ONE MIGHT THINK SO. HE IS A MATURE SOUL, EARLY, VENUSIAN BODY WITH LOTS OF SATURN THROWN IN, AND IS NOT AS KINGLY IN THIS LIFE AS YOU WOULD THINK. HIS KING [Role] IS TRUE. THE REASONS FOR YOUR LABELING IS BECAUSE OF THE PUBLICITY, BUT THIS IS MOSTLY FALSE. PEOPLE DO GRAVITATE TOWARD HIM, THOUGH. THIS IS THE REASON. THE CONCEPT OF VENUSIAN-SATURN IS NEW TO YOU ONLY. IT IS POSSIBLE TO GO FROM MARS TO LUNAR, FROM LUNAR TO MERCURY. THIS INFLUENCE IS NOT TYPICAL BUT DOES OCCUR IN SOME BODIES. THIS IS THE PROBLEM IN MANY OF THE PERSONS YOU CANNOT IDENTIFY.

I wonder why Dr ____ seems so competent, yet he is a Baby soul and an Artisan.

MEDICINE HAS BEEN AN ART IN THE PAST. THIS IS AN ARTISTIC SOURCE FOR YOUR FRIEND. HIS PERSONAL RELATIONSHIPS ARE LESS MEANINGFUL BECAUSE THEY ARE NOT ARTISTIC. ARTISANS ARE USUALLY COMPETENT. LOOK AT THE ARTISANS IN THIS GROUP. IT IS NOT NECESSARY TO BE A KING OR A PRIEST TO BE COMPETENT OR ACCOMPLISHED IN ANYTHING. THIS VARIES FROM ENTITY TO ENTITY. PERSONAL RELATIONSHIPS REQUIRE COMMUNICATION, AND IT IS DIFFICULT FOR THIS PARTICULAR ENTITY TO EXPRESS HIMSELF TO OTHERS. HE CANNOT COMMUNICATE WELL WITH LOWERS, PEOPLE NOT PHYSICIANS, AND THUS THE EXPRESSION, "BABY SOUL". HE EXPRESSES HIS ARTISTIC QUALITIES IN THE OPERATING ROOM, BEHIND CLOSED DOORS, NOT FROM OPEN DOORS OR FROM HIS HEART IN EMOTIONAL SITUATIONS.

22 November 1973

Thursday, THANKSGIVING

Why is it that Old souls with united fragments are not superior in competence to Young souls who have a smaller amount of united fragments?

THE OLD SOUL, AT A DEEPER LEVEL, REALIZES THE FUTILITY AND TEMPORARY NATURE OF MATERIAL ACHIEVEMENTS, AND THEREFORE LACKS THE DRIVE TO ACCOMPLISH THIS. YOU ARE ALL EXTREMELY COMPETENT, EVEN IN ROLES THAT ARE OUT OF ESSENCE. THE DRIVE IS NOW FOR SPIRITUAL EVOLUTION IN ALL OF YOU. THEREFORE YOU ARE INCLINED TO LET THE REST SLIDE. ANY ONE OF YOU COULD ACHIEVE ANYTHING YOU WISH TO DO. WHY DIDN'T YOU? SOME USE POVERTY AS AN EXCUSE, BUT THIS IS INVALID. MANY POVERTY-STRICKEN YOUNG SOULS HAVE ACHIEVED WONDROUS THINGS THROUGH SHEAR STRUGGLE.

If I try the stock market, could I make money without working so hard?

IT IS LIKE ANY OTHER MONETARY GAME AND DEPENDS ON THE WHIMSY OF THE ECONOMY AND HOW ASTUTE A GUESSER YOU ARE. IT WOULD NOT RELIEVE YOUR FINANCIAL ANXIETY. IT WOULD CREATE A NEW ANXIETY-LADEN SET OF OBSTACLES.

What was the essence of the teachings of Christ?

TRUTH IS THE GREATEST GOOD AND LOVE IS THE HIGHEST TRUTH. GOOD IS ITS OWN REWARD, AS IS TRUTH.

I'm seeking for a practical way of practicing the teachings of Christ. Can you tell how this can be accomplished for me?

HONESTY WITHOUT GUILF, SIMPLICITY WITHOUT POVERTY OF SOUL, LOVE WITHOUT MATERIAL EXPECTATIONS, EMPTYING THE LIFE OF ALL NONESSENTIAL CONSIDERATIONS, THE ENDLESS CYCLES OF EVOLUTION WITH THE PHYSICAL PLANE BEING THE CRUDEST AND ROUGHEST — THESE ARE THE THINGS EMPHASIZED IN THE TRUE TEACHINGS OF CHRIST.

Whereby Jesus' statement "I can do nothing"?

HE COULD DO NOTHING. THAT IS TRUE OF ALL, WITHOUT THE OTHER FORCES HOLDING THE UNIVERSE TOGETHER — ALL OF THESE COMBINED ARE NECESSARY TO PERPETUATE THE CYCLES. KNOWING HOW IT HAPPENS DOES NOT GIVE YOU CART BLANCHE TO GO AND DO IT. MANY PEOPLE WERE DISAPPOINTED IN JESUS BECAUSE HE DID NOTHING PHYSICAL ABOUT THEIR WOES. THIS WILL BE THE CASE AGAIN. THE INFINITE SOUL DOES NOT COME TO LEAD THE TROOPS. THE INFINITE SOUL COMES TO BRING THE LOGOS TO BEAR. IT IS UP TO YOU TO LISTEN AND TAKE YOUR OWN ACTION.

What is the meaning in the scriptures that Christ died to save our sins? It makes no sense to me.

IT DOES NOT MAKE ANY SENSE TO US EITHER. IN THE LITERAL SENSE, IT IS MEANINGLESS. HE DID NOT SAY THAT. THAT WAS PERPETUATED BY ZEALOTS.

Where is Paul now?

THE FRAGMENT THAT WAS SAUL HAS NOT BEEN REBORN YET, BUT WILL BE SOON. HE WILL BE A FIFTH LEVEL OLD SOUL [Priest] THIS TIME, AND MAYBE HE WILL LISTEN.

Paul contradicts himself. His appeal was ludicrous. Two and a half years later when he arrived in Rome, nobody knew what he was talking about.

HE MADE MANY ERRORS. THAT IS HOW YOU LEARN.

I've read much on the crucifixion and have never been able to figure out why it happened.

HE WAS A THREAT TO JOSEPH CAIPHAS [the High Priest] WHO WAS GETTING RICH ON TEMPLE FUNDS, AND THERE WAS A SUITABLE PAWN AVAILABLE IN THE PERSON OF THE JUDEAN GOVERNOR [Herod Antipas] WHO WAS A COWARD AND WHO WAS ALREADY IN TROUBLE WITH [Roman Emperor] TIBERIUS OVER OTHER THINGS. THE INFINITE SOUL CARES NOTHING ABOUT THE PHYSICAL BODY, AND WHEN IT WAS REALIZED HOW THE DECK WAS STACKED, IT WAS SEEN AS A CONVENIENT WAY TO SPEEDILY FULFILL THE PROPHECY.

What is meant by His saying He was the Son of God?

YOU ARE ALL "SONS OF GOD". THIS MAN, BEFORE THE INFINITE SOUL MANIFESTED, REFERRED TO HIMSELF AS THE SERVANT OF MAN. THE INFINITE SOUL SAID, "I AM THE WORD". THE INFINITE SOUL MANIFESTED DURING A PERIOD OF INTENSE MEDITATION AND FASTING, AND "THE SERMON ON THE MOUNT" WAS THE FIRST UTTERING OF THE INFINITE SOUL.

Did the man Jesus become conscious after the forty days and forty nights?

THIS MAN WAS AN OCCULT MASTER. HE WAS A FINAL LEVEL OLD SOUL.

What is the meaning of, "I am the word"?

THE LOGOS, THE TRUTH, THE ABSOLUTE, THE ORDER OF THINGS.

“Thy kingdom come, (when you hear the word,) thy will be done” — could you comment on this?
THE WORD IS UTTERED, THE WAY IS MADE KNOWN; IF YOU CHOSE THE PATH, EVOLUTION WILL OCCUR.

It makes me wonder, if evolution occurs through cycles regardless of what one does, what is the point of the Infinite soul manifesting? A lot of people quit their jobs to follow Him, and then lead useless lives. The implications are not to quit these things unless you are on the path instead of quitting your job and sitting around waiting for the “king”, and “judgment day”.

THIS WAS PROMULGATED BY A MAN NAMED JOHN, WHO HAD A SERIES OF NIGHTMARES. IT WAS NOT PLEASANT TO WATCH SOMEONE YOU LOVED DIE IN A PARTICULARLY HORRIBLE MANNER. THERE WAS AN EARTHQUAKE AND AN ECLIPSE THAT DAY — COMPLETELY NATURAL PHENOMENA, BELIEVE IT OR NOT. THIS GAVE RISE TO MANY BAD DREAMS IN ALREADY SUSCEPTIBLE SUPERSTITIOUS PEOPLE.

Could you comment on the second coming being in the clouds?

HE WAS WARNING THEM NOT TO EXPECT ANY PHYSICAL HELP FROM HIM. THEY COULD NOT CONCEIVE OF THE HELP IN THE ABSTRACT, AND TO HAVE TOLD THEM THAT IN TWO THOUSAND YEARS HE WOULD REPEAT THIS PERFORMANCE WOULD HAVE BEEN MEANINGLESS.

BY THE TIME LUCANUS QUIRINUS [Luke] REACHED THE HOLY LAND, THE MOTHER OF JESUS WAS COMPLETELY INSANE. SHE HAD BORNE FAR MORE THAN COULD BE EXPECTED OF ONE FAIRLY SIMPLE PEASANT WOMAN.

The way I have understood the teachings of Christ, through meditation or praying, one can elevate himself to receive the word by communion with God. That is what He meant by “receiving the word of God”. That is what is meant by being “under grace” — all troubles melt away. Can I achieve this state?

YOU WILL ACHIEVE THIS STATE — WHETHER [or not] YOU DO IT THIS TIME IS UP TO YOU. YOU KNOW HOW TO DO IT: MEDITATION, CONCENTRATION, RIGHT-THINKING, STUDY.

Could you elaborate on the third chapter of Genesis about what the knowledge of good and evil is?

KNOWLEDGE OF POSITIVE AND NEGATIVE FORCE.

There seems to be a conflict of my [Warrior] role and my present state of work. Am I in the wrong thing professionally?

YOUR ESSENCE WOULD BE MORE AT PEACE IN A LEADERSHIP ROLE, YES. YOU DISLIKE BEING SUBORDINATE. BEING SELF-EMPLOYED HAS ALWAYS BEEN YOUR ROLE BEFORE.

What have I done in past lives to account for the physical burden I now have?

THE PAIN YOU INFLICTED ON LOVED ONES IN THE PAST IS A PART OF KARMA FOR YOU. ALSO, YOU HAVE ALWAYS HAD A SCHOLARLY INTEREST IN RELIGION, BUT WITH A SAVAGE BENT MORE THAN ONCE; FOR INSTANCE, DURING THE CRUSADES AND THE INQUISITION.

What on earth did I do?

IN BOTH INSTANCES, YOU TOOK AN ACTIVE PART IN PROSELYTIZING BY FORCE. DURING THE INQUISITION, YOU WERE AN INFORMER [on "heretics"].

I have been studying Christianity for seven years, and when people in the laboratory where I work ask me about things in the Bible, I have refused to tell them. Why?

YOU SAID TOO MUCH BEFORE.

Am I burning karma by being in a subordinate role?

JUST A POOR CHOICE.

Any hint in the direction I might take?

SHOULD WE GO THROUGH IT ALL OVER AGAIN? — MEDITATION, CONCENTRATION, FASTING, STUDY, RIGHT-THINKING. THIS IS THE MAGIC ENLIGHTENMENT FORMULA, LIKE $E = MC^2$.

Why am I sleeping so much? I go to bed at 7:30 every night.

YOU ARE SLEEPING BECAUSE YOU ARE BORED. BOREDOM IS A VICIOUS CYCLE. IT CAUSES SLEEP, WHICH CAUSES MORE ENNUI, WHICH IN TURN CAUSES A GREAT NEED FOR SLEEP. [Watching] TELEVISION IS A FORM OF SLEEP. YOU ARE JUST MORE OVERT IN YOUR ACTIONS [by actually sleeping instead of watching TV]. YOU MUST CONSCIOUSLY BREAK THE CYCLE.

Is hypnosis a form of sleep? I'm wary of it as such. Why do I sleep so much?

HYPNOSIS IS A FORM OF CONCENTRATION, NOT MEDITATION. YOU GO TO SLEEP BECAUSE YOU ARE TIRED. YOU DO ACTUALLY NEED MORE SLEEP BECAUSE OF YOUR PHYSICAL DISABILITY.

[A Seventh Level Young Priest:] I become irritated when I hear older souls talking down young souls. I hear what they say and it makes me mad.

YOU CAN HEAR THE KNOWLEDGE. MOST YOUNG SOULS ARE UNWILLING TO DEVOTE THEMSELVES TO THE LIFE OF CONTEMPLATION THAT IS NECESSARY TO CAUSE THE WORDS TO FRUITION. THIS IS AN ACTIVE CYCLE, THE ONE IN WHICH THE MOST VALUABLE LESSONS ARE LEARNED AND MOST OF THE MISTAKES ARE MADE. IT IS LIKE ANY SYSTEM OF LEARNING: THE INFANT SOUL IS IN KINDERGARTEN, THE BABY SOUL IS LIFE'S ELEMENTARY SCHOOL, THE YOUNG SOUL IN GYMNASIA SCHOOL, THE MATURE SOUL IN COLLEGE, AND THE OLD SOUL IS OUT IN THE WORLD.

How many fragments are united in my entity?

THERE ARE NOW FIVE HUNDRED UNITED FRAGMENTS. THE DOMINANT THREAD HAS BEEN MALE MOST OF THE TIME. SCHOLARS DO NOT LIKE BEING FEMALE AND DO NOT CHOOSE THIS ROLE OFTEN. ARTISANS ENJOY BEING FEMALE, AND SO DO PRIESTS.

Maybe that is why I block my past female lives. If I set aside vacation time (40 days) for meditation, how long will it take for me to reach the state I want?

LONGER THAN YOU HAVE VACATION. YOU MUST MAKE IT A PART OF YOUR LIFE.

How many fragments do I have?

THE WARRIORS, SCHOLARS, KINGS AND SAGES ARE MASCULINE ROLES. YOU [a Warrior] DO NOT LIKE BEING FEMALE EITHER.

Then Priests, Artisans and Slaves are feminine?

YES.

WARRIORS DO NOT AS A RULE ACCELERATE [grow spiritually] RAPIDLY. A PRIEST WILL ACCELERATE MUCH FASTER THAN THOSE AROUND. THIS IS WHY THEY FEEL RESENTMENT.

What are a few outstanding Scholars in my entity?

THE DOMINANT THREAD WAS AN ASTRONOMER NAMED TYCHO BRAYHE (World book spelling: Brayche; Danish). (He made the preliminary triangulations on calculating the size of stars and planets.)

Am I [a Fifth Level Old soul] correct in assuming in Role I have lived 5000 previous lives? (One hundred fifty fragments, each Fifth Level Old soul = 4800 lives.)

THIS IS NOT COMPLETELY VALID. THE DOMINANT FRAGMENT, IN OTHER WORDS, THE THREAD THAT IS STILL DRAWN TO THE PHYSICAL PLANE, REMEMBERS ONLY THOSE LIVES THAT PERTAINED TO IT EXCLUSIVELY. IT ONLY HAS INDIRECT ACCESS TO THE INTEGRATED FRAGMENTS [of its entity].

Does the dominant fragment have indirect access to my previous lives?

THE INTEGRATED FRAGMENTS OF YOUR ENTITY WHICH ARE A PART OF THE LOW ASTRAL BODY HAVE A TREMENDOUS PULL ON YOU. IT IS ALMOST AS THOUGH THEY ARE CALLING YOU HOME. YOU ARE RIGHT THOUGH, IT WILL BE CURTAINS FOR THOSE WHO INTEGRATE. THE OTHERS WILL CONTINUE AS LONG AS THEY ARE EARTHBOUND BY KARMIC RIBBONS AND HAVE INCOMPLETE MONADS.

THE STRENGTH COMES FROM THOSE FRAGMENTS WHICH HAVE ALREADY INTEGRATED AND ARE NO LONGER SUBJECTED TO KARMA. YOU ARE A PART OF THIS ENTITY, NOT SEPARATE FROM IT, BUT THERE IS NOW A PARTITION BETWEEN YOU AND THOSE FRAGMENTS AVAILABLE, SO TO SPEAK. IT IS UP TO YOU WHETHER [or not] YOU CAN DRAW UPON THE CONGLOMERATE KNOWLEDGE. YOU MUST FIRST BE ABLE TO PERCEIVE THAT A LARGE PART OF YOUR TIME IS NOW BEING SPENT OFF THE PHYSICAL PLANE, AND THIS TIME GROWS LONGER AS MORE AND MORE OF THE ORIGINAL ENTITY BECOMES INTEGRATED. THE PULL IS ALMOST IRRESISTIBLE NOW. MORE THAN HALF OF THE ALLOTTED SLEEP YOU NOW SPEND ON THE ASTRAL PLANE.

Are 150 fragments incarnate in me on this physical plane?

NO. THERE ARE MORE THAN ONE HUNDRED FRAGMENTS INTEGRATED [on the astral plane]. IT REALLY AMOUNTS TO THE SAME THING. STOP THINKING OF THE ASTRAL PLANE AS "UP THERE"; IT IS "DOWN THERE" — REACH OUT AND TOUCH IT.

Is my incarnate soul a single fragment?

IN YOUR PHYSICAL BODY THERE IS A SINGLE DOMINANT THREAD, BUT YOU MUST UNDERSTAND THAT YOU ARE NO LONGER SEPARATED FROM YOUR INTEGRATED FRAGMENTS. THEY ARE VERY MUCH A PART OF YOU. WHEN THE ENTITY FIRST FRAGMENTS AND ALL OF IT IS ON THE PHYSICAL PLANE, THERE IS WIDE SEPARATION, THEN THERE IS PROGRESSIVE INTEGRATION. ALL OF THE FRAGMENTS STILL INCARNATE

HAVE THE PULL EXERTED ON THEM BY THEIR ASTRAL FRAGMENTS. THERE IS NO "REAL" SEPARATION, MERELY A PHYSICAL BARRIER THAT IS EASILY SCALED.

That spoils my concept. Then the Schlitz beer ads are correct: one time around. This destroys my concept of the continuation of that consciousness of which I am aware. After that I would be united with my entity, and would no longer be conscious of self as I now know it.

THAT IS VALID. THE WHOLE IS THE SUM OF THE PARTS. WE HAVE NO DOMINANT FRAGMENTS. WE ARE AN ENTITY-INTEGRATED WHOLE. THERE IS NO SENSE OF LOSS, WISTFULLNESS, POIGNANCY, OR WHAT HAVE YOU. THE LOSS IS PERCEIVED ONLY ON THE PHYSICAL PLANE. NOW WE ARE WHOLE. BEFORE, WE WERE SPLIT APART AND THEREFORE HAD LESS THAN TOTAL. THERE IS STILL EVOLUTION IN STORE FOR US. ALTHOUGH WE APPREHEND THIS, WE STILL DO NOT SEE IT AS IT WILL BE WHEN THIS OCCURS. RIGHT NOW YOU FEEL THAT THE LOSS OF THE INDIVIDUALITY WILL BE FELT AS PAIN. THIS IS NOT TRUE. THE INDIVIDUALITY IS PAINFUL, NOT THE INTEGRATION.

Could it be analogous to a cell of my fingernail not knowing what the rest of the body is doing? All of the cells don't know what is going on?

IDENTIFICATION AND LABELING IS PART OF FALSE PERSONALITY. YOU HAVE HEARD THIS FROM THE MAN, ROBERT BURTON.

On the physical plane there is "life" and a picture of it, and it all hinges on false personality. Is there a word to describe what happens on higher planes, since "life" is not a description?

YOU DO NOT "LIVE" ORGANICALLY [on the higher plane], IF THAT IS WHAT YOU MEAN. ORGANICITY BELONGS ON THE PHYSICAL PLANE. WE DO "LIVE", THOUGH — WE JUST DON'T HAVE A PHYSICAL BODY; WE HAVE A CAUSAL BODY. YOU ARE TALKING TO ALL OF US ALL OF THE TIME.

I can't get a physical picture. It is like when "I" am talking to Michael, the cells of my fingernails are not being a part of it. Is that a valid analogy?

NOT COMPLETELY. THE ANALOGY WOULD BE THAT WE ARE THE FINGERNAIL CELLS FOR THE CAUSAL PLANE.

I asked them how they could give their undivided attention to what I'm saying and being aware of what they are saying. They said, yes, they could do that and at the same time talk to a hundred others.

It sounds like individuality is a crutch and not a good thing.

That is one reason communal living is good. You become a working unit, and communicate on a mind-to-mind level.

29 November 1973

Thursday

Is anyone with us tonight?

YES WE ARE.

Any general statements for us?

WE WOULD PREFER TO LET THE EVENING PROGRESS NORMALLY AND COMMENT FROM TIME TO TIME.

I am confused about which souls inhabit what planes after the physical level. I would like more information about this

THERE ARE OF COURSE SEVEN PLANES IN ALL, EACH WITH SEVEN LEVELS. BEYOND THE ASTRAL PLANE IS THE CAUSAL PLANE WITH SEVEN LEVELS: THREE LOW, ONE MID CAUSAL PLANE LEVEL, UPON WHICH WE RESIDE, AND THREE HIGHER LEVELS UPON WHICH RESIDE THE HIGH CAUSAL BODIES — THE TRANSCENDENTAL SOULS CONTIGUOUS WITH THIS PLANE; AND THE [mid-]MENTAL PLANE IS THE AKASHIC PLANE, WHICH IS A PHOTOGRAPHIC RECORD OF ALL HISTORY. SOME VERY HIGH ADEPTS HAVE ACCESS TO THIS PLANE. ON THE MENTAL PLANE RESIDES THE INFINITE SOUL AND THE LOW AND MID-MENTAL BODIES. BEYOND THIS IS THE BUDDHIC PLANE, AND UPON THIS LEVEL ARE ALL OF THOSE SOULS WHO HAVE ACHIEVED PHYSICAL COMMUNION WITH THE TAO. BEYOND THIS OF COURSE, [is] THE TAO.

Is the Theosophical teaching accurate, e.g., what Annie Besant wrote?

SOME OF IT IS, SOME OF IT ISN'T. THE LADY [Theosophist] ALICE BAILEY WROTE SOME INSPIRED MATERIAL.

After death, do we go to the astral plane?

SINCE THE SOUL, BETWEEN LIVES, IS WITHOUT A SUITABLE PHYSICAL VEHICLE, IT MUST RESIDE ON THE LOW ASTRAL PLANE, SINCE THAT IS THE LOWEST LEVEL WHERE A BODY OF THE ORGANIC SORT IS NOT REQUIRED.

How do you go from one level to another?

THE KARMA IS JUST DIFFERENT, THAT IS ALL.

My perception is that sex and sexual relationships are the major impediment on this plane to staying on the path. If we are going to have a medical clinic and grow, it is essential to deal with this problem.

YOUR PERCEPTION OF COURSE IS COMPLETELY VALID. THIS IS THE REASON WHY MOST ADEPTS EVENTUALLY REFRAIN FROM ENTERING INTO SUCH RELATIONSHIPS. SOME, BUT ONLY RELATIVELY FEW, HAVE BEEN ABLE TO CONTINUE TO ENGAGE IN A PHYSICAL SEXUAL RELATIONSHIP WHILE EVOLVING SPIRITUALLY. THE REASON FOR THIS SHOULD BE FAIRLY OBVIOUS WHEN YOU STOP AND REALIZE THAT SEXUALITY OF THE PHYSICAL SORT PERTAINS TO THE PHYSICAL PLANE. THIS DOES NOT EXIST ON THE OTHER PLANES. IT IS SUPPLANTED BY MORE OPEN COMMUNICATION. PERSONS WHO ARE HOSTILE AND AGGRESSIVE ENOUGH TO INFLICT PAIN OR DEATH UPON OTHER PERSONS ARE ALWAYS FOUND TO BE SEXUALLY UPTIGHT IN SOME WAY. SEXUALLY SATIATED PERSONS ARE NORMALLY PASSIVE, BUT THIS IS ONLY TRUE WHEN THE MIND ACCEPTS THE SEXUAL ACT IN THE SAME FRAME AS THE BODY DOES. AS LONG AS THERE IS CONFLICT IN THE MIND, THERE IS NOT COMPLETE SATISFACTION, AND AGGRESSION RESULTS.

Can Michael give us information which would help us cease sexual activity?

THAT IS DRASTIC FOR MOST PERSONS. WE WOULD HOPE THAT YOU WOULD STRIVE MORE FOR PASSIVE NONIDENTIFICATION.

Please explain "passive nonidentification".

SOLEAL'S ADVISE IS COLORED BY HIS OWN PERSONAL BIAS, BUT STILL GOOD. WE DOUBT THAT THIS IS AN IMPOSSIBLE GOAL FOR MOST. BASICALLY, IT WOULD MEAN SATISFYING THOSE NEEDS WHICH ARE STRICTLY PHYSICAL WITH A MINIMUM OF FUSS AND BOTHER. THE GREATEST ENERGY LOSS IS NOT IN THE SEX ACT ITSELF BUT IN THE FANTASY THAT SURROUNDS [it]. THE CALORIES YOU BURN ARE REALLY INSIGNIFICANT.

I have difficulty in understanding the development of the soul. We grow up with conflicts and images of self. I cannot let go with other people or myself.

THE OBJECT IS NOT SO MUCH TO GIVE UP SELF, AS IT IS TO FIND SELF. YOU ARE ENCASED IN SO MANY LAYERS OF FACADE, THAT YOU CANNOT EVEN PERCEIVE THE SOURCE OF YOUR DESIRES, LET ALONE CONTROL THEIR EMANATIONS. THE FINAL LEVEL OF SPIRITUAL EVOLUTION ON THE PHYSICAL PLANE PERTAINS OF COURSE TO THE ABSOLUTE CONTROL OF THE DESIRE, NOT JUST THE ACTING OUT. THIS IS A VERY GRADUAL PROCESS, THE FIRST STEP OF WHICH IS TO RECOGNIZE THAT THERE ARE CONFLICTS, WHICH YOU HAVE DONE.

Is Robert Monroe's program valuable?

TO ACHIEVE OUT-OF-THE-BODY EXPERIENCE SOME OF YOU COULD FOLLOW THE MAN ROBERT'S METHOD. OTHERS WOULD FIND IT DIFFICULT AND TERRIFYING. IT IS A FAIRLY CERTAIN WAY. THIS MAN ROBERT IS INTERESTED IN FINDING OTHERS TO DO GROUP WORK WITH HIM ON THE ASTRAL PLANE. WE APPROVE OF THIS AS GOOD. SOLEAL DOES THIS ALSO.

What happened to my former wife who died? Is she happy?

HAPPINESS IS NOT SO DIFFICULT ONCE THE CONFLICTS ASSOCIATED WITH THE PHYSICAL PLANE ARE RESOLVED. MOST SOULS BETWEEN LIVES ARE, RELATIVELY SPEAKING, CONTENT. THE YOUNGER SOULS ARE MORE ATTACHED TO THE PHYSICAL PLANE AND HAVE A GREATER URGE TO REINCARNATE. THIS GIVES RISE SOMETIMES TO BAD CHOICES, OR A SORT OF RESTLESSNESS. SPECIFICALLY, THE SOUL ABOUT WHOM YOU INQUIRE IS A YOUNG SOUL, NOT YET ENGAGED IN THE REVIEW OF THE KARMIC THREADS YET.

About three years ago, my sister-in-law's personality changed. It troubles her, and she would like some help to understand this.

WE HAVE DISCUSSED THIS LADY AT LENGTH. HER PRIMARY DIFFICULTY SHOULD BE RESOLVED IF SHE WOULD TRUST THE INTUITION. THE CHANGE THAT OCCURRED IS NOTHING MORE SERIOUS THAN A LATE MANIFESTATION [of the fourth milestone]. SHE FEELS NOW VERY INSECURE. SHE WAS VERY SECURE IN HER OLD ROLE, WHERE EVERYTHING WAS CLEARLY DEFINED. NOW THE EDGES ARE BLURRED. SHE DOES NOT

LIKE THIS, BUT IT IS OF COURSE PREFERABLE, AND IS THE INITIAL OPENING OF THE DOOR. WARRIORS FIND THE "PATH" ESPECIALLY STEEP AND ROCKY. ALL HER OLD RELATIONSHIPS WERE TAKEN FOR GRANTED. FOR THE FIRST TIME IN HER LIFE SHE WAS FACED WITH THE CHALLENGE OF CREATING NEW RELATIONSHIPS OUT OF TOTALLY NEW MATERIAL, AND WITH A NEW GAME WITH DIFFERENT RULES.

Comment on the value of her present work done at the "Association for Research and Enlightenment" [Edgar Cayce] clinic, especially their views of dream interpretation.

SOME OF THE WORK BEING DONE THERE IS EXTREMELY VALUABLE. WE ARE NOT IMPRESSED WITH WHAT APPEARS TO BE A DOCTRINAL BIAS, BUT ASIDE FROM THAT, YES.

Religious bias?

NOT SPECIFICALLY RELIGIOUS, MORE JUDGMENTAL. BUT THIS PERTAINS TO THE SCIENTIFIC METHOD OF RESEARCH. THE DREAM WORK IS PERHAPS NOW THEIR MOST VALUABLE STUDY.

When I climb into bed I can get into a dream where I left off the night before!

THIS IS POSSIBLE FOR ALL OF YOU. THAT IS WHY DREAM WORK IS SO VALUABLE. YOUR DREAMS ARE VERY ORGANIZED AND YOU ARE NOW ABLE TO CONTINUE THE SAME DREAM. ALL OF YOU CAN WITH PRACTICE. FIRST YOU MUST BE AWARE OF THE SYMBOLISM IN YOUR DREAMS AND WHY YOU ARE DREAMING.

How can hypnosis be used.

IT CAN BE USED SOMETIMES TO EFFECTIVELY UNBLOCK THOSE MEMORIES THAT YOUR FALSE PERSONALITY WOULD PREFER NOT TO LOOK AT. MARIJUANA AND OTHER DRUGS OF THIS TYPE PRODUCE A SIMILAR RESULT, BUT ARE SOMETIMES OBSCURED BY INTERFERENCE AS THEY PROPEL YOU TO THE ASTRAL LEVEL, AND SOMETIMES THERE IS CONFUSION THERE, ESPECIALLY WITH THE STRONGER DRUGS SUCH AS Mescaline (so) THAT YOU ARE NOT CERTAIN WHAT IS MEMORY AND WHAT IS NEW EXPERIENCE IN ANOTHER DIMENSION.

Is hypnosis more reliable in differentiating between new experiences and forgotten ones?

USUALLY, AS THERE IS NO MOVEMENT BETWEEN PLANES EXCEPT IN EXCEPTIONALLY DEEP TRANCES.

In my reading, a Master (Rama Krishna) touched his pupils on the forehead and told them they would be more aware.

RITUAL IS SOMETIMES EXTREMELY VALUABLE. IT ONLY WORKS FOR THOSE WHO BELIEVE IN ITS POWER. ACTUAL TRANSFERENCE OF ENERGY BETWEEN ADEPTS ONLY OCCURS WHEN BOTH ARE TELEPATHS.

Will there be anyone in our group with that power?

THERE ARE ADEPTS WHO CAN DO THIS. SOLEAL IS ONE. THERE ARE ADEPTS ON YOUR PLANET WHO CAN DO THIS WITH PRACTICE.

Who are they?

IN THIS GROUP THERE ARE MANY WHO CAN, ONE WHO WILL.

Who specifically?

THIS KNOWLEDGE ALONE HAS IN THE PAST SERVED TO PROPEL PERSONS FROM THE PATH INTO A DEPENDENCY MORASS OF FALSE PERSONALITY. SELF-STYLED GURUS ARE LEGION.

I would like to know Michael's opinion of bioenergetics.

WE, ON THE WHOLE, APPROVE OF THIS IN THE HANDS OF A SPIRITUALLY EVOLVED THERAPIST.

What affect do our previous lives have on this one?

BOTH GOOD AND BAD, OF COURSE. WHAT YOU ACHIEVED PREVIOUSLY IS NOT EMPHASIZED THIS TIME. WHAT YOU LACKED THEN IS NOW EMPHASIZED. THOSE TRAITS OR CHARACTERISTICS THAT ARE IN ESSENCE FOR YOU ARE THE SAME FROM LIFE TO LIFE.

Are we affected in our daily living.

ALL OF IT.

Do we feel the same way in our present life as in our previous ones?

ONLY THAT WHICH IS IN ESSENCE. YOU DO NOT DRAG YOUR FALSE PERSONALITY AROUND BETWEEN LIVES.

I am treating a cancer patient with hypnosis. Can Michael give me advice to what else I can do?

YOU CAN HELP HER TO FIND THE SOURCE OF HER RESENTMENTS. MOST CANCER VICTIMS HAVE A PERVASIVE SENSE OF SHAME OVER INCONSEQUENTIAL HAPPENINGS. THIS IS TRULY ONE OF THE MOST

SELF-DESTRUCTIVE PROCESSES WE KNOW OF. MORE OF THESE UNFORTUNATE PEOPLE HAVE A SENSE OF NO ACCOMPLISHMENT OR A SENSE OF BEING DIRECTED BY OTHERS. THE CANCER IS OFTEN THE ONLY ESCAPE. MANY OF THESE PEOPLE GIVE AN OUTWARD APPEARANCE OF SUCCESS, SOME EVEN TRANQUILITY. THE TARGET ORGAN IS OFTEN THE SEAT OF THE CONFLICT. THIS IS ESPECIALLY TRUE WITH THE REPRODUCTIVE ORGANS.

If she understands the source of her resentment, could she be cured?

[Yes, she could] IF SHE CHOOSES TO GIVE UP THE RESENTMENT.

Is there someone else who could do a better job?

THE TRUST LEVEL BETWEEN THERAPIST AND PATIENT MUST BE EXTREMELY HIGH. IN OTHER WORDS, SHE MUST HAVE A BELIEF IN HIS ABILITY TO DO THIS.

What does she associate pain with?

MOST PERSONS WHO HAVE BEEN FORTUNATE ENOUGH NOT TO HAVE HAD MUCH PAIN ARE TERRIBLY AFRAID OF IT. IT IS MORE OF THE SAME OLD FEAR OF THE UNKNOWN. ALL OF YOUR LITERATURE IS RESPLENDENT WITH GRUESOME ACCOUNTS OF THE AGONIES ASSOCIATED WITH THIS DISEASE. WE ARE NOT SURPRISED THAT IT IS FEARED.

Comment later:

PSYCHIC ENERGY IS THE ENERGY GENERATED BY THE ESSENCE. IT IS NATURALLY A MORE REFINED ENERGY THAN THAT GENERATED BY THE INTERNAL CENTERS OF EMOTION, INTELLECT, INSTINCTIVE AND MOVING FUNCTIONS. THIS ENERGY IS INDEPENDENT OF THE OTHERS.

13 December 1973

Thursday

Is anyone here with us tonight?

WE ARE HERE WITH YOU TONIGHT.

My sister-in-law has had a personality change, and would like help from Michael in adjusting to her present state of mind. Does Michael have any advice as to how she can handle this?

WE THINK THAT THE LADY WOULD BENEFIT BY FINALLY ALLOTING A PORTION OF HER DAY TO HERSELF. SHE CAN USE THIS FOR QUIET CONTEMPLATION, OR MORE VIGOROUS ACTIVITY, AS SHE WISHES. RIGHT NOW THE SPECIFIC MODE DOES NOT MATTER. IT IS THE SELF-KNOWLEDGE THAT MATTERS. SHE IS NOT WELL ACQUAINTED WITH HERSELF. LATER THOSE MODALITIES SUCH AS MEDITATION WILL HELP, BUT FOR NOW SHE NEEDS TO START THINKING IN TERMS OF SELF. SHE MUST LEARN TO RECOGNIZE HER OWN GOALS APART FROM THE GOALS OF HER FRIENDS AND FAMILY. THIS WILL BE HARD FOR HER.

I would like to ask about two men, Thomas Szaz, who seems to me like an older level Scholar, and Claudio Naranjo, who seems like a Mature soul. Also, I would like to know if Scholars, or older, higher ranking souls, articulate better, or can get people's attention better.

THE MAN THOMAS IS A YOUNG SAGE. ALL SAGES ARE ARTICULATE, SOME MORE THAN OTHERS. THE MAN CLAUDIO IS AN OLD SCHOLAR. SCHOLARS SOMETIMES HAVE DIFFICULTY EXPRESSING THEMSELVES IN AN ERUDITE FASHION. THE KNOWLEDGE IS THERE BUT THERE IS A MISCONNECTION BETWEEN CEREBRUM AND VOCAL CORDS.

When we "experience life", it is necessary to incarnate into each Body Type, each Center, and Roles. And then, if we don't learn something, do we have to go over the same thing again? Could we include astrological influence in that too? -- Well, anything that matters.

THIS IS ESSENTIALLY VALID. IT IS POSSIBLE TO EXPERIENCE ALL OF LIFE FROM ONE BODY TYPE, BUT THE EXPERIENCE IS RICHER IF THE CHANGE IS MADE. MOST SOULS DO CHOOSE DIFFERENT DATES OF BIRTH. THAT GIVES THE NECESSARY CHANGE IN PLANETARY INFLUENCE. IT IS NECESSARY THAT LIFE BE EXPERIENCED BOTH AS MALE AND FEMALE IN THE DIFFERENT SETTINGS. THIS IS THE MOST IMPORTANT FACTOR, AND THE ONE THAT BRINGS THE MONADS TOGETHER. CENTERING IS IMPORTANT ALSO, AND MOST LATE CYCLE OLD SOULS CHOOSE EMOTIONALLY CENTERED BODIES, AS THIS IS THE CENTER EASIEST TO WORK WITH.

I would like to know how long the Ouija board has been used, and what other forms of communication can be used.

WE COMMUNICATE IN MANY WAYS WITH MANY PEOPLE.

WE HAVE NOT BEEN IN A PHYSICAL BODY FOR ALMOST FIFTEEN HUNDRED YEARS.

Okay, and how long has the Ouija been used, and what other means of communication are possible?

WE HAVE COMMUNICATED THIS WAY [Ouija board] FOR APPROXIMATELY ONE HUNDRED YEARS. WE COMMUNICATE DIRECTLY WITH ALL THOSE [of our true] STUDENTS WHO HAVE MASTERED THE SKILL OF ASTRAL TRAVEL. WE ARE WILLING TO USE HYPNOSIS FOR INDUCTION OF TRANCES, BUT TRANCE MEDIUMS WHO CAN GO INTO TRANCES SPONTANEOUSLY ARE EASIER TO WORK WITH. THERE ARE DIFFERENT KINDS OF MEDIUMS.

Can Michael tell us where other groups are located, and are working with them? Would it be worthwhile to contact other groups in contact with Michael?

YOURS IS THE ONLY ORGANIZED GROUP VOID OF SUFFICIENT BIAS FOR US TO TRANSMIT TO. THERE ARE OTHER STUDENTS, EITHER IN VERY SMALL GROUPS OF TWO OR THREE INDIVIDUALS, OR SINGLE SOULS IN SEARCH. WE ABSOLUTELY REFUSE TO GIVE ADVICE TO THE LOVELORN. THE LADY ABIGAIL [VanBuren] DOES THAT ADMIRABLY.

What is so impressive about Sages? Why are there ooh's and aah's every time we find out someone is a Sage? I'd like some more information about Sages, and how to identify them.

YOU YOURSELVES DECIDED THAT SAGES ARE IMPRESSIVE. WE DID NOT SAY THAT. IN A WAY YOU ARE RIGHT, SINCE THEY USUALLY MANAGE TO CALL ATTENTION TO THEMSELVES DURING THE COURSE OF A MEETING. THE MALE SAGES HAVE A TENDENCY TO HAVE A RATHER REGAL BEARING, SOMEWHAT LIKE A KING. THE LADY PHYLLIS DILLER IS A YOUNG SAGE — MOST COMEDIANS ARE.

Is there some type of automatic conflict between Artisans and Sages? Do they not relate well?

MOST OF THE TIME THEY DO [relate well].

Then why is there a conflict between the youngest boy, a young [soul] Sage, and me (an Old soul Artisan)?

THE SOUL LEVEL IS IN CONFLICT. THIS IS A VERY BAD COMBINATION.

Isn't all of the knowledge [coming from the planes above the physical] the same?

NO, THE KNOWLEDGE IS NOT ALL THE SAME. THERE ARE SOME "BLITHE" SPIRITS ON THE ASTRAL PLANE WHO WILL WASTE YOUR ENTIRE EVENING IF YOU WILL ALLOW IT.

I would like to ask if I should continue living in my present dichotomy, or change my life style and pattern?

IF YOU DO NOT MAKE A CHANGE SOONER OR LATER, YOU WILL MAKE THE TRANSITION WITH THE SPLIT INTACT. HOWEVER, THIS IS NOT NECESSARILY WRONG WORK. YOU LEAD AN INTERESTING LIFE. YOU HAVE NOT BEEN WITH US BEFORE, BUT KNOW NOW THAT ALL CHOICES MUST ULTIMATELY BE MADE BY YOU. WE WOULD SAY THAT YOU SHOULD BE GOVERNED IN THIS MATTER BY INTUITION RATHER THAN LOGIC.

I would like to know the soul level and Role of my brother. Also, I would like to know the reason for our conflicts during teen and adult years.

THE CONFLICT HAS LITTLE TO DO WITH ROLES. THIS MAN IS BOUND TO YOU BOTH BY KARMA AND BY THE FACT THAT YOU ARE FRAGMENTS OF THE SAME ENTITY. THIS HAS NAMED THE SO-CALLED "TWIN SOUL" PHENOMENON. YOU WOULD FEEL THIS LACK. THIS MAN IS NOW UNABLE TO GIVE. HE HAS IN THE PAST. THE PROBLEM HAS ALWAYS BEEN ONE OF NONRECIPROCAL EMOTION BETWEEN THESE TWO FRAGMENTS. THIS HAS CAUSED THEM TO BE BORN AGAIN AND AGAIN WITHIN THE SAME FAMILY, WHICH IS EXCEEDINGLY RARE. THIS RELATIONSHIP CAN ONLY CHANGE WITH INSIGHT ON HIS PART, AND WE DOUBT IT [will happen]. THIS PLAY MAY HAVE TO BE REPEATED ANOTHER TIME, FOR THE DESIRE WILL REMAIN UNFULFILLED AGAIN.

Have ____ and I lived together before? Do we share any fragments?

YOU ARE NOT FRAGMENTS OF THE SAME ENTITY, BUT ____ HAS BEEN WITH YOU ALL BEFORE. THIS IS WHY YOU ARE ALL ATTRACTED TO EACH OTHER.

I would like to know what happened to the Mayans; and if there was an Atlantis, what happened to the civilization?

LIKE ALL OTHER GREAT CIVILIZATIONS, THE MAYAN'S BECAME COMPLACENT IN THEIR SUPERIORITY, AND ALLOWED THEMSELVES TO BE CONQUERED BY BARBARIANS WHO DID NOT APPRECIATE THEIR PHILOSOPHY OR THEIR ASTRONOMY, BUT DID LIKE THEIR GOLD. YES, THERE WAS AN ATLANTIS. NATURAL DISASTERS DESTROYED BOTH THE ATLANTIC AND PACIFIC CIVILIZATIONS, FIFTY AND THIRTY

THOUSAND YEARS AGO, RESPECTIVELY
What happened to Atlantis?
VOLCANIC ERUPTIONS AND TIDAL WAVES.

14 December 1973

Friday

WE ARE HERE WITH YOU TONIGHT.

THIS IS NOT A HIGH ENERGY SESSION. IT WAS GOOD TO OBSERVE YOUR STATE LAST NIGHT. THERE WILL BE MORE ENERGY DURING THE NEXT FEW MONTHS.

Why is this; because of the planets or what?

CORRECT. THE PLANETS FAVOR OUR MEDIUMS DURING THIS TIME. THIS TIME PERIOD SHOULD PROVE FRUITFUL. IT WILL BECOME CLEAR DURING THIS TIME WHERE THIS TEACHING WILL DEVELOP. YOU ARE ACCOMPLISHING MUCH GOOD WORK. THIS WILL CONTINUE. ALL MEMBERS OF THE GROUP SHOULD FEEL THE ENERGY. BY THE WAY, THE COMET [Kohoutek] HAS AN EFFECT UPON ALL IN THE GROUP. DURING THIS TIME, IT WILL BECOME CLEARER TO THOSE IN THE GROUP WHETHER THEY ARE MEANT TO CONTINUE, AND DECISIONS WILL BE MADE AND WILL FURTHER THE GROUP'S ENERGY LEVEL. THIS TIME IS GOOD FOR MORE SMALL GROUP MEETINGS. WITH FOUR SOULS PRESENT, IT WILL BECOME EASIER TO COUNSEL EACH OF YOU INDIVIDUALLY. IT HAS COME TO THE POINT THAT YOUR ENTITIES WILL REQUIRE PERSONALIZED INFORMATION. ALSO IN SMALLER GROUPS THERE CAN BE GREATER CONTROL OF SUBJECT JUMPING. A WHOLE EVENING CAN BE SPENT ON ONE SUBJECT WITHOUT COVERING EVERYTHING. WE ARE SEEING MUCH GROWTH IN THE ENTITIES IN OUR GROUP, AND ALSO SEE THE NEED FOR SMALLER MEETINGS LIKE TONIGHT, FOR FURTHER ADVANCEMENT AT AN ACCELERATED RATE.

How can I remember my dreams?

WE BELIEVE THE SUGGESTIONS BY STERNO WOULD ASSIST YOU IN THIS. BEFORE SLEEPING, RELAX, CLEAR THE MIND, AND SUGGEST OVER AND OVER THAT YOU WILL HAVE A DREAM AND WILL REMEMBER IT. IT MAY BE EASIER AT FIRST TO WORK ON ENCOURAGING YOURSELF TO DREAM, AND ONCE THIS IS ACCOMPLISHED, BEGIN ON MEMORY AS A TWO-STEP EXERCISE; ALSO A LOG [book] DIRECTLY BESIDE YOUR BEDSIDE CAN ASSIST. IF WHEN YOU DO HAVE A REMEMBERED DREAM, YOU CAN WRITE IT DOWN AND INCLUDE YOUR IMPRESSIONS FOR COMPARISON LATER. MONROE'S BOOK ALSO HAS GOOD SUGGESTIONS — AT THE END OF THE BOOK.

Can we have a comment regarding homosexuality?

THIS UNFORTUNATE SYNDROME IS ALMOST ALWAYS CULTURALLY INDUCED. MOST OF THE TIME IT IS A FORM OF REBELLION, EITHER BY AN EMOTIONALLY CENTERED MALE, USUALLY EITHER AN ARTISAN OR A SAGE, OR AN INTELLECTUALLY CENTERED FEMALE, USUALLY EITHER A SCHOLAR OR A PRIEST. THIS CULTURE FRUSTRATES THE INCLINATIONS OF BOTH — OR WE SHOULD SAY, ALL — OF THESE ROLES, AND THE SQUELCHING IS DONE IN CHILDHOOD. THE JOB IS USUALLY QUITE THOROUGH. ONE OTHER FORM OF MIXED GENDER CONFLICTS ARISE WITH THE CHILDREN OF THE ABOVE WHO DO NOT HAVE A CLEAR-CUT PICTURE OF THE ROLES THAT SOCIETY EXPECTS THEM TO PLAY. THEY GO OUT INTO THE WORLD UNEQUIPPED TO PLAY THE PROPER ROLE, AND PLAY IT BY EAR. SOMETIMES THIS RESULTS IN THE GENDER CONFLICT. IDEALLY, ONE SHOULD BE ABLE TO EXPRESS LOVE FOR OTHERS REGARDLESS OF THE GENITAL ASSIGNMENT WITHOUT FEAR OF CASTIGATION. THIS IS QUITE AN UPWARD STEP IN THE EVOLUTION OF CREATURES OF REASON. DON'T EXPECT IT TO HAPPEN IN THIS LIFETIME.

Someone asked a question regarding procrastination.

THIS IS USUALLY THE MAJOR PART OF FRICTION FOR SATURNINE INDIVIDUALS, AND ALSO WITH ALL BUT PRIESTS, SLAVES, WARRIORS AND KINGS. THEY CANNOT PROCRASTINATE, AS IT GOES AGAINST THEIR ESSENCE MORE THAN OTHER ROLES. SCHOLARS, SAGES, AND ARTISANS DO NOT HESITATE TO PUT OFF THINGS INDEFINITELY, IN HOPES THAT SOME MIRACULOUS SOLUTION WILL SUDDENLY APPEAR ALL BY ITSELF, AND THEN THIS SATURNINE CREATURE CAN JUST SIT BACK AND WAIT FOR THE [gear] WHEELS OF THE GODS TO GRIND.

Someone asked a question that was not recorded.

FIRST YOU MUST DETERMINE THAT PROPOSED ACTIONS ARE REALLY NECESSARY. IF THERE IS MORE THAN MOMENTARY HESITATION, THEN THE DECISION HAS BEEN MADE BY FALSE PERSONALITY AND CAN

PROBABLY BE DISCARDED. WE MUST AGAIN EMPHASIZE THAT [spontaneity] IS THE EXPRESSION OF ESSENCE. WHEN YOU HESITATE, ASK YOURSELF WHERE THE SOURCE OF THE DESIRE IS. WE DO NOT ASK THAT YOU EVEN CONTEMPLATE FILLING YOUR TIME WITH USELESS LABORS. IF YOU ARE PROCRASTINATING MORE THAN USUAL ON A TASK, THEN IT IS PROBABLY A USELESS TASK, AND WILL BE ACCOMPLISHED THROUGH FALSE PERSONALITY AND EXPEND MUCH VALUABLE ENERGY.

There was a question regarding Cleopatra.

THIS REMARKABLE LADY WAS A YOUNG KING. SHE DID HAVE SOME INTERESTING KARMA TO WORK OUT, BUT SHE HAD SINGULARLY UNEXCITING LIVES UNTIL THIS ONE. THIS KING IS NOW ALIVE AGAIN. THIS FRAGMENT IS STILL AT WAR, THIS TIME AS MOESHE DYAN; FIFTH LEVEL MATURE. DON'T HAVE ANY EXPECTATIONS, AND YOU WILL BE PLEASANTLY SURPRISED.

16 December 1973

Sunday

WE ARE HERE WITH YOU TONIGHT.

What about married couple couples and the Roles?

IF BOTH ARE PRIMARILY IN ESSENCE, THEN TWO WITH THE SAME ROLE ARE MOST COMPATIBLE AND THERE IS MUCH COOPERATION. MANY DO WELL IF THE EXALTED ROLES ARE MATED WITH THEIR COUNTERPARTS IN THE ORDINAL ROLES. SCHOLARS DO BADLY AS A GENERAL RULE IN THE INTERPERSONAL RELATIONSHIPS, BUT SOMETIMES [they] ARE FAIRLY TRANQUIL WITH PRIESTS AND WARRIORS.

A MATURE SOUL LIVING WITH A BABY SOUL IS PERHAPS THE VERY WORST COMBINATION WE CAN THINK OF.

NOT ALL MATURE SOULS HAVE INSOLUBLE EMOTIONAL PROBLEMS,

On December 17th at 2:00 PM, will a new Messiah be born?

WE THINK THAT NOVEMBER THE 17TH, 1973 IS THE DATE. WE DO NOT WISH TO TRANSMIT THE NAME AT THIS TIME. THIS DATE CORRESPONDS TO THE DATE, OR RATHER, THE DAY OF THE MONTH, THAT JESUS WAS BORN.

Was Jesus a Scorpio?

NO.

What astrological sign was he born under?

PISCES WAS THE SUN SIGN, GEMINI THE MOON, LEO THE ASCENDANT.

How can we help others if we can't help ourselves? I would like to ask about spiritual materialism — that is, using the powers of the teaching to draw attention to myself. That is, using the teaching for ego gratification to get a bevy of females following me, like Robert Burton. There is a conflict developing here.

HAVEN'T YOU DISCOVERED YET THAT ALL THINGS WHICH ARE EGO-GRATIFYING HAVE AN ELEMENT OF DELICIOUS CLANDESTINE GUILT ATTACHED? THE EGO SEEKS INTRIGUE AND ADVENTURE; THE ESSENCE DOES NOT. THIS IS WHY THE MAN ROBERT BURTON COULD PLAY IT STRAIGHT. HE HAD PERMISSION TO HAVE A FEMALE FOLLOWING, AND THERE WAS NO GUILT. THERE WAS ALSO NO EGO-SATISFACTION. THIS IS WHY HE COULD NOT BE SEDUCED — SEDUCTION WAS NOT A SUITABLE REWARD TO HIM. WE FEEL THAT THIS CULTURE IS AMISS IN NOT GIVING PERMISSION. SOMETIMES YOU MUST GO AND ASK FOR IT. THE PERMISSION IS SYMBOLIC, BUT SOMETIMES IN THIS CULTURE, IT MUST ALMOST BE LITERAL. IF MARIJUANA WAS ON SALE AT ALL CORNER STORES, FEW WOULD SMOKE IT — AT ANY RATE, NO MORE THAN SMOKE IT NOW, AND A FEW WOULD QUIT.

Is there such a thing as spiritual materialism, and is it bad?

THIS CONCEPT IS VALID, AND OF COURSE WE HAVE NOT SAID THAT IT IS BAD WORK TO GAIN FROM THE TEACHING. THE ONLY BAD WORK IS WHEN YOU USE THE GAINS TO FEED INADEQUATE PARTS OF FALSE PERSONALITY. THIS, OF COURSE, BUILDS UP A TREMENDOUS DEFICIT, AND YOU SLIDE BACKWARDS. IF YOU CAN MAKE THIS NOT MATTER SO MUCH EMOTIONALLY, YOU CAN TURN IT INTO POSITIVE SPIRITUAL MATERIAL GAIN AND BENEFIT THE LADIES AND STILL HAVE THE PLEASANT FEELING BUT WITHOUT THE GUILT.

I would appreciate a comment on my sharing my insights with people who do not seem to care or understand what I am saying. It seems I am at a higher level. Is this my ego dragging me down to a lower level?

THE WORDS NEVER FALL ON COMPLETELY DEAF EARS. SOME LEVEL PICKS UP ON IT. YOU MUST, HOWEVER, BE PREPARED FOR OVERT REJECTION IN THE VERBAL FORM. YOU MUST LEARN NOT TO ALLOW THIS TO THROW YOU FROM THE PATH. THERE ARE BOUND TO BE REPERCUSSIONS. YOU PEOPLE ARE DECIDEDLY ABNORMAL, IF YOU REALLY WANT THE TRUTH, AND YOU MUST GET USED TO THIS. IF YOU WISH TO BE NORMAL, YOU ARE PURSUING THE WRONG PATH.

I have to look in people's eyes to tell the soul level. There is a nurse whom I get a visual impression from and cannot explain it.

YOU ARE SEEING THIS LADY'S SOUL WELL. THIS LADY HAS MUCH UNTAPPED PSYCHIC ENERGY AND WOULD BE FRIGHTENED BY OVERT ATTEMPTS AT TELEPATHIC COMMUNICATION, BUT CANNOT AVOID TRANSMITTING.

WE HAVE DISCUSSED SOULS AND ROLES. NEXT WE DISCUSS "GOALS", BUT NOT TONIGHT. WE ARE SPEAKING OF LIFE GOALS, NOT THOSE GOALS WHICH IMMEDIATELY FACILITATE THE UPWARD CLIMB.

It seems we have lost our aim with the ranch.

YOU MUST FIRST BE CONVINCED THAT THIS EXPEDIENT WILL IN TRUTH FACILITATE THE ACHIEVEMENT OF THE GOAL. THEN YOU WILL ACT WITHOUT HESITATION. THE ESSENCE ALWAYS KNOWS AND ACTS WITH OR WITHOUT THE COOPERATION OF FALSE PERSONALITY.

I am in my head at the hospital, in Moving Center playing golf, Sexual Center in sex, but my Emotional Center is always "playing background music". The Emotional Center seems to pull in the opposite direction. THIS IS THE SENSATION THAT ACCOMPANIES THE BEGINNING OF THE MOVING TOWARD HARMONY AND BALANCE. THIS SENSATION, HOWEVER UNPLEASANT IT MAY SEEM, HERALDS BEING ABLE TO BRING ALL CENTERS INTO PLAY DURING ALL ACTIVITY, SO THAT THE SITUATION CAN BE ASSESSED, FELT, AND ACTED UPON. NOT IN EVERY ONE IT DOES, BUT IN YOU THE EMOTIONAL CENTER HAS COME IN FOR THE STRONGEST BARRAGE OF WORK. YOU MUST BE ABLE TO SEE INTELLECTUALLY, FEEL EMOTIONALLY, AND ACT WITH MOVING CENTER ALMOST INSTANTLY IN ORDER TO BE WORKING OUT OF ESSENCE THROUGH INTUITION.

In the Gurdjieff school, we were always supposed to remain neutral and not go up and down. What you wish to separate from are all the peaks and valleys of the false personality. The essence seeks ecstasy. Is there mental illness on Soleal's planet?

THERE WAS A TIME IN THEIR HISTORY THAT THE INCIDENCE OF MENTAL ILLNESS WAS ABOUT THE SAME AS IT IS ON YOUR WORLD, BUT WITH VERY DIFFERENT RESULTS. REMEMBER THAT YOURS IS A MOVING CENTERED, MASCULINE WORLD. SOLEAL'S PLANET IS AN INTELLECTUALLY CENTERED, FEMININE WORLD. Is there a "myth of mental illness"? The mentally ill seek out a method of getting what they want. Psychotics get what they want.

THOSE ON SOLEAL'S PLANET TAKE A GREAT DEAL OF TIME FITTING INDIVIDUALS WITH ESSENCE ROLES. IN CHILDHOOD, THEY TEST SO EXTENSIVELY THAT THERE IS LITTLE CHANCE FOR ERROR, THEN THERE IS LITTLE DISSATISFACTION. THEY HAVE AN EDUCATIONAL SYSTEM THAT PROVIDES FOR EXTENSIVE OBSERVATION OF THE CHILDREN DURING ALL WAKING HOURS.

With the seven Roles, there are three leadership Roles.

ALL OF THE MASTERS OF THE COMMUNES ARE SIXTH AND SEVENTH LEVEL OLD KINGS. BY THE NATURAL EVOLUTION THERE ARE NO INFANT SOULS ON THAT WORLD (Soleal's), AND THERE ARE ONLY SEVENTY THOUSAND BABY SOULS.

I read an article in a medical journal that the homogenization of milk may be responsible for the high coronary artery disease incidence. The homogenization of the fat particles allows them to get into the blood stream undigested. Is this a fact?

YES. WHY DO YOU DRINK MILK?

20 December 1973

Thursday

There was an impression that the soul is entrapped in this physical body, and I disagree with that answer, and my opinion was expressed regarding this: there is one Infinite soul, and we are each manifestations of the same soul, and I fail to see how the Infinite soul can be trapped in a finite body.

ALL SOULS, OR "FRAGMENTS", AS WE CHOOSE TO CALL THEM FOR NOW, ARE OF COURSE, A PART OF THE

UNIVERSAL CREATIVE FORCE, WHICH WE CALL THE TAO. HOWEVER, WHEN THIS FRAGMENTATION OCCURS AND THE PHYSICAL CYCLE BEGINS, THIS FRAGMENT IS REMOTE FROM THE TAO, AND REMOTE FROM WHAT WE CALL THE INFINITE SOUL.

WE THINK THAT WE HAVE A PROBLEM WITH SEMANTICS HERE. LET US USE AN ANALOGY AND PERHAPS THIS WILL BECOME CRYSTAL CLEAR. IMAGINE THE ATLANTIC OCEAN AS THE WHOLE; IMAGINE FILLING TEN TEST TUBES, THEN SEALING THEM SO THAT THEY ARE BOTH WATER TIGHT AND AIR TIGHT; THEN IMAGINE DROPPING THEM BACK INTO THE OCEAN. THEY ARE A PART OF THE WHOLE, YES, BUT UNLESS SOME OUTSIDE FORCE LIBERATES THEM, THEY ARE REMOTE FROM THE SOURCE AND TRAPPED IN AN EFFECTIVE PRISON. THIS SAME WAY THE SOUL IS TRAPPED IN THE BODY. THE BODY IS VERY LIMITED IN WHAT IT CAN DO. THE SOUL IN ITS TRUE SPIRITUAL STATE HAS NO LIMITATIONS OR HANDICAPS.

What is my purpose?

WE HAVE TOLD YOU THAT A MAJOR PART OF KARMA FOR YOU THIS TIME REVOLVES AROUND SEARCHING FOR TRUTH IN SPITE OF GREAT PHYSICAL HANDICAP. THIS IS THE MAJOR PART OF KARMA; THERE IS MORE. YOU HAD TO BE RELATIVELY FREE OF EMOTIONAL ENTANGLEMENTS ALSO, TO BE FREE TO STUDY. THE STUDY IS NOW BEGINNING TO REAP THE NECESSARY REWARD. THIS CAN BE A LONELY CHOICE, BUT ALL SOULS MAKE IT OCCASIONALLY.

I would like to know about moving 3,000 miles away from here, with a new job. I am going soon to look, and I should get over some of my negative feelings. I am confused about how to do this work with my emotions, how to best see things as they really are.

WE VIEW THIS WITH SOME TREPIDATION ONLY FOR THE OBVIOUS REASON THAT YOU WILL BE TRADING A POSITIVE POWER AREA FOR A VERY NEGATIVE ONE. THIS IS PROBABLY WHAT YOU ARE FEELING NOW, EVEN THOUGH YOU CANNOT SEE THIS AT ALL LEVELS. IF YOU CAN CONTINUE TO SEARCH THERE AND FEEL FULFILLED SPIRITUALLY, THEN IT WILL NOT BE BAD WORK. IT WILL BE EXTREMELY DIFFICULT IN THAT EXISTENTIAL CLIMATE, ALTHOUGH SOME HAVE SOUGHT THERE SUCCESSFULLY. THEY ARE SPIRITUAL RECLUSES THOUGH DURING THE LAST YEARS. THE CLIMATE THERE ENCOURAGES ONE TO BE AS RATIONAL AS POSSIBLE. THIS WILL BE A SWITCH FROM THIS ONE. THE NEGATIVITY COMES FROM KNOWING THIS ON A DEEPER LEVEL THAT VERY MUCH WANTS TO SEEK. THAT AMOUNT OF FORMALITY WILL BE DISTRESSING TO YOU, AND THIS INFLUENCE WILL SURPRISE YOU. IN SPITE OF YOUR BACKGROUND YOU HAVE MANAGED TO BECOME VERY "CALIFORNIANIZED". IT WILL BE HARD.

Should I not bother to go and look?

THE LOOK WOULD BE VALUABLE FOR YOU. THEN IT WOULD BE TRULY YOUR CHOICE AND NOT OURS.

Someone lives next door to a two story house that has a story about it that it is haunted. Could we have a comment? The occupants are afraid.

THESE SPIRITS ARE COMPLETELY HARMLESS. OFTEN BABY AND SOME YOUNG SOULS ARE QUITE ATTRACTED TO THE PHYSICAL PLANE, PARTICULARLY IF THEY DIE YOUNG OR VIOLENTLY. THEY MANAGE TO PROJECT STRONG FEELINGS FROM THE ASTRAL PLANE, ENOUGH SOMETIMES TO ANIMATE THE ETHERIC MATTER AVAILABLE. THEY BORROW THE ENERGY FROM ANYONE AVAILABLE. IF THEY ARE TRULY BOTHERING YOUR FRIENDS WE WILL TAKE THEM AWAY. THIS DOES DISSIPATE OF ITS OWN ACCORD.

Now, I have several questions of my own, about books I've seen. I would like to know if they are valid, and if it would benefit me to read them. The first one is *Oahasp*.

WE ARE NOT AWARE OF THIS WORK. IS IT A COMPENDIUM OF A SORT?

What about the *Urantia Book*?

WE ARE AWARE OF THIS. THERE IS SOME VALIDITY HEREIN.

What about the *Book of Truth — Osiris*? Were the writings given to the author by a literal "god"?

THAT PART OF COURSE IS ABSURD, BUT INFORMATION IS MOSTLY GOOD. THE GOD "OSIRIS" IS JUST ANOTHER NAME FOR THAT WHICH IS UNNAMABLE AND UNUTTERABLE. THE ANCIENT EGYPTIAN'S CIVILIZATION WAS PSYCHICALLY FAR ADVANCED. THE EGYPTIANS KNOW EXACTLY HOW TO APPEAL TO THE MASSES. THEY DID THIS SUCCESSFULLY FOR LONGER THAN ANY OTHER CIVILIZATION. AMENHOTEP WAS A MANIFESTATION OF THE TRANSCENDENTAL SOUL.

How about a five-book set of work by Thomas Spalding, *The Life and Teachings of the Masters of the Far East*? [These books tell of Masters who lived for hundreds of years.]

WE ARE NOT AWARE OF ANY ADEPTS WHO HAVE CHOSEN TO REMAIN ON THE PHYSICAL PLANE BEYOND THE ALLOTTED SPAN. HOWEVER, MANY ADEPTS DO STILL HAVE KARMIC RIBBONS WHICH BRING THEM

BACK FOR ANOTHER GO.

Could you give us the “Goal” (next overleaf), or one Goal? Is there one Goal for one Role?

NOT NECESSARILY. THE GOALS ARE CHOSEN WITH THE IDEA OF COMPLETING A SPECIFIC MONAD.

Is there a different Goal in each life?

YES, USUALLY YOU DO [choose a different Goal]. THERE ARE SEVEN, AND YOU MUST NECESSARILY REPEAT THEM, BUT HOW YOU REPEAT THEM IN CONJUNCTION WITH THE CENTER OF GRAVITY AND THE BODY TYPE DETERMINES THE SUCCESS YOU HAVE.

Could you give me mine?

OBVIOUSLY, ONE OF THEM IS “GROWTH”. THIS IS THE ANTITHESIS OF ANOTHER [Retardation]. THERE IS A STABLE NEUTRAL GOAL [Stagnation], JUST AS THERE IS STABLE NEUTRAL OBSERVANT ROLE [Scholar].

This question is lost. It was a question about Tomas.

THIS ENTITY IS ATTEMPTING TO WORK OUT OF KARMA ON THE ASTRAL PLANE. THIS IS AN OPINION [of his].

Is the entity of Tomas a young soul?

THIS FRAGMENT, IN THE LAST PHYSICAL INTERVAL, ACCELERATED BECAUSE OF PSYCHIC GROWTH. IF HE CHOOSES TO REMAIN ON THE ASTRAL PLANE FOR SEVERAL MORE OF YOUR CENTURIES, GROWTH MAY BE SUCH THAT HE WILL BE REINCARNATED AS A FIRST LEVEL OLD SOUL. HE HAS AN ADVANTAGE OVER YOU. HE IS NOT ENCUMBERED BY THE PHYSICAL VEHICLE, AND THE MAN OF WHOM YOU SPEAK [Thomas Spalding] IS OR HAS BEEN IN CONTACT WITH SEVERAL OF THESE. THEIR RECALL IS SPECTACULAR, AND THEY DO NOT SPEND AS LONG ON THE ASTRAL INTERVAL AS DO OTHER SOULS, THIS ACCOUNTS FOR THE TIBETAN THEORY OF THE FORTY DAYS BETWEEN LIVES. SOME ADEPTS DO THIS. BODIES DIE. THE ORGANIC CONSTITUENTS BREAK DOWN EVENTUALLY, REGARDLESS OF THE SKILL OF THE ADEPT. IT IS WISER TO CHANGE THE BODY. YES, READ THIS BOOK [by Thomas Spalding]. THEY ARE INTERESTING.

There was a discussion here about Thomas Spalding. Someone explained that the books were written from information supposedly received by Spalding from adepts.

How about Alice Bailey’s works, and those of Annie Besant?

WE RECOMMEND THE LADY BAILEY. SHE REACHED A HIGH LEVEL OF SPIRITUAL GROWTH. WE WILL BE HAPPY TO CORRECT ANY MISCONCEPTIONS.

I wrote a letter to my parents recently, thanking them for their support and help while I was working on a goal, and my mother wrote back and said she knew all the time that I would do this, because when I was born I had a “veil” over my face, and the midwife predicted great things for me. I would like to know how valid these superstitions are, and if “omens” mean anything.

THE SUPERSTITION CONCERNING THE PSYCHIC POWER OF THOSE BORN WITH A “CAUL” IS A VERY ANCIENT ONE, HAVING ITS ROOTS IN BABYLONIA. THE PLACE OF SUPERSTITION IN THE SCHEME OF THINGS IS SOMETIMES VALID, IN THAT IT ALLOWS POWERFULLY PSYCHICALLY ENERGETIC SOULS TO EXERCISE THEIR POWERS WITHOUT DISRUPTING THEIR ALREADY FORMED DOGMATIC BELIEF SYSTEMS. THE LADY IN QUESTION WAS ONE OF THOSE. SHE USED A CONVENIENT SUPERSTITION TO EXPLAIN THE TREMENDOUS AMOUNT OF PSYCHIC ENERGY SHE FELT. OMENS ARE DIFFERENT. THE OMENS VERY OFTEN ARE GIVEN TO YOU AS SHOCK, JUST AS PRECOGNITIVE EXPERIENCES. THE OMENS OR SIGNS ARE OFTEN ASTRAL, AND THE ONE TO WHOM THEY ARE ADDRESSED ARE THE ONLY ONES WHO SEE THEM. THERE ARE OTHERS, SUCH AS DARKENING SKIES, ETC., THAT ARE SEEN BY MANY, AND THE COLLECTIVE MIND FLASHES ON THE INSIGHT THAT WAS COMMUNICATED.

Is “false personality” and “maya” the same?

HE IS CHALLENGED BY THE GLAMOUR OF THE DIVERSIFIED BELIEF SYSTEMS, AND IS ONLY ABLE TO DIFFERENTIATE BECAUSE OF HIGHER TEACHERS WHO ARE AVAILABLE. WE DO NOT PREVENT THE DISSEMINATION OF VALID INFORMATION FROM THE ASTRAL PLANE, BUT THIS IS MONITORED CAREFULLY, AND ATTEMPTS ARE MADE TO INVALIDATE FALSE DATA. SOMETIMES THIS IS NOT POSSIBLE, PRIMARILY BECAUSE OF THE RIGHT BELIEF SYSTEMS OF THE MEDIUM INVOLVED. THIS IS WHY WE ALWAYS ATTEMPT TO WORK WITH OLDER [soul] MEDIUMS. THEIR CONVICTIONS TEND TO FLOAT MORE EASILY, AND IT IS POSSIBLE TO SNEAK PAST THEIR BIAS.

I would like to know the soul level and Role of my son.

THIS LITTLE BOY IS A YOUNG PRIEST. YOU HAVE NO KARMIC RIBBONS WITH HIM. YOU WERE CHOSEN BECAUSE OF LONGEVITY AND OTHER DESIRABLE GENETIC TRAITS. THE LITTLE BOY OF COURSE DOES NEED

THE NORMAL INTERCHANGE BETWEEN FATHER AND SON. IN THE CASE OF PRIEST, THIS IS QUITE IMPORTANT, AS THEY TEND TO [two or three words missing] TOO MUCH OF A BURDEN. PARTICULARLY IN THIS CYCLE. DESERTION BY YOU AT THIS TIME IN HIS LIFE COULD CAUSE HIM TO BECOME A REAL CRUSADER IN THE FUTURE.

I would like to know about the manifestation at age 35 — the breakthrough that occurs then.

WHAT WE HAVE SAID IS THAT THE ROLE IN ESSENCE MANIFESTS AT APPROXIMATELY THIS AGE. YES, SOME BREAK THROUGH MUCH EARLIER, PARTICULARLY IF THEY GO THEIR OWN WAY EARLY IN LIFE. LONERS BREAK THROUGH FAR MORE EASILY THAN THOSE ATTACHED TO LARGE “CLOSE” FAMILIES: THESE TAKE MUCH LONGER. IF YOU DO NOT MANIFEST AT THIS STAGE IT IS UNLIKELY THAT YOU WILL LATER. HOWEVER, WE KNOW OF A FEW SOULS WHO HAVE NOT. HAVING YOUR ROLE MANIFEST AND SEARCHING FOR ENLIGHTENMENT ARE QUITE DIFFERENT. BABY WARRIORS DO NOT SEARCH BUT THEY DO MANIFEST. [On the other hand,] THERE IS NO MAGIC AGE FOR BEGINNING TO SEARCH [spiritually] — WE ARE NOW WORKING WITH AN OCTOGENARIAN WHO HAS JUST BEGUN.

During the war I was in an airplane with ten other guys, and we were hit by enemy fire. The plane went down, with seven of us surviving. Why did three of the men not get out? Why did I survive?

IT WAS PART OF KARMA FOR THEM TO DIE THIS WAY. YOU SHOULD HAVE SURVIVED, AND WOULD HAVE EVEN IF YOUR [para]CHUTE HAD NOT OPENED.

In regards to my last question: my purpose for being and karma, and searching for truth — but I feel I have failed.

THE DISCOURAGEMENT IS A GOOD SIGN. THOSE WHO ARE COMPLACENT ABOUT THEIR STATUS ARE NO LONGER SEARCHING. THERE IS NO PLACE FOR COMPLACENCY IN THIS SEARCH. THE REWARDS ARE THE DOORS THAT ARE OPENING TO YOU NOW. WE RECOGNIZE THE FRUSTRATION. THIS ALWAYS ACCOMPANIES A PLATEAU STAGE. THIS WILL DISSIPATE AS YOU GO ON TO THE NEXT FLIGHT. IT IS LIKE A LANDING ON AN INFINITE STAIRCASE.

I have a lack of energy after work, and have seen some television programs on pyramidology. Is this valid or humbug?

OH, YES, IT IS VALID. DON'T YOU SEE THE PARALLELS IN THIS TEACHING?

My mother claims from time to time she feels a spirit — feels a weight. Is this imagination on her part, or real? WE ARE NOT CERTAIN. IT IS ENTIRELY POSSIBLE THAT SHE IS FEELING THE PRESENCE OF ASTRAL ENTITIES. WE WILL FOLLOW OUT ON THIS. IF THEY ARE ANNOYING HER WE WILL TAKE THEM AWAY.

Following this we had a general meeting, and began a general fund to help in paying the costs of typing minutes, Xeroxing material, etc. We discussed the initiation of a manual, to help new students understand the material. We then asked for a comment from Michael.

THIS WAS GOOD WORK. THE WAY IN WHICH IT WAS DONE, OF COURSE, SAYS A GREAT DEAL ABOUT THE MAKEUP OF THE GROUP. ALREADY THE CHARISMA HAS HAD ITS EFFECT. AMAZING. THE GROUP NOW HAS MORE EXALTED SOULS THAN ORIGINALLY. THESE PEOPLE BRING DYNAMICISM, AND CAUSE CERTAIN THINGS TO HAPPEN MERELY BY THEIR DYNAMICISM.

25 December 1973

Tuesday

WE ARE HERE WITH YOU TONIGHT. OUR WISH FOR YOU ON THIS MOST ANCIENT OF ALL SURVIVING FESTIVALS IS JOY.

What is Robert Burton's Body Type. I know he is Saturn. Does he have Solar influence, also?

THE MAN ROBERT BURTON IS SOLAR-SATURN, YES.

He seems dynamic, and a strong archetype.

USUALLY THE [Saturnian] PROCRASTINATION SO MARKED IS ABSENT IN THOSE UNDER SOLAR INFLUENCE. THEY ARE NEVERTHELESS SLUGGISH AND USUALLY INCLINED TO BE MORE SLENDER THAN THEIR PRIMARY TYPE WOULD SUGGEST, EXCLUDING THOSE UNDER MERCURIAL-SOLAR INFLUENCE WHO ARE GENETICALLY ROBUST.

Is Nixon a Warrior? Is he Mars-Jupiter?

NO. THIS MAN, RICHARD, IS A BABY SCHOLAR. TIMOROUSNESS IS ONE OF HIS GREATEST FAULTS. HE IS SCARCELY BRAVE IN ANY SENSE OF THE WORD. THIS MAN IS MOSTLY JOVIAL, SOME MARTIAL.

Why was I not good in math? I don't seem to have the ability to grasp astronomy as I'd wish. I received good grades in algebra and trigonometry but could never apply it to anything practical.

BECAUSE YOU RESIST IT, JUST AS MANY OF YOU DO. MATHEMATICS IS THE LEAST OBSCURE OF ALL CONCEPTS, AND THE ONE WHICH IS THE MOST UNIVERSALLY RESISTED. THE UNDERSTANDING OF MATHEMATICS IS PERHAPS THE EASIEST OF TASKS ANY OF YOU WILL EVER HAVE, BUT IT IS NEVER INITIALLY APPREHENDED IN THIS WAY. FOR ONE THING, IT IS PRESENTED TO YOU AS DIFFICULT. THIS ALONE ACCOUNTS FOR MANY FAILURES.

Could you explain the Sermon on the Mount. I do not understand it. We read at this point from Matthew 5:1-12 concerning the "beatitudes" — Blessed are the meek, merciful, peacemakers, they that mourn, hunger after righteousness, the poor in spirit, etc.

SUBSTITUTE FOR THE WORD "BLESSED" THE WORD "FORTUNATE". THE EMPHASIS HERE IS ON SIMPLICITY. BY "MEEK" WE DON'T SPEAK OF COWARDICE, BUT RATHER AN INWARDNESS OF PURPOSE. THOSE "POOR IN SPIRIT" REFER TO THOSE WHO RECOGNIZE WITHIN THEMSELVES THE LACK OF SPIRITUAL GUIDANCE AND SEEK THIS. THIS PASSAGE IS WARNING AGAINST COMPLACENCY THAT HERALDS THE DOWNFALL, OF THE DEGRADATION OF HUMANITY. THE "BARBARIANS" CAN BE USED SYMBOLICALLY HERE AS THE MATERIALISTIC EXISTENTIALISTS WHO DENY OTHER DIMENSIONS BEYOND THE PHYSICAL PLANE AND DEVOTE THEMSELVES TO THE PURSUIT OF MAYA. THEY ARE INDEED UNFORTUNATE, IN THAT THEY INCUR MUCH ADVERSE KARMA.

ONE MUST KEEP IN MIND THE AUDIENCE TO WHICH THE MAN JESUS SPOKE, AND THE SCRIBES WHO WROTE THE ACCOUNT, BEFORE PASSING JUDGMENT ON THE WORDS. THESE PEOPLE BELIEVED IN A VERY LITERAL, VERY PERSONAL GOD WHO MONITORED EVERY MOVE THEY MADE, AND WAS FOR THE MOST PART STERN AND DISAPPROVING. GREEK THOUGHT HAD MUCH INFLUENCE ON THE MAN JESUS, PARTICULARLY EPICURUS, BUT IT WOULD HAVE BEEN IMPOSSIBLE FOR HIM TO ESPOUSE THE WORDS OF THIS PAGAN PHILOSOPHER FROM THE PORTICOES OF THE TEMPLE. THEN WHEN THE INFINITE SOUL MANIFESTED, THE LOGOS WAS BROUGHT TO BEAR IN THE LANGUAGE OF THE TIMES, TRANSCRIBED BY A ROMAN TAX COLLECTOR [Matthew] AND AN EMOTIONALLY CENTERED GREEK PHYSICIAN (Luke). EPICURUS HAD A MOST PROFOUND INFLUENCE ON ALL OF THE PHILOSOPHY OF THE TIME, SURPASSING THAT OF THE STOIC, ZENO. THIS PHILOSOPHY WAS MADE TO ORDER FOR THE SADDUCEES, WHO ALSO APPEALED TO THIS YOUNG MAN'S SENSITIVE NATURE. THE EPICUREAN THOUGHT PATTERN IS WHAT YOU ALL ARE STRIVING TO ACCOMPLISH.

Someone then asked if Jesus really did work miracles, or if that was imagination.

THIS MAN WAS AN OCCULT MASTER. THE MIRACLES ARE THERE FOR THOSE WHO WISH TO BECOME MASTERS. MASS HYPNOSIS WAS NOT BEYOND THE GRASP OF ORDINARY PRIESTS, LET ALONE ONE WHO HAS MASTERED ALL OF THE MYSTERIES. EVEN MOST ADEPTS CAN PERFORM FEATS WHICH COULD BE CONSIDERED MIRACLES BY THOSE WHO WERE LOOKING ON. MANY OF THE STORIES SURROUNDING THE BIRTH OF THE MAN JESUS WERE CONCOCTED LONG AFTER HIS DEATH TO SATISFY THOSE WHO FELT THAT THE ANCIENT PROPHECIES SHOULD BE FULFILLED.

Was Jesus really conceived without sex?

OF COURSE NOT.

What was his Body Type? It has been said he was a Martial, and that his body was perfect.

NO. THIS MAN WAS A MERCURIAL SATURN.

Does the "Occult Brotherhood" still exist? Are we better off to read the Bible or just listen to Michael concerning the new Messiah coming?

YES. THE BROTHERHOOD CANNOT DIE OUT. IT IS FAR TOO WIDESPREAD AND THE BROTHERS ARE TOO CAREFUL. THIS IS THE MOST ANCIENT SCHOOL.

THE BIBLE CAN BE READ AS LITERATURE.

Could we have some information on the Rosicrucians?

SOME OF THE ROSICRUCIANS ARE BONA FIDE BROTHERS, SOME ARE NOT. IN THE NEOPHYTE PROGRAM, THERE IS NO SCREENING; THE WINNOWING COMES LATER. THE HEAVIEST CONCENTRATION IS NOW IN INDIA RATHER THAN THE MID-EAST, WHERE IT FORMERLY WAS.

Are the brothers chosen because of their psychological health and strength?

USUALLY THEY ARE "CHOSEN" THROUGH TELEPATHIC COMMUNICATION. THIS SHOULD TELL YOU WHERE THEY ARE ON THE PATH.

Could we have the Goals tonight, or is that the next overleaf?

YES, THIS IS THE NEXT OVERLEAF, AND YES, YOU MAY HEAR THE INFORMATION TONIGHT. THEY DETERMINE THE SUCCESS WITH WHICH THE ROLE IS MANIFESTED. THEY DO NOT CONCERN FALSE PERSONALITY, BUT DO DETERMINE HOW YOU MOVE THROUGH LIFE. GOALS DETERMINE HOW SUCCESSFULLY THE ROLES ARE PLAYED.

If there is one Goal per Role, it wouldn't work. There has to be a finite variety among men (and women and children.)

THERE ARE THREE EXALTED GOALS. THEY ARE: DOMINANCE, ACCEPTANCE, [and] GROWTH. THERE IS AN INTERMEDIATE, NEUTRAL GOAL, WHICH FOR THE TIME BEING WE CAN CALL STAGNATION. THERE ARE THREE ORDINAL GOALS WHICH ARE THE ANTI-THESES OF THE EXALTED GOALS. THEY ARE: SUBMISSION, REJECTION, [and] RETARDATION. MOST ATTORNEYS AND POLITICIANS ARE THOSE WHO HAVE CHOSEN THE NEUTRAL GOAL — LAWMAKING IS A STAGNATION GOAL. ONE OF THE BETTER EXAMPLES IN HISTORY IS ONE YOU WERE DISCUSSING EARLIER, ALEXANDER THE GREAT: A YOUNG MALE KING, DOMINANT. HE COULD NOT FAIL.

What is the meaning of Dominance and Acceptance?

WE THINK THAT THE ONE GOAL FOR ONE ROLE CONTROVERSY PROBABLY AROSE OVER THE SIMILARITY OF SOME OF THESE GOALS TO THE [Role] ARCHETYPES. FOR INSTANCE, WHEN ONE THINKS OF A KING, ONE THINKS OF POWER AND DOMINANCE. WHEN ONE THINKS OF A PRIEST, ONE THINKS OF ACCEPTANCE; AND THE SAGE, WITH HIS EXPANSIVE OUTLOOK AND NATURAL EBULLIENCE, MAKES ONE THINK OF GROWTH. THE INTROSPECTIVE SCHOLAR IS OFTEN THOUGHT STAGNANT. THE DEJECTED AND REJECTED SLAVE PRESENTS A GRAPHIC ILLUSTRATION. OF COURSE, THIS IS NOT TRUE, FOR THERE ARE KINGS NOW LIVING WITH REJECTION AS THEIR GOAL, JUST AS THERE ARE DOMINANT SLAVES.

Are these Goals a changeable thing in one's lifetime?

THESE GOALS MAY BE ALTERED. HOWEVER, THE INSIGHT RARELY COMES. THIS IS WHY PSYCHOTHERAPY SOMETIMES WORKS.

Are these Goals chosen for karmic reasons?

USUALLY THEY ARE, YES.

Do they change from lifetime to lifetime?

YES, THEY DO.

MOST OF YOU HAVE GROWTH AS A GOAL. THIS IS WHAT MAKES YOU SUCH FINE SEEKERS. FOR THOSE HAVING ACCEPTANCE AS A GOAL, THIS ACCOUNTS FOR MUCH MANEUVERING ON THEIR PART.

How do we change Goals?

YOU MUST FIRST DECIDE THAT THEY NEED CHANGING. WE WOULD THINK THAT YOU WOULD BE WILLING TO PURSUE THIS ONE [that you have now] TO THE END [of its usefulness].

I would like to ask again about my patient who is a King. Is her Goal Rejection? (She is divorced and eking out an existence as a postal worker, supporting children.)

ACTUALLY MORE SO RETARDATION, BOTH RIGHT. THIS IS THE WAY THAT THE MONADS GO TOGETHER. RETARDATION BRINGS LITTLE SUCCESS EITHER IN HEALTH OR IN WEALTH.

Then in the case of ____ (who is a King), is it improper for me to try to help her?

SHE NEEDS TO RECOGNIZE IT FOR SOMETHING THAT SHE CHOSE. ONLY THEN CAN SHE ALTER IT.

Would the monad then be completed and OK for her to change?

ONLY IF SHE CAN ACKNOWLEDGE HER KARMIC RIBBONS. DON'T WORRY. YOU WILL BE UNABLE TO PREMATURELY ALTER ANYONE'S GOALS.

Could you add something to help understand the Submission Goal?

THIS GOAL DEMANDS THAT YOU NOT ASSERT YOURSELF, AND THAT YOU CONSTANTLY TAKE A BACK SEAT, DEFERRING TO THE OPINIONS OF THOSE AROUND YOU.

THESE GOALS WILL AID YOU GREATLY IN YOUR STUDIES. THEY FIT SOME OF THE OTHER PIECES TOGETHER. THE PUZZLE [of overleaves] IS NOW HALF COMPLETE.

Will it go slower?

THAT DEPENDS UPON YOU. YOU CAN ALTER THIS GOAL ANY TIME YOU WISH.

I would like to ask about Gaius Julius Germanicus Caesar: was he a young Artisan with a Dominant Goal?

Was that one of the things wrong with him? He did such a lousy job, and many bad things happened to him — he was assassinated at the age of 29.

THIS UNHAPPY YOUNG MAN WAS A MID CYCLE MATURE ARTISAN WITH DOMINANCE AS A GOAL. THIS YOUNG MAN WAS IMAGINATIVE AND VIVIDLY TALENTED. HE HAD SAVAGE WIT, AND KNEW THAT THE EMPIRE WAS A SHAM AND A MOCKERY OF THE MOST SACROSANCT INSTITUTIONS. HE WAS NOT CRUEL UNTIL HIS BOUT WITH MYELOENCEPHALITIS — THEN HIS POWERS OF ASSIMILATION SNAPPED. HE ALSO LOST HIS LAST ANCHOR AT THE TIME HIS GRANDMOTHER, WHO COULD HAVE HELD HIS HEAD ABOVE WATER, DIED.

Was Nero Claudius really Augustus's son? Augustus denied that Claudius was his son and couldn't stand Tiberius. Augustus had blue eyes; the boy had gray. Augustus was short and Nero was tall.

YES, HE WAS (the son) AND THEY BOTH KNEW IT BUT NEVER SPOKE OF IT. WITH HIS DYING BREATH, CAESAR AUGUSTUS ACKNOWLEDGED THIS SON, BUT THERE WAS NO ONE THERE TO HEAR BUT HIS WIFE WHO ALREADY KNEW IT.

27 December 1973

Thursday

Is the next overleaf "attitudes"?

ESSENTIALLY, BUT WE WOULD PREFER NOT TO PLUNGE INTO THAT AT THIS TIME. WE FEEL THAT TIME IS NECESSARY FOR ASSIMILATION.

Is the automatic writing I got the same as what Michael is giving here?

MOST AUTOMATIC WRITING EMANATES FROM WITHIN THE INDIVIDUAL. THE PROCESS RELAXES THE PERSONALITY IN SUCH A WAY THAT THE KNOWLEDGE CAN FLOW MORE FREELY. IN ANSWER TO YOUR QUESTION, WE CAN ONLY SAY THAT SOMETIMES IT WOULD BE EQUALLY VALID. TIME WOULD TELL HOW MUCH AND HOW OFTEN.

Where does the information come from in changing from one level to another? Is it from a different rate of vibration?

WE UNDERSTAND WHAT YOU ARE REFERRING TO. [The answer is:] NOT EXACTLY. THE LESSONS LEARNED DO BRING ABOUT A CERTAIN REFINEMENT. HOWEVER, THE LEVEL REFERS PRIMARILY TO AGING AND EXPERIENTIAL DATA.

NOT ALL MATURE SOULS ARE TROUBLED. SOME ARE QUITE CREATIVE WITHIN A NURTURING ENVIRONMENT, WITH AVOIDANCE OF STRESS AND HOSTILITY. EVEN IF A MATURE SOUL PICKS UP QUITE WELL ON NEGATIVE VIBRATIONS, IT DOES NOT HAVE TO ACT UPON THEM.

We have assumed our understanding of the Centers is the same as Gurdjieff describes. Are they talking of the same things, or is there some modification?

THE INFORMATION [about Centers] PERPETUATED BY GEORGES GURDJIEFF IS VALID. THIS CONCEPT CAN BE EXTRAPOLATED QUITE NICELY OUT TO WHOLE WORLDS, AS WELL AS CITIES AND COUNTRIES.

I was told once that I was spiritually centered. Is there such a Center?

WE THINK THAT THEY PROBABLY REFERRED TO THE FACT THAT YOUR GOAL IS GROWTH. SOME CAN PICK UP ON THIS PARTICULAR ASPECT OF AN INDIVIDUAL'S ESSENCE WITHOUT REALLY UNDERSTANDING THE IMPLICATIONS.

I would like comments on energies used by various energy Centers.

ALL OF THIS ENERGY IS PSYCHIC ENERGY. IMAGINE A SUPERCONDUCTOR WITH MANY TERMINALS, EACH REPRESENTING A DIFFERENT POWER DRAIN. IF ONE OF THESE USERS OR CONSUMERS IS UTILIZING MASSIVE AMOUNTS OF POWER, THERE WILL BE A CORRESPONDING LOSS IN THE OTHER AREAS, OCCASIONALLY EVEN SHORT CIRCUITS AND BLOWN FUSES. THE POWER THAT ENERGIZES THE PSYCHE IS ALL THE SAME TYPE, OR RATHER, THE SAME GRADE OF ELECTROMAGNETIC RADIATION. THERE IS NO REFINEMENT FROM ONE CENTER TO THE OTHER UNTIL THE POWERS OF TRANSMUTATION BECOME YOURS TO UTILIZE; THEN THIS ENERGY BECOMES CENTRALIZED — CHANNELED, SO TO SPEAK. WHEN WE SPEAK OF HARMONIOUS BALANCE, WE REFER TO THAT STATE IN WHICH THIS CONCENTRATION IS REACHED. AND THIS ALSO GOES FOR THE RELEASE OF SPECIFIC AMOUNTS OF ENERGY. EMOTIONALLY CENTERED MEDIUMS HAVE AN EASY TIME WITH MANIFESTATIONS, AND ALSO BECOME EXCELLENT TRANSPORT MEDIUMS. THIS MEDIUM IS NOT EMOTIONALLY CENTERED, AND IS NOT IN TOUCH WITH

THE RELEASE MECHANISM THAT WOULD ENABLE, OR AT LEAST ENHANCE, THE MANIFESTATION. ASTRAL ENTITIES CAN MANIFEST WITHOUT ANY ASSISTANCE, WE CANNOT. WE MUST BORROW THE ENERGY FROM ONE OF YOU, AND WE CANNOT DO THIS AGAINST YOUR WILL. WE WISH TO REMIND YOU THAT THERE ARE TWO VERY SPECIFIC TYPES OF REACTIONS: IMPLOSION AND EXPLOSION; ALSO, TWO SPECIFIC CHARGES IN POLARIZATION: NEGATIVE AND POSITIVE. A GREAT DEAL OF THE ENERGY UTILIZED BY THE LOWER CENTERS IN LIFE SITUATIONS ARE IMPLOSION REACTIONS WITH NEGATIVE CHARGES. CONTROLLED REACTIONS OF THIS TYPE DO NOT EVER BECOME AS SPECTACULAR AS THEIR ANTITHESSES [the higher centers].

Is our energy self-generated? Are we born with a certain amount of energy and it regenerates?

THE BODY CAN BE THOUGHT OF AS THE VEHICLE, OR THE CONDUCTOR. THE ESSENCE BECOMES THE SOURCE OF ATTRACTION, AND AS [spiritual] GROWTH OCCURS, CAN DRAW UPON AN INFINITE POWER SOURCE. HOWEVER, THE AVERAGE SOUL USES A VERY SMALL, A VERY FINITE, AMOUNT OF THE ENERGY AVAILABLE DURING A GIVEN PHYSICAL INTERVAL. MOST OF YOU ARE SOMEWHAT SLUGGISH DUE TO CULTURAL INDUCEMENTS, AND RARELY DRAW UPON MUCH ENERGY.

Is there a commonality of soul level, Role, Goal, in different types of handicapped people such as deaf, blind, mentally retarded, emotionally retarded, those with learning disabilities, etc.? Are they definable as a group? SENSORY DEPRIVATIONS SUCH AS DEAFNESS AND BLINDNESS OFTEN ARE KARMIC. HOWEVER, THERE IS MUCH COMMONALITY WITHIN THE EMOTIONAL DISORDERS. FOR INSTANCE, MANIC DEPRESSIVES ARE ALWAYS MATURE, EMOTIONALLY CENTERED SOULS. SCHIZOPHRENICS ARE MID CYCLE MATURE SOULS WHO HAVE EGO DISINTEGRATION WITHOUT THE CORRESPONDING SPIRITUAL GROWTH. HYPERACTIVE CHILDREN NORMALLY ARE MOVING CENTERED MATURE SOULS WITH RETARDATION GOALS. SPECIFIC LEARNING DISORDERS, SUCH AS AGRAPHIA, ARE SOMETIMES KARMIC, BUT THIS IS RARE. IT NORMALLY POINTS TO A MID CYCLE MATURE SOUL WHO HAS A RETARDATION GOAL. ON THE OTHER HAND, GROSS MENTAL RETARDATION IS ENHANCED BY BAD GENES, ALTHOUGH THIS IS CHOSEN FOR GROWTH. THE DISINTEGRATION OF THE PERSONALITY, HOWEVER FALSE, IS NOT SOMETHING THAT THE INDIVIDUAL CAN HANDLE WITHOUT THE CORRESPONDING LIBERATION OF THE ESSENCE. CHILDHOOD SCHIZOPHRENIA OR AUTISM IS QUITE DIFFERENT, AND SHOULD NOT BE COMPARED TO THE ADULT PSYCHOSIS. THESE CHILDREN ARE INFANT SOULS WHO HAVE PERCEIVED THE "NOT ME" AS HOSTILE AT AN EXTREMELY EARLY STAGE, SOMETIMES SHORTLY AFTER BIRTH, OR EVEN DURING ACTUAL BIRTH, AND HAVE SUBSEQUENTLY WITHDRAWN. CHILDREN WHO EXHIBIT UNWANTED HOSTILITY, AND ARE SUBJECT TO LOUD OUTBURSTS AND ANTISOCIAL BEHAVIOR ARE NORMALLY INFANT SOULS OF EXALTED ROLES WITH DOMINANT GOALS, WHO ALSO PERCEIVE THE "NOT ME" AS HOSTILE. EMOTIONAL DISORDERS OCCUR FOR THE MOST PART DURING THE MATURE CYCLE, AND ARE RELATED TO THE SOUL'S PERCEPTION OF THOSE AROUND IT, HOWEVER ERRONEOUS THAT MIGHT BE. THIS CAUSES AN ENORMOUS BUILDUP IN GUILT, AND ALSO HOSTILITY. WE CAN GIVE YOU AN EXCELLENT EXAMPLE OF A RELATIVELY FRAIL, INTELLECTUALLY CENTERED, YOUNG CHILD, A MID CYCLE MATURE SCHOLAR, BORN INTO A FAMILY OF ACHIEVEMENT-ORIENTED WARRIORS WITH DOMINANT GOALS. THE CHILD REACTS TIME AND TIME AGAIN WITH FAILURE.

Can you discuss energy and the concept of the pyramid?

WHAT WE JUST DISCUSSED IS THE PYRAMIDAL EFFECT, OR THE CHANNELING OF THE ENERGIES FROM THE WIDE DISPERSION AT THE BASE TO THE NARROW FLOW AT THE TOP. THE THEORY BEHIND THE PYRAMID IS OF COURSE SYMBOLIC. HOWEVER, MANY CANNOT WORK WITHOUT A CONCRETE PHYSICAL MODEL REPRESENTING THE SYMBOLS. THIS IS NOT BAD WORK, NECESSARILY, BUT YOU SHOULD LEARN TO BE A BIT MORE ABSTRACT. THE LITERALNESS OF YOUR CULTURE IS AN OBSTACLE TO TRUE SPIRITUAL GROWTH. AT THE TIME OF THE BUILDING OF THE GREAT PYRAMIDS IN EGYPT, THE BROTHERHOOD WAS ALMOST SOLELY CONCENTRATED THERE. THEY REPRESENT THE OUTWARD SYMBOL OF THE INNER STRENGTH.

Could you elucidate on the Venusian / Mercurial Body Type.

THE COOLNESS IN Demeanor, LACK OF VOLATILE RESPONSE IN THIS PARTICULAR SITUATION [is Venusian]; BUT THE QUICKNESS OF MOVEMENT AND ALL OTHER QUALITIES POINT TO MERCURIAL INFLUENCE. THE TYPICAL MERCURIAL TYPE WOULD REACT TO ASTONISHMENT IN A MORE VERBAL FASHION, AND THERE WOULD BE MORE CHANGE OF FACIAL EXPRESSION. [When there is Venusian influence,] THERE IS LESS MOBILITY THAN ONE WOULD EXPECT (from a Mercury).

Is my soul's movement random or purposeful? From the moment the soul fragments into pieces then the evolutionary process evolves into ultimate unity and the process is repeated. I see it as by chance and not happening by purpose.

DO YOU REALLY BELIEVE THAT "CHANCE" BROUGHT THIS GROUP TOGETHER IN WALNUT CREEK, CALIFORNIA? WE CANNOT BELIEVE THAT AT ALL. THE SEARCHING IS SOLELY THROUGH ESSENCE, AND THE FALSE PERSONALITY FIGHTS THIS AS LONG AS IT EXISTS, WHICH MAY OR MAY NOT SURVIVE TO THE BITTER END. ALL OF YOU WERE INVOLVED IN A SPECIFIC SITUATION WHICH HAS NOW BROUGHT YOU TOGETHER IN A PARALLEL TIME FRAME, WHICH ALLOWS YOU TO COMPLETE THE MONAD. FOR THOSE OF YOU WHO INITIALLY CAME TOGETHER IN ROME AND SYRIA, PALESTINE, THERE IS THE TEACHING OF CHRIST, WHO YOU ALL KNEW OF THEN, FOR YOU TO HEAR THIS TIME WITH UNPLUGGED EARS. ONE AMONG YOU HEARD IT LOUD AND CLEAR THEN, AND WILL BECOME AN ADEPT IN THIS PHYSICAL INTERVAL. SOME CHANGES ARE BEING MADE. OTHERS ARE PLAYING OUT ALMOST IDENTICAL LIFE ROLES AS YOU DID THEN. THIS WILL BECOME MORE APPARENT AS WE PROGRESS.

If Scholars who are not Emotionally Centered have trouble with their emotions, how can we overcome that part in us?

FIRST YOU MUST WISH THIS. MOST SCHOLARS HAVE LITTLE REGARD FOR EMOTIONAL ENTANGLEMENTS, UNLESS THEY HAPPEN TO BE EMOTIONALLY CENTERED. MOST SCHOLARS WOULD PREFER NOT TO BE BOTHERED WITH THE RESPONSIBILITY THAT GOES ALONG WITH THESE INTRIGUES. THE WAY YOU CAN HANDLE IT IS TO BECOME BALANCED, AND THUS COME INTO CONTACT WITH THE EMOTIONAL CENTER AND LEARN TO CONTROL THE OUTPUT. RIGHT NOW THERE IS SPORADIC HIGH OUTPUT WITH LITTLE INSIGHT — IT RESEMBLES VOLCANIC ERUPTIONS.

If we were together in Rome and we are again now, what is our purpose?

THERE IS INDEED A PURPOSE. THIS TEACHING IS ONE OF SPIRITUAL GROWTH. THIS TEACHING WAS OFFERED TO YOU BEFORE AND YOU REJECTED IT, AS MANY DID. NOW IT IS UP TO YOU TO HEAR IT NOW OR WAIT ANOTHER TWO THOUSAND YEARS. IT IS ESSENTIAL THAT YOU COMPLETE THIS MONAD. WE DO NOT PARTICULARLY CARE HOW LONG IT TAKES YOU. WE SHALL BE AROUND [as a mid causal teacher] FOR AT LEAST THAT LONG.

What is so special about every two thousand years?

WE ARE REFERRING TO THE PHILOSOPHICAL CLIMATE EXISTING THEN WHICH HAS NOT EXISTED SINCE, UNTIL VERY RECENTLY. THIS PHILOSOPHICAL CLIMATE MADE THE CONDITIONS RIGHT FOR THE MANIFESTATIONS OF THE INFINITE SOUL. IF YOU WISH SOME PARALLELS BETWEEN THEN AND NOW, WE WILL GLADLY EXPOUND. THE INFINITE SOUL MANIFESTS AT TIMES SUCH AS THIS WHEN THERE IS MUCH PHILOSOPHICAL STAGNATION, RACIAL AND RELIGIOUS STRIFE, AND THE EMINENT DESTRUCTION OF THAT WHICH BINDS SOCIETY TOGETHER. IN ROME, AS NOW, LIP SERVICE WAS PAID TO RELIGIOUS TOLERANCE, BUT THERE WERE PERIODIC PURGES AND REINSTATEMENT OF THE STATE GODS. THE PARALLEL TO THIS OCCURRED IN NAZI GERMANY. THEY HAD POLITICAL PARTIES WHERE THE LINES OF DEMARCATION HAD BECOME SO BLURRED THAT NO ONE KNEW QUITE WHERE HE STOOD. LUXURY WAS AVAILABLE ON A WIDESPREAD BASIS AND COULD BE OBTAINED THROUGH LITTLE EFFORT. THE WELFARE STATE CAME INTO EXISTENCE. THEN CITIES WERE CROWDED, AND THE CITY DWELLERS WERE ALIENATED FROM EACH OTHER. THERE WAS A DETERIORATION OF THE FAMILY AND THE RATIO OF DISTURBED CHILDREN WAS COMPATIBLE WITH THE FIGURE NOW. THE WOMEN'S LIBERATION MOVEMENT WAS CAUSING FEAR IN THE MEN, AND THEY WERE SO WORRIED ABOUT THEIR VIRILITY THAT THEY HAD LITTLE INTEREST IN ANYTHING ELSE. THIS BROUGHT ABOUT MANY SMALL WARS THAT WERE FOUGHT ON THE BATTLEFIELDS RATHER THAN THE BEDROOMS. DOES THAT SOUND FAMILIAR? WALKING INTO A LATRINE DURING THE FIRST CENTURY OF THIS ERA WOULD NOT BE AN UNFAMILIAR EXPERIENCE FOR ANY OF YOU. YOU WOULD BE RIGHT AT HOME WITH THE GRAFFITI EXHORTING VARIOUS SOLITARY SEXUAL PURSUITS.

30 December 1973

Sunday

WE ARE HERE WITH YOU TONIGHT.

TAKE A LOOK AT THE PROBLEMS THAT BRING MILLIONS OF PEOPLE TO THE PSYCHIATRIC COUCH EACH YEAR, AND THEY ALL BOIL DOWN TO ALIENATION. THE GREATEST ADVANTAGE OF COMMUNAL LIVING IS THE ELIMINATION OF ISOLATION IN AN OPPORTUNITY TO GROW IN AN ENVIRONMENT THAT IS PROTECTIVE AND NURTURING.

IF YOU ARE CONCERNED ABOUT OTHERS TAKING ADVANTAGE OF YOU, THIS SIMPLY MEANS THAT MUCH

MORE WORK IS NEEDED IN THIS AREA BY YOU. THEN YOU MUST GET TO A SPACE WHERE NO ONE ELSE CAN TAKE ADVANTAGE OF YOU. YOU CAN BECOME INVULNERABLE, PARTICULARLY IF YOU STOP TAKING A LACK OF ENTHUSIASM ON OTHERS' PART AS A PERSONAL SLIGHT. ____ HAS MUCH WORK TO DO IN THE AREA OF "BEING", OR BEING ABLE TO LIVE ONE DAY AT A TIME. HOW MANY TIMES HAVE YOUR DIRE FANTASIES BORNE FRUIT, ____?

We discussed some of the problems each of us saw in living together.

THIS DISCUSSION IS A DEFINITELY POSITIVE STEP AND SHOULD BE CARRIED FURTHER. THE SOLUTION IS NOT A PERMANENT ONE, BUT SHOULD GIVE YOU SOME IDEA OF WHAT COMMUNAL LIVING IS ALL ABOUT. THE PRESSURES OF THE JOBS ARE IN THE WAY, BUT HOW CAN WE CONVINCED YOU THAT YOU HAVE CREATED THE CIRCUMSTANCES AND ARE NOW THROWING UP ADDITIONAL OBSTACLES. SOME OF THESE ARE VALID, BUT CAN BE SOLVED. ____ HAS A SYSTEM OF PRIORITIZING ASSIGNMENTS THAT CAN BE CONVERTED INTO SOMETHING VIABLE ONLY IF THE PRIORITIES CAN BE MADE MORE REALISTIC: NOT SO MANY "SHOULD'S" AND "HAVE TO'S", MORE WANTS AND NEEDS.

We had more discussion of how to simplify our lives.

WE OFFER ENCOURAGEMENT. THE DETAILS OF THE BUSINESS TRANSACTIONS CHANGE FROM DAY TO DAY. THESE DETAILS CAN BE WORKED OUT IN JUST SUCH A WAY AS YOU HAVE BEEN DISCUSSING. WE SUGGEST THAT YOU CONTINUE TO DISCUSS IT IN THE LIGHT OF LIQUIDATION OF EXCESS HOLDINGS AND DUPLICATION OF ENERGIES. FOR NOW, THIS WILL BE AN ENORMOUS STEP.

Is there a message for our group for the new year?

WE WOULD THINK THAT COHESION WOULD BE ENOUGH A GOAL TO KEEP YOU GOING. THERE IS A VERY VIABLE STRUCTURE BEGINNING NOW WITH ALL OF YOU WHO WOULD BE WILLING TO LIVE ON A REDUCED SCALE IN ORDER TO FREE YOURSELVES FROM MAYA. THIS IS WHAT WE HAVE ENDEAVORED TO BRING ABOUT. MERELY THE COGNIZANCE IS A START. THE DETAILS MUST BE WORKED OUT BY EACH OF YOU IN A MUTUALLY SATISFACTORY MANNER. BELIEVE IT OR NOT, CONSENSUS CAN BE REACHED WITHIN THIS GROUP. SOME WILL TAKE LONGER THAN OTHERS, BUT EVEN THEY WILL EVENTUALLY VERIFY.

Are Goals set at birth? People who were in concentration camps, would they not go into sudden Retardation? If you are one in Submission and suddenly inherit or come by a million dollars, could not this luck raise you to another level, such as Acceptance?

PEOPLE WITH REJECTION AS THEIR GOAL SET THEMSELVES UP FOR MISFORTUNE AND WOULD NOT RECOGNIZE A GREAT SPIRITUAL TEACHER IF ONE CROSSED THEIR PATH. EROTIC LOVE IS FULL OF REJECTION FOR THOSE WHO HAVE THIS AS THEIR GOAL. THEY AUTOMATICALLY CHOSE AN UNSUITABLE OBJECT AS THEIR LOVE OBJECT BECAUSE THEY KNOW THAT THEY WILL ULTIMATELY BE REJECTED. FORTUNES HAVE BEEN LEFT TO PEOPLE WITH REJECTION AS THEIR GOAL, AND THESE FORTUNES HAVE BEEN QUICKLY MISHANDLED WITH BAD INVESTMENTS AND ILL-FATED VENTURES, OR SIMPLY "BLOWN". ON THE OTHER HAND, PEOPLE WITH ACCEPTANCE AS THEIR GOAL HAVE MANAGED TO AVOID TORTURES QUITE SUCCESSFULLY; AND THOSE WITH GROWTH AS THEIR GOAL GREW SPIRITUALLY IN AUSCHWITZ. THE ONLY WAY THAT A GOAL CAN BE ALTERED IS BY CONSCIOUS RECOGNITION OF BOTH THE GOAL AND THE DESIRE TO ALTER IT WITH POSITIVE CHANGE AS THE RESULT.

Is this what we would call a "C" [cosmic] influence group.

WE THINK THAT WE QUALIFY AS COSMIC INFLUENCE. WE ALSO FEEL THAT WHILE MANY OF THESE SPLINTER GROUPS [from Robert Burton's Gurdjieff group] DO PERFORM A VALUABLE SERVICE, THEY REALLY INTENSIFY THE DIFFERENCE BETWEEN THE MAINSTREAM OF MATERIALISTIC SOCIETY AND GROUPS SUCH AS THE ONE IN WHICH YOU ARE NOW INVOLVED; I.E., THOSE GROUPS WHERE THE TEACHING BECOMES THE PRIME MOVER [rather than the teacher].

I spent hours with ____ and it is like she cannot see the difference between "C" and "B" groups. She thinks she will be God-conscious soon. She thinks she's near, through the Agni Yoga. Is it because I do not have the guidance when I'm talking with her or what?

NO, IT IS NOT YOUR LACK OF GUIDANCE — IT IS YOUR LACK OF COURAGE OR CONVICTION THAT DOES NOT PERMIT YOU TO POINT OUT THE UTTER NONSENSE IN THE HOPE FOR INSTANT "ENLIGHTENMENT". THE PATH IS LONG AND STEEP. THE DIFFERENCE IN THE TEACHINGS IS, OF COURSE, THE FACT THAT THIS IS A LIVING TEACHING; MANY OF THOSE ARE NOT. YOU HAVE FOUND IT DIFFICULT TO INTERPRET THE SCRIPTURES OF THE VARIOUS RELIGIOUS SECTS ON YOUR WORLD. THIS IS BECAUSE THESE ARE NOW DEAD TEACHINGS.

Was George Patton a warrior, since he thought war was the pinnacle of human achievement?

GEORGE PATTON WAS A SECOND CYCLE YOUNG WARRIOR IN ESSENCE.

Is John Madden (an Oakland Raider football player) a warrior? Is Don Shula (a Miami Dolphins football player) a King in dominance?

THE MAN WHO LEADS THE OAKLAND FOOTBALL TEAM IS A MID CYCLE [fourth Level] MATURE WARRIOR. THE MAN WHO LEADS THE MIAMI FOOTBALL TEAM IS A THIRD CYCLE [Level] YOUNG KING. THE TWO PLAYERS MENTIONED ARE BOTH YOUNG SAGES. BOTH ARE YOUNG, BOTH ARE DRIVEN BY THE GLAMOUR. YOU WOULD ASSESS THIS MORE ACCURATELY IF YOU WERE WITH THEM FOR ANY LENGTH OF TIME. THE MAN DONALD (Shula) IS AN INCORRIGIBLE HAM.

What was Vince Lombardi of the Greenbay Packers?

AN INTELLECTUALLY CENTERED MID CYCLE MATURE KING.

Was Csonka of the Miami Dolphins a King? Was he ever in a group?

THIS IS AN EXTREMELY SELF-AWARE YOUNG MAN WHO FEELS THAT HE KNOWS WHERE HE STANDS WITH HIMSELF, AND THAT THAT IS MORE IMPORTANT TO HIM THAN HOW HE STANDS WITH OTHERS. NO, HE IS NOT IN THERAPY — HE DOES NOT NEED IT. HE DOES NOT DOUBT HIMSELF.

Is his Goal Dominance?

YES.

Do Warriors who incarnate in females sometimes have bodily qualities of men?'

MOST CHOSE CIRCUMSTANCES WHICH WILL GIVE STRONG BODIES, NATURAL INCLINATIONS SUCH AS OUTDOORS ACTIVITIES, AND THE REST. WE KNOW OF NO DOMINANT LADY WARRIORS WHO ARE FRAIL.

About once a week I have a strange encounter with someone. People seek me out to confide something to me. Last week it was a maintenance man, named George, who told me that he was doing statistical research on cancer being caused by a vitamin deficiency. He is sincere in believing that he is doing it for mankind. I would like to know if he is a Mature soul, and if there is any validity to what he says.

THIS MAN IS A FIFTH LEVEL MATURE SLAVE IN A DOMINANT ROLE. HE SEES THIS AS A SERVICE TO MANKIND, SUPERIOR TO THE ONE [maintenance] HE IS NOW PERFORMING SIMPLY BECAUSE IT RATES MORE NEWSPRINT. THE JOB HE HAS IS PRETTY MUCH IN ESSENCE FOR THIS MOVING CENTERED PERSON. NO, LUNG CANCER IS NOT CAUSED BY A SPECIFIC VITAMIN DEFICIENCY — IT IS MERELY ANOTHER FORM OF SUPERIOR SUICIDE.

I attempted to type some of the people at the party of eight thousand people. It was not easy.

SOUL LEVELS ARE THE MOST DIFFICULT TO GAUGE IN CROWDS. IN FACT, WE WOULD SAY IMPOSSIBLE, SINCE THERE IS A DEFINITE CROWD BEHAVIOR THAT SWEEPS THEM ALONG. ROLES ARE EASIER, ESPECIALLY THE EXALTED ROLES. THE ORDINAL ROLES ARE MORE DIFFICULT. THE GOALS SHOULD HAVE MUCH MORE TO SAY THAN EITHER OF THE OTHER TWO [overleaves] IN A CROWD SITUATION SINCE THEY DEAL WITH PRETTY OVERT BEHAVIORAL TACTICS.

Ordinal Roles in Dominance are hard to tell from dominant [exalted] Roles in Submission.

MOST ORDINAL ROLES WHO HAVE DOMINANT GOALS CAN BE BACKED INTO A CORNER BY ANY EXALTED ROLE WHETHER OR NOT THE GOAL IS DOMINANT. EVEN DOMINANT WARRIORS CAN BE DOMINATED BY ACCEPTING OR SUBMITTING KINGS [Acceptance and Submission being the most passive Goals]. THERE IS SOMETHING PATHETIC ABOUT A KING IN RETARDATION. IT REMINDS ONE OF A PEACOCK WHO HAS BEEN IN A HAILSTORM.

31 December 1973

Friday

WE ARE HERE WITH YOU TONIGHT.

What is the purpose of my searching? I have had this questioning mind since I was a small child.

THE SEEKING COMES ABOUT WITHOUT YOUR KNOWLEDGE, OR NECESSARILY YOUR CONSENT. THE SEEKING USUALLY STARTS ACTIVELY WHEN THE TRANSITION BETWEEN MATURE AND OLD SOUL TAKE PLACE. THOSE WHO SEEK ARE AFFLICTED WITH AN UNCONTROLLABLE RESTLESSNESS WHICH WILL NOT SUBSIDE UNTIL THEY HAVE SEARCHED AND FOUND A CADRE.

Were we technologically up with the Atlantis people?

TECHNOLOGICALLY YOU ARE ABOUT EQUAL NOW. PHILOSOPHICALLY AND SPIRITUALLY YOU ARE NOWHERE NEAR.

We are not likely to become adepts when we are working for a living. The satisfaction for the yearning for knowledge is interfered with by having to work.

THE THIRST FOR PURE DATA ACCUMULATION IS ALMOST INSATIABLE IN THE OLDER SCHOLAR. YES, YOUR LIFESTYLE IS INTERFERING WITH THE GOAL OF GROWTH. THIS TEACHING IS NOT WELL UNDERSTOOD IN SOLITARY.

What can I do?

MAKE SUBSTANTIAL STRIDES TOWARD EFFECTING THE SYNTHESIS. (Learn what it all means.)

Do we experience the opposites of each Goal to complete the monad?

ALL OF YOU HAVE EXPERIENCED LIFE FROM A RETARDATION GOAL. THIS LADY HAS BEEN IN GROWTH SO FAR FIVE TIMES, AND WILL BE AGAIN. THIS IS NOT UNUSUAL. IN MANY FRAMES THERE IS LITTLE TO LEARN. THERE ARE RESTING YEARS ALSO.

Is Michael aware of something I should be asking?

YES. WE ARE IN CONTACT WITH A GREAT DEAL OF INFORMATION THAT WILL NO DOUBT "BLOW YOUR MIND". ONE OF THE OBSTACLES FOR YOU NOW IS YOUR IMPATIENCE. THIS IS ONE THING THAT SCHOLARS HAVE IN COMMON. THE [gear] WHEELS OF THE GODS DO NOT GRIND FAST ENOUGH.

THE ACTUAL VISUALIZATION OF THE SYNTHESIS WILL ONLY COME ABOUT WHEN YOU HAVE ALL OF THE PHYSICAL OVERLEAVES, AND ONLY AFTER THE TEACHING HAS PROGRESSED TO THE POINT WHERE WE ARE ABLE TO COMMUNICATE WITH YOU DIRECTLY ON THE HIGH PLANES. THE QUESTIONS YOU WISH TO ASK ARE THOSE CONCERNING THE HOW TO'S OF THIS MAGNIFICENT FROLIC, AND WE CAN ONLY TELL YOU THAT WE ARE COMING TO THAT SOON. THE SEMINAR IN THE SPRING SHOULD BE A REVELATION.

With the out-of-the-body experience, we can contact them directly on the astral plane?

JUST LISTEN TO US WHEN WE TALK TO YOU. WITH PRIESTS THAT IS EASY.

I hear. What can I do with this?

PROPAGATE THE LOGOS. THIS ISN'T TRITE. WE EXPECT THIS TEACHING TO REACH OTHERS. WE ARE NOT JUST HOLLERING DOWN THE RAIN BARREL.

Did they know each other?

How can one figure the exact soul level and information about previous lives?

ONLY BY BECOMING AN ADEPT AND HAVING ACCESS TO THE AKASHIC PLANE.

Does "Acceptance" mean that a person accepts everything around him, or does he work to get others to accept him?

ACCEPTANCE AS A GOAL CAUSES THE SOUL INVOLVED TO GO THROUGH VARIOUS MACHINATIONS IN ORDER TO FIND THEIR SPECIAL NICHE IN LIFE. THIS ALSO IN TURN CAUSES THEM TO EXCUSE THE FAULTS OF OTHERS, SINCE THEY THEMSELVES RECOGNIZE THEIR OWN IMPERFECTIONS. THIS IS THE PROVERBIAL "NICE GUY".

What is the purpose of learning all these labels? I dislike labels.

IT IS ONLY IMPORTANT IF YOU WISH TO MAKE THE SYNTHESIS. WE AGREE, VERBAL COMMUNICATION IS A POOR EXCUSE FOR THE SUM OF COMMUNICATION. HOWEVER, UNTIL ONE OF YOU BREAK THROUGH WITH TELEPATHY, THIS WILL HAVE TO DO. THIS STUDY ENABLES YOU TO HAVE INSIGHTS TO THE MOTIVATION OF CERTAIN ACTIVITIES WHICH COULD CONCEIVABLY BE PERCEIVED BY YOU AS HOSTILE OR UNDESIRABLE, AND PROHIBIT THE UNDERSTANDING NECESSARY FOR AGAPE TO TAKE PLACE. IT WILL ALSO ENABLE YOU TO AID THOSE WHO SEEK YOUR COUNSEL.

What happens when I am united with my fragments?

WHEN YOU FINALLY REUNITE WITH ALL THE FRAGMENTS, YOU WILL NO LONGER BE SUBJECT TO THE ALLUREMENT OF THE PHYSICAL PLANE, AND FOR YOU, SINCE YOU HAVE BEEN IN TOUCH WITH THE OCCULT FOR OVER TEN THOUSAND YEARS, YOU WILL KNOW THIS AND YOU WILL EXPERIENCE THE ECSTASY.

At this point in our time, it turned midnight [on New Years Eve]. There was no kissing or screaming, but someone asked if there was any special message for us for the new year.

WE THINK THAT THE GOALS FOR THE COMING YEAR WOULD BE COHESION, COMMITMENT, AND COMMONALITY OF IDEATION. WE WISH YOU WELL IN THIS. IT IS WITHIN YOUR GRASP.

undated transcription

[The following was taken from the introduction to a compilation made early in 1974 by one of the members of the original group. The compilation apparently contains all the sessions with the Michaels held in 1973.]

IT IS DIFFICULT TO RECOGNIZE PERSONS WITHIN THESE CYCLES WITH ANY DEGREE OF ACCURACY (EXCEPT ON LONG TERM ACQUAINTANCE) UNTIL THE PERSON HAS REACHED THE AGE OF THIRTY FIVE. AT THIS AGE, THE SOUL WILL MANIFEST ITSELF REGARDLESS OF ITS EARLY TRAINING. PRIOR TO THIS AGE, EVEN OLDER SOULS WHO WERE RAISED BY BABY SOULS OR YOUNG SOULS WILL CLING TO PATTERNS OF BEHAVIOR LEARNED IN CHILDHOOD. OFTEN THIS TRANSITION IS REMARKABLE: IN THE MATURE SOULS IT IS SOMETIMES TRAGIC, RESULTING IN PSYCHOTIC BREAKS, HOSPITALIZATIONS AND EVEN SUICIDE. BABY SOULS WHO WENT "ALONG WITH THE CROWD" DURING YOUNG ADULTHOOD WILL BLOSSOM OUT INTO SUPER-STRAIGHT, ULTRACONSERVATIVE "GROWN-UPS" AT THIS POINT IN LIFE, MUCH TO THE CONSTERNATION OF THEIR FRIENDS IN OTHER CYCLES. YOUNG SOULS WILL OFTEN BEGIN THEIR LIFE WORK AT THIS POINT; PUBLISH THEIR FIRST NOVEL, LEAD THEIR FIRST CRUSADE, THROW THEIR FIRST BONG; YOUNGER BOMB THROWERS ARE USUALLY INVOLVED IN ACTING-OUT BEHAVIOR: I.E., REBELLION. OLDER SOULS MANY TIMES SHED THEIR RESPECTABLE ARTISAN ROLES AT THIS POINT IN LIFE, BECOMING ELDERLY "HIPPIES" AND NONCONFORMISTS — AGAIN MUCH TO THE DISMAY OF ASSOCIATES IN OTHER CYCLES. THE SOUL WILL MANIFEST AND THE MANIFESTATION WILL BE PERCEIVED AS "CHANGE" BY OTHERS; AS POSITIVE CHANGE BY THOSE IN THE SAME CYCLE, OFTEN AS NEGATIVE CHANGE BY THOSE IN OTHER CYCLES. THE COMPLETE MANIFESTATION MAY TAKE SIX WEEKS — OR IT MAY TAKE FIFTEEN YEARS IN THE CASE OF MATURE SOULS WHO ARE UNCOMFORTABLE WITH THE CHANGE.

03 January 1974

Thursday

Are there two or three overleaves left? Are Body Types and Centers one [overleaf]?

THERE ARE REMAINING THREE OVERLEAVES, THE PHYSICAL MAKEUP [Body Type] COUNTING AS ONE [separate from Centers].

In the Goal of Growth, does one "review" all the other goals? It seems I'm in and out of all of them.

THE GOAL OF GROWTH CAUSES THE SOUL TO SEARCH, SOMETIMES RESTLESSLY, FOR THE ANSWERS TO QUESTIONS OF A PHILOSOPHICAL AND RELIGIOUS NATURE ALMOST FROM THE TIME THE FIRST BREATH IS DRAWN. IN THE EARLY CYCLES, THIS SOMETIMES CAUSES GRIEF AND GUILT, AS THERE IS OFTEN A SPLIT WITH FAMILY MEMBERS OVER UNTENABLE VIEWS HELD BY THEM. THE "REVIEW" [of the other Goals] IS A PHENOMENON THAT WE BELIEVE TO BE UNIVERSAL IN THE OLDER CYCLES. WE SEE THIS IN ALL OF YOU, BUT FAR MORE PRONOUNCED IN THOSE IN GROWTH. THIS ENDLESS SEARCHING OFTEN PRODUCES BOTH ACCEPTANCE AND SUBMISSION; THEN WHEN THE FLASH [of insight] COMES, THE STUDENT IN GROWTH OFTEN BECOMES TEMPORARILY DOMINANT IN ORDER TO SPREAD THE WORD HE HAS RECEIVED. THIS IS ENTIRELY NATURAL.

(Question lost.)

CAN YOU NOW SEE A CORRELATION BETWEEN THE CHIEF FEATURE AND THE GOAL? VANITY AND ARROGANCE ARE BOTH CHIEF FEATURES FOUND IN DOMINANT SOULS.

I am trying to synthesize the material, and I have thought of people in each Role, and I classify them. I find that I [an Artisan] have a hatred toward Dominant Warriors, I am attraction to female Kings, but do not care for male Kings in Dominance. I am attracted to Sages, neutral toward Priests and Artisans, and look down on Slaves.

THERE IS A NATURAL AFFINITY FOR THE ORDINAL AND EXALTED ROLES: I.E., SAGES AND ARTISANS ARE GENERALLY ATTRACTED TO ONE ANOTHER, AS ARE PRIESTS AND SLAVES, WARRIORS AND KINGS. THESE ROLES NATURALLY COMPLEMENT EACH OTHER, AND GOOD TEAMWORK CAN RESULT. THE SAME GOES FOR THE [complementary] GOALS [and other overleaves]. THE GENDER [distinction] SHOULD BE NEGATED [as you grow spiritually].

I would like to ask for a comment on my hatred for Dominant Warriors, and anything on the synthesis for Acceptance and fears.

THIS WOULD REPRESENT A MAJOR PART OF FRICTION FOR YOU, AS YOU SEE IN THEM ALL THOSE TRAITS YOU ENDEAVOR TO ERADICATE FROM YOUR OWN LIFE. ONLY BY UNDERSTANDING THAT WARRIORS IN

THE EARLIER CYCLES ARE PRETTY MUCH A VICTIM OF THEIR KARMIC RIBBONS — AND WILL BE UNTIL THEY MEET WITH A TEACHING — THEN YOU CAN APPLY THE SAME PRINCIPLE OF UNCONDITIONAL ACCEPTANCE THAT YOU MUST WITH ALL OTHERS. IN PERCEIVING THE SYNTHESIS, THIS ACCEPTANCE IS IMPERATIVE.

Have I been through all of the Goals in my past lives?

YES. YOU ALL HAVE.

Are these Goals chosen in any special order?

NOT NECESSARILY. IT DEPENDS LARGELY UPON THE KARMA INCURRED DURING THE PHYSICAL INTERVAL. FOR INSTANCE, A MALE DOMINANT KING CAN BE A BENIGN LEADER AND INCUR NO ADVERSE KARMA.

I read Robert Monroe's book, *Journeys Out of the Body*, and I found I have had similar experiences. They are scary. I've had those "vibrations", and I could not move.

MANY TRAVELERS DO EXPERIENCE THESE PHENOMENA PRIOR TO LEAVING (the body). IF THERE IS FEAR, THEN THE TRIP IS POSTPONED. ASTRAL TRAVEL IS SOMETHING YOU MUST DESIRE IN ORDER FOR IT TO CONTINUE, ALTHOUGH IT IS WELL WITHIN THE GRASP OF YOU ALL.

I would like to ask where cravings come from. My wife has it together, but every once in awhile she will eat two whole bags of potato chips then diet the next day to make up for it. What are cravings?

CRAVINGS ARE SOLELY EMOTIONAL. MOVING CENTERED INDIVIDUALS GIVE IN TO FOOD CRAVINGS ON THE WHOLE LESS THAN EMOTIONALLY CENTERED SOULS; BUT IT IS ONE WAY THAT THEY HAVE TO EXPRESS AN EMOTION THAT THEY ARE AFRAID OF AND CANNOT EXPRESS THROUGH THE NORMAL CHANNELS. WE SEE THIS MORE IN THOSE IN REJECTION GOALS, WHO OFTEN BECOME MASSIVELY OBESE.

There was a discussion here concerning wanting having nothing to do with unexpressed emotions. A person has to unravel the conflict he has. A person in the Rejection Goal works toward that rejection. Someone did not see obesity as the result of a Rejection Goal.

OBEISITY RESULTS FROM SEXUAL CONFLICTS, THE GOAL OF REJECTION, OR CULTURAL DIET (pasta and spaghetti).

Can Intellectually Centered people be obese? Are most people who are obese, Emotionally Centered?

THEY COULD, BUT THE FRAMEWORK USUALLY ONLY STRETCHES SO FAR, AND EMOTIONALLY CENTERED SOULS HAVE MORE FRAMEWORK TO WORK WITH. YES, ALL JOKING ASIDE, MOST OBESE SOULS ARE EMOTIONALLY CENTERED.

I had a dream, and twenty minutes later it came true. Could I have a comment?

THIS PHENOMENON IS CALLED PRECOGNITION. QUITE OFTEN IT COMES IN THE FORM OF A DREAM, SINCE THAT MODE IS ACCEPTABLE.

Things are happening so rapidly. Many changes are occurring. I made a New Year's resolution and kept it one day: that was to get up at 2:00 AM and meditate. Are there any suggestions for improving the meditation?

INTERRUPTING NEEDED SLEEP TO MEDITATE IS NOT EVOLUTIONARY — IT WOULD NOT WORK. EARLY MORNING WOULD BE MORE EFFECTIVE. YOU ARE MOVING RAPIDLY. THIS WILL EVEN ACCELERATE MORE IN THE COMING TWO WEEKS. BE PREPARED FOR SOME RADICAL CHANGES WITHIN. YOU ARE NOW ABLE TO HANDLE SOME FAIRLY WIDE LEAPS. QUIET ACTIVITY (after meditation is suggested). IF YOU ARE GOING TO PURSUE THE BROKEN SLEEP PATTERN, YOU MUST DO IT WITH EXERCISE.

Is Erhard Sensitivity Training ["EST"] to precipitate these radical changes within me?

THAT WILL PROBABLY BE PRETTY CATALYTIC.

I would like to ask more questions on the books about the *Masters of the Far East*, by Thomas Spaulding, whom I've asked about before. I've read four of the five volumes now. There is good teaching information there. He said he was talking in person to Jesus and Mohammed and other old souls. He went to Asia, Tibet, in the early 1900's or late 1800's, where he was taught to teleport. I would like a comment and also to ask if he really was talking to Jesus and Mohammed as he implied.

THE HIGH MENTAL BODY SPENDS TIME WITH ALL ADEPTS. SOME SEE THE INFINITE SOUL IN SEVERAL TRANSCENDENTAL FORMS. THIS IS USUALLY BECAUSE THE PERCEPTIONS OF PHYSICALLY TIED ADEPTS IS NOT KEEN ENOUGH TO PERCEIVE THAT MUCH OF THE SYNTHESIS. THEY, LIKE SOME OF YOU, SEE THE REINTEGRATION AS LOSS OF SELF AND BEMOAN THIS. HE SAW HIS OWN PERCEPTION OF THE FRAGMENTATION OF THE INFINITE SOUL.

I would like to ask about ____ and her recent receiving of the "Holy Spirit" — which she received unsolicited

and unexpected at the Charismatic Catholic Renewal. I had worked with her on our ideas, and since going to the Holy Spirit meetings, she has gone for that. How does this fit?

IT FITS IN WITH HER BELIEF SYSTEM. IT STILL REMAINS TO BE SEEN WHETHER [or not] SHE CAN TRANSFORM IT INTO A CONFLICT-RESOLVING [monad-forming] MECHANISM.

I have been reading Robert Monroe's book, *Journeys Out of the Body*. His trips were nothing at all like a synthesis. He saw subhuman, fish-like creatures, nothing like Michael describes. I would like a comment on that, and also one on what Monroe describes as "sex after death" — that he describes as male and female "zapping" together, not with organs but something else.

ASTRAL MATTER IS EXTREMELY FLEXIBLE — "MALLEABLE" IS A BETTER TERM. YOU CAN DO WITH IT AS YOU LIKE. AS FOR THE ECSTATIC FEELINGS, THAT IS THE GOAL TOWARD WHICH WE WORK. HE WOULD HAVE TO CALL IT "SEXUAL" SINCE THIS IS THE ONLY EXPLANATION AVAILABLE TO HIM.

Have you ever meditated on astral material?

THERE ARE MANY TROUBLED SOULS ON THE LOW ASTRAL PLANE, AND CONTACT WITH THEM IS OFTEN DISTURBING, EVEN TO THE ADEPTS WHO TRAVEL THERE. FOR INSTANCE, MOST BABY SOULS CONTINUE TO THINK OF THEMSELVES AS "DEAD" UNTIL THEY TAKE ANOTHER BODY, AND THE ASTRAL FORM THEY ADOPT IS OFTEN GRUESOME. SOME OLD SOULS PLAY OUT A PARTICULARLY REMEMBERED LIFE OVER AND OVER, COMPLETE WITH COSTUMES, AND OFTEN STARTLE TRAVELERS NOT PREPARED FOR MEDIEVAL SPLENDOR.

Can Michael help us in the Monroe out-of-body experience so that we won't have contact with the peculiar fish-like creatures or whatever?

YES, [we] CAN HELP, BUT ONLY IF YOUR SENSE OF PREORDAINED FAILURE CAN SOMEHOW BE DISSIPATED. What is there to account for the belligerent streak in myself which manifests upon occasion?

THIS IS NOT AN UNUSUAL PHENOMENON FOR SOMEONE IN GROWTH. YOU ARE VERY IMPATIENT ABOUT YOUR SPIRITUALITY, AND THE ONLY TIME YOU ARE BELLIGERENT IS WHEN SOMEONE INTERRUPTS YOUR CONNECTION, OR PLUGS THE MUNDANE INTO THE ARCANES.

In reading the notes [transcriptions of previous sessions], I am confused and would like some clarification on Dominant and Submissive Goals.

THE GOAL OF DOMINANCE SUGGESTS THAT THE SOUL INVOLVED WILL TEND TO TRY TO DOMINATE ALL LIFE SITUATIONS. IT IS MUCH DEEPER THAN THIS, HOWEVER, AND RESULTS IN FRUSTRATION IF THE OPPORTUNITY DOES NOT PRESENT ITSELF IN THE EARLIER CYCLES. THIS RESULTS IN WARS AND OTHER CONTROVERSIES OF A SERIOUS NATURE. THE GOALS ARE INTIMATELY LINKED WITH THE ROLES, SO THAT A DOMINANT KING NEEDS SUBJECTS TO RULE; THE DOMINANT SAGE REQUIRES AN AUDIENCE; THE DOMINANT SCHOLAR, A GROUP OF STUDENTS; THE DOMINANT SLAVE, A WILLING MASTER. SOME OF THE MOST FLAGRANT SADOMASOCHISTIC RELATIONSHIPS ARE ENGINEERED BY DOMINANT MATURE SLAVES.

THE GOAL OF SUBMISSION SUGGESTS THAT THE SOUL INVOLVED WILL PERFORM MANY TASKS WHERE NO INNER DESIRE EXISTS, REGARDLESS OF HOW DISTASTEFUL THEY MAY BE TO THE SOUL, AS HE SEES IT, AS HIS ROLE IN LIFE [is] TO SUBMIT TO THE POWERFUL FORCES PINNING HIM TO THESE CIRCUMSTANCES. FORBEARANCE IS ONE OF THE HALLMARKS OF THIS GOAL. MANY WILL BEAR THEIR BURDENS IN VIRTUAL SILENCE SIMPLY BECAUSE THEY FEEL THAT IT IS BEYOND THEM TO CHANGE THEIR LOT, OR THAT THE LOSSES THEY MIGHT SUFFER FOR THEIR EMANCIPATION WOULD NOT BE WORTH THE GAIN IN INDEPENDENCE.

10 January 1974

Thursday

Are there any comments about the group becoming more organized?

WE AGREE THAT THERE IS A REAL NEED NOW FOR UNIFICATION. THIS TYPE OF ARRANGEMENT ALWAYS MOVES SLOWLY, THEN SUDDENLY TAKES A FORWARD LEAP, MOVING RAPIDLY. YOU NEED TO RECRUIT SOME OF YOUR MORE DYNAMIC MEMBERS TO WORK ON THIS. THEY ARE BETTER ABLE TO SELL THE GROUP — AND WE DO NOT MEAN TO NEW STUDENTS, WE MEAN TO OLD STUDENTS. THERE ARE MANY. THERE ARE MANY WHO ARE USING THE GROUP FOR NEEDED CONTACTS.

Are we starting a church?

WE WOULD AGREE WITH THAT.

Does what we're doing parallel the Eleusinian way of doing things?

THIS CAN HAPPEN ONLY WITH A HIGH PRIEST WHO CAN DO THE RITUAL WORK. THIS SHOULD BE AN ADEPT REALLY, BUT SOME SUCCESSFUL PRIESTS WERE SIMPLY OLD PRIESTS IN DOMINANCE. RITUALS SOLIDIFY GROUPS IN MANY INSTANCES.

Was Christ influenced by the Eleusinian Mystery religion?

NOT PARTICULARLY, BUT WAS HEAVILY INFLUENCED BY SOCRATES AND EPICURUS, AS WELL AS THE ALEXANDRIAN BROTHERHOOD, WHICH REALLY WAS A COUNTERPART TO THE ELEUSINIAN SCHOOL.

How does Bacchus, the god of wine, fit into Eleusinian mysteries?

IT HAS BEEN SAID BY US BEFORE THAT RITUALS UNIFY AND BRING TOGETHER MANY WHO OTHERWISE WOULD NOT BE ABLE TO PARTICIPATE. THE SAME GOES FOR FESTIVALS. THEY PROVIDE AN EXCELLENT OPPORTUNITY TO PLAY THE FOOL IN A CONTROLLED, SAFE ENVIRONMENT, WHICH IS NECESSARY FOR ALL SOULS IN ORDINAL GOALS AND ROLES. SAGES AND PRIESTS NORMALLY NEED NO SPECIAL INVITATIONS TO BE HAMS, BUT THE SAME IS NOT TRUE FOR MANY ARTISANS AND WARRIORS. MANY ARTISANS ARE ESSENTIALLY NONVERBAL, EXCEPT FOR THOSE FEW WHO ARE INTELLECTUALLY CENTERED. WARRIORS FEAR THE LOSS OF RESPECT THAT ACCOMPANIES THE LOSS OF DIGNITY. TIMID SOULS OFTEN BLOSSOM DURING FESTIVALS. THIS WAS KNOWN IN THE ANCIENT TIMES, MORE SO THAN TODAY. THE BACCHANALIAN CULTS AROSE FROM THE CELEBRATION OF THE HARVEST, AND WERE SPONSORED AT FIRST BY ATTIC [from "Attica", the district in Greece in which Athens was the principal city] VINTNERS. THIS WAS SO MUCH FUN THAT THE CULTS SPREAD AND TOOK ON ADDITIONAL SIGNIFICANCE. THERE IS NOTHING DULL ABOUT SPIRITUAL GROWTH. THE NEED IS TO BECOME MORE JOYOUS AND EXPANSIVE, NOT MORE SOMBER AND INTROVERTED.

How do you tell the difference between a Warrior and a King?

THERE IS A CERTAIN AURA OF NOBLE TRANQUILLITY PRESENT IN KINGS THAT IS NOTABLY LACKING IN WARRIORS. THE KING COMMANDS RESPECT BY HIS PRESENCE ALONE, THE WARRIOR OFTEN BY FORCE OF PERSONALITY. WARRIORS ARE GENERALLY MUCH MORE LOUD. KINGS NORMALLY SPEAK SOFTLY. THIS KING HAS A REGAL BEARING, AND IT IS THEIR DYNAMIC PERSONALITY THAT ATTRACTS. THE FOLLOWERS OF KINGS ARE LOYAL TO A GREAT DEGREE, AND IT DOES NOT DEPEND USUALLY ON THEIR AGREEMENT WITH THE CAUSE. MANY WHO FOLLOWED ALEXANDER [the Great] TO BATTLE DID NOT AGREE WITH HIM, BUT WOULD HAVE FOLLOWED HIM INTO EXILE JUST AS WILLINGLY. WARRIORS CAN ONLY LEAD AS LONG AS THEIR CAUSE IS A POPULAR ONE.

Would it not be a good idea to have a different name than "Slave" for this Role?

DO YOU APPROVE OF "SERVERS"?

What about the differences in Sages and Artisans?

SAGES ARE FAR MORE EXUBERANT [than Artisans], EVEN THOSE IN REJECTION. SAGES IN ORDINAL GOALS SOMETIMES ARE OBNOXIOUS. THIS PRODUCES MANY MARTYRS, NEEDLESSLY, PARTICULARLY WITH SAGES IN SUBMISSION.

Could we have a comment on giving information to "occasional" people, who seem interested but not enough to come more than infrequently.

THIS IS NOT WRONG WORK AS LONG AS MUCH ENERGY IS NOT EXPENDED.

Can we pull the group together by having more social life?

WE ARE GRATIFIED THAT OUR MESSAGE TOOK ROOT THIS RAPIDLY. SEEMS THAT MOST GROUPS PURPORTED TO BE ON THE PATH HAVE MUCH SOMBERNESS IN COMMON. PERHAPS THIS IS WHY THE RATE OF FAILURE IS SO ALARMINGLY HIGH.

It seems that Robert Burton has lost more people than have stayed with him. There's no talking, you aren't supposed to show emotions, and you have to be so careful.

THIS TEACHING SHOULD EVENTUALLY FREE YOU FROM THE YOKE OF COLLECTIVE GUILT, THEN THE SOBER AFFECT WILL BE EVEN MORE INAPPROPRIATE. LEARN JOY NOW AND IT WILL NOT BE SUCH A SHOCK THEN.

Could you enlarge on that comment?

THE CULTURE PLACES THE LOAD OF GUILT RIGHT OUT IN FRONT OF THE CHILD WHERE IT MUST EITHER TRIP OVER IT OR STOP SHORT OF ALL UNDERSTANDING. THE CHILD EVENTUALLY SHOULDERS PART OF THIS, EITHER WILLINGLY OR NOT, AND CARRIES IT THROUGH LIFE, UNLESS IT HAPPENS TO MEET WITH A

TEACHING THAT SHOWS IT THAT THERE IS NO GUILT. THIS CULTURE IS GUILTY VAGUELY OVERTLY ABOUT ALL THINGS THAT SEEM LIGHT AND AIRY. THE EMPHASIS IS ON WORK, AND THEN POSSIBLY YOU MAY GO ON TO ANOTHER BETTER PLACE WHERE YOU WON'T HAVE TO WORK SO HARD — AND OF COURSE YOU STUDENTS REALIZE THAT THIS IS NONSENSE. IN FACT, THE LOAD OF TOIL HOLDS YOU BACK RATHER THAN ENHANCING YOUR WORK TOWARDS SPIRITUAL GROWTH. SEVERAL OF YOU HAVE VERIFIED THIS FOR YOURSELVES. THE EMPHASIS ON OTHERWORLDLINESS HAS BECOME MIRED IN FALSE CONCEPTS. WE WOULD POINT OUT TO YOU THE ATTITUDES OF THE ANCIENT GREEK CIVILIZATION CENTERED IN ATHENS TOWARD SEXUALITY, FOR INSTANCE. SEX WAS JUST NOT A “HEAVY” SUBJECT TO THEM. CONSEQUENTLY THEY ENJOYED IT A WHOLE LOT MORE. THEY DID NOT ANALYZE. WE POINT OUT TO YOU THAT SOPHOCLES [an Athenian poet] LIVED DURING A LATER PERIOD THAN WE ARE NOW DISCUSSING; BY THAT TIME THE ENDLESS ANALYSES HAD BEGUN. FOR INSTANCE, IN ANCIENT ATHENS, WOMEN AND MEN ONLY FELT “CHEATED UPON” IF THE PARTNER DALLIED WITH SOMEONE THEY COULD NOT LOVE ALSO — THEN THEY FELT OUTRAGED. IT WAS CONSIDERED A COMPLEMENT IF YOUR HUSBAND OR WIFE REALLY LOVED YOUR BEST FRIEND IN THIS WAY.

Christ and the Jewish people stopped the Bacchanals and they had much gluttony.

WE WOULD LIKE YOU TO PONDER UPON THAT FOR AWHILE AND COMPARE IT TO THE PREVALENT ATTITUDES TODAY.

In the new overleaf of Goals, I hear them as judgmental in that there are three “exalted” Goals and three “subordinate” Goals, and a “neutral” Goal.

THIS IS TRUE OF ALL OF THE OVERLEAVES. IT [variation of Goals in different lifetimes] NORMALLY GIVES ALL SOULS THE OPPORTUNITY TO EXPERIENCE ALL OF LIFE IN THE ROLES, WHICH ARE STATIONARY [don't change]. IT [Role] DOES NOT HAVE QUITE THE SAME IMPACT AS IN THE OTHER OVERLEAVES; IT SIMPLY MEANS THAT THE SOULS IN ORDINAL ROLES TEND TO BE THE DOERS RATHER THAN THE SITTERS AND THINKERS [like the exalted Roles].

I see karma as a vicious circle. If one kills someone in another life, then he has to be killed or persecuted in another life. If I don't pay in the next life, I pay by being killed. How can you stop it?

ONCE THE DEBT IS PAID, THE CIRCLE STOPS.

If you could be like Christ and turn the other cheek, would that stop the karma?

THAT IS VALID. IT IS ACKNOWLEDGMENT OF THE RIBBON WITHOUT THE HOSTILE ACTION.

Why is it that when Michael tells us we lived before, it was always in Western Europe. Half the population of the world is in China or Russia. How can this be that our background is predominantly European?

YOU HAVE ALL BEEN BLACK AND ALL HAVE BEEN ORIENTAL. THE REASON WE EMPHASIZE ROME NOW IS BECAUSE OF THE PARALLEL TIME FRAME, AND THE REASONS YOU ARE NOW COMING TOGETHER AGAIN TO HEAR A TEACHING YOU ALL HEARD BEFORE. ONE OF YOU LIVED IN THE TIME OF THE MANIFESTATION OF LAO TSU.

I'd like to ask about an eleven year old girl who is dying of cancer. Is there anything that we can do?

THERE IS NEVER ANYTHING THAT YOU CAN “DO” TO ALTER THE KARMA OF OTHERS: THIS IS UNALTERABLE REGARDLESS OF THE ACCEPTANCE GOAL [of yours].

I am working with handicapped children. My question is, should I continue my education in that field to pick up specific things?

DEFINITELY. THIS IS IN ESSENCE FOR YOU.

Why is it in essence?

BECAUSE OF YOUR ROLE AND GOAL.

Could Michael suggest a book that would be right for me to read now?

THE BOOK THAT WOULD HELP THE MOST AT THIS MOMENT WOULD BE “THE FAITH OF EPICURUS”. YOU MIGHT START READING [Kurt] VONNEGUT.

I am an insomniac and I go through my daily troubles trying to figure out why I can't go to sleep. Is there any comment?

THE NEXT TIME YOU HAVE A PROBLEM WITH SLEEPLESSNESS, TRY GETTING UP AND DOING SOME PURPOSEFUL ACTIVITY. DON'T JUST LIE THERE AND STEW. YOU DO NOT NEED TO SLEEP EVERY NIGHT.

17 January 1974

Thursday

Does Michael have anything special to say to us tonight before we start asking questions? Is he here with us? We would like to know more about the haunted house in Vacaville.

USUALLY THESE "HAUNTINGS" OCCUR NEAR THE SITE OF DEATH, IN THIS CASE AN AUTO ACCIDENT.

Have the spirits present in the house caused the bad luck that everyone who lives in the house has had?

THIS IS COINCIDENCE. THERE HAVE BEEN MANY CASES, HOWEVER, WHERE SOULS HAVE LITERALLY SCARED THEMSELVES TO DEATH WITH DEMONS OF THEIR OWN CREATION.

I would like to ask about the meaning of "synthesis". I have the theory that it means putting the knowledge into effect for [spiritual] growth.

THAT IS VALID. YOU CANNOT BEGIN TO PUT THIS INTO PRACTICE UNTIL YOU FULLY UNDERSTAND IT. THE SYNTHESIS WILL ALLOW YOU TO SEE THE ENTIRE SYSTEMS OF IDEAS AS ONE UNIFIED IDEA — THE CONTINUOUS CREATIVE FORCE. UNDERSTANDING WHY THOSE AROUND YOU ARE LIKE THEY ARE WILL OPEN YOU UP TO AGAPE, AND TRUE ACCEPTANCE. THIS WILL ALLOW YOU TO PUT PERSONAL AGENDAS ASIDE AND PURSUE THE PATH TOWARD COMMUNION WITH THE HIGH TEACHERS.

I would like to ask if Vacaville is a high or low power source.

VACAVILLE IS A NEUTRAL POWER SOURCE. THERE ARE POWERFUL PEOPLE IN THE LITTLE CITY WHO GENERATE STUPENDOUS AMOUNTS OF PSYCHIC ENERGY, SPORADICALLY. THE CITY OF WALNUT CREEK IS ALSO A NEUTRAL GROUND. THE CITY OF OAKLAND IS VERY POSITIVE.

I am concerned about my mother's reaction to the news that my mate and I have split, and I know my father is going to have to handle her, so I am worried about their reactions.

THEIR REACTION WILL BE MUCH OF WHAT YOU ALREADY SUSPECT. YOUR TASK IS TO REALIZE THAT THIS IS TRULY YOUR FANTASY WHEN YOU TAKE RESPONSIBILITY FOR THEIR REACTION. YOU MUST REALIZE THAT YOU CAN DO NOTHING TO STOP IT, EXCEPT TO CAPITULATE AGAIN, AND AREN'T YOU TIRED OF THAT?

I don't understand my mother's Goal.

THE DOWNTRODDEN ATTITUDE SHE SOMETIMES EXHIBITS IS RELATED TO ROLE AND NOT HER GOAL. YOUNG SLAVES REPRESENT THE EPITOME OF THAT ROLE.

20 January 1974

Sunday

It was hard for me to leave Robert Burton's group, and I never understood why, but I had to leave. Is there a comment here for me?

HE WAS NOT YOUR [true] TEACHER, AND AT ANOTHER LEVEL YOU KNEW THIS, AND LEFT TO SEARCH AGAIN.

Why was he not my teacher?

THERE WAS NOT SUFFICIENT POLAR ATTRACTION.

Would this have to do with Body Types or what?

THIS TAKES INTO CONSIDERATION ALL OF THE OVERLEAVES.

Do Warriors and Scholars conflict?

NO. THIS IS ONE OF THE GREATEST AFFINITIES.

I would like to ask for comments about the film, *The Exorcist*. I did not see it, but I have been reading about it in the paper. It seems to be an ugly film, and it is attracting many crowds who faint or become ill.

THE STORY IS, OF COURSE, CONSUMMATELY ABSURD. AS WE HAVE TOLD YOU REPEATEDLY, THE DEMONS CONJURED UP ON THE PHYSICAL PLANE ARE OF YOUR OWN CREATION. IF BELIEF IN THE EXORCIST'S SKILL IS GREAT ENOUGH, THE DRAGONS CAN BE SLAYED IN THIS WAY. THIS IS AN ANCIENT SKILL, NOW MUCH ABUSED. JESUS OF COURSE HAD THIS SKILL EVEN BEFORE THE MANIFESTATION [of the infinite soul], BUT HE ALSO REALIZED THAT THE DEMONS WERE SELF-INFLICTED. MOST OCCULT MASTERS WILLINGLY EXORCISED, BUT THEY DO TRY TO MAKE THE AFFLICTED ONE REALIZE THAT THE DEMONS WERE CREATED OUT OF ETHERIC MATERIAL, AND HAVE NO PLACE IN THE CONCRETE REALITY OF THE PHYSICAL PLANE.

MOST "POSSESSIONS" OCCUR TO BABY SOULS IN REJECTION.

I have heard it said that when Christ was born He was a reincarnation of Zoroaster.

THAT IS VALID.

He said in the Bible that He was Elias reincarnated.

THAT IS ALSO VALID. JOHN AND JESUS WERE BOTH FRAGMENTS OF THE SAME ANCIENT ENTITY. AT THE TIME OF THEIR LAST PHYSICAL INCARNATION, ALL THE FRAGMENTS HAD REUNITED. THIS WAS AN ENTITY COMPOSED OF FIVE HUNDRED PRIESTS AND FIVE HUNDRED KINGS.

Michael told us to study Epicurus, for a reason that Christ was much influenced by him. The problem I have here is that from what I read about Epicurus, he believed the soul and the body were one and inseparable, and there is no reincarnation.

WE SAID THAT JESUS WAS HEAVILY INFLUENCED BY EPICURUS. HE WAS. EPICURUS WAS NOT A MANIFESTATION, HE WAS A MATURE PRIEST. THE HUMANITARIAN ASPECTS OF HIS PHILOSOPHY ARE WORTH EMULATING. THIS, BY THE WAY, IS TYPICAL OF GREEK THOUGHT OF THAT PERIOD. JESUS KNEW ABOUT REINCARNATION THROUGH THE MYSTICAL TEACHINGS OF THE ESSENES IN THE HILLS AROUND THE TOWN IN WHICH HE WAS BORN. AS AN OLD SOUL, THIS MAN WENT THROUGH ALL OF THE CONFUSION AND DOUBTS THAT SOME OF YOU ARE NOW EXPERIENCING, THE DIFFERENCE BEING THAT HE WAS ABLE TO SORT IT OUT. THE GREEK PHILOSOPHERS WISHED TO NEGATE THE CHARM OF THE "OTHER WORLD" SO THAT THIS WORLD WOULD HAVE MORE MEANING. THEY, OF COURSE, SUCCEEDED NOT AT ALL, BUT THE GENTLENESS OF EPICUREAN THOUGHT PERSISTED THROUGH THE AGES PRIMARILY BECAUSE OF THE SEPARATION FROM THE AFFAIRS OF STATE, WHICH IS VALID. THIS SEPARATION MUST BE MADE BEFORE FURTHER GROWTH CAN ENSUE.

I would like to hear something about the teachings of Jesus in relation to divorce: He was always so harsh.

THE QUESTION OF DIVORCE IS A TRAGIC ONE ONLY IN YOUR CULTURE, AS RELATIVELY LITTLE THOUGHT IS GIVEN TO THE SUITABILITY OF THE PAIR BONDING INITIALLY. ASSIGNING ALL OF THIS TO "PROVIDENCE" IS NONSENSE. WE ARE SURPRISED ONLY THAT MORE PAIR BONDS CONTRACTED IN THIS HAPHAZARD MANNER DO NOT DISSOLVE. JESUS WAS COGNIZANT OF THIS. THERE WAS SOME PERSONAL BIAS HERE THAT CAME OUT IN THIS MAN [Jesus], AS THE MARRIAGE BETWEEN HIS MOTHER AND FATHER WAS DOTTED WITH INTERFERENCE FROM HIS MOTHER'S FAMILY. HIS FATHER'S ONLY RECOURSE WAS TO THREATEN REGULARLY DIVORCE WHEN HE COULD NO LONGER STAND THE PRESSURE EXERTED BY AN OBNOXIOUS BROTHER-IN-LAW. JESUS GREW UP WITH THIS HANGING OVER HIS HEAD.

If Jesus' prejudiced ideas of divorce were attributed to his early childhood, how does Michael form his ideas to set down values and judgments of divorce.

THE FRAGMENTS OF THIS ENTITY (Michael), AT THE TIME THEY WERE ON THE PHYSICAL PLANE, RAN THE GAMUT OF OPINION CULMINATING IN THE OPINION THAT ACCEPTANCE OF ALL OTHER SOULS IN THE FORM OF AGAPE WAS THE GREATEST TRUTH. THIS DID NOT OCCUR UNTIL THE [reincarnation] CYCLE WAS COMPLETED. THE INTERPERSONAL RELATIONSHIPS INDUCED BY YOUR CULTURE ARE SUPERFICIAL, AND ARE FOR THE MOST PART TO BE CONDEMNED IN TEACHINGS SUCH AS THIS. THE STUDENTS [of such teachings] OFTEN GROW TO THE POINT WHERE THE RELATIONSHIPS TRANSCEND THIS SUPERFICIALITY AND TRULY BECOME SPIRITUAL BONDING, OR PSYCHIC UNION — WHICH IS WHAT JESUS WAS TALKING ABOUT. HE ATTEMPTED TO DISCOURAGE RELATIONSHIPS BASED UPON EROTIC LOVE, ESPECIALLY AMONG THOSE CLOSE TO HIM.

Does Michael have access to the high mental plane?

YES. THAT IS VALID.

If there were psychic union, there would be no divorce: is that so?

PSYCHIC UNION IS CONTRACTED ON OTHER THAN THE PHYSICAL PLANE, YES.

Does that type of union happen at different soul levels?

YES. THIS USUALLY DOES NOT HAPPEN AT ALL UNTIL THE FINAL LIFE CYCLE [old soul age], IF AT ALL. SPIRITUAL GROWTH CAN, OF COURSE, HAPPEN AT EARLIER LEVELS, BUT YOUR CULTURE THWARTS IT.

Are there problems when Baby souls marry Older souls?

OLDER SOULS HAVE HAD RELATIVELY UNCOMPLICATED RELATIONSHIPS WITH BABY SOULS, BUT USUALLY ONLY WHEN THE BABY IS FEMALE.

Would it be better for a marriage relationship to have the persons in different centers of gravity. I understand that ____ and I are both Intellectually Centered. Is this a source of our problems?

BEING IN THE SAME CENTER OF GRAVITY USUALLY MAKES FOR AN EASIER RELATIONSHIP RATHER THAN A MORE DIFFICULT ONE. YOUR PROBLEMS ARE IN THE DIFFERENCE IN GOALS [Growth versus Submission].

I would like to ask, if there is not such thing as possession by devils, what the devil it was that happened to the family in Daly City where knives were thrown into the wall by no apparent human, pieces of chicken were thrown around, etc., and the Catholic priest “exorcised the demons” away for these people.

THIS WAS NOT A POSSESSION; THIS WAS A HABITATION.

What is that?

THE ETHERIC VEHICLES OF NEWLY DEAD [people did this].

Why these particular people? Is it karmic? Is it an error?

NOT NECESSARILY. THE ERROR IN THIS CASE, YES. (The etheric vehicle was) FROM A MOTORCYCLE ACCIDENT.

Did these people have any choice?

NO. THEY CONTRIBUTED TO THE STRENGTH OF THE MANIFESTATION THROUGH THEIR FEAR.

The etheric spirit has no power of its own, and I have heard that it borrows energy from people, or pets, and does freaky things. Cremation is supposed to make the etheric vehicle disappear. Michael could remove it. It is only there for a limited time. It is the etheric aura which remains in graveyards of the freshly buried. People have seen skeletons in the graveyard.

Could we have a comment on what the priest did and how he did it?

THIS PRIEST WAS ABLE TO PSYCHICALLY REUNITE THE ETHERIC FRAGMENT WITH THE ASTRAL VEHICLE SO THAT IT COULD DECOMPOSE NORMALLY ON THE ASTRAL PLANE. THIS WAS A BABY SOUL WITH A STRONG ATTACHMENT TO THE PHYSICAL PLANE.

This is why it is good to pray for the soul to go in the proper direction when someone dies.

I assume then that the words the priest said did nothing.

NO, THEY DID NOT, BUT WHAT HE DID PSYCHICALLY DID. HAD HE BEEN SILENT, HE WOULD NOT HAVE BEEN ABLE TO CONVINCE THE INHABITED ONES THAT ANYTHING HAD BEEN DONE, AND THEY WOULD HAVE RECREATED THEIR PROBLEM.

Is the priest aware of what he is doing psychically? Do all priests know how to exorcise?

NOT THE JESUITS. PLEASE MAKE THAT DISTINCTION. THIS MAN IS AWARE. [See January 27 session for clarification.]

I do not understand Michael when they say that demons and hell are absurd. What do they say about the three temptations of Christ where He said, “Get thee behind me, Satan”? He drove the demons out of many people.

SUBSTITUTE THE WORD “MAYA” FOR THE WORD “SATAN”. WE DID NOT SAY THAT HELL, DEMONS, AND THE LIKE WERE ABSURD, MERELY OF YOUR OWN CREATION. THEY ARE VERY REAL TO THOSE WHO MUST ENDURE THEM. WHERE THE RUB COMES IS THAT YOU NEED NOT ENDURE THEM.

The devil then can be said to be a product of our false personality. It is the physical body fighting essence.

It is the carnal mind that keeps one from seeing Jesus.

Robert Monroe, in his book on the out-of-body experiences, described several monster-like creatures on his neck. These are demons in between lives, baby souls who cannot stand the loss of the physical. Why does Christ threaten hell fire and brimstone and casting into outer darkness? Why does He say there will be much gnashing of teeth (all the money spent on orthodontia, too)?

JESUS DID NOT THREATEN ANYONE WITH VIOLENCE OF HIS OWN MAKING. HE MERELY POINTED OUT TO THEM WHAT WAS IN STORE FOR THEM IF THEY CONTINUED TO PURSUE THE COURSE THEY WERE ON. ONE OF THE GROUPS HIT THE HARDEST WAS THE PHARISEES, WHO HAD EXTREMELY LITERAL AND UNSHAKABLE BELIEFS IN A PERSONAL, LIVING GOD. THIS WAS NOT THE EASIEST GROUP TO CHALLENGE, BUT THEY DID UNDERSTAND THREATS. THE SADDUCEES, ON THE OTHER HAND, WERE ALREADY SKEPTICAL AND MORE WILLING TO GIVE UP THE PERSONIFICATION, BUT WERE NOT WILLING TO GO TO BATTLE FOR THEIR BELIEFS. THE JEWISH WORLD BY THAT TIME WAS SPLIT WIDE OPEN AT THAT TIME BY THE OPPOSING FACTIONS. THE SADDUCEES LIKED THE HELLENISTIC INFLUENCES AND LIKED MUCH ABOUT THE ROMAN DOMINION: BESIDES THEY HAD NO DESIRE TO ROCK THE BOAT. THE PHARISEES, ALTHOUGH CERTAINLY NOT AS OPPOSED AS THE ZEALOTS AND THE ESSENES, DID RESENT THE MERE PRESENCE OF OUTSIDERS IN THEIR MIDST. THEY FELT RITUALLY UNCLEAN FROM THE DAILY CONTACT

WITH UNCIRCUMCISED HEATHENS, AND FOR THEM, THE PRESENCE OF SO MANY OUTSIDERS WAS AN ANNOYANCE AND THEY RESENTED IT. THEY ALSO CONSIDERED IT A BAD INFLUENCE ON WOMEN AND YOUNG CHILDREN. ROMAN LADIES OFTEN ACCOMPANIED THEIR HUSBANDS INTO BATTLE AND TO THE PROVINCES.

Question lost.

AT FIRST WHEN THIS YOUNG MAN [Jesus] BEGAN HIS ACTIVE RABBINATE, THAT WAS BEFORE THE MANIFESTATION [of the infinite soul]. HE EXPERIENCED MANY FRIGHTENING VISIONS OF HIS OWN CREATION. THE MAN LUCANUS QUIRINUS [Luke] CONDENSED ABOUT TEN YEARS [of Jesus' ministry] INTO THREE.

How old was Christ when He left His body?

HE WAS BORN SIX YEARS BEFORE THE COMMON ERA. (Christ was born six years before Christ!). HE DIED MARCH SEVENTEENTH IN THE THIRTY-THIRD YEAR OF THE COMMON ERA. (So He was 39.)

If we aren't supposed to be judgmental, why was it that Christ seemed so judgmental? I realize it is symbolic when He says, "Don't cast pearls before swine". I sort of resent that He judges some people as swine.

That is like saying, "Don't give meat to babies" because they are not ready to digest it yet.

THE MAN JESUS WAS SUBJECT TO ALL THE HUMAN FRAILTIES, INCLUDING JUDGMENTAL TENDENCIES. THE INFINITE SOUL WAS NOT.

How can we tell what is from Jesus and what is the Logos?

THIS TEACHING SHOULD ENABLE YOU TO DIFFERENTIATE.

Why did He cry? Was it because of what He saw in the future for people?

THE INFINITE SOUL IS NOT BEREFT OF EMOTION. IT WAS COMPASSION.

It is a universal desire to be in another's head (as Jane Fonda once said that was what she would like most of all)?

THAT IS THE DESIRE OF MOST SOULS IN [the Goal of] GROWTH.

In my opinion, to start the search, it must come from the Bible. It seems you people are trusting Michael. My interpretation of the Bible is not materialistic, it is more spiritual.

AS IT CERTAINLY IS NOT PROFANE, WE SUPPOSE THAT ONE COULD CALL THIS WORK [the Bible] "SACRED". WE WOULD PREFER "INSPIRED", AS MUCH OF IT CAME DOWN THROUGH CENTURIES OF ORAL TRADITION. MUCH OF THE OLD TESTAMENT IS POETRY AND MYSTICAL. THIS CANNOT BE TAKEN LITERALLY. THE MAN, JOHN [author of the "Revelation", not the apostle], WAS A WITNESS OF THAT WHICH HE ATTEMPTED TO DESCRIBE. HE WAS AN EMOTIONALLY CENTERED YOUNG SCHOLAR. THE MAN, PETER, WAS FUNCTIONALLY ILLITERATE, WHICH WAS A SHAME, FOR HE UNDERSTOOD MORE THAN HE COULD COMMUNICATE. JOHN WAS SUBJECT TO VISIONS.

Matthew seemed the most judgmental and bitter.

THE CONCEPT OF BITTERNESS IN MATTHEW IS VALID. HE HAD AN AX TO GRIND, AND ALTHOUGH HE TRIED DESPERATELY TO PURGE HIS BIAS, IT DID SPILL OUT AT TIMES. HE WAS CRUELLY TREATED IN THE COUNTRY OF HIS BIRTH.

I would like to hear the definition of "spirituality".

THAT WHICH IS BORN OF ESSENCE AND IS DEVOID OF MAYA IS SPIRITUAL.

When two or three individuals view one thing, is how each views the thing correct, or is one more correct than the other?

WITHIN THE CYCLES [soul Ages], THERE IS A VAST DIFFERENCE IN PERCEPTION. EACH PERCEIVES TO THE LIMITS IMPOSED BY THE AGE OF THE SOUL. THE MATURE SOUL OFTEN VIEWS OTHERS IN ERROR, FROM ONE POINT OF VIEW, THAT BEING THAT OTHERS AROUND HIM WILL PERCEIVE ANOTHER SOUL IN QUITE A DIFFERENT WAY. THERE IS, OF COURSE, AN ULTIMATE PERCEPTION THAT IS THE SYNTHESIS. THIS, OF COURSE, IS "TRUTH". OLDER SOULS HAVE A TENDENCY TO BE LESS HARSH IN THEIR PERCEPTIONS, AND AS [spiritual] GROWTH OCCURS, THIS GENTLENESS GROWS ALSO.

Would there be a vast difference in their views if one was [just] one soul Level above the other?

YES, IF ONE WAS IN [the Goal of] RETARDATION AND THE OTHER [in] GROWTH [for instance].

How about if the Goals were both exalted?

SOME. IT WOULD BE DIFFICULT FOR YOU TO DETECT. IT WOULD BE FAR MORE STARTLING IF ONE WAS FROM ANOTHER CULTURE.

If the soul Levels are the same and both are aiming for the truth, (and I believe we all have the truth within us), does the soul Levels see the truth differently?

YES; ALSO THE ROLES DICTATE SOME DIFFERENCE IN APPROACH TO THE TRUTH.

My perceptions as a Priest seem true and right and my husband, an Artisan, thinks his are. Yet, they are totally different to what the truth actually is. I don't understand.

THE APPROACH IS VERY DIFFERENT. NEITHER OF YOU IS YET READY TO EXPRESS THE TRUTH IN AN ABSOLUTE SENSE. SHE INTUITIVELY PERCEIVES MORE AT THIS LEVEL, BUT SHE IS NOT ABLE TO APPLY THIS YET. HE APPLIES MORE THAN HE INTUITIVELY KNOWS AT HIS LEVEL.

Do Body Types have personality traits?

The group answered: No.

22 January 1974

Tuesday

The channel handed a typed list of "Attitudes" for us to ponder about for the next overleaf. They just appeared in the middle of a page she was typing about something else, and she had to retype that page.

STOIC, SKEPTIC, CYNIC, PRAGMATIST, REALIST, IDEALIST, SPIRITUALIST.

Is the Attitude changeable?

THAT IS ONLY FIXED IN THE SENSE THAT MOST HAVE NO DESIRE TO CHANGE. IT IS ALTERABLE.

Are there three exalted Attitudes?

VALID.

Is Nixon a Pragmatist?

YES.

IN THE TRUE STOIC, THERE IS DETACHED ACCEPTANCE OF THE CONTROLLING FORCES OF THE UNIVERSE.

Are there Attitudes in groups such as the Indians?

YES. WHOLE NATIONS, AS A MATTER OF FACT, CAN [have an Attitude]. THIS NATION [the U.S.A.], WHICH IS IDEALISTIC, FOR INSTANCE, IS NOW IN THE PROCESS OF OUSTING ITS PRAGMATIC RULER.

Is Japan Stoic?

YES. THE WHOLE OF INDIA HAS A SPIRITUAL FLAVOR. RUSSIA TENDS TOWARD REALISM. FRANCE IS PRAGMATIC; ENGLAND IS CYNICAL; SPAIN IS IDEALISTIC; GERMANY IS PRAGMATIC; ITALY IS IDEALISTIC; THE SCANDINAVIAN COUNTRIES ARE CYNICAL, EXCEPT FOR FINLAND WHICH IS STOIC; SCOTLAND IS MORE CYNICAL THAN ENGLAND. THE TAHITIAN ISLANDS ARE CONSUMMATELY SPIRITUALISTIC (fun-loving). ISRAEL IS CYNICAL — THE FLAVOR IS THAT OF BITTER CYNICISM. EGYPT CHANGED RADICALLY WHEN ALEXANDER [the Great] CAME THROUGH, FROM SPIRITUALISM TO REALISM.

Are there any ties for me in this group?

YOUR TIES WITH THIS GROUP GO BACK TO THE FIRST CENTURY OF THIS ERA, WHEN YOU WERE IN ALEXANDRIA [Egypt].

Will I meet someone from my entity in the group?

WE FEEL THAT YOU WILL, YES. THE IMPORTANT TIES BINDING YOU ALL TOGETHER IS THAT YOU ALL HEARD THIS STORY BEFORE TOGETHER AND CHOSE NOT TO LISTEN. SOME OF YOU HEARD IT MORE THAN ONCE.

Is it possible for a Warrior to do psychotherapy in essence?

IT IS USUALLY NOT POSSIBLE. WE WOULD BE ASTONISHED IF THIS CAME FROM ESSENCE, AND THERE IS NOT MUCH ASTONISHMENT LEFT TO US.

If a person is in a teaching, can he do it?

A STUDENT ON THE PATH CAN WORK FROM ESSENCE, NO MATTER WHAT THE TASK.

I have a feeling I could use dancing in my therapy.

THAT IS VALID. YOU COULD MAKE SIGNIFICANT CONTRIBUTIONS FROM ESSENCE.

I had really never given it much thought before.

BECAUSE IT BRINGS YOU PLEASURE OF A SENSUAL SORT, AND YOU CANNOT TRANSLATE THIS INTO "WORK".

I would like to know if there is somewhere I could go for this training, and if I could use it to help people. THAT IS VALID. YOU COULD CONCEIVABLY BRING THIS TO AN ENTIRE COMMUNITY WHICH WOULD BE RECEPTIVE TO THIS IN THE NEAR FUTURE. YOU CAN LEARN THE SUFI DANCES; AND ALSO FOLK DANCING HELPS SOME TO ACT OUT THEIR FANTASIES. THIS CAN BE THE MOST VALUABLE FOR ESSENTIALLY NONVERBAL, STRICTURED SOULS. (I read it back as "structured". They replied: AS IN ANAL.)

Does this have anything to do with the "White Brotherhood"?

BY ALL MEANS.

WE WISH FOR YOU THE OPPORTUNITY TO PROPAGATE THE LOGOS. HOW YOU DO IT SHOULD BE AS COMFORTABLE AS POSSIBLE, SO THAT YOU CAN DEVOTE YOURSELF BEST TO GROWTH AND NOT TO STRUGGLE.

I would like to ask about a fear of vomiting, which I have had as long as I can remember. Is this fear from a past life?

YES, THE VOMITING IS REMINISCENT OF A TIME YOU DIED OF DIPHTHERIA, AND COULD NOT HELP FROM CHOKING. THE FEAR PERSISTS IN MANY FOR THE SAME REASON.

My daughter had a fear of vomiting. Did she too die of diphtheria in another life?

SHE WAS CHOKED.

I wonder if children can't remember their past lives.

THEY DO. IF CHILDREN WERE PERMITTED TO VERBALIZE ALL OF THEIR RECALLED FRAGMENTS, THE RESULT WOULD BE STAGGERING TO THE IMAGINATION. IN OTHER CULTURES, THE CHILDREN REMEMBER THEIR PAST LIVES.

Are there power spots on the east coast? Is the spiritual center moving to Germany, Switzerland and New Zealand?

WE DO NOT SEE THIS SHIFT, BUT SEE A CONTINUANCE IN THE POWER SPOTS. IT IS SIMPLY THAT SOME OF THE POWER PEOPLE HAVE MOVED. THERE ARE POSITIVE POWER SPOTS ON THE EAST COAST, YES. CAPE COD IS NOT ONE, BUT MARTHA'S VINEYARD IS; THE MAINE COAST IS ANOTHER. THERE ARE NO OTHERS [in the eastern USA]. THE ARGENTINE IS POWERFUL; SO IS CHRIST CHURCH IN NEW ZEALAND, AND BERNE, SWITZERLAND. NAPLES IS A SUPER POWER SPOT.

We added Taos, New Mexico, Grants Pass, Oregon, Renee Doma Vortex at Mt Analogue which Michael mentioned before; also Big Sur and Lake Tahoe.

I would like to ask about Abraham Lincoln.

HE WAS A SEVENTH LEVEL OLD SAGE.

Did he have cosmic influence?

YES, HE DID.

24 January 1974

Thursday

WE ARE HERE WITH YOU TONIGHT. WE WOULD SAY A FEW WORDS ON A SUBJECT THAT HAS NOT BEEN BROACHED. WE FEEL THAT YOU NEED TO KNOW ABOUT [it], AND PERHAPS IT WILL GIVE RISE TO SOME QUESTIONS.

WHEN THE LIFE CYCLE IS THROWN IN MOTION ON ANY GIVEN WORLD, IT IS LEFT ALONE FOR MANY CENTURIES TO EVOLVE UNMOLESTED AND UNDISTURBED. WHEN A DOMINANT SPECIES FINALLY STABILIZES, WE BEGIN TO MONITOR THIS SPECIES. WHEN THE ANIMAL BECOMES SUFFICIENTLY DOMESTICATED, AND IS TAUGHT BASIC SURVIVAL TECHNIQUES, INFANT SOULS ARE CAST. THE DINOSAUR DID NOT EMERGE AS THE DOMINANT SPECIES. INSTEAD, A CARNIVORE, A MAMMALIAN, UPRIGHT APE DID. THE INFANT SOULS WERE NOT INITIALLY CAST UNTIL THE DOMINANT CREATURE HAD EVOLVED INTO ONE WHERE THE CEREBRAL CAPACITY WAS SUFFICIENT FOR LEARNING.

Where does intellect enter in?

INTELLIGENCE IS CULTURALLY INDUCED, FOR THE MOST PART. SCHOLARSHIP IS NOT VALUED IN ALL CULTURES, BUT SURVIVAL REQUIRES INTELLIGENCE OF ANOTHER SORT.

Could you clarify if an ape evolved into a more intelligent being?

BOTH SPECIES EVOLVED SEPARATELY. THE HOMO SAPIENS VARIETY IS SEPARATED AND DISTINCT, SAY, FROM THE GORILLA GORILLA.

We were human to begin with.

THERE WAS A PROTOTYPE HOMO SAPIENS THAT NONE HERE WOULD RECOGNIZE, SAME AS WITH EOHIPPUS. THERE WAS ALSO A PROTOTYPE GORILLA. THEIR EVOLUTION IS ALSO COMPLETE.

Of what consequence is this to us now?

WE FEEL THAT YOU SHOULD HAVE THIS INFORMATION. YOU WILL BE ASKED.

Our soul has been said to have always been in existence. Would this be equivalent to Genesis where we were thrown out of "Paradise" — a creation purely spiritual — into the [physical] world?

THAT IS VALID.

The second chapter of Genesis tells of God making a body out of earth.

THIS CHAPTER TWO EXPLAINS THE EMERSION OF THE SOUL IN THE BODY OF THE DOMINANT CREATURE, YES.

Could I ask for information about what a Pragmatist is?

THIS ATTITUDE EMPHASIZES THE PRACTICAL, "REAL" SIDE OF NATURE, MANY TIMES TO THE POINT OF DENYING THE EXISTENCE OF OTHER EXTERNAL FORCES. IN THIS LADY THIS IS SOMEWHAT MODIFIED BY THE SPIRITUAL ROLE [of Priest].

Going back to the origin of man, I find the source of my trouble is awareness of self in contrast to intellect, as an individual.

THAT IS VALID. THAT IS WHERE ALL OF THE PROBLEMS ARE. YOU ARE RIGHT ON THAT. WE HAVE SAID MUCH ABOUT ALIENATION, AND ONE OF ITS CAUSES IS THIS AWARENESS OF SELF AS A SEPARATE AND UNIQUE BEING IN A HOSTILE UNIVERSE. WE HAVE ALSO SAID THAT THE UNIVERSE IS NOT HOSTILE — IT IS COMPLETELY NEUTRAL. MAN'S SEPARATISM IS AN ILLUSION, PART OF MAYA FOR THE ESSENCE TO OVERCOME ON THE UPWARD CLIMB. YOU ARE NOW BEGINNING TO REORGANIZE YOUR PERCEPTIONS TO INCLUDE THE LARGER WHOLE. ALL OLD SOULS DO. YOUR OWN MANIFESTATION HAS BEEN PROTRACTED BY YOUR OWN DESIGN. IT HAS TAKEN YOU A LONG TIME TO QUESTION THIS, AND YOU MUST STILL ASK MANY QUESTIONS, AS THERE IS STILL A HIATUS IN YOUR KNOWLEDGE.

I would like to ask "how" to apply the knowledge to the work I am doing at the hospital, and if people's style of dreaming has in it a clue to their soul.

NO, [dreaming is not a clue to their soul,] BUT THEIR ABILITY TO RECALL [past lives] AND DESCRIBE [them] IS. MUCH OF THE TIME SPENT IN "DREAMING" IS, IN REALITY, TIME SPENT ON THE ASTRAL PLANE. THE AMOUNT OF DREAMING ACTUALLY INCREASES AS THE SOUL AGES, AND THE ABILITY TO RECALL BECOMES ACUTE IN THE MATURE AND OLD CYCLES. MOST SOULS WHO HAVE DEFINITELY RECURRING DREAMS ARE MATURE AND OLD SOULS. BABY SOULS DREAM MUNDANE DREAMS, AS THIS IS THE STYLE OF THEIR LIVES. YOUNG SOULS DREAM EXCITING AND OFTEN ROMANTIC DREAMS, [in] WHICH THEY ARE OFTEN THE "DRAGON SLAYER". THE MATURE SOULS OFTEN DREAM DREAMS OF VIOLENCE AND DEATH, AND MANY TIMES THEIR DREAMS ARE REplete WITH RELIGIOUS SYMBOLISM. OLD SOULS OFTEN DREAM OF INCIDENTS FROM THEIR REMOTE PAST.

Are there reasons for not dreaming?

FATIGUE IS ONE, BUT EVERYONE DREAMS PART OF THE NIGHT. VOLTAIRE, WE BELIEVE, SAID NOT. TRUTHS ARE FOR ALL MEN. THIS IS VALID AND MANY EFFECTIVELY BLOCK OUT ALL UNACCEPTABLE INFORMATION ACQUIRED DURING DREAMING.

Can imagination [unrealistic fantasy, maya] be stopped during dreaming?

IT IS POSSIBLE TO STOP IMAGINATION DURING DREAMING, YES.

During meditation, the number 53 comes up frequently and I want to know if there is any significance to this. RANDOM NUMBERS OFTEN APPEAR IN NEWER MEDITATORS.

What is the difference between dreams that are imaginative and those that are "real"?

THERE IS A SENSORY INPUT IN DREAMS THAT ARE RECALL [of past lives]. THE PATIENT WILL DESCRIBE SMELLS AND TACTILE SENSATIONS AS BEING EXTREMELY VIVID. RECALLS ARE THREE-DIMENSIONAL.

Clarification of Idealist, please.

YOU PERCEIVE THE WORLD IN TERMS OF ITS IDEAL STATE, AND BASE YOUR ACTIONS THEREIN. IT IS NOT

NAIVETÉ, NO.

I expect people to perform a certain way and never can quite see that they do not mean what I hear them to say. I see Idealism as being able to perceive things as they could be and trying to pursue that.

THAT IS VALID.

The “trip” I took on Saturday was enlightening, and I would like to go through it again, but I feel I would like to have a trained psychologist for a guide this time.

WHY THE PROVISION ON PROFESSION? SOME WHO HAVE NOT RECEIVED THE PROPER CREDENTIALS ARE MUCH MORE SKILLED IN THIS. OFTEN A TRUSTED FRIEND BECOMES THE BEST GUIDE. ANY MEMBER OF THIS GROUP WHO HAS TAKEN A SIMILAR JOURNEY WOULD SUFFICE.

I feel I am my own worst enemy and I want Michael’s help.

THAT IS VALID. WE THINK THAT YOU ARE NOT HELPING YOURSELF RIGHT NOW. NONE OF THE CONFLICTS YOU ARE NOW EXPERIENCING ARE KARMIC, AND THE SUFFERING IS NEEDLESS. ACCEPT THE GUIDANCE OF THOSE WHO WOULD GIVE FREELY OF THEIR TIME AND COMPANY, AND RECONSTRUCT YOUR LIFE AROUND THIS NEW SUPERSTRUCTURE. YOU WILL FIND THE MEANING YOU SEEK. YOU CAN ALTER YOUR GOAL AND CHANGE THINGS FOR YOURSELF IN A MOST POSITIVE WAY BY TAKING WHAT IS OFFERED INSTEAD OF CHASING RAINBOWS THAT HAVE ALREADY FADED. THIS ADVICE CAN BE TAKEN TO HEART BY OTHERS HERE ALSO, BUT YOU ARE NOW DWELLING IN FANTASY [typical for Idealists], AND YOU MUST TAKE THE STEP THAT WILL LIBERATE YOU FROM THIS. IF YOU FOLLOW OUR ADVICE, YOU CANNOT FAIL TO CHANGE IT — IT IS GUARANTEED.

How can I resolve my guilt feelings?

JUST KNOW THAT YOU ARE IN NO WAY RESPONSIBLE — YOU CANNOT HOLD YOURSELF [responsible] FOR THE ACTIONS OF OTHERS. HOWEVER, WE DO SUGGEST THAT IN THE FUTURE, YOU BE A BIT MORE OPEN ABOUT YOUR OWN FEELINGS FROM THE BEGINNING.

Is it because of my Priest Role that I have trouble accepting the work of other nurses? Why do I expect so much of them and other people? I do not like it when they are careless.

AS [a] PRIEST YOU NATURALLY EXPECT OTHERS TO MEASURE UP TO YOUR OWN EXALTED STANDARDS. YOU ARE ALSO AN IDEALIST, AND WITH [the] GOAL OF DOMINANCE [which makes this tendency even worse].

Can you be in physical retardation as well as mental?

YOU CAN. THE RETARDATION CAN BE SOLELY PHYSICAL, AND FOR THAT REASON, GENETICALLY INFERIOR STOCK IS SELECTED.

Could you clarify the Retardation Goal more?

SOULS, AND IN PARTICULAR, SCHOLARS, WHO ARE IN ACCEPTANCE, DO NOT FALL PREY TO THIS TYPE OF ATYPICAL DISORDER.

I feel that the cohesion of the group is not strong enough. I don’t feel the advice given is enough to hold us together.

THERE IS A DEFINITE STRIVING TOWARD COHESION BETWEEN AT LEAST FIVE MEMBERS IN THIS GROUP. THE ADVICE MUST NOW BE EXTRACTED FROM THE MIDDLE OF MATERIAL YOU HAVE RECEIVED AND SPELLED OUT TO THOSE WHO HAVE NOT JOINED FORCES. WE FEEL THAT YOU AND SEVERAL OTHERS ARE CAPABLE OF EXTRACTING THE ESSENCE OF THIS TEACHING SO FAR, AND GIVING IT TO THE OTHERS. IF THEY ACCEPT IT, THEN THAT IS GOOD. IF NOT, THEN YOU MUST KNOW THAT WE WERE NOT THEIR TEACHER.

Our move seems to be reason for division.

PART OF THIS TEACHING CONSISTS OF ELIMINATING THE ISOLATION AND THE DUPLICATION OF ENERGIES. IF THIS IS UNACCEPTABLE, THEN IT IS NOT THE TEACHING FOR THEM.

I would like to ask, since being told I was a Stoic, and have looked back over my life, about times as a child when my other brothers and sisters were so upset that they could not eat their meals: is being a Stoic why I could always eat, no matter what upsets were going on around me?

THIS IS, IN PART, DUE TO THE STOICISM, BUT ALSO TO INTELLECTUAL CENTER’S STRONGHOLD. THERE WAS NO RATIONAL REASON WHY YOU SHOULD NOT EAT. STOICS ARE NOT DEVOID OF ALL FEELINGS; THEY CAN MERELY DETACH THEMSELVES IN A FAIRLY LOFTY MANNER FROM THE PAIN INVOLVED. OF COURSE, THEY ALSO DETACH THEMSELVES FROM MUCH OF THE PLEASURE ALSO.

Would it be possible to have the pleasure without the pain?

NO, THIS IS NOT POSSIBLE. THEY ARE INSEPARABLE [because they are a monad].

Will I be able to experience more emotions than I do now?

YOU HAVE IN THE PAST, AND WE ARE CERTAIN THAT YOU WILL IN THE FUTURE. YOU COULD IN THIS LIFETIME.

WE WOULD SAY SOMETHING ABOUT THERAPY AT THIS POINT. IT IS WITHIN THE CAPABILITIES OF ALL OF YOU TO RESOLVE YOUR LIFE CRISES AND WALK THE PATH OF SPIRITUAL GROWTH. WE ARE ATTEMPTING TO PROVIDE FOR YOU AN ENVIRONMENT WHERE THIS WILL BE MORE THAN JUST POSSIBLE — IT WILL BE A REALITY. THE REJECTION OF THIS WILL BE A CHOICE THAT YOU WILL MAKE YOURSELF — REALIZE THAT. THERE ARE THOSE IN THIS GROUP WHO CAN GUIDE THE OTHERS IN PROVIDING SUCH A GROWING, NURTURING ENVIRONMENT, BUT YOU MUST CHOOSE. YOU ONLY HAVE A CHOICE; WE CANNOT MAKE IT FOR YOU.

Could we have a definition of a Realist?

THE REALIST PERCEIVES THE SITUATION AT HAND IN AN ALMOST INTELLECTUAL CLARITY, AND SUBCONSCIOUSLY APPLIES ALL OF THE ALTERNATIVES WITH LIGHTNING SPEED, COMING UP WITH A WORKABLE SOLUTION WITHIN AN EXTREMELY SHORT PERIOD OF DELIBERATION. THE REALIST HAS FEW EXPECTATIONS OF [a] FANCIFUL NATURE, AND AS WOULD BE EXPECTED, IS GROUNDED IN REALITY.

I would like to return to the comment you made at the beginning of the evening on the origin of the species, homo sapiens. We seem to ignore it with our egotistical [self-interested] questions.

WE HAVE DISCUSSED THE PROBLEM OF PERSONAL AGENDAS BEFORE. WE DO UNDERSTAND THIS DRIVE AND WE DO NOT DEPLORE IT. IT IS JUST THAT WE HAVE MUCH MORE TIME THAN ANY OF YOU, AND WE WOULD BE OF AS MUCH HELP AS POSSIBLE IN THE LIMITED TIME AVAILABLE. BEING IN A MORE INTIMATE SITUATION WOULD ALSO ELIMINATE THIS PROBLEM. WE WILL DISCUSS THIS QUESTION OF ORIGIN AGAIN SOON. IT IS IMPORTANT THAT YOU HAVE SOME FOUNDATION IN THIS BEFORE YOU BEGIN TO EXPOUND [teach others].

27 January 1974

Sunday

WE ARE HERE WITH YOU. WE WOULD COMMENT THAT THE ENERGY LEVEL IS GOOD.

I would like a comment on a conflict I see in [my husband] and myself, that whenever I come up with new directions for myself he always tries to talk me out of them by saying he doesn't see how they would do any good.

THIS OFTEN HAPPENS IN LONG-TERM RELATIONSHIPS. WHEN THE SOUL IN SUBMISSION [such as yourself] DECIDES TO ALTER THIS GOAL, IT IS QUITE A SHOCK TO THOSE AROUND IT AND YOU MUST BE PREPARED FOR RESISTANCE, SOMETIMES DISGUISED AND COVERT, BUT SOMETIMES THE POT ACTUALLY BOILS OVER. YOU [the husband, who was present] SHOULD BE ABLE TO SEE THIS IN YOURSELF AND RESIST THE TEMPTATION TO PULL (her) BACK. THIS IS AN INTERESTING REACTION, AND INVARIABLY HAPPENS EVEN IN SITUATIONS WHERE ONE SOUL HAS BEEN URGING THE OTHER TO GROW. WHEN THE GROWTH MOVEMENT OCCURS, THE RESISTANCE IS VIRTUALLY AUTOMATIC. THIS CREATES SOME FASCINATING PARADOXES, IN THAT SOMETIMES THE RATE OF GROWTH IN THE ONE ALTERING SEEMS TO ACCELERATE RAPIDLY, LEAVING THE OTHER TEMPORARILY BEHIND. MANY BROKEN RELATIONSHIPS STEM FROM THIS PERIOD OF RELATIVE ACCELERATION. MANY ARE NOT WILLING TO RIDE OUT THE STORM, AND SEE WHERE THE EVENING-OUT BEGINS.

WE WOULD POINT OUT TO YOU AT THIS POINT THAT THERE IS A VAST DIFFERENCE BETWEEN SPIRITUAL GROWTH AND "ENLIGHTENMENT". WE WOULD EXPECT ALL OF YOU, WITHOUT EXCEPTION, TO GROW FROM THIS EXPERIENCE. WE WOULD NOT EXPECT YOU ALL TO ACHIEVE "COSMIC CONSCIOUSNESS".

Can the involvement of the occult pull one away from the spiritual?

IF YOU MAKE THE MISTAKE OF EQUATING THE ARCANES WITH "MAGIC", YES, WE AGREE.

I would like to ask for the SRG of a partner at EST [Erhard Seminars Training] who participated with me in an experiment where we looked into each others eyes for an hour without deviating. She seemed to be about where I am, and in Acceptance. Her face turned into that of a pig and I could not tell her that.

THIS LADY IS A THIRD LEVEL OLD SCHOLAR IN ACCEPTANCE. THE ILLUSIONS WERE YOUR OWN

SYMBOLIC WAY OF DEALING WITH AN EXTREMELY FRUSTRATING SITUATION IN YOUR LIFE WHERE YOU FEEL THAT YOU SHOULD HAVE TO EITHER FORCE OTHERS TO LISTEN OR PAY THEM FOR THEIR SERVICE. THIS IS ONE OF THE HALLMARKS OF THE SUBMISSION GOAL [which you have], AND YOU WISH TO LEAVE THAT BEHIND. YOU MADE HER DELIBERATELY GROTESQUE IN ORDER TO JUSTIFY TAKING UP HER VALUABLE TIME. WE WOULD HOPE THAT WHEN YOU CONTEMPLATE THIS SEQUENCE, YOU WILL REALIZE ENOUGH ABOUT THE MECHANICS TO STOP THE ILLUSIONS THE NEXT TIME THE SETUP OCCURS.

Were there really people from other planets who built or helped build the pyramids and Peruvian "landing strips" [Nazca lines]?

THERE HAS BEEN MUCH CONTACT BETWEEN THIS WORLD AND OTHERS, BOTH IN THE PAST AND RECENTLY. YES, THERE HAVE BEEN MANY INSTANCES WHERE THE CONTACT HAS BENEFITED CIVILIZATION ON THE RISE, MOSTLY BY IMITATION RATHER THAN BY DESIGN.

Why build these big pyramids? What was their function?

THE PYRAMIDS WERE DESIGNED AND BUILT BY THE OCCULT BROTHERHOOD, NOT BY VISITORS FROM OUTER SPACE. THIS HAD TO DO WITH A THEORY OF CHANNELING THE LIFE FORCE MUCH IN THE WAY THAT WE WOULD DEPICT THE REUNION OF THE FRAGMENTS OF ANCIENT ENTITIES.

Still, how did they do it: each stone weighs two tons. How could they do it without modern technical machines?

THIS IS NO PARTICULAR STRAIN FOR A BROTHER. THEIR POWERS WERE GREAT.

Why did they do it?

INITIALLY THE BROTHERHOOD WAS CONCERNED WITH THE WORSHIP OF RA, OR THE CONTINUING LIFE FORCE. THIS GRADUALLY TRANSFORMED ITSELF INTO THE HORUS-OSIRIS MYTH OF THE RENEWAL OF THE CREATIVE FORCE EACH YEAR. THIS BROUGHT ABOUT GREAT CHANGES IN THE CIVILIZATION THEN UNDER CONTROL OF THE BROTHERHOOD.

Could you comment on the things in Peru which look like landing strips?

THE LANDING STRIPS ARE JUST THAT: LANDING FIELDS. THEY WERE CONSTRUCTED DURING EARLY VISITS. THE LARGE STONE FIGURES ON EASTER ISLAND ARE MONUMENTS TO THE "STAR GODS". THEY BROUGHT WITH THEM TEMPORARY PROSPERITY AND BIG, IMPORTANT MAGIC.

WE WOULD POINT OUT AT THIS STAGE THAT NOT ALL RELATIONSHIPS ARE KARMIC. MANY SIMPLY ARE PHYSICAL, OR EROTIC, IF YOU WILL. SOME ARE SIMPLY CHANCE ENCOUNTERS BY PLEASANT, COMPATIBLE SOULS, AND OTHERS ARE FORCED INTO STRANGE RELATIONSHIPS BY THE KARMIC BONDS OF THOSE AROUND THEM.

I would like some reading suggestions.

FOR YOU, THE AUTOBIOGRAPHY OF MOHANDAS GANDHI WOULD BE A START; THE WORKS OF PLATO ALSO.

I would like a comment on the [book and] movie, *Chariots of the Gods* [by Erick von Daniken]. And what made the Sahara Desert? Was it an atomic explosion?

NO. THOSE WERE MATTER-ANTIMATTER EXPLOSIONS, NOT NUCLEAR. (They were) CONTROLLED. IN THE CHAMBERS THERE WAS AN ACCIDENT IN SPACE NECESSITATING A LARGE PAYLOAD OF EQUIPMENT THAT WAS SENT INTO ORBIT. THE SHIPS USED WERE NECESSARILY POORLY BUILT BECAUSE OF LACK OF MUCH TECHNICAL ASSISTANCE, BUT [they] DID THE JOB. THE HULL OF THE INTERSTELLAR SPACE SHIP WAS DAMAGED. THIS HAD TO BE REPAIRED IN SPACE. THE ROCKETS USED TO THROW THE MATERIAL INTO ORBIT WERE LABORIOUSLY CONSTRUCTED OUT OF WHAT WAS AT HAND.

What civilization was Michael referring to earlier? (?)

NEITHER. THEY WERE FROM A NEARBY SOLAR SYSTEM. HOWEVER, THE ATLANTEANS WERE FAMILIAR WITH MATTER-ANTIMATTER PROPULSION.

How long will it take for our civilization to have reactions of matter-antimatter?

WITHOUT HELP, EONS. WE WOULD ADD THOUGH, THAT THE HELP IS AVAILABLE.

Did the Atlanteans have help?

THEY WERE MORE IMAGINATIVE AND FAR LESS AGGRESSIVE. ALSO, THEY WERE NOT ALIENATED.

I do not want to ask any more question as I have not done what has already been suggested. The reason is that I have not gotten off my ptuki [lazy butt].

THAT IS VALID.

I am coming to a realization of ignorance. Is the “Dark Night of the Soul” similar to what John felt? I am beginning to appreciate the ignorance of previous conditions. I do not want to talk because there is nothing to say — you realize you know nothing.

WE WOULD LIKE FOR YOU TO RECALL WHAT YOU JUST SAID IN ITS ENTIRETY, AND PHOTOGRAPH THE INGRATIATION. WE DO FEEL THAT YOU ARE GOING TOWARD BALANCE, AND YES, THE FEELING IS THE SAME. THAT IS THE FIRST STEP. YOU MUST PLUNGE ALL THE WAY DOWN IN ORDER TO START THE CLIMB UP. EVEN JESUS HAD TO DO THIS — EVEN BEFORE THE INFINITE SOUL WOULD MANIFEST.

This is what we therapists call “creative illness”.

THE RECOGNITION OF THE IGNORANCE OF FALSE PERSONALITY IS THE FIRST STEP TOWARD LIBERATING THE ESSENCE.

In reading our new workbook on page 82, I have a question about integrating fragments and them having a pull on you and it being “curtains” for those who integrate. Also I have a question about karma: they said the strength comes from those already integrated; is good and evil the fulfillment of karma with a promise to return to “paradise” after this fulfillment?

THAT QUESTION WAS RAISED IN A SPIRIT OF WISHFUL POIGNANCY AND CONCERNED MISSING CERTAIN ASPECTS OF LIFE ON THE PHYSICAL PLANE SUCH AS SUNLIGHT FILTERING THROUGH THE TREES, ETC. HOWEVER, YOU ARE RIGHT; THE GOOD AND EVIL MENTIONED IN THAT PARADISE REFERS TO NEGATIVE AND POSITIVE POLES OF THE MONADS. EVEN AFTER EVOLUTION TO THE ASTRAL PLANE, THERE ARE MANY STEPS YET TO TAKE. RETURN TO THE TAO IS THE GOAL OR PURPOSE. PERHAPS THIS IS AN AREA [in] WHICH WE STILL MUST GROW, FOR WE DO NOT SEE THIS AS AN INSUFFICIENT GOAL.

If I spend half of the time which I spend sleeping on the astral plane, why am I not aware of it? How can I achieve awareness of this?

BY NOT BLOCKING THE EXPERIENCE. THE WORKSHOPS (Monroe’s out-of-body trips) SHOULD HELP IN THAT.

I feel a question I typed from last Sunday’s session was incorrect. The answer was, “NO, NOT THE JESUITS”.

And I had something about the occult and it does not seem right. The priest who exorcised the Daly City couple was a Jesuit. My question is: Could I have the question for that answer?

THE [above answer given to the] QUESTION CONCERNED DOGMA AND NOT EXORCISM, FOR THE JESUITS HAVE LED THE FIELD IN OCCULT MATTERS.

Is good karma repeated, and what is to be gained by repeating it?

MANY TIMES, TO COMPLETE A MONAD LEFT OVER.

What would be an example of good karma repeated over and over?

TEACHER-PUPIL IS ONE MONAD FREQUENTLY INCOMPLETE FOR MANY LIVES. THIS MUST BE COMPLETED, BUT IS NEVER ADVERSE.

Would it have to be with the same person?

SOMETIMES, NOT ALWAYS.

There is a strong feeling here that knowledge of my immediate past lives would shed light for me on my present life and what I have to do in this one for karmic releases.

WE FEEL THAT POSSIBLY IT WOULD ALSO, BUT WE WOULD PREFER THAT YOU FIRST DEFINE YOUR OWN AREAS OF BAD WORK. ONLY THEN WILL THE KNOWLEDGE BE OF VALUE IF WE SIMPLY TOLD YOU THE CIRCUMSTANCES, CONFUSION WOULD REIGN. THE SPECIFIC QUESTIONS SHOULD BE AT LEAST CLEAR IN OUR OWN MIND BEFORE WE SUPPLY SPECIFIC ANSWERS.

I would like to know if one chooses his Attitudes.

YOU CHOOSE THEM AND YOU CAN ALTER THEM. FEW CHOOSE TO DO SO.

Is romanticism Idealism?

NOT ALWAYS.

My perception of the teaching since reading Carlos Castaneda’s books is that it is the *experience* we are looking for and not the *words*.

I have the same feeling. We have much too many words here, and I think I will come once a month. There is too much “aboutism”. We’re talking, not living. They told me what to do and I have done nothing. You are not going to find the answer in Oregon.

I don’t agree. I would go because it is cheaper to live there and it is cheaper yet in the rural part. We would not have to work so hard as here, and we could spend more time on [spiritual] evolution.

31 January 1974

Thursday

Are the feelings expressed at the end of the last meeting valid? I feel there are quick subject changes, and that the subject is not explored enough.

WE WOULD CERTAINLY HOPE THAT THIS TEACHING WOULD EVOLVE INTO MUCH MORE THAN CONTINUOUS DIALOGUE. THE FOUNDATION FOR THIS HAS BEEN GIVEN. EVEN THE DIALOGUE WITH US IS EXCESSIVE. THERE IS NOT TIME GIVEN OVER TO REFLECTION AND SEARCHING. VALID INSIGHTS FROM STUDENTS SHOULD BE ACCEPTED: IF THEY ARE INVALID THEY WILL FEEL WRONG, AND YOU WILL KNOW THIS WITHOUT CONFIRMING THIS [with us]. MANY MONTHS AGO WE ADVISED SOME OTHER WAY OF INTRODUCING THIS TEACHING TO POTENTIAL STUDENTS WITHOUT REFERENCE TO THE MODE OF TRANSMISSION. THIS HAS NOT BEEN DONE AS YET, AND MANY NEW STUDENTS ARE LOST BECAUSE OF THIS. WE WOULD HOPE THAT YOU WOULD SPEND SOME TIME ON THIS. BODY MOVEMENT WOULD BE GOOD WORK; ALSO MEDITATION, GROUP CONCENTRATION, AND PERHAPS MASSAGE.

Someone asked: What is the value of the group?

Someone answered: For energy.

IN ORDER FOR THIS GROUP TO ACHIEVE THE COHESION NECESSARY TO PROVIDE GROWTH, A LEVEL OF INTIMACY AND TRUST FAR EXCEEDING WHAT YOU NOW HAVE MUST BE REACHED. THIS CANNOT BE ACHIEVED THROUGH DIALOGUE. DIALOGUE IS FALSE PERSONALITY'S DEFENSE AGAINST EMOTIONAL CENTER.

03 February 1974

Sunday

Does Michael have any comments on us having a small executive committee for the purpose of steering? YES. WE AGREE THAT THIS IS BECOMING MORE ESSENTIAL NOW THAT THE GROUP IS GROWING SO LARGE. YOU MUST ALSO LEARN TO BE FIRING YOUR RESOLUTION ONCE THE POLICIES HAVE BEEN ESTABLISHED, BUT LEAVING ROOM FOR EXTENUATING CIRCUMSTANCES. WE AGREE THAT A TRIP TO THE LIBRARY CAN BE ARRANGED SO AS NOT TO INTERFERE WITH THE TEACHING, AND THAT THIS IS NOT THE TYPE OF ABSENCES THAT SHOULD BE ENCOURAGED. INCIDENTALLY, WE ONCE WARNED YOU ALL THAT YOUR ACTIVITIES WOULD BECOME SUSPECT, AND THAT YOU WOULD COME TO BE REGARDED AS ECCENTRIC. ONCE YOU ELECTED TO PURSUE THIS, YOU VOLUNTARILY PLACED YOURSELF OUTSIDE THE MAINSTREAM, ESPECIALLY IN THIS CULTURE. YOU MUST BE PREPARED FOR THE RESULTS OF THIS ACTION, WHICH WILL INCLUDE MORE ADVERSE PUBLICITY AND BREAKS IN RELATIONSHIPS WITH THOSE WHO CANNOT UNDERSTAND AND ARE FRIGHTENED OF THIS TYPE OF ACTIVITY.

Should we be secretive about it?

YOUR INSISTENCE ON SECRECY WILL DEPEND IN THE LONG RUN ON YOUR OWN DESIRES TO WEAR THE CLOAK OF DIGNITY, AND WE DO FEEL THAT THIS IS ADVISABLE.

The need for secrecy won't be that great, as we will know how to handle this.

SOFT PEDALING THE ACTIVITY WILL SERVE TO TONE DOWN ANY SENSATIONALISM AND THE DANGER OF LURING IN FALSE STUDENTS WITH GLAMOUR.

One of the first criteria for a new student is whether they can accept that there are planes above the physical. THIS SHOULD ALMOST BE YOUR FIRST QUESTION TO NEW STUDENTS. (Next,) WHETHER OR NOT THEY ARE WILLING TO ACCEPT THE NECESSARY DISCIPLINE NEEDED TO GROW SPIRITUALLY. ALSO IT WOULD HELP TO KNOW WHAT THEY EXPECT FROM SUCH A GROUP EXPERIENCE, AND THEIR DEFINITION OF SPIRITUAL GROWTH.

They might also need to know that this is an intellectual teaching of discipline.

What is meant by "intellectual teaching"?

To translate what you have learned intellectually as knowledge into what you do — "being". [To use a Biblical reference:] It is "turning water into wine".

THIS IS, OF COURSE, OUR TEACHING ALSO. THE DISCIPLINE, OF COURSE, INCLUDES GOING TOWARD BALANCE THROUGH CONCENTRATION, MEDITATION, AND OTHER CONSCIOUS[ness] RAISING TECHNIQUES; ALSO THE UNDERSTANDING AND ULTIMATE COMPLETE ACCEPTANCE OF ALL OTHERS,

LEADING TO THE SPIRITUAL AGAPE WHICH IS THE DOORWAY TO TRUE CONSCIOUSNESS.

In our first teaching, Robert Burton's emphasis was on being more silent. In Gurdjieff's system, it was stated that everything you said was a lie, and so we had to be very careful with words.

WE AGREE THAT MUCH WORK NEEDS TO BE DONE BY ALL OF YOU HERE PRESENT TOWARD ELIMINATING ALL NONESSENTIAL DIALOGUE. THIS, OF COURSE, MAY EVENTUALLY RESULT IN YOUR BEING ACUTELY UNCOMFORTABLE WHEN YOU ARE NOT WITH OTHERS IN THE TEACHING. THIS IS ONLY ONE OF THE MYRIAD REASONS FOR SPIRITUAL COMMUNITIES SUCH AS WE HAVE SUGGESTED. SILENCE COMES MUCH MORE EASILY TO THOSE WHO ARE SECURE IN THE LOVE OF THOSE AROUND THEM.

Comment: We have to experience the truth-lying monad as part of everything. We should not be afraid to speak up. In order to learn in this area, we need feedback. If you are silent, you never expose yourself.

If we were more silent, would this help us in working on false personality?

THAT IS VALID.

Could you comment on the statement that everything is true, no matter who says it and when they say it?

THAT IS A VALID EXERCISE (to say "That is true" for everything that is said, no matter how untrue it feels to you at the time) FOR EXORCISING NEGATIVITY. YES, THAT GOES WITHOUT SAYING TO THOSE OF YOU WHO WERE INITIATED BY THE MAN, ROBERT BURTON THAT IS VALID, OF COURSE, FOR THE NEW STUDENTS — THE SAME TEACHING SHOULD PREVAIL [for both older and newer students].

The same would go for the nonexpressing of negativity, too, only we have to be careful not to suppress the negativity. We have to be aware of being mad, and be careful not to dump it on others by acting mad and not suppressing it.

I would like to ask about the "witch hunt" at work. I can't separate.

THIS TEACHING SHOULD ENABLE YOU TO DISSOCIATE FROM THIS DESTRUCTIVE LIFE GAME. IT IS PLAYED ALL OVER.

The game is, "I'm right and you're wrong".

THE GAME IS ALSO: I AM SO WELL AND YOU ARE SO SICK.

I remain aloof, but it affects me.

IF YOU DO NOT DISSOCIATE, YOU RUN THE RISK OF BECOMING A LEADING PLAYER — AND A LOSING ONE AT THAT.

I would like to ask what the source and validity of Stanford's book, *Spirit Unto the Churches*.

THE SOURCE IS COSMIC. THE VALIDITY IS GOOD.

Robert Burton did not call his school a religion, it was a school of "consciousness". Ours is a teaching also, and not a religion, isn't it?

THE ONLY DIFFICULTY IN THAT WORD IS THAT IT TIES INTO DOGMA, AND THAT IS NOT RELIGION. WE WISH TO TEACH A JOYOUS RELIGION WITHOUT DOGMA, AND SO DECLINE TO LABEL IT. JESUS DID NOT CALL HIS TEACHING "CHRISTIANITY".

Has the group reached a new octave?

WE WOULD DISCUSS THIS ANY TIME YOU WISH.

Now.

WE WOULD SPEAK TO YOU OF THE WISDOM WHICH COMES TO US FROM THE PLANE BEYOND AND YET INTERPENETRATING THIS ONE. IN GIVING YOU SOME DIRECTION TO YOUR PURPOSE, YOU HAVE, DURING THE INTERVAL BETWEEN PHYSICAL LIVES, CHOSEN TO LIVE A LIFE IN SERVICE TO THE WORD. THE MANNER IN WHICH YOU WILL DO THIS IS NOW BECOMING INCREASINGLY CLEAR TO MANY OF YOU, AND YOU ARE NO LONGER SAD TO SEE THE COMPLEXION OF THE GROUP CHANGING. IT SHOULD BE CLEAR TO YOU ALL AT THIS JUNCTURE THAT THOSE WHO HAVE DROPPED BY THE WAYSIDE WERE MOTIVATED BY OTHER FACTORS, MANY OF THEM KARMIC, TO MINGLING BRIEFLY AND THEN BE ON THEIR WAY. SOME PARTED WITH SADNESS, FOR THEY FELT INEXPLICABLY BOUND TO YOU, BUT COULD NOT CONTAIN THE RESTLESS SPIRIT. NOW YOU FIND YOURSELVES AT THE TURNING POINT, TOGETHER WITH OTHERS WHO ARE DRIVEN BY THE SAME CHOSEN PURPOSE. YOU WILL FIND IT NOW EASIER TO PLAN, FOR THIS IS THE PLANNING OCTAVE, JUST AS THE ONE JUST COMPLETED WAS THE INVESTIGATING OCTAVE. YES, THE VIBRATIONS ARE DOUBLED (as in music), AND THE EXPERIENCE MUST BE THEREFORE RICHER AND MORE SHOCKING. MORE AND MORE YOU WILL FIND YOURSELVES IMMERSSED IN THE PLANNING STAGES. SINCE THIS IS A PLANNING STAGE, THIS MEANS THAT DECISIONS WILL BE MADE,

AND YOU WILL BE LEFT TO START THE IMPLEMENTATION OCTAVE WITH A DEDICATED CORE.

Is it our task to provide the spiritual base for the Oregon community?

WE FEEL THAT THAT WOULD BE IN MANY RESPECTS THE IDEAL START. WE FEEL THAT WHEREVER YOU ARE, YOU MUST HAVE ADEQUATE FACILITIES TO ACCOMMODATE TRANSIENTS WHO SEEK YOU. WE ARE INTERESTED IN CENTRALIZING THIS TEACHING AND ELIMINATING THE MOST DISTRACTING DUPLICATIONS THAT NOW OCCUR, PREVENTING MOST OF YOU FROM SERVING TO THE LIMITS OF YOUR ABILITY.

I understand Gurdjieff was “conscious”, and that Fulton Sheen is a transcendent soul [explained elsewhere as one who has no karma].

CALL IT THE TRANSCENDENT BROTHERHOOD IF YOU WISH — THAT DESCRIBES IT.

Are there many who are alive in the physical today who are in The Brotherhood?

MANY ARE NOW ON THE PHYSICAL PLANE. MANY WATCH FROM OTHER PLANES.

Are they gathering because of the “new coming”? Is our source transcendental?

THE TRANSCENDENTAL SOUL IS ONLY SUCH WHEN IT MANIFESTS ON THE PHYSICAL PLANE. NOW WE ARE PART OF THE MID CAUSAL BODY.

06 February 1974

Wednesday

We ohm'd in a circle and acted out a, “Don't you ever, ever, EVER, EVER let me catch you brushing that dog's teeth with my toothbrush.”

AS THE GROUP BECOMES MORE AND MORE COHESIVE, MANY MORE SHARING EXPERIENCES MAY TAKE PLACE WITHOUT THE SELF-CONSCIOUSNESS PRESENT IN MORE MULTI-DISCIPLINED GATHERINGS. THIS WILL CREATE A UNIQUE ATMOSPHERE IN WHICH GROWTH IS ALMOST CERTAIN TO OCCUR.

Do you continue to meet new people on the astral plane: does the process go on?

YES. YOU HAVE ACCESS TO ALL THOSE BETWEEN LIVES, SOME OF WHOM YOU WILL NEVER MEET ON THE PHYSICAL PLANE.

I would like to ask about a shaky reaction I received when I saw a guru's picture over 20 years ago. I felt he was my guru. His name is Ramana Maharshi.

WE FIND NO REAL FAULT WITH THIS MAN'S EXPRESSION. THIS WAS A FIFTH LEVEL OLD SCHOLAR IN GROWTH, A SPIRITUALIST WHO ACCELERATED THROUGH APPLICATION OF THE PRINCIPLES WE HAVE LAID OUT HERE. THIS MAN IS WORTH READING, BUT SINCE HE NO LONGER LIVES, CANNOT ANSWER ANY QUESTIONS YOU MIGHT HAVE, WHICH IS ONE OF THE PROBLEMS WITH ALL INSPIRED LITERATURE.

Can they tell us if there will be more earthquakes?

WE FEEL CERTAIN THAT THERE WILL BE MANY MORE EARTHQUAKES IN CALIFORNIA, SO ONE IS FAIRLY SAFE IN PREDICTING THIS.

What about Edgar Cayce and his predictions that all of California will fall into the Ocean?

THIS MAN, ALONG WITH MANY OTHERS, IS AN APOCALYPTIC.

It has been said that when the messiah comes, there will be an upheaval.

THE UPHEAVAL WILL BE EMOTIONAL AND SPIRITUAL. IT WILL BE A CATAclysm, YOU MAY BE SURE OF THAT, BUT NOT PHYSICAL.

It would seem physical.

OH, YES, WE WOULD AGREE WITH THAT.

It seems that spiritual upheaval is balanced out by violence: the worse it gets, the better it gets.

THERE IS NO MORE VIOLENCE TODAY THAN THERE HAS BEEN IN THE PAST; JUST MORE PEOPLE AND FASTER AND BETTER AND MORE ACCURATE NEWS COVERAGE. SOME OF THE EARLIER CYCLES ARE NORMALLY VIOLENT.

Is the prison population mostly Baby souls? The Mature cycles commit the crimes of passion (murder, etc.)

OLD SOULS RARELY COMMIT VIOLENT CRIME; THEY SIMPLY DO NOT CARE THAT MUCH. INFANT SOULS ALMOST NEVER COMMIT PREMEDITATED CRIMES. MOST OF THEIR TRANSGRESSIONS CONCERN STRIKING BACK AT THE HOSTILE ENVIRONMENT. BABY SOULS OFTEN COMMIT GROUP CRIMES SUCH AS THE KU

KLUX KLAN WAS FAMOUS FOR, AND MOST OF THEIR CRIMES ARE DIRECTED BY PREJUDICE. THE SMART CRIMINALS ARE REALLY YOUNG SOULS IN THE FIRST CYCLE. THE CRIMES OF PASSION FALL IN THE LATTER PART OF THIS CYCLE AND IN THE MATURE CYCLE. OLD SOULS ARE NOTED FOR BAD CHECKS.

I know a man who is into black magic, and he has to kill something living everyday. He seemed so sweet until I heard that. Could Michael comment on this?

THIS IS A FIRST LEVEL YOUNG ARTISAN, MISDIRECTED OF COURSE. SOULS GO TO THIS TYPE OF ENDEAVOR MOSTLY FROM GLAMOUR, AND IT APPEALS TO MANY WHO STRIVE TO STAND APART FROM SOCIETY, EVEN IN AN EXTREMELY NEGATIVE WAY.

Is introspection a way to spiritual growth? I find if I pursue it, I get depressed and it just repeats and repeats. SOME DEGREE OF INTROSPECTION IS OF COURSE NECESSARY IN ORDER TO DREDGE UP BLOCKED TRUTHS, BUT YOU ARE RIGHT, IT IS A TRAP — A VERY CLEVER ONE — THAT FALSE PERSONALITY THROWS OUT EVERY SO OFTEN JUST TO KEEP THE ALIENATION GOING. THIS IS A PRIMARY DEFENSE MECHANISM FOR INTELLECTUALLY CENTERED SOULS: IT IS A SURE WAY OF KEEPING THEM IN INTELLECTUAL CENTER.

Is there a difference between introspection and meditation?

YES, THERE IS NO COMPARISON. INTROSPECTION IS OFTEN MORBID. MEDITATION SHOULD ALWAYS BE JOYFUL AND PRODUCE A FEELING OF LIBERATION.

My introspection is a rumination — analyze, sympathize, 'round and 'round.

Comment: with meditation, things are coming in.

I would like to ask the nature of the relation of Brahms and Clara Schuman.

THIS WAS, OF COURSE, KARMIC. THIS WAS VERY STRONG EMOTIONALLY, PARTIALLY NEGATIVE IN QUALITY, NOT AS STRONG PHYSICALLY, TOO MANY COMPLEX BLOCKS. THERE WAS A THREE WAY KARMIC BOND HERE BETWEEN THE ARTISAN AND HIS FRIEND, THEODORE. ALL THREE HAD BEEN TOGETHER THROUGHOUT MOST OF THEIR PAST LIVES, AND THIS TRIO IS STRONGLY INTERWOVEN WITH MANY RIBBONS.

Was the Artisan [the composer] Brahms?

YES, AND THE SURGEON, BILROTH. THEY WERE LIFELONG FRIENDS.

Could you comment on where [Robert] Schuman's [the composer] head was in the months prior to his death, and the cause of his death?

HE DIED BY HIS OWN INDULGENCE: DRUGS AND DRINK; A FATAL COMBINATION.

Was he on opium?

THAT, AMONG OTHERS.

It seems irrelevant at this time to talk of things like that. I am unhappy because we are not focusing. I feel a resistance, a procrastination to get on with the lofty goals. Where do we go from here?

THERE ARE MANY FEARS IN THIS GROUP WHICH MUST BE MET AND DEALT WITH BEFORE GOING ON. ONE CONCERNS THE DECISION YOU WILL BE MAKING WITHIN THE NEXT SIX MONTHS, SOME TO GO AND SOME TO STAY. MANY WILL BE SAD. MANY WILL CHOSE TO GO ON WITH THE SECURITY THEY NOW BELIEVE THEY HAVE, WHILE OTHERS WILL TRUST THEIR INTUITION; WHATEVER THE MOVE, IT WILL BE PAINFUL, AND AT ONE LEVEL MANY FEAR THE NEWNESS OF THE CONCEPT, AND RECOGNIZE THAT IS TOTAL BREAK WITH ALL FAMILIAR. THIS YOU HAVE LEARNED TO DREAD. OTHERS REALIZE THAT THIS WILL MEAN DRASTIC CHANGES IN THE NUCLEAR FAMILY, AND ALSO DREAD THIS. RELATIONSHIPS WILL CHANGE AS GROWTH OCCURS. YOU ARE NOW AT THE CROSSROADS. ONE WAY LEADS TO SPIRITUAL GROWTH, THE OTHER TO MAYA. ALL OF YOU ARE NOW AT THE POINT WHERE YOU REALIZE THAT YOU MUST MAKE SOME DECISION AS TO WHETHER YOU INTEND TO PURSUE THIS. YOU ARE NO LONGER INVESTIGATING. YOU KNOW PRECISELY WHAT IS BEING OFFERED. THIS LEVITY COMES IN PART FROM ANXIETY.

08 February 1974

Friday

We discussed the possibility of having a minimum fee to cover the cost of duplicating transcripts of the meetings. We also need a name in order to incorporate. There are many advantages to incorporating. When there is \$300 in the treasury, we can incorporate.

WE DEFINITELY AGREE THAT THE COMMITMENT IS NECESSARY BUT WOULD SEE YOU CONSIDER SOME OTHER THAN FINANCIAL FOR SOME STUDENTS. WE WOULD SEE A GOODS-FOR-SERVICE ECONOMY EMERGENCY WITHIN THIS GROUP AND ITS EXTENSIONS. WE WOULD HAVE YOU CONSIDER SERVICES RENDERED AS AN ALTERNATIVE FOR THOSE WHO ARE UNABLE TO PAY. WE AGREE THAT THIS TEACHING IS FAR FROM FREE, BUT WE DO NOT SEE MONEY NECESSARILY AS THE PRICE. WE WOULD WARN YOU TO BE EXTREMELY CAUTIOUS IN IMPLEMENTING THE SERVICE ANGLE. FOR INSTANCE, YOU MUST MAKE THOSE IN ACCEPTANCE PHOTOGRAPH THEMSELVES IN ACCEPTING MORE THAN THEY WISH FROM FALSE PERSONALITY, OR THOSE IN SUBMISSION SUBMITTING TO THOSE IN DOMINANCE. THIS WOULD BE ONE WAY OF STARTING THE PROCESS OF PHOTOGRAPHING. WE WOULD PREFER THAT YOU NOT DROP THIS, AS THE MAN, ROBERT BURTON, WAS WISE IN THIS.

Should we send the transcripts out to those who do not participate? Should there be a school within a school for those who come each time?

WE WOULD PREFER THAT YOU ASSEMBLE THE MATERIAL HERE GIVEN, EDITORIALIZING IF YOU WISH, AND PRESENT IT TO ALL POTENTIAL STUDENTS IN A PALATABLE FORM. THERE ARE SCHOLARS AMONG YOU WHO ARE UP TO THIS TASK AS WELL AS ARTISANS APLENTY WHO CAN CONTRIBUTE THE IMAGINATIVE APPROACH. WE COULD SEE THIS AS ONE OF YOUR MAJOR TASKS, AND WE HAVE ADVISED YOU THIS BEFORE. WE WOULD SEE THE CORE "SCHOOL" REMAINS SMALL, AS OTHERWISE THE COMMITMENT WILL NEVER BE STRONG. NOW IT IS OUR AIM TO SEE YOU EVENTUALLY PROPAGATE THIS TEACHING AT LARGE.

WE WOULD SEE YOU EXORCISE THE PERSONAL DATA PRIOR TO DISSEMINATING ANY INFORMATION BEYOND THIS CORE; OTHER THAN THAT, YOU MAY PUBLISH AT WILL. OUSPENSKY AND GURDJIEFF DID. THE DATA CONCERNING INTERNAL CENTERS OF GRAVITY PRESENTED BY THESE GENTLEMEN IS, OF COURSE, VALID, AS IS INFORMATION PERTAINING TO THE SEPARATION OF THE EARTH-BOUND PERSONALITY AND THE SPIRITUAL ESSENCE. BEYOND THAT, WE HAVE TAKEN YOU INTO ANOTHER REALM.

Then the Gurdjieff teachings are not true?

[Ouspensky's book] *IN SEARCH OF THE MIRACULOUS* IS VALUABLE MOSTLY IN THAT IT POINTS TO THE DILIGENCE WITH WHICH SOME SOULS SEARCH, AND ONE MAN'S STRUGGLE TO UNITE WITH A TEACHING. PHOTOGRAPHING IS MERELY A TOOL TO USE IN SEPARATING THE PERSONALITY FROM THE ESSENCE: THAT IS, [separating the] MECHANICAL FROM THE SPIRITUAL BEHAVIOR.

He said that the left side of the face is essence while the right is personality. Is this so?

WE DO NOT AGREE WITH THIS ENTIRELY. WE WOULD SAY THE DOMINANT SIDE.

Do you mean that the right side is the essence side and the left side is personality?

ESSENTIALLY IT IS.

I am left handed, but it is painful to write with my left hand.

IT WAS OUSPENSKY WHO DID NOT UNDERSTAND NEUROLOGY, NOT THIS ENTITY.

We need a name for our group.

WE WOULD LIKE TO SEE YOU INCORPORATE, BUT FEEL THAT THE NAME BE A CORPORATE DECISION. HOPEFULLY, THE PERSONALITY WHICH PRODUCES HARSHNESS WILL SOFTEN AS YOU MOVE TOWARD BALANCE.

09 February 1974

Saturday

Do all sexual encounters create karmic ribbons?

SEXUAL ENCOUNTERS ONLY CREATE RIBBONS IF OTHER CENTERS COME INTO PLAY. THE MOST FLAGRANT EXAMPLE, OF COURSE, BEING EMOTIONAL CENTER. THE WHOLE OF EROS IS JUST ONE LONG [karmic] RIBBON.

Can karmic ribbons be cut by changing Attitudes?

YES THEY CAN, BUT THIS ONLY COMES ABOUT WHEN THE SOUL RECOGNIZES BOTH THE RIBBON AND THE ATTITUDE. IF A SOUL IN CYNICISM REALIZES THIS CYNICAL ATTITUDE AND ITS APPLICATIONS IN A LIFE SITUATION, THEN THIS CAN BE ACCOMPLISHED.

There was a question regarding sexual encounters being devastating.

WE HAVE SAID THIS BEFORE, YES. KNOW, THOUGH, ALL OF YOU, THAT THESE [sexual karmic] RIBBONS ARE NOT AMONG THE MOST DEVASTATING.

Comment: If I have an erotic encounter and the other person goes off in a huff, that does not mean that I have created karma to work off. It does create karma, though, if there is lying, deceit, or distortion.

What constitutes pair bonds and how can we achieve this if we are part of a bond that is not “paired”? Also were such pairs as Daphne and Chloe, Eloise and Abelard parts of the same entity?

SOME WERE PAIR BONDS. PAIR BONDS ARE FORMED IN ESSENCE WITHOUT THE CONSENT OF THE PERSONALITY, AND ENDURE REGARDLESS OF THE HARDSHIPS AND OBSTACLES PLACED IN THEIR PATH. OFTEN THESE ARE TRAGIC, YES, BUT THE JOY OF THE ESSENCE OVERRIDES THE DISCOMFORT OF THE PERSONALITY. THESE BONDS ARE ALWAYS PERFECTLY MATCHED IN GOALS, ROLES AND ATTITUDES. THERE IS ALSO PHYSICAL ATTRACTION PROVIDED BY THE BODY TYPE. SOMETIMES THESE ARE FRAGMENTS OF THE SAME ENTITY AT THE LOWER LEVELS.

Clarify “perfectly matched”. Do you mean having the same Goals and/or the same Attitudes?

PRIMARILY TO COMPLEMENT ONE ANOTHER, SUCH AS THE WARRIOR AND THE KING; THE KING PREFERABLY IN ACCEPTANCE, THE WARRIOR IN GROWTH OR SUBMISSION.

Where do soul levels fit into the pair-bondings? Elsewhere a term called “heart-bonding” was used. What does this signify?

THIS WAS A TERM DESCRIBING THIS TYPE OF UNION.

Do Attitudes complement one another in the perfect pair-bonding?

YES, USUALLY WITH THE COMBINATION OF IDEALIST-REALIST BEING AMONG THE BEST, CYNIC-SPIRITUALIST AMONG THE WORST. THE PRAGMATIST CAN GENERALLY EXIST WELL WITH ALL OTHERS, AS CAN THE SCHOLAR.

How can we achieve this pair-bond? Can it be attained from where we are?

YOU CAN, OF COURSE, ACHIEVE THIS BY CENTERING, AND TOGETHER REACHING A STATE OF BALANCE IN ALL STRATA.

Does Centering go into Goals and Attitudes towards Growth and Spiritualism beyond what is listed?

YES IT DOES.

Is that wherein lies inequality?

SORT OF. THIS EQUALITY TAKES MUCH WORK.

It was said that Polynesians were in the Spiritualist Attitude. Are most of the people there Old souls in Stagnation?

MOST OF THEM ARE, YES, WHETHER LATE CYCLE MATURE SOULS IN GROWTH OR OLD SOULS IN STAGNATION.

How about skid row bums?

MOST OF THOSE WHO ESCHEW LIFE FOR ALCOHOL ARE MID CYCLE MATURE SOULS IN REJECTION. HOWEVER, SOME VERY HEAVY “SOCIAL DRINKERS” ARE MID CYCLE YOUNG SOULS IN DOMINANCE.

Are hoboes Old Kings in either Stagnation or Retardation?

MOST HOBOES ARE OLD KINGS IN EITHER STAGNATION OR RETARDATION.

What is meant by “alpha state”? To me it is just a term pertaining to the state of the brain and does not necessarily mean that a person in this state is experiencing astral travel, but that astral travel can be had in this state.

IT IS A CONVENIENT WAY FOR THESE SCIENTISTS TO EXPLAIN SOMETHING THAT THEY DO NOT UNDERSTAND WHEN THEY PERCEIVE A SOULLESS STATE IN A LIVING BODY. THE SOUL IS NORMALLY TO BE FOUND ON THE ASTRAL PLANE AT THESE TIMES.

Does the soul have measurable electric activity as measured in brain waves? Does soul generate an electric pattern?

SOMETIMES THIS HAS BEEN DONE BUT NO ONE UNDERSTOOD WHAT THEY WERE DOING. THIS SHOULD TELL YOU SOMETHING ABOUT WHEN A BODY SHOULD BE CONSIDERED “DEAD”.

In our conventional EEG [electroencephalogram — brain wave reading], it is a flat statement, all or nothing. THAT IS VALID. THE BODY ALONE PRODUCES MUCH ELECTRICAL ACTIVITY SOLELY FROM NEURONAL CIRCUITRY. HOWEVER, THE PRESENCE OF THE SOUL PRODUCES THE COMPLEX PATTERNS YOU NOW SEE

WHEN YOU LOOK AT THE ENCEPHALOGRAM. THE SOUL, WHEN IT LEAVES ONLY TEMPORARILY TO PROJECT TO THE ASTRAL PLANE, MAINTAINS A SLENDER THREAD WITH THE BODY, AND THIS CAN BE READ AS ALPHA WAVES. THE LIVING BODY PRODUCES SOME INTERMITTENT SPIKING ACTIVITY ALL BY ITSELF, BUT WHEN THE LINE IS FLAT, THE BODY HAS DIED AND THE SOUL HAS LEFT.

In a meditative state and astral projection occurs, what changes would be seen on the EKG [electrocardiogram]?

YOU SHOULD SEE ONLY A RHYTHMICAL ONE: A BRADYCARDIA [slow heartbeat].

How about EEG [electroencephalogram]?

ALPHA WAVES PREDOMINATE.

How about persons in a coma, are they astral projecting?

YES, MOST OF THE TIME.

It was said before that Fulton Sheen was a transcendent soul. Did he decide this in this life or what?

THE MAN, FULTON, BURNED ALL RIBBONS AND MADE THE TRANSITION WHILE ON THE PHYSICAL PLANE.

When did he decide to do this?

IT WAS WORKED THROUGH HERE. IT IS NOT POSSIBLE TO CHOOSE TO DO THIS AHEAD OF TIME. YOU MUST WORK FOR THIS.

What level soul was he and was he intuitive about this choice?

HE WAS A FINAL LEVEL OLD SOUL. HE REALLY DID NOT HAVE MUCH TO BURN. WHAT HE DID, HE FELT INTUITIVELY. YOU WILL, TOO.

Michael says that I'm in transition, in the Seventh Level Mature soul to Old soul. Did I choose this?

YOU CHOSE A SET OF TOOLS AND A PATTERN. WHAT THE FINISHED PRODUCT LOOKS LIKE IS UP TO YOU.

What is involved in fulfilling the soul requirements?

BETWEEN LIVES YOU CHOOSE PATTERNS.

Is the decision made between lives to be displaced by an Infinite or a Transcendental soul?

IT IS CHOSEN DURING THE ASTRAL INTERVAL, THEN REAFFIRMED ON THE PHYSICAL PLANE. THIS CHOICE IS USUALLY BASED UPON PAST PERFORMANCES AND THE EXISTENCE OF ONLY ONE INCOMPLETED MONAD.

Then Jesus was going over the discussion with the devil those forty days and forty nights. Did this have anything to do with the manifestation [of the Infinite soul]?

PART OF THE FEARS CONCERNING THE KNOWLEDGE THAT THIS WAS GOING TO TAKE PLACE, AND A LAST MOMENT OF LONGING TO LIVE OUT THE LIFE [happened then].

Music seems a good way to get into the higher Centers without creating ribbons [like you can with sex]. Can Michael hear our music? I wonder what he thinks of Bach. Does he have many-fold music "up there"?

WE LIKE VILLALOBOS AND MANY OTHERS OF YOUR CONTEMPORARY COMPOSERS. WE ESPECIALLY LIKE THE RITE OF SPRING, AND FEEL THAT THIS CAN BE USED AS A CONSCIOUS[ness] RAISING TOOL. WE LIKE PERCUSSION-HEAVY COMPOSITIONS. YES, SOME OTHER WORLDS DO HAVE LOVELY MUSIC. MOST OF THE MUSIC ON SOLEAL'S WORLD IS PERCUSSION-CENTERED, MANY STRINGS BUT NONE LIGHT LIKE THE VIOLIN. MANY OTHER WORLDS HAVE MOSTLY INSTRUMENTS SUCH AS THE LYRE. THE MOST BEAUTIFUL SOUNDS WE HAVE HEARD LATELY WERE PRODUCED ELECTRONICALLY. THIS IS NOT UNUSUAL, BUT YOUR WORLD IS NOT THERE, YET. INCIDENTALLY, THE LAST FRAGMENT OF THIS ENTITY PRECEDED BACH BY A FEW CENTURIES.

Opera seems the highest form of musical expression. I'm wondering if Michael thinks highly of Wagner, Puccini, Ravel?

Has he ever heard *The Balinese Monkey Chant*?

OPERA IS ALSO ONE OF THE MOST ANCIENT FORMS OF MUSICAL EXPRESSION. PEOPLE SANG LONG BEFORE THEY PLAYED INSTRUMENTS. THE ISLAND SAGA[s] WERE ORIGINALLY SUNG. THESE OPERAS WERE LATER WRITTEN BY REINCARNATED FRAGMENTS OF A VIKING PRINCE. YES, WE LIKE WAGNER, WRITING THE OPERA IS A GIFT OF HIGHER EXPRESSION, YES, THE LIBRETTO, IF YOU PREFER. A FRAGMENT OF THIS ENTITY ONCE SANG OPERA.

Is current rock and what not an aberration? Is it soul music or what?

IT IS AS VALID AN EXPRESSION AS ANY OTHER MUSICAL FORM. ONE OF THE THINGS IT EXPRESSES IS

TRANSITION. YOU WILL FIND TRANSITION HARMONICS AT THE CLOSE OF ALL THE CYCLES.

Is the “Superstition Wilderness” in Arizona a power spot?

IT IS A POWER PLACE, AN INDIAN BURIAL GROUND; CONSECRATED LAND.

What is the nature of the power in these places?

MANY PLACES, BECAUSE OF THEIR LOCATION, ARE GATHERING SPOTS FOR A RATHER PURE FORM OF ELECTROMAGNETIC RADIATION, WHICH WHEN CONFINED IN A BODY, BECOMES USABLE “PSYCHIC ENERGY”. THIS ENERGY REMAINS ROOTED TO THE SPOT SIMPLY BECAUSE THE SPOT ITSELF ACTS AS AN IDEAL SUPERCONDUCTOR. THIS TAKES INTO CONSIDERATION THINGS SUCH AS HEIGHT OF LAND ABOVE OR BELOW SEA LEVEL, THE PRESENCE OF LARGER BODIES OF RELATIVELY COLD, DEEP WATER, THE PRESENCE OF DORMANT OR ACTIVE VOLCANOES OR LARGE MOUNTAINS WHERE SNOW REMAINS ALL YEAR. THE DESERT ALSO HAS BEEN AN IDEAL CONDUCTOR FOR POWER SINKS.

What happens to the people who live in low power spots?

THE PEOPLE THERE BEING DEFICIENT IN THIS FEED UPON YOU, JUST AS THE SAILOR WITH SCURVY [caused by vitamin C deficiency] FALLS UPON A LEMON [rich in vitamin C].

It's the location, not the people then?

THAT IS VALID.

The people who live there draw it from those who go there?

IT IS MOSTLY KARMIC.

Can we stop the drain, the leaching process? Can we recharge our energy some way?

STOPPING THE DISCHARGE WOULD BE THE BEST COURSE, YES. YOU SHOULD NOW BE ABLE TO FEEL THE LEAK AND SIMPLY REFUSE TO ALLOW THEM TO FEED UPON YOU.

Does the power spot draw upon us directly, too?

NO. IT IS SUCH A POOR CONDUCTOR, IT CANNOT DRAW.

It confused me — all the “octaves”, “photographing” — and they said only the Centering and soul above the earth-body were valid; essence side of face is the opposite to that which we learned; the key to consciousness was “self-remembering” [Gurdjieff's term for being aware of awareness itself, and being aware of lack of separation of self from notself]. It was Gurdjieff's theory that you needed this to become conscious. He had a bunch of stuff on higher hydrogens which were produced and refined by self-remembering. The whole theory of self-remembering is invalidated by Michael.

THE SOURCE FOR THE ENERGY IS THE SAME. THE SPEED [with] WHICH IT IS BURNED AS FUEL IS FASTER WHEN UTILIZED BY THE HIGHER CENTERS.

Clarify this.

THE FUEL IS THE SAME FOR ALL CENTERS. IT IS THE CONSUMER THAT IS DIFFERENT.

The production of fuel: does it have anything to do with self-remembering? In order to balance the Centers, we have to have a larger supply to reach higher Centers.

AN ANALOGY WOULD BE AN OLD FASHIONED STOVE WITH INSUFFICIENT INSULATION, A LEAKY CHIMNEY, AND AN INEFFICIENT FLUE COMPARED TO A BRAND NEW RADAR [microwave] OVEN. MOMENTS OF PURE CONSCIOUSNESS DO PRODUCE CONTACT WITH HIGHER CENTERS, YES.

Is self-remembering the way to produce psychic energy?

NOT THE WAY, SIMPLY THE BY-PRODUCT. THE SELF-REMEMBERING MUST BE PRODUCED FIRST THROUGH THOSE METHODS WE HAVE OUTLINED TO YOU [meditation, concentration, fasting, study]. THEN AS YOU GO PROGRESSIVELY TOWARD BALANCE, YOU AUTOMATICALLY WILL HAVE MORE AND MORE FLASHES OF CONSCIOUSNESS, OPENING THE DOOR TO HIGHER EXPRESSION.

Comment: That makes it sound like you generate what you need as you go along. There are check points to tell you where you are.

I had a flash Friday night as I drove toward San Francisco. I had a feeling of violence as I neared a choice in directions to go there. Two blocks from home, I nearly had a bad accident. Was this feeling I had at the choice of directions a precognitive thing?

THAT IS VALID. THIS WAS PRECOGNITIVE. HAD YOU TAKEN THE MORE CIRCUITOUS ROUTE, YOU WOULD HAVE AVOIDED THE ENCOUNTER ALTOGETHER.

I would like to have a comment on how I felt after hearing *The Most Happy Fella*. I had the feeling that the main character was Christ-like and experiencing agape. It is a light, not heavy, musical.
YOU CAN REACH HIGHER EMOTIONS THROUGH MUSIC, AND CERTAIN RECURRING THEMES PRODUCE THIS MORE RAPIDLY THAN OTHERS.

13 February 1974

Wednesday

WE ARE HERE WITH YOU TONIGHT.

My body seems to be changing lately. I would like some verification of this and any comments.

THE ESSENCE IS MORE IN CONTROL NOW, AND THEREFORE IS DIRECTING SOMEWHAT AGAINST THE DESIRES OF THE PERSONALITY. THIS HAS RESULTED IN A BEGINNING OF AVERSION FOR CERTAIN CRUTCHES. MORE WILL GO AS GROWTH PROGRESSES.

A brother of our babysitter died yesterday in a motorcycle crash. My wife wants me to ask if there is anything we can do or say to the family.

SOME REASSURANCE OF THE CONTINUITY IN A DETACHED MANNER WITHOUT EXCESSIVE SYMPATHY WOULD BE IN ORDER. MANY TIMES WHEN THE KNOWLEDGE SHINES THROUGH, THE LIGHT OFFERS MUCH COMFORT. SHE KNOWS NOW BEYOND THE SHADOW OF A DOUBT THAT SHE HAS LIVED BEFORE.

Do identical twins have the same soul Level?

NO.

A question was asked concerning the Kabbalah.

THIS IS THE OCCULT COMPONENT OF THE JUDAIC THOUGHT. FOR THE MOST PART IT WAS VALID IN THE BEGINNING, AND HAS BECOME SOMEWHAT CORRUPTED WITH TIME, BUT THERE ARE SEVERAL KABBALISTS WHO ARE BONA FIDE BROTHERS. WE WOULD ADVISE THAT YOU NOT PLACE TOO MUCH IMPORTANCE ON ANY SYSTEM OF NUMEROLOGY THAT STRIVES TO EXPLAIN CERTAIN PURPORTED DIVINE NOMENCLATURE.

Could you comment on the art of palmistry?

SOME MEDIUMS ARE ABLE TO HOLD THE HAND OF ANOTHER AND THEREBY TRANSMIT ASTRAL INFORMATION. OTHERS ARE MERELY CHARLATANS.

It has been my feeling that the palm reader, tea leaf reader, crystal ball gazer, etc., all have the same talent in common but use different props. They are all picking up the information psychically.

THAT IS VALID. THE MAN, ROBERT BURTON, BEING AN OLD KING AND RATHER ARROGANT, WAS ABLE TO DISPENSE WITH THE PROPS, WHICH IS ONE REASON HE IS ABLE TO ATTRACT MANY DIVERSE STUDENTS.

Recently I have been seeing some of my women patients as men in women's bodies. It is somewhat confusing.

THIS IS THE FIRST STEP TOWARD BEING ABLE TO ACCEPT THE GENDERLESS STATUS OF THE UNIVERSE. WHEN YOU CAN STOP ASSIGNING GENDERS, YOU WILL HAVE COME A LONG WAY.

I have the feeling that bisexuality is the norm rather than the exception and that our social values are just conditioned that way.

WE WOULD ACCEPT THAT, YES, IF ONE IS STILL INTERESTED IN THE PHYSICAL EXPERIENCE.

Today I had an experience which seemed to be a type of meditation. I've never meditated before, and would like a comment on my experience today.

YOU MUST LEARN TO LET GO OF THE IMAGES. JUST OBSERVE THEM AND LET GO. ANY MORE BORDERS ON CONCENTRATION, AND ANY CONCRETE THOUGHTS ON THE SUBJECT LEADS TO REFLECTION.

Robert Monroe describes meeting other intelligences during astral travel. They seem to be overwhelming. Please comment if these were true experiences.

ESSENTIALLY, EXCEPT THAT THE MAN, ROBERT (Monroe), CREATED THE IMMENSITY. ALSO HE FINDS IT STILL DIFFICULT TO CONFRONT CERTAIN ASTRAL REALITIES, AND PREFERS TO CREATE HIS OWN. HE IS, FOR THE MOST PART, AN EXCELLENT ASTRAL TRAVELER, BUT OTHER AREAS OF HIS SEARCH NEED MUCH WORK. YOU WILL BE OF HELP TO THIS MAN. THE HELP WILL BE RECIPROCAL. THE MAN, ROBERT MONROE, SENSES AN EXPERIENCE IS IN STORE FOR HIM, BUT DOES NOT KNOW THE SOURCE. THIS IS A MATURE PRIEST, A SPIRITUALIST.

I have been a [literal] priest so many times before, it was said, and yet I am an Artisan. Why or how can this be?

THE KINGS HAVE ALWAYS PICKED OUT THE ENEMY, THE SCHOLARS PLANNED THE SIEGE, AND THE WARRIORS THEN HAVE GONE IN WITH THE ACTION. IN ANSWER TO YOUR QUESTION, FOR MANY CENTURIES ON THIS PLANET, THE CHURCH HAS BEEN THE DOMINANT EMPLOYER OF MAN.

Is my essence trapped in my Moving Center?

THIS IS ONLY PARTIALLY CORRECT. YOU CAN LEARN TO EXPRESS THAT WHICH FLOWS THROUGH YOU NOW EVEN FROM MOVING CENTER. THE RELUCTANCE IS TO VERBALIZE NOW, AND THIS IS OUT OF ESSENCE.

I dreamed about a young girl who could levitate. Another woman explained this process to me and “how” to do it. Was I on the astral plane?

YOU WERE CONTACTING THE ASTRAL VEHICLES, YES, BUT YOU CAN SEE THE BODY. THE PHYSICAL SIGHT IS NOT NECESSARY, FOR THIS ASTRAL VISION SUFFICES, BUT YOU MUST LEARN TO INTERPRET WHAT YOU SEE.

Is Michael the teacher of Tomas?

MID ASTRAL ENTITIES HAVE ACCESS TO US, YES. WE ARE HERE TO TEACH ALL WHO WISH TO LEARN.

Why did I want to leave Burton’s group?

HE WAS NOT YOUR [true] TEACHER.

Why did not Jesus pick old souls for his disciples?

THE MOST FAITHFUL OF HIS DISCIPLES WERE AMONG THOSE WHO UNDERSTOOD THE LEAST. THERE WERE MATURE AND OLD SOULS BOTH IN ROME AND IN SYRIA, PALESTINE, WHO HEARD THE WORDS, BUT CHOSE NOT TO UNDERSTAND.

Someone questioned Scholars having an affinity for Warriors.

THERE IS A NATURAL AFFINITY BETWEEN THE SCHOLARS AND THE WARRIORS. THIS HAS BEEN ALWAYS. THE SCHOLARS HAVE ALWAYS MAPPED OUT THE ACTION AND HAVE SHOWN CONSPICUOUS VALOR ON ALL BATTLE FIELDS.

Is there any danger of losing landmarks while traveling astrally and not being able to find one’s body again?

YOU MUST LEARN TO INTERPRET WHAT YOU ARE SEEING AND REMEMBER THAT THE LANDMARKS ARE SO VERY DIFFERENT, AND THAT DISTANCE AS YOU KNOW IT DOES NOT EXIST ON THAT PLANE. IF THE BODY IS IN CENTRAL EUROPE AND YOUR ASTRAL VEHICLE IS IN CONTACT WITH ANOTHER, YOU MAY LOSE TRACK OF WHERE TO LOOK.

Please clarify what you mean.

NOT YOUR BODY BUT THE BODY OF THAT SOUL WITH WHICH YOU ARE IN CONTACT, THERE IS, OF COURSE, PROJECTION IN THE ASTRAL VEHICLE THAT DOES NOT ENTIRELY LEAVE THE PHYSICAL PLANE. YOU MUST LEARN NEW LANDMARKS IN ORDER TO ORIENT YOURSELF.

Could we be incarnated into past lives?

WE HAVE PROVISIONS FOR EXTENDED REVIEWS OF FAVORITE LIVES DURING THE ASTRAL INTERVAL. NO, TO YOUR QUESTION. THAT IS NOT HOW IT WORKS. THIS PART OF THE PHYSICAL UNIVERSE IS MOVING STEADILY ALONG A SPECIFIC TIME PLANE.

If hypnosis can aid a Moving Centered person to remember past lives, how can an Intellectually Centered person do this?

BY MEDITATION, CONCENTRATION, AND MOVEMENT TOWARD EMOTIONAL CENTER.

Where was it that we were together before?

YOU HAVE KNOWN EACH OTHER SEVERAL TIMES AT THE CARDINAL POINTS, AND ONCE IN BETWEEN. MOST OF THE PRESENT GROUP HAS COME TOGETHER SEVERAL TIMES IN ITS ENTIRETY, BUT THE COHESION DID NOT COME ABOUT.

What is meant by “cardinal points”?

THE BEGINNING, THE END, THE MID POINT OF ALL TIME CYCLES ARE SIGNIFICANT. YOU ARE ALL ON CARDINAL PLANES WITH REFERENCE TO THE CYCLES. YOU WERE ALL ALIVE AT THE BEGINNING OF THE NEW CYCLE AND THE END OF THE OLD. ALSO, AT APPROXIMATELY TWO HUNDRED YEAR INTERVALS, WHEN MOST OF THE SIGNIFICANT ACTION ON THIS PLANET HAS TAKEN PLACE. WHILE YOU HAVE BEEN ON THE PHYSICAL PLANE, YOU HAVE ALL BEEN IN MOST OF THE SIGNIFICANT HISTORY ON YOUR

WORLD. THERE ARE RESTING INTERVALS IN HISTORY ALSO. THE SECOND AND THIRD CENTURIES OF THIS ERA ARE A GOOD EXAMPLE OF THIS. THE "PAX ROMANA" WAS NO ACCIDENT.

Were any of us with Alexander the Great?

THAT IS VALID. YOU WILL MEET WITH YOUR OLD COMMANDER.

A comment was made that it made someone nervous hearing that.

WHY WOULD THIS ASTONISH YOU ANY MORE THAN WHAT HAS GONE BEFORE? THE PROCESS HAS STARTED FOR THE SORTING. WE WILL NOT MAKE THIS EASY. THE THREE OF YOU LEARNED MUCH OF GIVING DURING THAT LIFE, MANY LESSONS THAT YOU NEED NOT LEARN AGAIN. BECAUSE OF THEIR IMPORTANCE, YOU WILL REMEMBER THEM. YOU, AS A FIRST LEVEL YOUNG PRIEST, HAD SHINING VISIONS OF THE WORLD AS A PERSONAL OYSTER, AND LEARNED MUCH ABOUT THE FALLIBILITY OF THE BODY AND THE FAILURE OF THE PERSONALITY FROM ONE WHO WAS ALWAYS IN ESSENCE.

Could we get much of this material by ourselves?

WE THINK THAT IF THE LEVEL OF CONCENTRATION IS GREAT ENOUGH, ALL THREE OF YOU CAN REVISIT THIS ERA IN AN ASTRAL DREAM.

Someone made a comment about learning lessons.

YOU HAVE LEARNED A FEW LESSONS BEFORE. THIS IS WHY THE TEACHING COMES EASILY NOW. THERE WERE MEN ALIVE AT THAT TIME WHO KNEW. THE TEACHINGS OF SOCRATES WERE MUCH ALIVE, AND YOU WERE ABLE TO PICK UP THE THREADS QUITE EASILY FOR THE RELATIVELY UNBROKEN RIBBON LINKING THIS LIFE TO YOUR PREVIOUS LIFE. WE REPEAT, WE WILL NOT MAKE THIS EASY FOR YOU, BUT EACH OF YOU WILL NOW BE OPEN TO THE MEMORIES OF THIS, FOR YOU, MOST IMPORTANT PHYSICAL INTERVAL WHEN ALL OF YOU WERE TOUCHED BY GREATNESS.

Do you mean by Alexander?

AND OTHER GREAT MINDS AND MEN OF THAT TIME.

18 February 1974

Monday

Soleal was willing to be with the group this evening. (The capital letters are words from Soleal in the transcript.)

I HAVE NO REAL REVELATIONS TO OFFER, JUST THAT I AM STRUCK AGAIN BY THE TREMENDOUS SCATTERING OF ENERGIES EVEN IN THIS GROUP, DUE IN THE MOST PART TO THE MYRIAD PERSONAL AGENDAS THAT TAKE INTELLECTUAL CENTER AND SOMETIMES EMOTIONAL CENTER OUT OF PLAY FOR LONG PERIODS OF TIME. THE LADY WHO HAS PREPARED THE PAPER HAS HIT UPON AN IMPORTANT TRUTH WHEN SHE SPEAKS OF DIVERSE GOALS WITHIN A TIGHT PARTNERSHIP SUCH AS YOUR CULTURE DEMANDS WITHIN THE CUSTOM OF MARRIAGE, OR REALLY I SHOULD SAY, DIVERGENT [goals]. THE GOALS OF THE TEACHING, AND THUS OF THE STUDENTS MUST BE UNIFIED IN ORDER TO BE EFFECTIVE. THE TEACHER CAN ONLY SUGGEST TO YOU THE METHODS, IF YOU WISH, TO GROW. RIGHT NOW THE RESPONSE WITHIN THE GROUP IS ALMOST SOLELY INTELLECTUAL. THERE IS RELATIVELY LITTLE EMOTIONAL COMMITMENT TO THE TEACHING OR TO EACH OTHER, WHICH IS REALLY MORE IMPORTANT. THIS LEADS TO THE HAPHAZARDNESS WITH WHICH THE GROUP GOES ABOUT ITS BUSINESS.

Comment: Everything we do should complement the goal of the group. We tend to take on too many things to do. You don't have to give up everything, but you should pull your life towards the goal.

I WOULD LIKE TO POINT OUT TO YOU AT THIS TIME THAT MANY OF YOU ARE DABBLERS. YOU DABBLE IN THIS AND THAT, TASTING ALL OF THE FRUITS, EATING OF NONE, AND IN THIS LIGHT, YOU ALSO DABBLE IN SPIRITUAL GROWTH AS WELL. NOW THIS IS ALL RIGHT. THERE IS NOTHING WRONG WITH THIS. IT INCURS LITTLE KARMA. BUT ON THE OTHER HAND, IT LEADS NOWHERE. ALSO THE CONCEPT OF AGAPE REQUIRES THE ACTIONS OF A CLOSELY KNIT GROUP OF SUPPORTIVE STUDENTS IN ORDER TO COME TO REALITY. NO ONE CAN FEEL AGAPE IN AN IVORY TOWER. IT CAN ONLY BE FELT WHEN HIGHER CENTERS ARE CONTACTED IN THE COURSE OF CLOSE ASSOCIATION WITH OTHERS. THERE IS NO WAY TO DO THIS ALONE THAT I KNOW OF. WHERE THE MISUNDERSTANDING HAS COME ABOUT, I THINK, IS WHERE THE TEACHER [Michael] HAS ADVISED YOU OF THE DANGERS OF THE CLOISTERS AND THE STIFLING ATMOSPHERE THERE THAT RETARDS GROWTH, AND HAS POINTED OUT TO YOU THE RELATIVE LACK OF SUCCESS AMONG THOSE WHO CHOOSE THE SOLITARY PATH. IF YOU WISH, WE COULD PREPARE FOR YOU

SOME EXAMPLES OF WHAT WORKS HERE [on Soleal's planet].

Comment: The solitary way of the mountain-top yogis, nunneries, monkeries, etc.

Comment: When the need manifests, the group will come together. In TFR group ("Time for Reality") there is much trust in each other. We can be honest and open up.

Comment: Gurdjieff was organized and was not haphazard, and Michael says the only thing valid was the centers and a life beyond the physical.

AT GREAT RISK OF DEVELOPING SOME REAL FRICTION, I OFFER THIS, IN PART MY OWN, IN PART THE TEACHING, NOT YET INSEPARABLE. IN MOST OF YOU I SEE GREAT FEARS OF INVASION OF VERY PRIVATE WORLDS. THIS, OF COURSE, IN GREAT MEASURE DUE TO A LOWER LEVEL OF TRUST, AND ALSO TO GUILT. MANY OF YOU STILL ARE NOT CONVINCED THAT YOUR VERY PRIVATE LIFE STYLE WILL BE ACCEPTABLE TO THE OTHERS, AND YOU ARE SINGULARLY UNWILLING TO RISK FINDING OUT. ALSO, THERE IS A TENACIOUS DESIRE TO RUN FROM ANY POSSIBLE MOLDING OF YOUR LIVES BY OTHERS. MANY OF YOU NEED TO WORK ON THIS, FOR THIS IS PERSONALITY DIGGING IN FOR A LAST DITCH STAND AGAINST ESSENCE, WHICH WOULD NOT PERMIT THE MOLDING IN THE FIRST PLACE. ALL OF YOU HAVE A SET OF RIGID SPECIFICATIONS SET BY PERSONALITY CONCERNING YOUR NEEDS. NONE OF THOSE ARE VALID. ONLY THAT WHICH COMES FROM ESSENCE IS VALID. IF YOU ARE BEING COMPLETELY HONEST WITH YOURSELVES AND OTHERS, THE NEED FOR PRIVACY AND ALONENESS DISAPPEARS, AND IS REPLACED BY THE FEELING OF AGAPE. THIS IS NOT EASY. THE TEACHER HAS NOT SAID THAT IT IS EASY, ONLY THAT IT CAN BE OBTAINED. ON THIS WORLD, WE ARE FACED DAILY WITH THE NEED FOR CONTINUED GROWTH, AND SPEND MUCH TIME SOLVING THOSE KINDS OF PROBLEMS THAT BESET YOU ALL. THE DIFFERENCE BEING THAT WE KNOW THAT IT IS A WORKABLE SYSTEM, AND FEEL THE NECESSITY TO KEEP IT ALIVE. IT IS SOMETIMES DIFFICULT AND SOMETIMES DISHEARTENING, BUT IN THE LONG RUN, REWARDING BEYOND WORDS.

Comment: We can't sit and listen without applying the words. We have to learn from what's going on. One wanted to discuss things [among] ourselves [rather] than to listen to Soleal, but when it was said that Soleal's time was limited, unlike Michael's, we wanted to hear more of what he had to say.

I HAVE A FINITE AMOUNT OF TIME. IF YOU WISH, I WILL SHARE WITH YOU SOME OF MY THOUGHTS ON ORGANIZATION. I THINK THAT ONE OF THE PROBLEMS WITH THE TEACHER, AND ALSO WITH ME, IN ACCEPTING YOUR OUTLINES FOR ORGANIZATION WOULD HAVE TO BE YOUR RELIANCE TO SUCH A GREAT EXTENT UPON THE MONEY THAT CAN BE Poured INTO YOUR GROUP, EXCLUDING A NUMBER OF STUDENTS WHO CAN OFFER FAR MORE THAN A MERE MEDIUM OF EXCHANGE (such as money), AND CONSEQUENTLY, THE TEACHER HAS VETOED YOUR PLANS. THIS IS BAD WORK TO EXCLUDE ON THIS BASE, AND ALSO TO DWELL AT SUCH LENGTH UPON ALL OF THE DIRECTIONS AS CONTINGENCIES WHICH MIGHT HAPPEN. DO YOU REALIZE THAT THIS IS AS MUCH A FANTASY AS THE IDEALIST'S DREAM. I AM NOT AN IDEALIST, BUT AM CERTAINLY WILLING TO RUN A TRIAL BY ERROR TEST ON ANYTHING THAT SEEMS TO BE MEANINGFUL IN THE END. IF EVERYONE ON YOUR WORLD HAD WAITED UNTIL ALL OF THE LOOSE ENDS WERE NEATLY TUCKED IN, NO PROGRESS EVER WOULD HAVE BEEN MADE. THERE IS SUCH A THING AS OBSTINATE REALISM. WE HAVE ON THIS WORLD A VAST SYSTEM OF VERY LARGE COMMUNES, SO DO NOT TELL ME THAT THEY CANNOT WORK. ALL ARE ON A TOTAL GOODS FOR SERVICE BASIS, AND ALL GOODS ARE COMMON PROPERTY, YET WE HAVE ALL OF THE EMOTIONS, THE PRIDE, AND CERTAINLY THE PLEASURES THAT YOU DESIRE. YOU SEEM TO FEEL THAT SHARING IN SOME WAY REMOVES YOUR RIGHT TO FEEL JUSTIFIED. THAT IS RIDICULOUS. SOME OF YOU ARE AFRAID THAT YOU WILL BE KNOCKED FROM YOUR PEDESTALS IN A COMMUNAL SYSTEM. YOU ARE PROBABLY RIGHT. THAT WILL BE GOOD WORK, BELIEVE ME, FOR IT WILL BE THE FALSE PERSONALITY WHICH WILL FALL. MANY TIMES THIS IS WITH [a] RESOUNDING CRASH, BUT IT ALWAYS LEVELS OUT IN THE END.

THE REASON THIS SYSTEM HAS NOT WORKED ON YOUR WORLD HAS BEEN FOR THE MOST PART DUE TO YOUR TENDENCY TO GIVE UP AT THE FIRST SIGN OF OPPOSITION, AND TO FALL BACKWARDS TO OLD, SAFE PATTERNS. IT TAKES A TREMENDOUS AND DILIGENT ORGANIZATION TO KEEP THIS SYSTEM GOING, AND ONE OF THE PREREQUISITES WHICH IS INDISPENSABLE IS AN ORDERLY MIND THAT CAN DETACH FROM THE MUNDANE AND FOCUS ON THE LONG RANGE GOALS, WHATEVER THEY MAY BE. IN OUR SYSTEM, THE GOOD OF MANY IS VALUED OVER THE GOOD OF THE INDIVIDUAL, AND I WILL ADMIT THAT YOU HAVE GOOD, SOUND CULTURAL MORES AND A RIGHT VIRTUE OF YOUR TRAINING TO REGARD THIS AS SCARY. BUT HOWEVER FRIGHTENING IT MAY SOUND AT THE OUTSET, THE GOOD OF THE MANY EVENTUALLY SERVES THE NEEDS OF THE INDIVIDUAL. THE SYSTEM, IN ORDER TO WORK AT ALL, OF COURSE, REQUIRES, ABOVE ALL, PATIENCE AND THE BELIEF THAT YOUR INDIVIDUAL NEEDS — AND

NOTICE I DID NOT SAY “WANTS” — WILL BE SERVED. THE EXPECTATION OF INSTANT GRATIFICATION OF ALL WANTS IS CONSUMMATELY ABSURD, AND BELONGS IN CHILDHOOD.

WHENEVER ABSOLUTE RIGIDITY IS INTRODUCED INTO A SYSTEM, IT FAILS. WHAT THE TEACHER WOULD LIKE TO SEE YOU WORK ON IS A FLEXIBLE BUT ORDERLY SYSTEM DESIGNED TO SERVE THE NEEDS OF THE ENTIRE GROUP, BUT PLIABLE ENOUGH TO BEND A LITTLE WHEN THE NEEDS OF ONE ARE TOTALLY DISREGARDED. EVEN WE DO NOT TOTALLY DISREGARD A CRY FOR HELP AS LONG AS IT IS VALID. WE HAVE MANY DISCUSSIONS ON PROBLEM SOLVING, AND OUR MATURE SOULS ARE AS MUCH AT SEA AS YOURS. IT IS JUST THAT WE ARE ALL PULLING TOGETHER RATHER THAN AGAINST EACH OTHER. WE HAVE A FOCUS FOR OUR ENERGIES. WE HAVE THE TIME TO PURSUE THIS TYPE OF ENDEAVOR WITHOUT THE THREAT OF OUTSIDE INTERFERENCE. IT IS ALL RIGHT HERE TO LOCK YOURSELVES AWAY FROM THE OTHERS, AND THERE IS NO CONDEMNATION, BUT SOME EFFORT IS MADE TO DISCOVER THE CAUSE OF THAT ANTISOCIAL NEED, AND WHERE NEEDED, HELP IS GIVEN. THE MOST PROMINENT CAUSE OF SUICIDE ON YOUR PLANET IS YOUR RESPECT OF THE PRIVACY OF OTHERS. NOTHING HELPS LIKE PERSON-TO-PERSON CONTACT. WE ARE A CONTINUOUS SOCIETY — YOU ARE NOT. WE DO NOT SHUT DOWN EITHER INTELLECTUALLY OR EMOTIONALLY WHEN NIGHT FALLS. YOUR LEVEL OF TRUST IS SO LOW THAT YOU MUST BE VERY SELECTIVE IN THOSE IN WHOM YOU MAY CONFIDE. THAT IS NOT THE CASE HERE. THIS MAKES A VERY GREAT DIFFERENCE. YOUR HISTORY RECORDS THAT YOUR GREATEST LEADERS WERE IN CONSTANT DANGER OF ASSASSINATION, AND THEIR ACCESS TO THE PEOPLE WAS CONSEQUENTLY SEVERELY LIMITED. MINE WOULD BE, TOO, I'M AFRAID. THERE IS, ON THIS WORLD, A BASIC CONTRACT OF TRUST, WHICH PLACES ALL MAJOR RESPONSIBILITY AND DECISION-MAKING INTO THE HANDS OF A SELECT FEW. THIS, OF COURSE, POINTS TO A VERY HIGH LEVEL OF TRUST ON THIS WORLD, FOR WE HAVE NO WEAPONS. THESE SO-CALLED LEADERS CAN BE CALLED TO TASK BY ANY ONE AT ANY TIME THAT THEIR DECISION-MAKING APPARATUS APPEARS TO FAIL. THOSE OF US WITH WHOM LEADERSHIP IS IN ESSENCE ARE CAREFULLY TRAINED. THERE IS NOTHING HAPHAZARD ABOUT IT. I BEGAN TRAINING FOR MY PRESENT POSITION WHEN I WAS TEN YEARS OLD. I AM NOW THIRTY YEARS OLD. MUCH TIME IS WASTED ON YOUR WORLD WITH SUPERFLUOUS TRAINING. WHY TRAIN ARTISANS IN THE PRIESTHOOD? IF THEY WISH TO LEARN THIS LATER, FINE; MAKE IT AVAILABLE, BUT DO NOT FORCE KNOWLEDGE UPON THOSE UNWILLING TO LEARN. YOU HAVE IN YOU A SAFETY VALVE THAT NATURALLY REBELS AGAINST MUCH OF THIS, BUT MUCH IS STILL FORCED UPON YOU. TAKE A LOOK AT YOUR EDUCATION SYSTEM. IT IS APPALLING TO ME. YOU ARE ABSOLUTELY RIGHT WHEN IT COMES TO TRAINING THE YOUNG, AND THEY SUFFER FROM THIS.

Comment: With help, ____ could diagnose children and point them in the right direction.

CHILDREN ARE BORN KNOWING THEIR ROLES. YOUR SOCIETY DOES ITS BEST TO BLOT THIS KNOWLEDGE. ONE ONLY HAS TO OBSERVE A GROUP OF VERY YOUNG CHILDREN AT PLAY TO OBSERVE THE ROLES. DON'T SAY THAT THIS ONLY APPLIES TO OUR CHILDREN BECAUSE THEY ARE NOT HUMAN. CHILDREN ARE CHILDREN WHETHER THEY ARE MAMMALIAN OR SAURIAN.

Comment: I would not want a professional to tell my children what they should do.

How does Soleal's world find the essence?

MANY COMMENTS COME TO MIND, BUT FIRST, MAY I POINT OUT THAT WHILE THE LEVEL OF FORMAL EDUCATION IN YOUR GROUP IS NOT HIGH WHEN COMPARED TO THAT WHICH IS AVAILABLE, THE LEVEL OF KNOWLEDGE IS QUITE ASTOUNDING. DOES THIS TELL YOU ANYTHING AT ALL ABOUT THE INDIVIDUAL'S DRIVE TO OBTAIN WHATEVER KNOWLEDGE BECOMES DESIRABLE? IN OUR SYSTEM, WE DO MAKE AVAILABLE INSTRUCTION IN ALL OF THE ARTS AND ALL OF THE SCIENCES — NOTHING MORE. IT IS THERE FOR THE ASKING. YOUNG CHILDREN ARE OBSERVED DAY AND NIGHT BY OBSERVERS WHO ONLY SERVE AS GUIDES, AND OFFER ADVICE RATHER THAN INSTRUCTION. REAL INSTRUCTION DOES NOT BEGIN UNTIL ADOLESCENCE, BUT BY THEN THERE IS A SURPRISINGLY HIGH LEVEL OF ACQUIRED KNOWLEDGE. YOUNG CHILDREN ARE ENCOURAGED TO OBSERVE THE ACTS OF THE ADULTS, AND ARE ENCOURAGED ALSO TO TRY THEIR OWN HAND WHENEVER THEY FEEL THE DESIRE. THEY ARE NEVER DISCOURAGED VERBALLY FROM TRYING ANYTHING, FOR THE ULTIMATE DECISION MUST STILL COME FROM THEM IN MAKING THE DECISION. HOWEVER, THEY HAVE CONSTANT REASSURANCE AND HELP. THERE IS NO VICARIOUS ACHIEVEMENTS ON THIS WORLD, SIMPLY BECAUSE ALL ARE ENCOURAGED TO ACHIEVE ON THEIR OWN THAT WHICH IS IN ESSENCE.

Comment: There is a rigidity in our society [against willingness] to change direction and to have freedom to experiment. We ought to be able to “turn on a dime”, as our old teacher [Robert Burton] used to say.

GROWTH GIVES THE OPTION TO GO INTO EMOTIONAL CENTER. IN ORDER TO FEEL THE [higher]

VIBRATIONS AND ACT UPON THEM, ONE NEEDS EMOTIONAL CENTER TO GO INTO BALANCE. THE GOAL OF GROWTH GIVES YOU A BETTER DIVING BOARD [to get into emotional center].

20 February 1974

Wednesday

Do various Roles have influence on the manner in which Goals are acted out, for example, does a Priest pursue the Goal of Acceptance in the same way a King in Acceptance would?

THERE IS A MARKED DIFFERENCE. FOR INSTANCE, SAMUEL GOLDWYN WAS A KING IN ACCEPTANCE. THE PRIEST IN ACCEPTANCE SEEKS TO PROVIDE ALL THOSE AROUND HIM WITH A MODICUM OF SPIRITUAL COMFORT. MOST OF THE TIME THIS COMES OUT AS SYMPATHY IN THE LOWER CYCLES. THE KING IN ACCEPTANCE MAKES THOSE AROUND HIM CONTENT BY PROVIDING SOME FORM OF EXCITEMENT AND A DISPLAY OF LEADERSHIP THAT IS FOR THE MOST PART "DISPLAY" IN THE EARLY CYCLES. NORMAN VINCENT PEALE WAS A PRIEST IN ACCEPTANCE.

Could you capsulize on various Roles and how they approach life?

YES. BOTH ARTISAN AND SAGE APPROACH LIFE ARTISTICALLY AND WITH MUCH INNOVATION AND ORIGINALITY, SOMETIMES WHIMSICALLY, THE ARTISAN MANUALLY AND THE SAGE VERBALLY, THE ARTISAN THROUGH INSTINCT AND THE SAGE THROUGH INNATE WISDOM.

THE WARRIOR APPROACHES LIFE WITH VIGOR, AS DOES THE KING, BOTH WITH TREMENDOUS VITALITY — NOT MUCH ANALYSIS BUT MUCH NEED TO FORGE AHEAD. THE KING MANIFESTS A TREMENDOUS NEED TO LEAD OTHERS. THE WARRIOR, WHILE OFTEN AN EXCELLENT LEADER BECAUSE OF THE INSTINCTIVE DRIVE, CAN BE A SOLITARY FIGHTER FOR A CAUSE. WE ALMOST HATE TO SAY THAT THE WARRIOR FACES LIFE COMBATIVELY, BUT THAT IS ESSENTIALLY VALID.

BOTH THE PRIEST AND THE SLAVE FACE LIFE IN A SERVILE MANNER, THE SLAVE WITH A DESIRE TO WAIT UPON MAN, THE PRIEST WITH THE DRIVE TO WAIT UPON THE GODS. BOTH MAY MANIFEST THIS AS TIRELESS SERVICE TO MANKIND.

Can you compare a King in lower cycles [soul ages] to that of one in a higher cycle?

THE MAN, SAMUEL [Goldwyn], WAS A SECOND LEVEL YOUNG KING. THE YOUNG KING IS USUALLY "FLASHY". THE OLD KING REGARDLESS OF GOAL IS USUALLY KNOWN FOR ALTRUISM AND EXCELLENCE IN LEADERSHIP, OFTEN MAGNANIMOUS AND WITH A READILY DISCERNIBLE AURA OF GREATNESS. (We asked for examples and the answer came at the end of this transcript.)

I would like to ask about a leader friend of mine. He is a Young Sage in Dominance, it was said before, yet I see in him the perceptions of an Old soul. He does want to change people to his way of thinking.

IT CAN ONLY MANIFEST INTELLECTUALLY AT THE LOWER LEVELS [Infant, Baby and Young souls]. FOR INSTANCE, THE MAN, CAN "UNDERSTAND" THAT THAT IS A PART OF SOMETHING LARGER. YOU CAN EXPLAIN IT TO HIM AND HE WILL ACCEPT THIS INFORMATION BUT HE WILL NOT PERCEIVE IT.

Do you go faster in a Goal of Growth? When is the Goal of Growth chosen? Is it because of karmic reasons that it is chosen?

IT CAN, OF COURSE, BUT IS USUALLY NOT DESIRABLE. THE GOAL OF GROWTH IS USUALLY CHOSEN TO COMPLETE A MONAD.

Do you choose all Goals in a cycle?

THAT IS USUALLY WHAT HAPPENS. SOME CHOOSE STAGNATION AND SIT OUT SEVERAL LEVELS IN A CYCLE — PLATEAUIING-OUT ON LIFE — BUT THIS IS USUALLY AFTER SOME PARTICULARLY STORMY SESSIONS.

Then would it be ideal in any Goal to switch to Growth in a life?

THAT IS VALID, BUT MOST NEVER SEE THEIR GOAL.

How does the Goal set up before birth?

THE SOUL MUST REVIEW THE KARMA INCURRED DURING THE IMMEDIATE PAST LIFE AND DETERMINE WHERE THE LESSONS LIE, THEN SET THE GOAL IN THAT LIGHT.

Can karma be carried out for a long time?

YOU CAN CARRY IT ON FROM NOW UNTIL ETERNITY. THAT IS UP TO YOU.

Do you have to work out karma with the person actually present?

YES.

I understand that a person need not be present in order to acknowledge karma.

THAT IS VALID, BUT THE ACKNOWLEDGMENT MUST BE IN [physical] LIFE.

Does essence force false personality to work off karma?

NO. IT IS MERELY THAT THE ESSENCE ACKNOWLEDGES THE DEBT. OF COURSE, MOST KARMIC RIBBONS ARE INCURRED BY FALSE PERSONALITY. REMEMBER NOW, ALL OF YOU, THAT ALL OF THE MYRIAD LITTLE INTERPERSONAL CRISES YOU WEATHER IN A GIVEN LIFETIME ARE NOT [karmic] RIBBONS.

What makes a karmic ribbon?

DELIBERATE ACTION: POSITIVE OR NEGATIVE, OF COURSE.

What is the criteria whether a ribbon is formed or not?

IF YOU COMMUNICATED ALL OF YOUR EXPECTATIONS, THE OTHER SOUL UNDERSTOOD ALL THE OPTIONS AND TOOK ACTION ON THAT BASIS, THEN A RIBBON PROBABLY EXISTS. MOST INTERPERSONAL CRISES REVOLVE AROUND UNFULFILLED EXPECTATIONS AND DO NOT INVOLVE KARMA OF A SUBSTANTIAL SORT. NEGLIGENCE OF VERY YOUNG CHILDREN CONSTITUTES KARMA. BREAKING ENGAGEMENTS DOES NOT.

I would like instances in my personal life.

LATER. WE WISH TO CLARIFY THIS FURTHER IN A BROADER SORT FOR EVERYONE'S BENEFIT. HOSTILE ACTIONS SUCH AS MURDER, ARMED ROBBERY, KIDNAPPING, ABANDONMENT, EMBEZZLEMENT OF LARGE SUMS OF MONEY, LEAVING OTHER SOULS DESTITUTE, ALL INCUR DEBTS THAT MUST BE PAID. HUMANITARIAN ACTS, GREAT COURAGE IN THE FACE OF OVERWHELMING ADVERSITY, ACTS OF PUBLIC ALTRUISM, ALL INCUR KARMA OF A POSITIVE SORT. THIS CAN BE AS SIMPLE AS A MAN HELPING ANOTHER TO START A SMALL BUSINESS TO A MILLIONAIRE GIVING HIS ENTIRE FORTUNE TO A RESEARCH ORGANIZATION. FITS OF PIQUE DO NOT INCUR KARMA. YOU CAN YELL AND SCREAM YOURSELF BLUE IN THE FACE AND NOT INCUR KARMA. YOU CAN HAVE THE NASTIEST TEMPER ON THE PLANET AND STILL NOT INCUR KARMA, UNLESS YOU HURT SOMEONE IN YOUR RAGES. EMOTIONAL PAIN IS SELF INFLICTED AND INCURS NO KARMA.

Do you need to acknowledge all karma before you can become conscious?

THAT IS VALID. THERE ARE ALSO WHAT WE WILL CALL FOR THE MOMENT "SEQUENCES" THAT LINK SOULS TOGETHER LIFE AFTER LIFE AND ARE NOT TRUE KARMIC RIBBONS. IN THESE SEQUENCES SOULS AGREE TO PLAY OUT CERTAIN SCENES TOGETHER, AGAIN REVERSING THE GOALS AND COMPLETING MONADS. MANY OF YOU ARE IN SEQUENCES WITH OTHER MEMBERS OF THIS GROUP, BUT THERE ARE NO KARMIC RIBBONS BETWEEN YOU.

Can karma be worked out when the other party to the ribbon is not around?

IT IS DOUBTFUL THAT ANYONE NOT ON THE (spiritual) PATH WOULD BE ABLE TO DO THIS.

If I have a falling out with someone and can see and can accept the reality and forgive him but he does not accept me, is there karma still there?

THEN THE COMMUNICATION HAS BEEN INCOMPLETE AND YOU MAY STILL FIND YOURSELF FACING THE BUSINESS END OF A SHOTGUN. ONE NEEDS ONLY TO BE AWARE THAT THERE IS A RIBBON, BUT FOR FULL UNDERSTANDING AND ACKNOWLEDGMENT, BOTH MUST KNOW.

Sometimes when I meet someone for the first time there is a closeness: is there karma there?

SOMETIMES THESE ARE SEQUENCES, SOMETIMES POSITIVE KARMA.

Does a person's altruistic acts produce karmic debts to those involved? Could you comment on [the publisher and philanthropist] William Randolph Hearst?

THIS MAN IS PAYING DEBTS INCURRED IN THIS LIFETIME. HE IS PAYING THEM RIGHT AND LEFT.

When it is a positive gift, is the recipient in debt?

SOMETIMES.

It would seem it would have to do with your motivations for giving away, like Albert Schweitzer; seems he's in a good place.

HE PAID MANY [karmic debts].

Comment: Some of the poor people would not accept the food even if given away. I wonder about those who steal food when they are starving?

STEALING FOOD WHEN YOU ARE STARVING IS NOT KARMA.

Hearst stated he now is a friend of the Simbionese Liberation Army [that kidnapped his daughter, Patty] even if they may not consider him a friend.

THAT IS TRUE FOR THIS FINAL CYCLE YOUNG KING IN GROWTH.

What is the SRGA of Patty Hearst?

THIS CHILD IS A PAWN. WHAT DOES THIS SUGGEST? THIS CHILD IS A MID CYCLE MATURE PRIEST IN REJECTION.

What is the SRGA of Hearst's wife?

THIS BABY SLAVE IS IN SUBMISSION, A NICE MATE FOR THE KING.

I would like to know the Role and Goal of his nephew, Bill Hearst. I would say he was a Mature Priest, intellectually centered, in rejection.

THIS IS A TROUBLED SOUL, BUT NOT A PRIEST. HE, TOO, IS A SLAVE; MID CYCLE MATURE IN SUBMISSION.

I am confused about my tearfulness and energy leaks and wonder where this recent tearfulness in me is coming from.

Comment: If the tears are coming from a positive place and there is love and communication, they probably are not an energy leak. If they are coming without a pattern, they are probably an energy leak.

TEARS ARE, OF COURSE, THE OUTWARD MANIFESTATION OF A WORKING EMOTIONAL CENTER. IF THE TEARS ARE SHED FOR NO REASON, IN OTHER WORDS, THEY ARE CROCODILE TEARS, YOU CAN BE SURE THAT THE SOUL IS EMOTIONALLY CENTERED. INTELLECTUALLY CENTERED SOULS SIMPLY DO NOT CRY FROM INTELLECTUAL CENTER NO MATTER HOW TRYING THE SITUATION MIGHT BE. IN ADOLESCENT FEMALES ON THIS PLANET, THE TEARS ARE SOMETIMES A LEARNED RESPONSE, AND HAVE NOTHING TO DO WITH EMOTIONS. THIS IS NOT TO SAY THAT UNBALANCED EMOTIONALLY CENTERED SOULS CANNOT CRY, FOR GOOD REASON: IT IS SIMPLY THAT THIS IS THEIR MOST FREQUENT RESPONSE, AND SOMETIMES IS EQUIVALENT TO THE BOY CRYING WOLF SO MANY TIMES THAT EVENTUALLY NO ONE ANSWERS. THE WOLVES GOBBLED HIM UP.

How did my healing in take place?

WE HAVE SAID MANY TIMES THAT WE OFFER GUIDANCE AND SUPPORT. THE WORK IS YOURS. WE CAN SHOW YOU THE PATH. YOU MUST WALK IT. WE CAN SHOW YOU THE HEALING AND THE HEALER, BUT YOU MUST BE HEALED. FOR THE FIRST TIME YOUR ESSENCE WAS FREE TO RISE ABOVE THE BODY AND THE PAIN, AND EXPERIENCE FREEDOM. THIS IS SYNTHESIS ON A HIGHER LEVEL.

It took me a half an hour to realize that I was all right.

WE WOULD REMIND YOU ALL AT THIS POINT THAT WHATEVER YOUR PRECONCEIVED FANTASY OF THE APPEARANCE OF THIS ENTITY IS, THAT IS WHAT YOU WILL SEE ON THE ASTRAL PLANE UNTIL YOU CLEAR THE BLOCKS.

I am starting meditation again and I would like to have some help on how to proceed. Chanting out loud helps me to get started and a counting method.

Michael gave me a mantra that is good for me: "I am in all. All is in me."

FIRST WE WOULD LIKE FOR HER TO LEARN TO CONCENTRATE. A CANDLE WILL BE A GOOD BEGINNING, THEN SHE CAN TRANSFER THE FLAME UPWARD AND INWARD, AND THEN SHE CAN MAINTAIN THE IMAGE WITH HER EYES CLOSED; THEN SHE WILL KNOW THAT SHE HAS ACHIEVED CONCENTRATION. ONCE IN THIS SPACE, THE SILENT CHANT CAN BE USED TO CLEAR THE MIND OF ALL TRIVIA. MOVING CENTERED SOULS HAVE GREAT DIFFICULTY WITH MEDITATION, AND USUALLY MUST PREFACE IT WITH SOME DEFINITE EXERCISE IN CONCENTRATION JUST TO TAKE THE MOVING CENTER OUT OF GEAR.

JOHN MUIR WAS AN OLD KING IN ACCEPTANCE.

Where did the last statement come from?

THAT WAS IN ANSWER TO AN EARLIER QUESTION THAT WAS BLOCKED VERY NICELY.

Would a silent mantra help?

IT CAN, OR YOU CAN USE THE ONE YOU HAVE NOW EXCEPT THAT THIS DOES PRODUCE SOME FRICTION WITH YOU AND THAT NEEDS TO BE RESOLVED. "NEVER CHANGING, EVER FLOWING, ETERNALLY THE TAO" WORKS FOR SOME.

Does the location have any effect upon meditation, that is can one accomplish it better in certain areas?

YES. IT IS DIFFICULT TO MEDITATE IN VALLEJO. IT IS JUST A BIT BETTER IN NAPA.

Should there be a time limit?

WE WOULD RECOMMEND TRYING THIS FOR NOT LESS THAN TWENTY MINUTES.

Twice a day?

THAT IS VALID.

OLD SOULS DO NOT CHOOSE BABY SOULS FOR PARENTS.

Are the majority of retired military people in Rejection?

NO. MOST RETIRED MILITARY OFFICERS ARE IN DOMINANCE. MANY OTHERS ARE IN STAGNATION.

Someone asked regarding Alexander the Great — if he had reincarnated in our time.

THE FRAGMENT THAT WAS ALEXANDEROS IS NOW A FIRST LEVEL OLD KING IN ACCEPTANCE.

24 February 1974

Sunday

MOST SOULS IN REJECTION DENY ALL INTERNAL CAUSATION AND ONLY FIXATE ON THE EXTERNAL EVILS.

I have been reading *From Prison to Praise* by Carothers. He is a part of the Charismatic Movement now. Before that, he was a son-of-a-gun. He is “healing” people now and says that God is telling him what to say. I was wondering if he has a “Michael[like]” source for his healings.

MOST OF THE TIME THOSE SOULS WHO WRITE AND LIVE THIS FASHION DO HAVE CONTACT, AT LEAST WITH ASTRAL TEACHERS. SINCE THIS IS A LITTLE-UNDERSTOOD PHENOMENON, THEY CALL IT A “GOD”, OR “JESUS”. YES, THERE IS SIMPLY NO KNOWLEDGE WITHIN TO ALLOW THEM TO ACCEPT ANOTHER SOURCE. THE VOCABULARY IS NOT THERE. MANY MATURE SOULS SUCH AS THIS MAN ARE WIDE OPEN TO TRANSMITTING. THEY ARE BROAD-BAND RECEIVERS, AND THEY CANNOT THEN ASSIMILATE AND RATIONALLY SEPARATE THE WHEAT FROM THE CHAFF. THIS MAN IS A POWERHOUSE OF PSYCHIC ENERGY WHICH HE BEAMS ABOUT INDISCRIMINATELY. WHAT A HEALER HE COULD BE IF THIS WERE CHanneled IN SOME USABLE FORM.

I am seeking a way of life within the group, not to become more effective in the milieu.

THERE IS A WAY, YOU KNOW, THAT THIS TEACHING CAN SERVE THE NEEDS OF ALL WHO SEEK, AND YOU HAVE IT WITHIN THE ORIGINAL NUCLEUS TO PERFORM THIS SERVICE. THOSE WHO HAVE THE NEED FOR INTENSIFIED PERSONAL SEARCHES CAN ARRANGE FOR THIS. THOSE WHO ARE NOT CERTAIN OF THEIR LEVEL OF COMMITMENT MAY FIND THAT THE GENERAL SESSION IS ADEQUATE FOR THEM. THE SMALLER SESSIONS ARE MOST VALUABLE FOR THE MORE COMMITTED STUDENTS, AND DEFINITELY SHOULD BE RESERVED FOR THAT PURPOSE. THERE IS SOME MERRIMENT DERIVED IN THE GENERAL SESSION MERELY BY PURSUING SOME OF THE LESS DEDICATED STUDENTS’ PERSONAL AGENDAS, AND THIS WILL BENEFIT ALL. WE STILL SEE THE TENDENCY IN ALL OF YOU TO EXPECT OF THE OTHERS AND TO BE DISAPPOINTED WHEN THE ANTICIPATED REACTION DOES NOT COME ABOUT. THIS CANNOT BE AVOIDED UNLESS MUCH INTENSIVE WORK IS DONE. WE COULD DO THIS WITH YOU, AND WE ARE ALWAYS AVAILABLE FOR THIS. THERE IS A NEED FOR SOME DIVERSIFICATION HERE NOW WITH ALL OF THE PARTS CONTRIBUTING TOWARD A GREATER WHOLE IN THE END.

WE HAVE NOT SUGGESTED THAT THE NUCLEUS OF THIS TEACHING EXPAND TO THE POINT WHERE NEEDS ARE NO LONGER BEING SERVED. WE ARE CONCERNED ONLY THAT YOU SHARE THE KNOWLEDGE ONCE IT HAS BEEN ASSIMILATED AND VERIFIED.

WE HAVE A METHOD BY WHICH ALL OF YOU CAN CHOOSE TO ACHIEVE A MODICUM OF GROWTH ON A SPIRITUAL PLANE. MANY OF YOU CAN EVEN USE IT AS A SPRINGBOARD TOWARD BECOMING AN ADEPT. THIS IS ENTIRELY UP TO YOU. WE WILL FIND MANY VEHICLES THROUGH WHICH WE CAN TEACH THE LOGOS — THIS DOES NOT PRESENT US WITH A PROBLEM. WE ANSWER ALL CALLS FOR THIS TEACHING.

What is the method?

WE HAVE BEEN TRANSMITTING THIS TO YOU, BUT MANY HAVE NOT HEARD. THIS TEACHING HAS IMPLICIT WITHIN IT THE METHOD OF WHICH WE SPEAK.

The method is to live the teaching in an attitude of love.

INDIVIDUAL VERIFICATION OF THE GIVEN MATERIAL IS PERHAPS THE MOST VITAL PRECEPT UPON WHICH THIS TEACHING IS BASED, FOR THIS PROCESS ALONE OPENS THE DOOR TO EXPANDED PERCEPTION, WHICH IS, OF COURSE, NECESSARY IN ORDER TO EXPERIENCE AGAPE, AND THUS GROW SPIRITUALLY.

I saw the movie, *Here Comes Everybody*, an Esalen film by Will Schutz and Betty Fuller. I had the perception that they were Slaves: Betty perhaps an Old soul, and Will a Mature one.

THE PERCEPTIONS ARE ESSENTIALLY VALID: BOTH ARE SLAVES. BOTH ARE SPIRITUALISTS. THE LADY IS IN GROWTH, THE MAN IN ACCEPTANCE. THE LADY IS A SEVENTH LEVEL MATURE SOUL, THE MAN IS SIXTH.

I would like to know if unblocking the emotions as is seen in the Esalen film is a healthy thing. It looks good. WE DO NOT SEE THE NECESSITY FOR THIS ACTION WITHIN THE GROUP, BUT PERHAPS AN OUTLET NEEDS TO BE PROVIDED ELSEWHERE. IN THIS WE WILL NOT MEDIATE, AS THIS IS WITHIN THE REALM OF LIFE CRISES, AND DOES NOT PERTAIN TO SPIRITUAL GROWTH. THIS IS NOT TO SAY THAT THESE MATTERS DO NOT HAVE TO BE DEALT WITH — THEY MOST CERTAINLY DO. LONG BEFORE YOU CAN EVEN TALK ABOUT GROWTH — SPIRITUAL GROWTH FOR THE DEDICATED STUDENT AND FOR THE ADEPT — REQUIRES DETACHMENT FROM THE MUNDANE AND TRIVIAL MATTERS WHICH ARE SUCH IMMEDIATE ENERGY DRAINS. HOW CAN YOU POSSIBLY GROW IF YOU ARE IMMERSSED IN ALL THIS MAYA?

One without a sense of community cannot just walk into it: so there's a need for planning.

MANY OF THOSE WHO ARE IN THE FOUNDING GROUP FOR THIS LAND VENTURE ARE IN SEARCH OF THE GOLDEN FLEECE. THIS DOES NOT HANG IN OREGON MORE THAN IN TROY. OF COURSE, THEY WILL CARRY THEIR MIXED BAG OF PROBLEMS WITH THEM. THE ADVANTAGE IN A CLOSED COMMUNITY OF THAT SORT IS THE OPPORTUNITY TO LIVE THE TEACHING IN A SUPPORTIVE ATMOSPHERE, AND BY EXAMPLE SPILL OVER ON TO THOSE AROUND YOU. THIS IS NOT TO SAY THAT YOU WILL BE HEARD BY ANY OF THEM. PROBABLY NOT MANY OF THEM WILL RESPOND, BUT THOSE WHO DO WILL CONTRIBUTE, AND WILL IN TURN AID IN YOUR OWN PERSONAL GROWTH PROCESS BY PROVIDING THE PHOTOGRAPHS. WE SEE ONLY ONE ADVANTAGE IN THIS PROPOSED COMMUNITY, AND THAT IS THE ENVIRONMENTAL ONE. WE SUGGESTED IT AS A MEANS TO AN END, WHERE YOU COULD, THROUGH GROUP EFFORT, FREE HOURS OF TIME FOR INDIVIDUAL GROWTH. PERHAPS YOU NEED NOT INVOLVE YOURSELVES AT ALL WITH THOSE WHO ARE IN THE AWARENESS MOVEMENT. WE WOULD POINT OUT TO YOU THAT THIS IS A VALID STARTING POINT FOR THOSE WITH AMBIGUOUS FEELINGS AND THE NEED FOR AN ELUSIVE "SOMETHING BETTER". MANY ACCIDENTALLY FIND THIS "SOMETHING BETTER" BY GOING THROUGH THE AWARENESS PROCESSES, AND OTHERS GO ON TO A SPIRITUAL GROWTH PROCESS SUCH AS THE ONE WE WOULD SEE YOU INVOLVE YOURSELVES [in]. MANY OF YOU CAME TO THIS BECAUSE OF THE FRICTION IN YOUR LIVES, SEEKING A METHOD OF HANDLING THIS AND STILL STAYING ABOVE GROUND EMOTIONALLY, AND TOWARD THIS END SOME OF YOU HAVE MADE MUCH PROGRESS. INSIGHTS HAVE COME TO SOME, BUT THEY HAVE CHOSEN TO DISCOUNT THESE AS IRRATIONAL, MAINLY BECAUSE THE CHANGES WOULD BE IMMEDIATELY PAINFUL, AND IMMEDIATE PAIN IS MORE SCARY THAN PROJECTED PLEASURES ARE WORTH.

Is false personality something the soul chooses for growth?

YES, OF COURSE, THAT IS VALID. WHY ELSE VARY THE LOCALE AND CHOOSE THE FAMILIES THAT YOU DO?

Do I have the right idea of equating false personality with Jung's "persona"?

FALSE PERSONALITY IS ONLY A PART OF THIS. THE TOTAL FALSE PERSONALITY INCLUDES, OF COURSE, ALL OF THE "SHOULD'S" THAT YOU LEARNED IN CHILDHOOD, THE VARIOUS MACHINATIONS YOU GO THROUGH AS A RESULT OF YOUR GOALS, AND THOSE REACTIONS THAT ARE SOLELY THE RESULT OF THE TAPE LOOPS PROVIDED BY THE ATTITUDE.

More on "machinations" please.

GROWTH IS A ROCKY GOAL, AND CAUSES THE SOUL TO GO THROUGH SOME ELABORATE AND COMPLICATED MACHINATIONS WHICH MASK ALL OF THE OTHER GOALS. MANY TIMES THE SOUL IN GROWTH IS FORCED TO PLAY OUT ALL OF THE AGONIES OF THE OTHER GOALS IN ORDER TO GROW, SUCH AS THE REJECTION-DOMINANCE SEEN OFTEN IN MANY MEMBERS OF THIS GROUP WHO ARE IN GROWTH. DEPRESSION AND ELATION USUALLY MANIFESTS OFTEN IN THIS GOAL. THERE IS SOMETIMES THE NEED TO SUBMIT, I.E., TO PUT ONESELF IN THE HANDS OF THE GURU. THERE ARE ALSO MANY TIMES THE NEED TO FEEL ACCEPTED, TO HAVE THE GOAL VERIFIED BY SOCIETY, TO CHECK OUT WITH LIFE THE SANITY OF THE SOUL'S PURPOSE. THIS OFTEN MAKES THE SOUL WHO IS STILL IN FALSE PERSONALITY GO THROUGH A SET OF WELL DEFINED PATTERNS. YOU CAN NOW BEGIN TO PHOTOGRAPH THESE PATTERNS IN ONE ANOTHER. THERE IS THE DEFINITE GAME-PLAYING ASPECT TO THIS THAT, ON A LOWER LEVEL, IS WORKED OUT IN AWARENESS GROUPS. SOMETIMES IT IS EASIER TO OBSERVE THE VARIOUS MACHINATIONS BY OBSERVING AWARENESS GROUPS AT WORK. PERHAPS THIS FILM (*Here Comes*

Everybody) WOULD BE VALUABLE FOR ALL OF YOU TO SEE.

Does erotic love ever play a part in the soul's growth?

EROTIC LOVE IS A RATIONALIZATION OF FALSE PERSONALITY, ALL OWING FOR PERPETUATION OF THE SPECIES. JUST LOOK AROUND YOU AND SEE HOW COMPLICATED THIS MOST NATURAL INSTINCTIVE FUNCTION HAS BECOME. THE ONLY REASON THAT YOUR CULTURE HAS NOT BUILT UP A SIMILAR RITUAL, COMPLETE WITH RULES, AROUND DEFECTION, IS THAT YOU DO IT ALL ALONE. AS SOON AS YOU COME TOGETHER WITH ANOTHER PERSONALITY, YOU BEGIN TO RATIONALIZE ALL FUNCTIONS AND BEHAVIORS.

In pair bonds is there more apt to be erotic love?

WE SPEAK OF PAIR BONDS IN ESSENCE, AND THIS LEADS TO A FEELING OF AGAPE. USUALLY, HOWEVER, THESE VERY FORTUNATE SOULS ARE SEXUALLY COMPATIBLE SIMPLY BECAUSE THEY ARE SO OPEN, AND THEY PLACE SO LITTLE EMPHASIS ON METHOD, AND MORE EMPHASIS ON THE QUALITY OF THE RELATIONSHIP.

Is sex so important in pair bonds?

SEXUALITY IS USUALLY NOT A PROBLEM IN PAIR BONDS, SINCE ALL OTHER FACTORS ARE COMPATIBLE. WE FEEL THE SENSUALITY CAN OFTEN BE A DOOR TO EXTRA PERCEPTIVE EXPERIENCES. SENSUALITY CAN BE ENJOYED OUTSIDE OF THE MATING URGE.

How about the other side, as in India with so much spirituality?

IT IS MORE APPARENT THAN REAL. THIS METHOD THAT IS TOTAL AUSTERITY SELDOM QUALIFIES THE SENSES ENOUGH TO COMPLETE ANY OF THE MONADS, AND THE SOUL MUST REINCARNATE AGAIN IN ORDER TO EXPERIENCE WHAT IT MISSED WHILE IT WAS SITTING IN ITS HAIR CLOTH.

Is there any relation between super maya, Goals and Roles?

OF COURSE, SOULS IN THE VARIOUS GOALS WILL CREATE SPECIFIC SETS OF OBSTACLES AND BARRIERS — IN OTHER WORDS, MAYA — AND THE OLDER THE SOUL, THE MORE EXALTED THE MAYA BECOMES, AND FINALLY, IT EVEN COMES AROUND TO MASQUERADING AS SPIRITUAL GROWTH, THE MOST SUPER REFINED MAYA OF ALL. WHEN YOU HAVE LEARNED TO DIFFERENTIATE BETWEEN THIS AND THE GENUINE ARTICLE, YOU WILL HAVE ARRIVED AT THE POINT WHERE YOU CAN NO LONGER SLIP BACK INTO OLD, SAFE PATTERNS, AND THEREFORE MUST GO FORWARD. THE AWARENESS GROUPS ARE, OF COURSE, SUPER MAYA GROUPS OF MATURE SOULS, THE POLITICAL ACTION GROUPS OF THE YOUNG, AND SPLINTER RELIGIOUS QUACKERY GROUPS OF THE BABIES. IT ALL COMES BACK TO THE LACK OF INNER PURPOSE AND THE KNOWLEDGE OF THE TRAPPED ESSENCE. MANY YOUNG AND MATURE SOULS ACTIVELY PRACTICE WITCHCRAFT AND BLACK MAGIC IN ANSWER TO THE INCREASED PERCEPTIONS THAT THEY ENCOUNTER IN THEMSELVES BUT ARE UNWILLING TO INVESTIGATE AT A DEEPER LEVEL. MANY OLD SOULS DABBLE IN ORIENTALIA FOR THE SAME REASON.

There was a discussion about hyperactive children, and something was said about using Ritalin for Mature souls in Retardation and what happens in adolescence when the Ritalin is no longer used.

THEY GENERALLY GO ON TO OTHER FORMS OF NEUROPSYCHOSIS AT THIS TIME.

How about adults in the Retardation Goal? And those who are psychotic?

DIPHENYLHYDANTOIN COULD BE USED, ALSO.

The drug would mask the Retardation then would it not?

IT DOES MODIFY, BUT NOT PERMANENTLY, BUT THE HOLIDAY CREATED BY THE DRUG ALLOWS YOU TO SUGGEST THIS ALTERATION OF THE SOUL.

27 February 1974

Wednesday

Does the next overleaf have to do with outlooks?

WE ARE HERE WITH YOU. THAT IS CLOSE, BUT WAS NOT THE ONE WE WOULD GIVE NEXT. WE WOULD TELL YOU TONIGHT THAT THERE ARE PRIMARILY SEVEN NEGATIVE OUTLOOKS, OR WHAT YOU HAVE BEEN CALLING "CHIEF FEATURES". ALL VARIATIONS ARE MERELY PERMUTATIONS OF THESE.

FIRST, WE WOULD SAY THAT WHEN ALL OF THE OVERLEAVES HAVE BEEN GIVEN, WE INTEND TO TAKE PERSONALITIES FROM THE PAGES OF HISTORY AND COMPARE. THIS IS ONE OF THE REASONS THAT MANY OF YOU HAVE FELT THE DRIVE TO TAKE UP THE STUDY OF HISTORY AT THIS LATE DATE.

May we have the next overleaves?

THESE CHIEF FEATURES CAN BE STATED AS: IMPATIENCE, ARROGANCE, GREED, STUBBORNNESS — WHICH INCLUDES TENACITY — SELF-DEPRECIATION, MARTYRDOM, [and] SELF-DESTRUCTION.

Half are outwards and half are inwards.

Can these be changed in our lifetime? Can you get rid of them?

YOU MUST GROW TO EXTINGUISH THIS.

In other words, we must go through our Chief Features to arrive at agape.

YOU MUST GROW TO THE POINT WHERE THIS [Chief Feature] IS NO LONGER A BARRIER TO AGAPE. THE PERCEPTIONS OF THE TRANSCENDENTAL SOUL CAN BE USED AS A GUIDE FOR “CONSCIOUSNESS”, AT LEAST, SUBJECTIVELY SO. OBJECTIVE CONSCIOUSNESS CAN BE COMPARED TO THE PERCEPTIONS OF THE INFINITE SOUL. [The concepts of “subjective and objective consciousness” came from the Gurdjieff teaching, the sixth and seventh “levels of being” or spiritual development.]

Things in personality are keeping me from my essence. Anything subjective can be called personal agenda, and needs to be worked with.

BY PERSONAL AGENDAS, WE REFER TO THE IRRELEVANT THOUGHTS FLITTING THROUGH THE MIND AND PREVENTING A FOCUS UPON THE TEACHING — THE PROJECTIONS INTO THE BUSINESS WORLD AND THE MOVIE YOU SAW THREE YEARS AGO; AN UNPAID BILL — THESE ARE THE ITEMS TO WHICH WE REFER.

I must bring the teaching to my job, as Michael is not going to bring me a suitcase full of money in order to meet my bills.

YOU CANNOT EVEN HOPE TO BECOME SUBJECTIVELY CONSCIOUS UNTIL YOU HAVE MASTERED THIS FINE ART OF CONCENTRATION.

Must one work out the monads with his own fragments [of his entity]?

NO, YOU CAN WORK THEM OUT WITH ANY OTHER FRAGMENT. THERE ARE SPECIFIC MONADS WHICH MUST BE COMPLETED AT EACH LEVEL BEFORE THE PERCEPTIONS CHANGE.

Are there 120 monads? That’s what I got in meditation.

NO, MANY MORE.

Is there a specific number?

YES. THE NUMBER IS A FINITE ONE.

Why not wait until you are on the astral level to study it objectively? Why study while on the subjective, life level? If you are dispassionate, you are in no position to do anything. Why start while you’re here?

MANY SOULS CHOOSE THIS [understanding while incarnate] AS A METHOD OF ACCELERATING [their spiritual evolution].

We have to experience living while on the physical plane, don’t we?

THAT IS VALID. DURING THE ASTRAL INTERVAL, THE STUDY IS RETROSPECTIVE AND UNCHANGEABLE. HERE YOU HAVE THE OPPORTUNITY TO CHANGE RIGHT UP UNTIL THE LAST BREATH IS DRAWN.

The concept smacks of Christian forgiveness of sins — it has the same flavor.

THERE MUST BE A PERCEPTION BEHIND THE WORDS. HOWEVER, THE WORDS HAVE BEEN MUTTERED MANY TIMES IN MEANINGLESS CONTEXT BECAUSE THEY WERE LITERALLY BLOWING IN THE WIND AND ADDRESSED TO FORCES COMPLETELY DETACHED AND UNABLE TO EVEN ANSWER. IN ORDER TO HAVE THIS CONCEPT MADE VALID, THE SITUATION MUST BE APPREHENDED AND THE PLEA ADDRESSED TO THE CORRECT SOURCE.

According to Gurdjieff, only with a conscious teacher can one “do” anything. Most people plea when anything goes drastically wrong, “God help me!”. At EST we learned that only “I” am responsible for the mess “I’m” in. We have to look inward and not put the blame on something outside ourselves.

THAT IS, OF COURSE, VALID. WITHOUT A TEACHER, YOU CAN DO NOTHING; YOU ARE BLIND AND DEAF — “ASLEEP” [to use Gurdjieff’s term].

Could Michael comment on “man cannot do”, as in [the Gospel of] John [in the Bible, where Jesus said, “I can do nothing of myself, but the Father in me doeth it”].

THIS IS TRUE. YOU CANNOT DO THIS ON YOUR OWN. THE ENTIRE PLANET WOULD IF THIS WERE POSSIBLE.

When we look inward, we have our teacher there.

Most people, when they look inward, do not find the spot.

THAT IS TRUE, BUT IF YOU ARE IN CONTACT WITH A TEACHER, THIS CAN BE DIRECTED.

Things I cannot deal with are subconscious, say a guilt feeling. I have no idea where its source is. The thing that triggers the guilt feeling does not seem bad. Ordinarily morality is bullshit. In all cases, the guilt emotions are from lower Centers, as the higher Centers are not operating.

ANGER IS ANOTHER REACTION THAT IS SELF-PROGRAMMED BY PERSONALITY AS A BARRIER.

Someone asked about leaving a marriage.

THAT DEPENDS ON THE INITIAL CONTRACT AND THE METHOD BY WHICH IT IS BROKEN. REMEMBER THAT WE GAVE ABANDONMENT AS A SOURCE OF KARMA . MOST COMPUTER PROGRAMMERS STUDY HARD TO LEARN THEIR TRADE. IT TAKES YOU MANY YEARS TO PROGRAM THE BIOCOMPUTER THOROUGHLY.

What function does Chief Feature have and what role does it play?

WE WOULD SAY AN ENORMOUS PART. OFTEN IT ALONE PREVENTS THE SOUL FROM OPERATING OUT OF THE ROLE IN ESSENCE.

How does it come to be in our lives? Do we choose it?

IT IS CHOSEN, YES, AS IS EVERYTHING.

It was said my Chief Feature was vanity. Is this so?

VANITY IS A PART OF ARROGANCE [the negative pole according to later channeling]; WE AGREE WITH THAT. SELF-PITY IS A PART OF SELF-DEPRECIATION [also at the negative pole, -Abasement].

Is that my Chief Feature, as was said by Robert Burton?

WE SEE IN YOU A GREAT DEAL OF IMPATIENCE.

Is that typical of those in [a Goal of] Growth?

YES.

Are all overleaves in essence?

NO: [they are all] IN PERSONALITY.

Are they chosen on the basis of karma?

FIRST OF ALL, THE LOCALE, THE SOCIOECONOMIC STATUS, THE PARENTS YOU CHOSE — ALL ARE FORMATIVE IN PROGRAMMING THE BIOCOMPUTER. THESE OVERLEAVES ARE CHOSEN BY THE SOUL TO BE ACTED OUT IN LIFE, INDEPENDENT MOST OF THE TIME OF THE WISHES OF THE ESSENCE. THE SOUL CHOSE THEM TO COMPLETE THE SPECIFIC TASK. THE SOUL DESIRES SIMPLICITY AND FREEDOM, MAKING A SPLIT BETWEEN SOUL AND ESSENCE.

We don't take the personality with us when we die. Do we leave it here?

THAT IS CORRECT. THE SOUL ON THE ASTRAL PLANE IS DEVOID OF FALSE PERSONALITY.

Why do we choose such things as [the Goal of] Rejection, [the Chief Feature of] Self-destruction, and so forth and so on?

THE SOUL, SANS BODY, TENDS TO FORGET THE INTENSITY OF THE EXPERIENCE AND THE PAIN. THIS IS YOUR OBJECTIVE [even during incarnation if you want to be more awake]: DETACHED REVIEW. WE WOULD SUGGEST TO YOU ALL THAT YOU BEGIN TO THINK OF GOALS IN TERMS OF LANDINGS ON THE INFINITE STAIRCASE, AND THAT YOU FIXATE, IF YOU MUST, ON AN INTERMEDIATE GOAL RATHER THAN THE "ULTIMATE GOAL". WE [Michael] ARE NOT [even] IN SIGHT OF THAT ONE YET.

Georges Gurdjieff said that the only way to consciousness was through the Moving Center. When Peter Ouspensky was nearing his death he had premonitions of it, and revisited old places, and he advised everyone to abandon the system and start a new system based on [doing] what you want. Are there any comments?

THE MAN GEORGES WAS ACCURATE IN ASSESSING THE NEEDS OF MOST STUDENTS. YES, THIS [Moving Centered approach] CAN BE A WAY TOWARD BALANCE. THE MAN PETER [Ouspensky] GLIMPSED THE TRUTH IN THE NEED FOR A LIVING TEACHER WHO CAN RENDER THE TEACHING DYNAMIC. HE SAW CHANGE IN THE ATTITUDES AND THE "WANTS" OF HIS STUDENTS. THIS WAS AN INTELLECTUALLY CENTERED TEACHER WITH MOSTLY EMOTIONALLY CENTERED STUDENTS. THE MAN GEORGES WAS MOVING CENTERED IN THE BEGINNING, AND HAD MOSTLY INTELLECTUALLY CENTERED DISCIPLES. THIS HELPED HIM TO VERIFY THE NEED FOR BALANCE. HE AND PETER BOTH HAD A TENDENCY TO DEPRECATE EMOTIONAL CENTER, AND THE MAN PETER WENT EVEN FURTHER AND REFUSED TO ACKNOWLEDGE THE VERY REAL NEED TO GROW TO THE POINT WHERE SEXUALITY CAN BE EXPRESSED THROUGH THE SEXUAL

CENTER. THIS WAS DUE, FOR THE MOST PART, TO GUILTY INHIBITIONS. THE MAN GEORGES DID NOT HAVE THIS HANDICAP, BUT DID NOT GIVE EMOTIONAL CENTER QUITE THE STATUS IT DESERVED. BALANCE IS JUST THAT — A BALANCE OF ALL CENTERS. BUT, YES, MOST OF YOU ARE SUFFERING FROM PHYSICAL INERTIA [weak Moving Center].

Can people be trapped in sub groups of Centers?

THIS IS VALID.

Are false humility and false modesty features of Arrogance?

THAT IS VALID; PRIDE ALSO.

What good is knowing this information?

IT SHOULD GIVE YOU SOME IDEA OF WHERE THE WORK IS.

Would EST help a mid cycle Young Sage in Growth?

IT CANNOT HARM HER. THE DANGER IN THIS CYCLE IS ALWAYS THE ONE OF MISGUIDED ENTHUSIASM AND AGGRESSIVE PROSELYTIZING.

It was said that astrology would be valid if we knew the time of our conception. Why?

BECAUSE OF THE CONJUNCTION OF THE HEAVENLY BODIES; AND ALSO THE SUNSPOT ACTIVITY AT THE TIME OF BIRTH.

I have noticed that some people are the same no matter who they are with, and others change to meet different situations. Could Michael comment?

YES, WE WILL COMMENT. THE CLOSER THE SOUL COMES TO ESSENCE IN LIFE, THE LESS HE WILL CHANGE TO MEET THE SITUATION. THE FALSE PERSONALITY IS LIKE A CHAMELEON. THE GOAL WILL, TO A GREAT EXTENT, DETERMINE THE FACE YOU PRESENT IN UNPLEASANT SITUATIONS. GLOOMINESS IS ONE OF THESE FACES.

Should you then change to please others?

WE DID NOT SAY THIS, BUT WHY SHOULD YOU CHANGE TO PLEASE OTHERS?

Comment: That is what Gurdjieff called "inner considering" — when you are wondering what the other person is thinking of you for saying what you did, or whatever.

03 March 1974

Sunday

WE ARE HERE WITH YOU.

MOST ADOLESCENTS GO THROUGH A STAGE OF BEING ENTRAPPED IN THE EMOTIONAL PART OF THEIR CENTER. DOGGED PERSISTENCE IS DEFINITELY A PART OF STUBBORNNESS.

I would like to ask about the Essene *Gospel of Peace*. Manuscripts contemporary with Jesus are said to have strict prescriptions on diet and bathing, including a long tube. I would like some comment on this, if there is anything there which might help us along the way.

THE ESSENE PRESCRIPTIONS FOR HEALTHY LIVING WERE AMONG THE PIONEERS OF FOOD FADS. THEY WERE GOOD ENOUGH FOR THE TIME WHEN THEY WERE GIVEN. WE WOULD NOT RECOMMEND THE DIETARY RESTRICTIONS, NOR THE RATHER BRUTAL METHODS OF CLEANSING THE BODY, WHICH NORMALLY CLEANSSES ITSELF SATISFACTORILY, PROVIDED THAT IT WAS HEALTHY.

THE MAN JESUS WAS NOT A MEMBER OF THE SECT. THE MAN JOHN [the Baptist] WAS. THE MAN JESUS CAME IN CONTACT WITH THEM IN THE LATE TEENS AND EARLY TWENTIES, AND THOUGHT THEM TO BE RELATIVELY AUSTERE AND NOT FOR MOST PEOPLE. SOME OF THEIR DOCTRINES HE ACCEPTED AS GOOD. THIS IS VALID — SOME WOULD STILL BE GOOD WORK FOR SERIOUS STUDENTS. EXPOSURE TO PERIODIC HEAVY MANUAL LABOR AND AN EXTREMELY STRONG FEELING OF COMMUNITY WAS THE HALLMARK OF THE ESSENE SETTLEMENTS. ALL OF THEM TOOK THEIR TURN IN THE FIELDS AND IN THE HOUSE, FREEING THEM FOR SERIOUS STUDY. THEY ATE ONLY ENOUGH TO KEEP THE BODY HEALTHY, NEVER TO THE POINT OF SATIATION. THEY WORE LITTLE CONSTRICTING CLOTHING. THEY WERE PERSONALLY CLEAN.

ALTHOUGH THEY CARRIED THIS INTO A RITUAL FORM, THE IDEA WAS GOOD. THEY ALSO FELT THAT THE GOOD WAS ITS OWN REWARD, DRAWING FROM THE HELLENES [ancient Grecians and their philosophy].

What is the work necessary for me to becoming untrapped in essence?

THE WORK FOR YOU INCLUDES MOVING. YOUR DANCE IS AN EXCELLENT PLACE TO START, PRECEDED BY

YOUR PERIOD OF MEDITATION, WITH THE THOUGHT OF PREPARATION FOR THE DANCE. WE SEE EMOTIONAL INVOLVEMENT. THE WAY THROUGH TO INTELLECTUAL CENTER IS, OF COURSE, THE RENDERING OF THIS TYPE OF INPUT NEUTRAL. THE INABILITY TO ACCEPT INPUT IN A DETACHED FASHION SEPARATES YOU FROM THE INTELLECTUAL PART OF THIS CENTER, AND THUS THERE IS A BARRIER TO INTELLECTUAL CENTER. THE LOVE OF THE MOVEMENT, OR MORE ACCURATELY, THE EXHILARATION YOU FEEL WHEN MOVING, CREATES A BARRIER TO MOVING PART OF MOVING CENTER. ALL STUDENTS MUST DISCOVER THEIR AREA OF ENTRAPMENT AND WORK FROM THERE, EMULATING THE ENERGY CENTER TOWARD WHICH THEY ARE MOVING. STUDENTS TRAPPED IN THE EMOTIONAL PART OF INTELLECTUAL CENTER RATIONALIZE ALL TECHNICAL MATERIAL WELL, BUT ROMANTICIZE ALL OTHER INPUT, TRYING TO FIND THAT COMPLETELY PERSONAL SLANT. THERE IS "LOVE" OF LITERATURE AND WORDS IN THESE SOULS. THEY ARE NORMALLY EXCEEDINGLY VERBOSE IN TUTORIAL POSITIONS; NOT SO MUCH IN OTHERS. THESE SOULS FIND THE ROMANCE OF THE LOGOS SO ALLURING THAT THIS ENTRAPMENT IS AMONG THE MOST DIFFICULT TO SCALE. MOST SOULS TRAPPED IN THE MOVING PART OF INTELLECTUAL CENTER ARE VERITABLE WHIRLWINDS OF INTELLECTUAL ACTIVITY. THEY SPEND THE ENTIRE [physical plane] INTERVAL COLLECTING FACTS, SOMETIMES IN A RANDOM FASHION, AND SOMETIMES TO NEGLIGIBLE RESULTS. ON THE OTHER HAND, MANY INVENTORS, SUCH AS THE MAN THOMAS EDISON, WERE TRAPPED HERE.

Are some intellectual scholars trapped in the Intellectual part of Intellectual Center?

IT IS POSSIBLE TO BE TRAPPED HERE, AND YES, YOU ARE RIGHT. MANY OF THE THEORETICAL SCIENTISTS ARE INDEED IMMIRED IN THE INTELLECTUAL PART OF INTELLECTUAL CENTER. THIS IS A ROUTE TO HIGHER CENTERS WHEN THERE IS BALANCE.

THE MAN, EDWARD TELLER, IS ALMOST HOPELESSLY TRAPPED IN THE EMOTIONAL PART OF MOVING CENTER.

What is balance of Centers?

Comment: Access to all Centers at will when required — that is, all Centers doing their correct work, not wrong working, such as growing ulcers and causing hypertension, etc.

Is agape a function of the spirit and not the body?

IT IS OF THE ESSENCE, YES.

I need outside help in order to experience this.

THAT IS THE ADVANTAGE OF BEING IN A TEACHING. YES, THERE IS VIRTUALLY NO WAY OF ACHIEVING THIS ON YOUR OWN — A SCHOOL IS NECESSARY.

I am not a meditator. Nonetheless, I feel Michael is in contact with my spirit even though I am not aware of this. Is this so?

WE HAVE GREAT HOPES THAT THIS COMING EXPERIENCE WILL BRING YOU THE DIRECT ACCESSES FOR WHICH YOU LONG. YES, WE ARE WITH YOU ALWAYS NOW, AND IT WOULD BE GREATLY FACILITATED BY LEARNING TO RELAX THE BODY AND THE PERSONALITY SO THAT WE CAN SPEAK TO YOU. MOST OF YOU STUDENTS HAVE THE MOST DIFFICULTY WITH RELAXATION. TODAY IS AN EXCELLENT TIME TO PHOTOGRAPH THIS, AS THE LITTLE ONES CREATE THE DISTRACTION AND ALL THE MOVING CENTERS GO INTO ACTION.

Will getting the Moving Center into action help with this [relaxation and meditation]?

THAT IS VALID, AND WE FEEL A POSITIVE STEP. THE RELAXATION WILL ALSO COME FAR MORE EASILY TO THE TIRED BODY. THERE IS ALSO A DRIVE IN MANY STUDENTS TO INVOLVE THEMSELVES HEAVILY IN WHAT THEY CONSIDER "USEFUL" ACTIVITY. SOMETIMES THIS CAN BE USED AS A GOOD GUIDE TO WHERE THE WORK IS.

Comment: In other words, take a look at the activities one uses just to fill the hours.

FOR INSTANCE, MANY WHO ARE TRAPPED IN THE INTELLECTUAL PART OF INTELLECTUAL CENTER MUST INVOLVE THEMSELVES ONLY IN INTELLECTUALLY STIMULATING AND REWARDING EXPERIENCES. MANY TRAPPED IN MOVING CENTER ARE CONSTANTLY "DOING THINGS", AND CONSIDER ALL ELSE RATHER FRIVOLOUS. SOULS TRAPPED IN EMOTIONAL CENTER FIND IT DIFFICULT TO SIT THROUGH AN EVENING OF "HEAD STUFF", OR THEY ALSO DISLIKE THE MODERN DANCING, AND [other dancing] WHERE THERE IS LITTLE BODY CONTACT AND MUCH WILD GYRATIONS.

Could we have something on the Moving part of Emotional Center?

THE "LOVE OF ACTION". THESE SOULS MAKE IDEAL SPECTATORS, AND WILL YELL THEMSELVES HOARSE

AT ALL SPECTATOR EVENTS. THEY RARELY PARTICIPATE, BUT [they] WILL DRIVE HUNDREDS OF MILES TO SPEND A WEEKEND AT A SKI LODGE. THE ROMANCE OF MOVEMENT PREVAILS HERE WITH LITTLE ACTIVE PARTICIPATION.

It has been said that the Intellectual part of Emotional Center is the seat of the “magnetic center” [another Gurdjieff term for that within yourself that draws you to the spiritual path] for [spiritual] teachings. Is this so? THAT IS VALID. IT ALSO PRODUCES THE TOP HISTORIANS AND SOCIAL SCIENTISTS, MOST WRITERS AND JOURNALISTS, MANY WAR CORRESPONDENTS, ANTHROPOLOGISTS, AND ARCHAEOLOGISTS. IN THIS [emotional] PART THE INTELLECT IS ROMANTICIZED.

I would like to ask about someone who leads a simple, healthy life in essence. He uses his Moving Center and enjoys what he does.

THIS MAN NOW HAS ACCESS TO THE SUM OF THE MOVING CENTER. HE NEEDS ONLY TO PURSUE HIS PRESENT LINE OF INTERNAL QUESTIONING TO COME INTO BALANCE.

Would this be good for me, to reach the Moving part of Emotional Center?

YES, THAT WOULD BE A GOOD START FOR YOU. THIS IS, OF COURSE, THE “COSMIC” ROMANTICIZED. THE ROUTE TO SUBJECTIVE CONSCIOUSNESS [higher emotional center] IS MORE EASILY ATTAINABLE THROUGH THE EMOTIONAL CENTER. THE ROUTE TO FULL OBJECTIVE CONSCIOUSNESS [higher intellectual center] IS NOT NORMALLY ACHIEVED BY THOSE ON THE PHYSICAL PLANE. THAT IS NORMALLY A PHENOMENON OF THE TRANSCENDENTAL SOUL.

I think Ouspensky was said not to be subjectively conscious. Was he trapped in the Intellectual Center?

HE WAS NOT SUBJECTIVELY CONSCIOUS. HE WAS TRAPPED IN INTELLECTUAL CENTER; THAT IS VALID. THIS WAS A FIFTH LEVEL OLD SAGE WHO WAS A GOOD STUDENT.

What was meant by him saying, “Abandon the system and start a school [based] on [fulfilling] your ‘wants’?” MANY CONFUSE “WANTS” AND “NEEDS”. THIS IS WHAT WAS MEANT HERE. “NEEDS” WERE IMPLIED WHILE “WANTS” WERE VERBALIZED.

Gurdjieff was said to be Moving Centered and his students Intellectual, while Ouspensky was Intellectual and his students were mostly Emotionally Centered. Is there a good combination for teacher-student relations?

IT IS COMMON [for this sort of thing to happen]. IT IS NEITHER GOOD NOR BAD; IT IS SIMPLY THAT THE STUDENTS SENSE SOMETHING IN THE TEACHER THAT THEY CANNOT REACH.

Does false personality come into play for people who have cancer?

SOULS WHO CHOOSE THE GOAL OF RETARDATION AS A MEANS OF BURNING KARMA DELIBERATELY CHOOSE PARENTS WITH KNOWN GENETIC FAULTS. FOR INSTANCE, NOT ALL WOMEN OVER FORTY PRODUCE RETARDED CHILDREN, AS WITH SEVERAL MEMBERS OF THIS GROUP, AND YET, SOME DO. THEY CHOOSE PARENTS WHO HAVE POOR CIRCULATORY SYSTEMS AND HEREDITARY DISORDERS THAT ARE HARBINGERS OF EARLY DEATH. SOULS IN REJECTION, HOWEVER, MANY TIMES CHOOSE SUPER GENETIC HERITAGES ONLY TO DESTROY THEIR BODIES DURING THE PHYSICAL INTERVAL.

Are children more balanced than adults, and does the entrapment take place in adolescence?

THE SPECIFIC CENTER IS CHOSEN PRIOR TO THE INTERVAL, BUT THE ENTRAPMENT TAKES PLACE DURING CHILDHOOD, USUALLY DURING ADOLESCENCE, WHEN THE CHILD IS THE MOST VULNERABLE [to] CULTURAL IMPRINTING.

Can this happen earlier than adolescence?

YES, AND LATER.

Why are some children imprinted less than others?

CHILDREN IN EXALTED ROLES AND DOMINANT GOALS ARE NOT EASILY IMPRINTED.

Does the “waking sleep” [the Gurdjieff term for those not on the spiritual path] result from being entrapped [in a Center, unable to grow spiritually, to raise the kundalini]?

YES. “THE CAVE” (by Plato) WAS ANALOGOUS TO THIS ENTRAPMENT. (You see shadows of what is going on and imagine things from what you think is real.)

Is there any technique I can use to detach myself from maya?

WE HAVE GIVEN THOSE TO YOU. THEY ARE AGAIN: MEDITATION, CONCENTRATION, AND FASTING, AND STUDY.

I think the thing tying me down is mental laziness. I can't stick to it (meditation). What technique can I do that is not a chore for me?

THE MENTAL INERTIA IS NOT UNCOMMON TO SOULS STUCK IN THIS SPOT — THEY USUALLY SUFFER FROM THIS. THE TECHNIQUE DOES NOT MATTER NEARLY SO MUCH AS THE DILIGENCE WITH WHICH YOU APPLY IT AND THE VALUE YOU ASSIGN IT ON YOUR PRIORITIES.

In other words: try, try, and try again.

THAT IS VALID.

Can your Centers fluctuate? I have spurts of energy, and other times I am reticent.

THERE IS, OF COURSE, DISHARMONY (of Centers), BUT THE SOUL WHO IS NOT A SEEKER ORDINARILY DOES NOT RECOGNIZE THIS AND BLAMES THE DISCOMFORT ON EXTERNALS. YOU ARE IN THE EMOTIONAL PART OF EMOTIONAL CENTER. IF YOU WISH FOR BALANCE, YOU MUST REACH INTELLECTUAL AND MOVING CENTERS.

How much does the Attitude determine where one is trapped?

VERY MUCH. MOST OF THE IMPRINTING OF EARLY CHILDHOOD IS VERY EFFECTIVELY CONVERTED INTO TAPE LOOPS.

Is bias [the same thing as] tape loops?

A MAJOR PART OF IT, YES. SOME ARE, OF COURSE, ORIGINAL.

Comment: When there is bias through the Ouija board, there is distorted information due to thought patterns of the one operating the board.

THE BIAS IS MOST EASILY DEFINED AS THE ABSOLUTE LIMIT OF THE INDIVIDUAL'S BELIEF SYSTEM.

Some have a stronger rubber band than others and can stretch more.

ALSO THE RUBBER CAN STRETCH MORE EASILY IN ONE DIRECTION THAN THE OTHER.

If I am in the Emotional Part of Intellectual Center, can a book be recommended for me to read to reach for Balance?

WE WOULD NOT NECESSARILY RECOMMEND A DRY TECHNICAL TOME FOR YOU. IF FACT, WE WOULD RECOMMEND JOYOUS LITERATURE; ALSO THE WORKS OF THE BETTER NATURALISTS

What is meant by "trapped in Essence"?

YOU ALLOW IT TO GOVERN ALL REACTIONS TO ALL SITUATIONS.

How do you get in touch with Emotional Center if you are not there?

FIRST YOU MUST BECOME SOLIDLY BALANCED SO THAT THERE IS NO BACK-SLIDING. THIS NORMALLY DOES NOT COME ABOUT UNTIL THE COMMITMENT IS MADE AND AFFIRMED.

Comment: If you are Emotionally Centered and going to Balance, you have to be able to use intellectual Center and Moving Center in the right way. You continue until you have access to all lower Centers.

UNTIL YOU HAVE SUFFICIENTLY DETACHED YOURSELF FROM THE MUNDANE AND CAN GO TO THE HIGHER CENTERS.

Is yoga good for my Moving Center?

NO. THIS CAN ONLY BE USED AS A PRELUDE OR POSTLUDE TO MEDITATION IF IT IS TO BE OF VALUE. WE MEAN MOVEMENT, NOT ISOMETRICS [which are static poses].

How about Tai Chi?

THERE AGAIN, THAT IS NOT MOVEMENT IN THE CENTER OF WHICH WE SPEAK [Moving]. THIS DOES NOT DETRACT FROM ITS VALUE.

Could I read something to go towards detachment from Emotional Center?

THE REASON WE SUGGESTED THE WORKS OF PLATO TO THE LADY IS BECAUSE IT IS SUCH A SPLENDID EXERCISE FOR THIS.

Gandhi said you should express yourself in the least number of words without embellishment.

WE SEE MUCH VALUE IN PERIODS OF SILENCE. THEY ARE UNSURPASSED DOOR OPENERS. RIGHT NOW, HOWEVER, YOU ARE NOT TOGETHER ENOUGH TO DISPENSE WITH THE DIALOGUE, SO WE HAVE NOT SUGGESTED IT. IF YOU WILL WORK DOGGEDLY FOR A WEEKEND TOGETHER, WE WILL PROBABLY SUGGEST IT. AN INTERESTING EXERCISE AS A PRELIMINARY WOULD BE TO ATTEMPT TO COMPLETE THE SEX ACT IN SILENCE.

Is that without moaning and groaning?

SILENCE IS SILENCE.

If I'm a Sage, why am I not more verbal?

YOU REPRESS IT. THE DESIRE IS THERE.

[She was in the Repression Mode.]

I have a sense of stress and lack of ease. Is this wrong work of Centers?

THAT IS TRUE. WHEN YOU LEARN TO TRULY RELAX, YOU WILL EXPERIENCE MORE FREQUENT INTERVALS OF TRANQUILITY, AND THEN YOU WILL BEGIN TO ACTIVELY SEEK THIS.

When one is tranquil, is the Essence in control?

THE ESSENCE IS TRANQUIL, YES.

Is this moving toward a # 4 person? [This is Gurdjieff's term for a "centered", balanced, individual.]

WE AGREE. IT IS A DIFFICULT PLACE TO BE, BUT DEFINITELY REWARDING.

In the tranquil period, are Centers balanced?

USUALLY THE SOUL EXPERIENCES A MOMENT OF BALANCE, YES; ALSO DURING MEDITATION.

Does the soul transfer this to the body?

ESSENTIALLY. THE BODY IS NOT AS THREATENED BY OTHER ASPECTS OF SPIRITUAL GROWTH, JUST AS THE SEA URCHIN IS NOT THREATENED BY A CALM SEA.

Does the body fight meditation?

SOMETIMES, YES. MOVING CENTERED BODIES FIGHT IT TOOTH AND NAIL. INTELLECTUALLY CENTERED BODIES LESS, BUT STILL FORCEFUL.

How does the "adept" and "occult master" correlate to the # 4, # 5, and # 6 man of Gurdjieff?

THEY ARE NOT PRECISELY THE SAME, ALTHOUGH THE ADEPT IS USUALLY CRYSTALLIZED NUMBER FOUR. THE OCCULT MASTER HAS USE OF HIGHER CENTERS AT WILL. IT MERELY MEANS THAT THIS SOUL IS IN BALANCE WITH NO DANGER OF BACKSLIDING.

Is it necessary to have a personal mantra? [In Transcendental Meditation, the guru gives each individual a special unique "mantra" to repeat during meditation.]

NO, IT IS NOT. THE ONE WE HAVE GIVEN WORKS FOR MANY.

THE STAGNATION GOAL OFTEN OBSCURES THE ROLE.

IN MANY CASES THERE IS MUCH NEED IN THE STUDENTS TO SEPARATE FROM DEMANDING PHYSICAL RELATIVES.

Internal consideration [Gurdjieff's term for caring too much what other people think about you] is the only single thing that operates continuously.

THIS INSIGHT IS ESSENTIALLY VALID. THOSE IN DOMINANCE DO THE LEAST INTERNAL CONSIDERING; THOSE IN ACCEPTANCE THE MOST. THOSE IN GROWTH FLUCTUATE DEPENDING ON THE ENVIRONMENT.

How about the internal considering of those with the Goal of Rejection?

[They do] INNER CONSIDERING OF A VERY NEGATIVE SORT. THERE IS SOME, OF COURSE, BUT YOU ARE RIGHT: NOT MUCH. [There is] VERY LITTLE, ALSO, IN RETARDATION.

06 March 1974

Wednesday

WE ARE HERE WITH YOU TONIGHT.

Could we have some general comments on Impatience?

THE CHIEF FEATURE OF IMPATIENCE OVERRIDES PLEASURE OFTEN BY DRIVING THE SOUL TO RUSH RATHER THAN TO JUST BE WITH THE SITUATION. THE PROVERB "HASTE MAKES WASTE" WAS FIRST UTTERED BY SOMEONE OBSERVING A SOUL IN IMPATIENCE. YOU BURN CALORIES IN HASTE.

I observed Impatience in a gas line today [this was at the time of gasoline rationing during the energy crisis due to Middle East turmoil].

WE WOULD SAY THAT THE QUEUES ARE VERY GOOD FOR THIS IN SPITE OF THE INCONVENIENCE. THEY DO ALLOW ONE TO PHOTOGRAPH ONESELF IN CHIEF FEATURE. THIS IS ONE WAY — RELAXATION FORCED, OF COURSE, IS ANOTHER.

I'd like a comment from Michael on how best to learn or deal with Impatience.

THE BEST WAY TO COUNTERACT THE CHIEF FEATURE OF IMPATIENCE IS TO DELIBERATELY EXPOSE YOURSELF TO EXASPERATING SITUATIONS AND THEN PHOTOGRAPH THE FEELINGS AROUND THE IMPATIENCE. USUALLY YOU WILL FIND THAT THE REACTION IS HABIT RATHER THAN EMOTION, AND AMOUNTS TO A TAPE LOOP.

Is it possible to speak to someone other than Soleal or Michael to get a different slant?

THERE ARE MANY MID CAUSAL TEACHERS. YES, YOU COULD COMMUNICATE WITH THEM. THE INFORMATION WILL BE THE SAME. IT WILL BE AS WE PERCEIVED IT TO BE.

Is Michael's entity working on growth?

THAT IS VALID. WE CHOSE THIS.

Is it like our choices? Could you have chosen something else?

YES. THERE ARE OPTIONS.

Will Michael's entity join with other entities as we do here with fragments?

YES. ON THE HIGH CAUSAL PLANE THERE WILL BE PROGRESSIVE REUNION, THEN AGAIN ON THE MENTAL PLANE.

I would like a comment on my approach to cancer patients as to their responsibility of causing and controlling their disease. I have been selling hard that they chose it and that through meditation they can alter its course and cure it.

THEY ARE THE BEST HOPE PILLS WE KNOW OF. YOU WILL HAVE SOME SUCCESS, BUT PREPARE YOURSELF FOR FAILURE WITH THOSE WHO CANNOT LOOK AT THEIR CONFLICTS. THESE WILL NOT GET BETTER. OF COURSE, OTHERS WILL. YOUR BEST SUCCESSES WILL BE WITH YOUNG AND MATURE SOULS.

If the patient is in Rejection or Retardation, would this approach fail?

BABY SOULS CANNOT SEE CONFLICTS WITHIN THEMSELVES. SOULS IN REJECTION AND RETARDATION CAN ALTER THIS IF THE APPROACH IS GOOD AND THE INCENTIVE IS THERE. MANY MIDDLE AGE AND ELDERLY SOULS [people] SIMPLY WISH TO DIE BECAUSE THEY FIND THEIR LIFE SITUATION BORING OR OTHERWISE INTOLERABLE, AND THEY DO NOT HAVE THE COURAGE OR DRIVE TO CHANGE THE SITUATION, NOR THE INCLINATION TO SUICIDE. WHEN FREUD WROTE HIS PSYCHOLOGY, HE WAS USING OBSERVATIONS MADE MOSTLY OF BABY SOULS.

Could Michael comment on the negative sides of Centers? Is there a negative side to each Center?

THIS IS, OF COURSE, VALID. THINK OF THE HYSTERICAL ENTRAPMENT IN EMOTIONAL CENTER. THE MAN ADOLPH [Hitler] WAS TRAPPED IN THE MOVING PART OF EMOTIONAL CENTER. ALL OF THE PSYCHONEUROSES ARE DIRECTLY RELATED TO THE NEGATIVE HALF OF THE CENTERING. THAT WHICH LEADS SOULS TO LIVE ABOVE AND OUTSIDE THE LAW OF THE LAND, ALL OF THE VIOLENCE DIRECTED AGAINST OTHER CREATURES — THESE COMBINED WITH THE OTHER OVERLEAVES PRODUCE THIS. YOU CAN TAKE TWO SOULS WITH THE SAME OVERLEAVES EXCEPT FOR CENTERING AND QUITE DRASTIC DIFFERENCES WILL OCCUR IN THE LIFESTYLE. THIS IS WHY WE FEEL THAT SOME COMPARISON OF HISTORICAL SOULS WILL PROVE TO BE A VALUABLE EXPERIENCE, EVEN THOUGH THEY ARE NO LONGER EXTANT. THE MAN, ADOLPH, AND THE YOUNGER, SCIPIO AFRICANUS, HAD VIRTUALLY THE SAME OVERLEAVES SAVE FOR CENTERING. IT IS INTERESTING THAT THEY DIFFERED ONLY IN THE MAN, ADOLPH'S, PENCHANT FOR GENOCIDE.

Certain overleaves like Rejection are not compatible with some Centers, say the king of hearts (Emotional part of Emotional). I do not see how a person could be there and be in Rejection.

NO, BUT THERE ARE SOME EXTREMELY HOSTILE SOULS ENTRAPPED THERE — EMOTIONAL AND HOSTILE, TOO. THE SOUL HERE IS OFTEN THE MAN WHO KILLS BECAUSE "GOD TOLD ME TO".

Is this a major source of conflict in people?

MANY TIMES IT IS.

They are in Centers not compatible with the overleaves. Could we have some examples of this?

ONE EXAMPLE IS: FEMALES WHO USE THEIR SEXUALITY AS A WEAPON ARE USUALLY IN REJECTION AND TRAPPED IN THE EMOTIONAL PART OF EMOTIONAL CENTER.

Would Marilyn Monroe be an example of this?

THE LADY, NORMA JEAN, WAS IN REJECTION, BUT IN THE INTELLECTUAL PART OF EMOTIONAL CENTER; DID NOT USE SEX AS A WEAPON; WAS TRULY A PITIABLE SOUL. [Elsewhere she was said to be a Young Sage.] THIS [centering] IS A FREQUENT CAUSE OF DOMESTIC STRIFE.

What about Jacqueline Kennedy?

THE LADY, JACQUELINE, IS A SECOND LEVEL YOUNG SOUL, SATURNINE, MOVING PART OF INTELLECTUAL [Center], [a] SAGE IN DOMINANCE — ALMOST SOLELY BEREFT OF EMOTIONALITY.

What was John Kennedy?

THIS FINAL LEVEL YOUNG KING WAS AN IDEALIST IN ACCEPTANCE WITH A CHIEF FEATURE OF MARTYRDOM. HE WAS MERCURIAL MOSTLY, SOME SATURN.

Did this show up in his daily life?

HE WAS QUITE A MARTYR IN HIS HOME. HE DELIBERATELY MARRIED A WOMAN HE COULD NOT LOVE.

Someone related how he had experienced some extra [psychic] sensing in patients.

WE WOULD SAY AT THIS POINT THAT THE MORE POSITIVE ENERGY THAT IS PURE ENERGY YOU ARE ABLE TO GENERATE, THE MORE EXPERIENCES OF THIS TYPE YOU WILL HAVE. THIS IS A NATURAL PHENOMENON AS YOU RELEASE MORE OF YOUR ENCRUSTATION AND MORE OF THE ESSENCE PEEKS THROUGH. THERE WILL BE A MARKED INCREASE IN “PSYCHIC” PHENOMENA.

How do you create more pure energy?

EXTINGUISHMENT OF NEGATIVITY.

want an updated evaluation of myself.

YOU ARE CORRECT WHEN YOU SAY THAT YOU ARE NOW ALLOWING NEW EXPERIENCES TO HAPPEN. OF COURSE, THIS IS A POSITIVE MOVEMENT. WHEN YOU LIMIT YOUR EXPERIENCES, THIS IS FEAR, AND IT SERVES AS A BARRIER TO GROWTH.

Comment: Being is allowing.

I would like a comment on the rash on my leg that I have had for fifteen years.

AT THE RISK OF SOUNDING PLATITUDINOUS, WE WOULD SAY, “PHYSICIAN, HEAL THYSELF”. YOU SEEM TO DO SO WELL WITH OTHERS AND HERE IS THIS BOTHERSOME ERUPTION STEMMING FROM INNER ANXIETIES. THIS RASH CAN BE GONE OVER NIGHT ALMOST, WITH A BIT OF THE SAME TREATMENT YOU REGULARLY DISPENSE. THE MEDITATION IS THE ONE STEP YOU REALLY NEED TO WORK ON. THIS WOULD ENABLE YOU TO CONCENTRATE ON THE ANXIETIES THAT ARE CAUSING THE ITCHING. YOUR MEDITATION SHOULD BE USED AS A PRELUDE TO CONCENTRATION FOR A WHILE NOW.

Fear and guilt prevent one from experiencing new things. Is this due to the negative side of Centers working? MOST OF THEM, YES. NOTICE THE DIFFERENCES IN SOULS WHO ARE TRAPPED IN THE INTELLECTUAL PARTS OF CENTERS. THEY ARE RELATIVELY GUILTLESS, AS THOSE TRAPPED IN THE MOVING PARTS ARE RELATIVELY FEARLESS.

Is there anything that can be said to help us with fear and guilt?

WE COULD GIVE YOU A CARTE BLANCHE. THIS IS RELATIVELY TRUE. AS EXAMPLE: VOLTAIRE GLIMPSED THIS WHEN HE SAID, “ALL IS TRUE. EVERYTHING IS PERMITTED”. THIS GUILT AND FEAR THAT ONE FEELS ON THE PHYSICAL PLANE IS FOR THE MOST PART CULTURALLY INDUCED, AND THEREFORE CAN ONLY BE EXTINGUISHED BY AN ACT OF WILL, AND ALLOWING YOURSELF TO HAVE THE GUILT-PRODUCING EXPERIENCE. THIS GUILT STEMS FOR THE MOST PART IN THE LINGERING BELIEF IN A SYSTEM OF BLACK AND WHITE, EVIL AND GOOD, WITH A JUDGMENTAL GOD DISPENSING PUNISHMENT MADE TO THE CRIME. THE FEAR IS LARGELY TIED UP IN THE UNREALISTIC LONGEVITY ASPIRATIONS OF MOST ON THE PHYSICAL PLANE. NO ONE IS JUDGING YOU. NO ONE IS QUALIFIED TO DO THIS.

Longevity is the goal of the organism. On the astral interval, you will be your own judge and jury in essence. THAT IS THE DIFFERENCE. FALSE PERSONALITY JUDGES WITH MAYA AS ITS BASE. THE ESSENCE JUDGES REALISTICALLY.

Ordinary morality has nothing to do with true morality.

THAT IS VALID. WHEN YOU ATTACH TOO MUCH IMPORTANCE TO THIS VERY MUNDANE AND TEMPORAL MORALITY, YOU BECOME ENCRUSTED IN MAYA. THE ONLY MORALITY THAT EXISTS IN THE HIGH PLANE IS THAT WHICH LEADS TO AGAPE. THAT IS THE UNQUALIFIED ACCEPTANCE OF ALL OTHER CREATURES, BOTH PHYSICAL AND ETHEREAL, AS THE GREATER PART OF SELF.

It doesn't seem right. You would have no experience at all.

YES YOU WOULD. YOU JUST WOULD HAVE NO NEGATIVITY, AND ISN'T THAT WHY YOU ARE IN THIS TEACHING? IF YOU WERE ABLE TO CONTACT HIGHER CENTERS, THIS WOULD OPEN UP NEW DIMENSIONS OF EXPERIENCES. WE HAVE EXPERIENCES ALL THE TIME.

How close am I to being balanced?

WORK MUST BE DONE STILL IN THE INTELLECTUAL PARTS OF ALL CENTERS AND IN THE MOVING PART OF MOVING CENTER. YOU NEED TO BE ABLE TO DETACH FROM THE ROMANCE OF EVEN THIS TEACHING.

SOMETIME THE REPAYMENT OF KARMA IS EXTREMELY SUBTLE AND INVOLVES OVEREXTENSION OF EARNING CAPACITY AT THE EXPENSE OF SELF, AND THE PAYMENT IS MADE AS PAINLESS AS IT WAS EXTRACTED.

I have been reading a book by Victor Frankle. He uses terms such as Michael does, calls it "logotherapy" in his search for meaning. I would like a comment.

WE FIND NO FAULT IN THIS MAN'S WORK. WE WOULD RECOMMEND IT.

10 March 1974

Sunday

This meeting followed the weekend session with the out-of-the-body workshop given by Robert Monroe.

Robert Monroe described meeting a mysterious group of entities on the astral plane. They apparently function on the physical plane, according to Monroe.

WE ARE HERE WITH YOU. FIRST, A COMMENT ON THE EXPERIENCES YOU JUST HAD. THIS SHOULD HAVE TOLD YOU MUCH ABOUT WHERE THE WORK IS, AND WHERE THE MOST ENORMOUS NEEDS LIE. WE WOULD SEE THIS PERPETUATED. THE MAN, ROBERT, IS CORRECT, THOUGH. THE INSTRUCTIONS ARE THERE.

Some of us slept through the entire experience.

YOU HEARD AND PERCEIVED EVEN THOUGH YOU INTERPRETED THIS AS SLEEP.

What about the mysterious entities which he describes in his book?

WE SEE NOTHING UNUSUAL HERE IN THIS. MATURE PRIESTS NIGHTLY ENCOUNTER WITH THE ESSENCES OF FINAL LEVEL OLD SOULS.

Are the Old souls aware of this consciously?

SOME ARE. THEY COME BY IT ACCIDENTALLY. IF THE OLD SOUL PURSUES ANYTHING, HE NORMALLY HAS SOME SUCCESSES. HIS ESSENCE IS RESTLESS AND CURIOUS. HE IS LIKE HAVING A FIVE YEAR OLD AT A SEMINAR.

Are some of them part of The Brotherhood?

SOME OF THEM ARE BROTHERS, NOT ALL.

Robert Monroe is setting up a communication system to enable those who wish to find him while astral traveling. Could we also set up a special frequency for something like this?

YES, THIS IS A POSSIBILITY — MORE A PROBABILITY. SOME OF THEM (Old souls) ARE, OF COURSE, LINKED TOGETHER ON THE PHYSICAL PLANE. ALSO, MOST OF THEM ARE EXPERIENCED AS ASTRAL TRAVELERS WHO DO THIS AT WILL FOR REASONS OF GROWTH AND REINTEGRATION.

Someone asked questions about overcoming resistance to the experience of astral travel.

THE BODY RESISTS THIS IN ALL OF YOU. WITH YOU, IT IS STRONGER NOW, SIMPLY BECAUSE THE BODY IS ALSO EXHAUSTED. IT WAS GETTING ITS NEEDS FULFILLED AND DID NOT WANT THE FEAR YOU WERE GIVING IT.

I was not aware of fear.

ONLY THE BODY FEARS [astral travel]. THE ESSENCE DOES NOT FEAR IT.

Robert Monroe stated that he felt as if he were a doorway or a pumping station for those desiring the astral experience.

HE IS A DOOR. YOU HAVE GIVEN HIM SOME INFORMATION THAT FITS SOME OF THE PUZZLE TOGETHER FOR HIM. MANY THINGS HE SEES, HE IS UNABLE TO INTERPRET, AND MANY MORE ARE OF HIS OWN CREATION. HIS NERVOUS REMARKS ABOUT HEAVEN AND HELL SHOULD HAVE TIPPED YOU OFF ON THIS.

Is he afraid of heaven and hell?

HE IS NOT, BUT HE IS ALSO NOT CERTAIN WHAT LIES BEHIND THE CURTAIN HE HAS PLACED BETWEEN HIMSELF AND THE HIGH PLANES. WHAT THE MAN ROBERT REFERS TO AS "FOCUS TEN" IS TWILIGHT SLEEP; "FOCUS TWELVE" IS ORDINARY SLEEP; "FOURTEEN" AND BEYOND ARE ASTRAL SLEEP STATES AND DREAM STATES.

Does this technique make it possible to remember?

YOU DO ANYWAY, BUT YOUR BUFFERS KNOCK OUT THE RECALL.

How does one eliminate buffers?

IF YOU ENCOUNTER A SITUATION THAT WOULD PRODUCE GUILT IN THE BODY, THE BODY WILL NOT ALLOW YOU TO REMEMBER, OR, AT LEAST, NOT WITH ANY PLEASURE. GUILT IS IN PERSONALITY, YES.

A statement was made concerning the EST process where a box is constructed mentally and problems are placed in it. (Robert Monroe used a similar technique in his tapes this weekend.)

WE WOULD SEE YOU ALL PUT YOUR PROBLEMS IN THE BOX AND LEAVE THEM THERE. WE WOULD TELL YOU ALSO THAT YOU CAN CLEVERLY CONSTRUCT A TRAP DOOR IN THE BOTTOM OF THE BOX AND CAN ELIMINATE THEM ALTOGETHER.

How do you choose another Goal?

YOU ARE AT WILL TO CHOOSE ANOTHER WHICH WILL ALLOW YOU TO OPERATE IN LIFE, IF THIS IS YOUR DESIRE. YOU CANNOT OPERATE IN LIFE SUCCESSFULLY WITHOUT ONE — IT IDENTIFIES YOU AS "A REAL PERSON". WITHOUT CHIEF FEATURE, YOU ARE WHAT THE MAN ROBERT BURTON REFERS TO AS "LOW PROFILE PEOPLE", AND TO OTHERS IN LIFE, YOU LACK FORM AND SUBSTANCE.

Why do we have to be so serious?

THE LEVITY IS DIFFICULT FOR YOU ALL, AS YOU WERE IMPRINTED WITH THE WORK ETHIC EARLY IN LIFE. SELF-DESTRUCTION IS NORMALLY MANIFESTED IN A MORE SUBTLE MANNER THAN OVERT SUICIDE.

Is suicide common in Martyrdom?

YES.

What about the hostility which someone pointed out which she saw in me.

YOUR HOSTILITY IS NORMALLY SEEN IN SOULS WHO DO NOT RELATE WELL TO THE CHOSEN GENDER. IT USUALLY IS CALLED JEALOUSY. THE ARTISAN IS MORE AT HOME IN THE FEMALE BODY AND RELATES POORLY TO [being] THE MALE GENDER. THIS SOMETIMES MAKES RELATIONSHIPS WITH WOMEN DIFFICULT.

Is it a general principle that female Artisans do not relate well with males?

NO. FEMALE ARTISANS ARE FAR MORE EQUIPPED TO RELATE TO MALES THAN MALE ARTISANS ARE ABLE TO RELATE TO FEMALES. THE SAME IS TRUE OF KINGS AND SCHOLARS WHO CHOOSE FEMALE BODIES — THEY HATE IT. [Elsewhere the same was said of Warriors.]

Why would a male Artisan choose this?

YOU MUST EXPERIENCE LIFE FROM THIS VANTAGE POINT.

Is there anything a person can do to get around this?

REALIZE THAT THE STEREOTYPING IS CULTURALLY INDUCED, AND THAT GENDER IS PECULIAR TO THE PHYSICAL PLANE, AND PUT YOURSELF IN AN ESSENCE STATE.

There is a softness in someone which seems unusual for Saturns.

WHICH ALSO PERTAINS TO THE FINAL OVERLEAF, WHICH WE DO NOT INTEND TO GIVE TODAY. HE IS IN A PASSIVE "MODE".

If traumas carry forward from one life to another, then this is an important concept.

THAT IS WHAT WE HAVE BEEN TRYING TO TELL YOU.

Is gender present on the astral plane?

IT IS NONEXISTENT IN ESSENCE.

Robert Monroe talks about sex on the astral plane. Could you comment?

THIS ONLY PERTAINS TO ASTRAL TRAVELERS STILL IN THE BODY.

Is there anything resembling sex on the causal plane?

THERE IS, BUT IT IS GENDERLESS. THE ESSENCE IS THOROUGHLY CAPABLE OF EXPERIENCING THE ECSTASY, AND FREQUENTLY DOES [— without an opposite sex]. THE PERSONALITY CANNOT [experience ecstasy]

BECAUSE OF THE PAIN-PLEASURE MONAD. IT IS AUTOMATIC. IN YOUR CULTURE, IT IS IMPRINTED EARLY IN LIFE THAT IF YOU ARE TO EXPERIENCE PLEASURE, YOU ALSO MUST HAVE PAIN. THE ENTIRE ENTITY EXPERIENCES [ecstasy]. THERE ARE NO MORE [gendered] FRAGMENTS — WE ARE WHOLE [and have no sexual polarity].

Is there any way out of the pleasure-pain monad?

YOUR GUILT BUILDUP PRODUCES THE PAIN. WHEN YOU CHOOSE TO EXTINGUISH THE GUILT, YOU WILL LOSE THE PAIN AT THE SAME TIME — ONLY THEN.

13 March 1974

Wednesday

WE ARE HERE WITH YOU TONIGHT.

IMPATIENCE GIVES YOU FIDGETS.

FRAGILITY COMES FROM THE CHIEF FEATURE OF SELF-DESTRUCTION. MANY [with this Chief Feature] DRINK TO EXCESS. MANY TAKE DRUGS, BUT MOST ARE MORE SUBTLE AND MERELY FLAGELLATE THEMSELVES WITH AN EMOTIONAL BULLWHIP. THIS IS NATURAL TO THEM. ALL IS PAIN. NOTHING IS PLEASURE. THERE ARE SO MANY NO'S IN THEIR LIVES THAT THEY ARE ALMOST PARALYZED.

How does one distinguish between Self-destruction and Rejection?

THE SOUL IN REJECTION DOES NOT SEEM TO FIT INTO THE MOLD NO MATTER WHAT THE ACTIVITY. IN DISCUSSIONS THEY WILL OFTEN TURN A RELATIVELY MILD TOPIC INTO ROYAL IMBROGLIO BEFORE YOU CAN BLINK YOUR EYES. THE SOUL IN REJECTION IS NOT NECESSARILY PASSIVE — THAT DEPENDS UPON OTHER OVERLEAVES — BUT IS USUALLY ARGUMENTATIVE IN MOST SITUATIONS.

THE SOUL WITH A CHIEF FEATURE OF SELF-DESTRUCTION USUALLY IS PASSIVE. THEY ARE INTROSPECTIVE TO A FAULT; WILL LOOK FOR AN OPENING IN THE CONVERSATION AND TURN IT TO THEIR INNER PAIN AND SUFFERING. THIS PAIN IS ALWAYS SO CLOSE TO THE SURFACE THAT IT FAIRLY SPILLS OVER EVERY TIME YOU LOOK AT THEM. THIS IS NOT TRUE WITH THE GOAL OF REJECTION.

Comment: This person will twist a conversation completely to interject her personal data, yet there is so much distance there.

SOULS IN REJECTION OFTEN REMIND ONE OF THE PERSON WHO IS ALWAYS IN THE RIGHT PLACE A DAY LATE. IF THE EMPHASIS IS ON PUNCTUALITY, THE SOUL IN REJECTION WILL INEVITABLY BE HOURS LATE. THE REVERSE OF THIS IS ALSO TRUE. IF ONE IS OFFENDED BY CRUDE HUMOR, THE SOUL IN REJECTION WILL INEVITABLY TROT OUT THE MOST RANK BATHROOM JOKES IN THE BOOK. IF THERE IS EMPHASIS ON THIS TYPE OF HUMOR, THE SOUL IN REJECTION WILL SET HIMSELF ABOVE THIS.

THE CHIEF FEATURE OF ARROGANCE PERCEIVES THE SMALLEST SLIGHT, REAL OR IMAGINED. MUCH DEPENDS UPON HIS MAINTAINING HIS IMAGE OF BEING A "MAN".

Was Don Juan [of the Carlos Castaneda books] a Moving Centered Sage?

THAT IS VALID.

Why did he say one had to be a "warrior" to be a "man of knowledge"?

SEMANTICS.

Was Gandhi a King?

MOHANDAS WAS A KING.

I noticed a profound difference in someone on Sunday. There was a feeling of acceptance and warmth. She told us she had reached a "primary" source through automatic writing. It is a new concept to me, working back through past lives to the #1 [experience that shaped destiny].

THAT WAS A COMPLETELY VALID INSIGHT ON THE LADY'S PART. PRIMARY [extremely traumatic] EXPERIENCE IS OFTEN CENTURIES IN THE PAST. THE SECONDARY AND TERTIARY EXPERIENCES MUST BE YOUR GUIDE [to finding, and subsequently neutralizing, these], AND HARD WORK IS ALL THAT WILL WORK TO SURFACE THE PRIMARY PAIN.

Do some souls bite off more than they can chew, that is, take on too many negative Goals or Chief Features, etc.?

THIS IS AS FAR AS WE KNOW THE ONLY SET OF CIRCUMSTANCES THAT DRIVE THE SOUL TO SEEK THIS WAY TO FREEDOM.

I would like a comment on the weekend we experienced with Robert Monroe's out-of-the-body workshop. We all slept so much of the time. We were told the results may not show for a month. I do feel different and realize my biological system was thrown off its circadian rhythm and attribute my feeling peculiar to that. Were we on the astral plane at all?

PLEASE ALLOW US TO ALLAY YOUR FEARS TO REST. YOU ALL RECEIVED WHAT YOU REQUESTED. THE PHENOMENA WILL CONTINUE TO OCCUR THROUGHOUT THE COMING WEEKS, AND YOU WILL UP THE WILD POTENTIAL. ALL OF YOU "HEARD" THE TAPES JUST LIKE THE MAN ROBERT SAID YOU DID. YOU AND SEVERAL OTHERS IN THAT ROOM ENCOUNTERED THIS ENTITY. FOR THEM IT WAS UNEXPECTED AND ACCIDENTAL. FOR YOU IT WAS PURPOSEFUL. THE MAN ROBERT KNOWS US NOW, BUT DOES NOT KNOW HOW TO INTERPRET WHAT HE KNOWS. IT IS INTERESTING TO NOTE THAT THE DREAMS ALL CONCERN SOME PRIMARY FANTASY FEARS.

Do the astral entities have access to causal travel?

[The] SAME PROCESS PERTAINS.

I would like to ask more on souls in Rejection. One of the teenagers I work with suicided on Friday. I felt there may have been something I could have done to help him.

THE SOUL IN REJECTION WHO SUDDENLY FINDS HIMSELF ON THE ROAD TO SUCCESS WILL OFTEN DEVELOP PREMATURELY CRIPPLING DISORDERS THAT BAFFLE EVEN THE MEDICAL PROFESSION. THEN THE SOUL CAN THROW UP HIS HANDS AND SAY, "WELL, WHAT MORE CAN I DO? I HAVE THIS AWFUL DISEASE". NO, YOU ARE DEAD RIGHT: THERE IS ABSOLUTELY NOTHING THAT YOU CAN DO. (Michael told us to underscore "you".) THE SOUL MUST SEE THE GOAL HIMSELF AND DESIRE TO CHANGE IT. THE MAN CHARLES DIETRICH HAS ONE APPROACH THAT WORKS. (Synanon man). IT SEEMS CRUEL, BUT THERE IS NOTHING FRAGILE ABOUT THESE SOULS. THEY ARE TOUGH NUTS TO CRACK.

STUBBORNNNESS — A BULLDOG TENACITY.

I would like to know the SRGA of Ernest Hemingway.

MID CYCLE MATURE SAGE IN SELF-DESTRUCTION IS NOT THAT OVERT. THIS MAN'S CHIEF FEATURE WAS MARTYRDOM; HAS A GOAL OF GROWTH WHICH GIVES RISE TO THE METEORIC RISE FOLLOWED BY THE AWESOME DECLINE.

Do we have any obligation to help our fellow man?

YOU HAVE NO OBLIGATION TO HELP ANYONE.

What if we could have helped someone and we did not? Is not there karma incurred here?

THAT IS A DEBT OF ANOTHER SORT, AND CAN BE ALMOST LIKENED TO ANY AUTOMATIC REFLEX IN SO FAR AS MOST FRAGMENTS ON THE PHYSICAL PLANE ARE AWARE.

Do we as a group have any obligation to our fellow man?

NO. YOU HAVE A DESIRE TO HEAR NOW SOME INFORMATION THAT YOU REJECTED AT ANOTHER TIME. ALSO YOU HAVE AGREED TO PERFORM A TASK FOR YOURSELVES TO BURN KARMA.

Luke may be stronger in the book than he was in life.

THIS [Luke] WAS A FOURTH LEVEL OLD ARTISAN IN GROWTH, CHIEF FEATURE OF ARROGANCE, AND IDEALISM.

17 March 1974

Sunday

On death: As far as I'm concerned, the only thing that thinks and lives, goes with death, and I cannot imagine anything going beyond death. You either die slowly with age or illness or rapidly in an accident. When you're eaten by a hungry crocodile, you actually become that crocodile.

OF COURSE, THE PERSONALITY DREADS THE DISCONTINUITY OF PHYSICAL LIFE, FOR WHEN THE ORGANISM DIES, YES, THAT [personality] DIES ALSO, BUT MORE OF THAT WHICH IS ESSENTIALLY YOU SURVIVES BEYOND THE GRAVE. THIS YOU WILL UNDERSTAND MORE FULLY WHEN YOU PROGRESS [spiritually]. THE LAYERS WILL GRADUALLY PEEL AWAY TO GIVE YOU A GLIMPSE OF THAT WHICH LIVES ETERNALLY AND DOES NOT DEPEND UPON THE ORGANISM FOR EXPRESSION. MANY FACETS OF YOUR LIFE NOW ARE COMING FROM THAT IN ESSENCE. THE TASK IS TO RECOGNIZE THEM AND CAPITALIZE ON THEM RATHER THAN THE NEGATIVE ASPECTS OF THE PERSONALITY. THE PERSONALITY IS JUDGMENTAL AND ARGUMENTATIVE. THE PERSONALITY BASES ITS ACTIONS ON THE CULTURAL MORES IN WHICH IT

MOVES. THE SOUL OR ESSENCE DOES NONE OF THESE, AND FEELS THE FREEDOM. PERCEPTION IS PURPOSELY BLURRED BY THE PERSONALITY, FOR IT COULD NOT SURVIVE IF THE ESSENCE TOOK COMMAND, BUT THE ESSENCE PERCEIVES ON ITS OWN — AND THE LESSONS LEARNED BY THE SOUL ARE SOMETIMES QUITE DIFFERENT THAN WHAT YOU WOULD SUSPECT BY RECOUNTING YOUR “CONSCIOUS” EXPERIENCE. THE SOUL SEES BEYOND THE BRAIN BARRIERS SET UP BY THE ORGANISM IN ORDER TO CUSHION THE SHOCKS [block the pain]. IN OTHER WORDS, THE [ultimate spiritual] REWARD WOULD NOT SEEM GREAT ENOUGH FOR THE ORGANISM TO CONTINUE WITH THE “ABSURDITY” [of pain, so it would block the pain, and hence the reward — the other half of the pain/pleasure monad]. YOU HAVE BEGUN TO PEEL THE LAYERS AWAY, AND SO WE WOULD SAY THAT YOU ARE PERCEIVING FAR MORE THAN YOU GIVE YOURSELF CREDIT FOR. THE PAIN THE BODY ENDURES WHILE BEING MUNCHEDED UPON BY A CROCODILE IS SECONDS ONLY COMPARED TO THE CYCLE OF THE SOUL.

The soul is another guy who calls himself me. If I [the body/personality] am asleep and Michael talks to me [my soul], I do not hear them.

THE PERSONALITY HAS AN EXTREMELY LIMITED CAPACITY FOR EXPERIENCING POSITIVITY. WHENEVER YOU EXPERIENCE UNSOLICITED PLEASURE, YOU ARE EXPERIENCING IT FROM ESSENCE. THIS IS WHY THE EXTINGUISHMENT OF NEGATIVITY IS SO VITAL TO SPIRITUAL GROWTH. IF YOU HAVE NOT GUESSED THIS YET, THE PERSONALITY IS THE NEGATIVE POLE OF A MONAD [and essence is the positive pole].

Going through life without love is ridiculous, yet this is what most people do. Love only interferes with survival.

ALSO, IT INTERFERES WITH THE PERSONALITY’S TASK, WHICH IS SURVIVAL.

THE THOUGHT PROCESS IS GOOD, BUT THE SEMANTICS BOTHER US: FOR WHEN WE SPEAK OF AN ENTITY WHICH HAS BEEN MANY MORE THAN JUST YOU, THE “MACHINE”, IF YOU WILL, IS YOU THIS TIME. AT LEAST. THE SOUL OF THAT FRAGMENT IS NOT THE TRUE YOU, BUT [is] THE TRUE ESSENCE OF THE FRAGMENT THAT IS NOT YOU.

The soul is more than myself alone; is it more an angel or what?

NOT WITH ANY CREATIVE PROCESS, BUT YES, WITH A GREATER SPIRITUAL EXISTENCE THAN IS TRAPPED IN THE BODY.

Could you clarify this?

IT IS JUST A MATTER OF PURE SEMANTICS. THE TRUE YOU IS NOT “MERELY THAT WHICH YOU SEE BEFORE YOU” — IN OTHER WORDS, THE PERSONALITY LIVING IN THAT BODY. THIS TRUE YOU IS SEPARATE AND APART [from the soul and essence] NOW, BUT DOES NOT HAVE TO BE. BUT TO SAY THAT IS THE TRUE YOU DOES NOT DO THIS ESSENCE JUSTICE, FOR IT [the soul] HAS ALSO BEEN THE TRUE PIERRE, THE TRUE JACKIE, THE TRUE MARTIN, THE TRUE AMELIA, AND MANY OTHERS.

Is the soul within the body? If the soul is a mirror, then it’s outside.

“OUTSIDE” IS A RELATIVE TERM AND IS ONLY APPLICABLE ON THE PHYSICAL PLANE. THE SOUL EXPERIENCES IN MORE THAN THREE DIMENSIONS, THEREFORE IS “OUTSIDE” PARTIALLY OF THE THREE DIMENSIONAL PHYSICAL SPACE. WE WOULD PREFER THAT YOU THINK OF THIS [soul] IN TERMS OF “ENVELOPING” [the physical body] RATHER THAN “OUTSIDE” OF [it].

I have this “other guy” theory of the soul.

THAT IS VALID. YOU BROUGHT TO THIS INTERVAL A WEALTH OF EXPERIENCE AND KNOWLEDGE THAT IS YOURS TO TAP AT WILL. THE TAPPING IS UP TO YOU, BUT IT IS YOURS IF YOU WISH IT.

Is this intuitive knowledge or scientific knowledge or both?

BOTH.

I had a twilight dream when I was half awake and half asleep. I actually heard someone taking a bath in a pail of water in my living room saying, “This disease — I just can’t get rid of it”. Then he shuffled down the hall dragging his feet, muttering, “I can’t get rid of it”. I actually asked him, “What’s the matter with you?” and I woke up and realized I recognized him as me.

THAT WHICH YOU CALL “TWILIGHT” IS, OF COURSE, THE THRESHOLD TO ASTRAL PROJECTION. OF COURSE, IT WAS YOU — THE ESSENCE OF YOU. THE PERSONALITY STILL WISHES TO COMPARE AFFLICTION TO EVIL, AND THUS THE WASHING AWAY THAT YOU PERCEIVE IS SPLENDIDLY SYMBOLIC. GIVEN YOUR RELIGIOUS TRAINING, IRONICALLY, THIS COULD WORK.

Does the essence see?

THE PERSONALITY OFTEN WHEN PERCEIVING THE ESSENCE SEES IT AS EVIL. THIS SHOULD COME AS NO

SURPRISE TO YOU. THE ESSENCE IS NOT BOUND DOWN BY ANY CULTURAL MORAL CODE, AND ITS PERCEPTION OF THE GOOD IS QUITE DIFFERENT. OFTEN THE PERSONALITY REELS IN REPUGNANCE FROM THE SOUL.

If you had a choice between physical and religious healing, what would you choose?

YES, YOU ARE QUITE RIGHT. SOME STRUCTURAL DEFECTS ARE UNREPAIRABLE, BUT THE SPIRITUAL HEALING IS FAR MORE LASTING THAN THE TEMPORARY PHYSICAL ONE. THE AFFLICTION THAT THIS MAN HAS CAN BE MADE FAR MORE LIVABLE THAN IN THE PAST, AND THE DESTRUCTION HALTED AT THIS POINT IN THE MAN. THE FEELINGS OF SELF PITY ARE GRADUALLY FADING INTO THE BACKGROUND, ALLOWING THE MAXIMUM HEALING TO PROCEED.

INORDINATE FEAR OF FAILURE IS A PART OF ARROGANCE; TIMOROUSNESS A PART OF SELF-DEPRECATATION.

Why did I choose this disease?

YOU DID NOT CHOOSE THE SPECIFIC DISORDER, JUST THE GENETIC PROPENSITY. IT WAS NECESSARY THAT YOU SEEK THE TEACHING IN SPITE OF GREAT PHYSICAL DISABILITY TO COMPLETE A MONAD.

Which monad?

THE ONE LEFT HANGING OVER FOR TWO THOUSAND YEARS. YOU WERE A STRONG MAN THEN — PHYSICAL STRENGTH, YES; THE HEALTH-SICKNESS (monad) AS A SEEKER, WOULD BE MORE ACCURATE [term for this monad].

We are supposed to experience the rich-poor monad, the health-sickness monad, the love-hate monad, the positive-negative monad, etc.; when you die, you get out of this into paradise. When we're here, we are dead to the spirit.

THE DEATH, OF COURSE, IS SYMBOLIC, AND REFERS TO THE COMPLETION OF THE RAISON D'ÊTRE (French for "reason for being", "justification for existence.")

How? How? How can this solve the reason to be?

IF THE PERSONALITY CAN TAKE LEAVE LONG ENOUGH TO CONSIDER THE TASK OF THE SOUL, THEN THIS WILL BE CLEAR. THE TASK ON THE PHYSICAL PLANE IS TO EXPERIENCE "ALL OF LIFE". MANY MONADS ARE NOT COMPLETED FOR MANY CENTURIES. OTHERS MUST BE COMPLETED BEFORE THE SOUL CAN PERCEIVE AT A HIGHER LEVEL OF BEING. THE MONADS ARE THE ONLY REASON TO BE THAT WE KNOW OF.

Is that what kicked us out "up there"? We were not in contact with our essence?

THERE IS WITHIN YOU AN ESSENCE THAT IS A SPECIAL FRAGRANCE — THAT IS YOUR TRUE SOUL. YOU WOULD PERCEIVE THIS ENTITY AS EVIL IF YOU WERE TO ENCOUNTER US IN A PHYSICAL MANIFESTATION OR EVEN ON THE ASTRAL PLANE. WE KEEP TELLING YOU THAT THE DESIRES OF THE SOUL ARE THE ANTITHESIS OF THE DESIRE OF THE ORGANISM. LIBERATION IS ONE OF THESE, UNENCUMBRANCE IS ANOTHER, PLEASURE IS THE GREATEST. WE WOULD SEEM QUITE HEDONISTIC TO MOST OF YOU.

I would like to ask about a feeling I had after going to church for the first time in a long time. I felt like I was hit over the head. My heart was squeezed.

RELIGIOUS RITUALS ARE EXCELLENT FOR RELEASING TRAPPED EMOTIONS.

I would like a comment of the fall I had and the flashes while falling. I heard a voice say, "Relax", just before an eighty five foot drop.

IF THE LADY HAD NOT FELT THE PRECOGNITIVE FLASH AND HEEDED IT, SHE WOULD HAVE BEEN KILLED. IN THAT SECOND, SHE CHOSE ANOTHER ALTERNATIVE. IT IS VALID THAT ONCE A PARTICULAR MODE OF DEATH HAS BEEN EXPERIENCED BY A FRAGMENT, THAT MODE HOLDS NO SPECIAL FEAR FOR THE FRAGMENT. NEAR ESCAPES OFTEN ERASE FEAR.

The first person to reach me after my fall asked me if I was OK and it was like I was zapped with energy. Was this Michael? It gave me energy enough to walk back 3 miles.

AN ENTITY WARNED YOU, YES.

How about the "zap" of energy?

THE EXPERIENCE BROUGHT THIS SOUL A MOMENT OF CLARITY, AND YOU WERE ABLE TO DRAW UPON THIS.

Anytime someone is in an accident, does it help to have someone touch you like that and ask you how you are?

IF THE COMFORT IS NOT AUTOMATIC OUT OF SYMPATHY THROUGH THE PERSONALITY.

Is Margaret Mead a Warrior?

THIS ENTITY IS A THIRD LEVEL YOUNG SOUL. SHE IS MOSTLY MERCURIAL WITH VENUSIAN INFLUENCE. THERE IS STRONG DOMINANCE IN THIS SAGE. THIS AGAIN IS STUBBORNNESS. SHE IS, OF COURSE, AN IDEALIST.

I would like to ask about flying saucers and a book I've read about them. Are these creatures from Soleal's planet?

[They are] FROM OTHER WORLDS. SOLEAL'S WORLD HAS NOT BEEN INTO EXPLORATION AS MUCH AS OTHERS. THEY ARE INTERESTED NOT ONLY BECAUSE OF THE ASTRAL CONTACT.

The book says that people have come upon very short men with luminous uniforms, packs on their chests with hoses connecting, outside the space craft doing repair work on the space craft. What about the heat that was felt?

MOST INTERSTELLAR SPACECRAFT ARE WELL PROTECTED, AND ALL OF THE LANDING CRAFT ARE MAGNETICALLY SHIELDED FROM WITHIN. THIS IS IMPENETRABLE AND DOES PRODUCE SOME HEAT. THE EFFECT WOULD BE FELT BY [any]ONE VENTURING TOO CLOSE, UNTIL THE VEHICLE WAS DECOMMISSIONED [turned off].

Are other planet people using the moon as a base station, as a stopping off point, as I read about astronaut Edgar Mitchell seeing footprints up there? During the moon series, the government repressed the photographs which showed objects on the moon including dome shapes and a Maltese cross.

IT HAS BEEN USED FOR OBSERVATIONS. SOME ARE FASCINATED BY YOUR STRIFE, BUT MOST ARE INTERESTED IN MARS.

Why Mars? Mining?

THAT IS VALID. THEY ARE MORE ECOLOGY-MINDED THAN YOU ARE. THERE IS OIL, YES.

20 March 1974

Wednesday

WE PROPOSE AN EXERCISE IN PSYCHIC PHOTOGRAPHY FOR ALL OF YOU AS FOLLOWS: BEGIN TO PHOTOGRAPH YOURSELVES REACTING TO SUGGESTIONS OF CHANGE WITH THE STATEMENT, "I CANNOT". THEN REALIZE THAT THIS IS NOT TRUE. SOMETIMES THE TRUTH WILL BE THAT YOU DO NOT AT THE PRESENT MOMENT POSSESS THE REQUIRED SKILLS OR KNOWLEDGE, BUT MORE OFTEN THAN NOT, THE TRUTH WILL BE, "I DO NOT WANT TO". THIS IS VITAL, AND A POSITIVE STEP ON THE PATH. YOU CAN HELP BY PHOTOGRAPHING EACH OTHER IN THIS. ALSO, ALL OF YOU ARE GUILTY OF USING THIS AS AN EXCUSE MANY TIMES A DAY TO SHIFT THE BLAME, AND THIS ACCOMPLISHES THAT NICELY. YOU PRESENT THEN THE PICTURE OF A STUDENT AT THE MERCY OF THE COSMOS, WHICH IS, OF COURSE, ABSURD. PERSONALITY SETS UP MANY BARRIERS ALONG THE [spiritual] PATH. THIS IS MERELY ONE OF THEM, AND CHIPPING AWAY AT THIS WILL ONLY RESULT IN THE UNCOVERING OF MANY MORE SIMILAR GUISES. THE GOAL OF THE ORGANISM IS, OF COURSE, SURVIVAL. SEXUALITY IS MADE MORE DIFFICULT BY CULTURALLY IMPOSED BARRIERS AND ARTIFICIAL CONDITIONS. THIS IS ANOTHER BARRIER. DENIAL OF THE PLEASURES OF EATING, SLEEPING, AND JUST BIDDING YOUR TIME ON A PLEASANT, SUNNY DAY ARE MORE. THE PERSONALITY CAN COME UP WITH MANY EFFORTS TO RATIONALIZE WHY THESE PLEASURES SHOULD NOT BE EXPERIENCED: THEY ARE NOT GOOD FOR YOU; THEY COST TOO MUCH; THEY WASTE TOO MUCH TIME; THEY ARE NOT USEFUL; THEY ARE EVIL; ETCETERA.

Are you sure that's Michael?

WE ARE MOST INTERESTED IN THE FACT THAT SOME OF YOU FEEL THAT THIS DATA IS SOMEHOW DIFFERENT. WE WOULD ASK THAT YOU EXAMINE YOUR FEELINGS AROUND THIS. WE SENSE PRESSING QUESTIONS IN THE MINDS OF MANY, AND ARE MERELY ENDEAVORING TO PAVE THE WAY TO MORE OPEN EXPRESSION.

It seems there has been progress made in that we are not jumping subjects around so much.

THERE HAS BEEN SOME IMPROVEMENT, YES, BUT WE SEE MUCH SCATTERING IN THE AIMS OF THE VARIOUS SOULS INVOLVED IN THIS. WE WOULD STILL SEE SOME MORE COHESION, AND MUTUAL PURPOSE SHOULD ARISE THEN THAT SHOULD ELIMINATE THE SCATTERING.

I would like to hear some feed back on how we are doing.

THESE SPECIFIC CONFLICTS ARE BEST HASHED OUT IN THE SMALL GROUPS, OR PREFERABLY ALONE, USING EITHER THE TECHNIQUES PRESENTED.

An attempt was made to explain primary, secondary, and tertiary upsets, and how one must go back to the original upset. Those who have been through EST understand this, but were having difficulty explaining it to the rest.

THE BODY DOES NOT LIKE PAIN, OBVIOUSLY, AND WILL ERECT AS SWIFT A BARRIER AS POSSIBLE BETWEEN ITS RECEPTORS AND THE PAIN. IT IS SOMETIMES BY FAINTING, SOMETIMES BY MORE SUBTLE DENIAL.

Is our interest to deal with pain?

THAT IS VALID, AS THIS IS THE ONLY WAY THAT THE ESSENCE CAN EXPERIENCE PAIN — THAT IS, VICARIOUSLY. WE [who are non-physical] HAVE NOTHING ANALOGOUS TO PHYSICAL PAIN.

Would you treat the trapped part [of one's Centering] first? Could treatments be recommended for specific Centers? For example, could I be Rolfed and then go to hypnosis?

THIS COMBINATION COULD BE EXTREMELY EFFECTIVE AS IT WOULD "KILL TWO BIRDS WITH ONE STONE".

Is the order important?

WE WOULD TREAT THE TRAP IN YOUR CASE. WE SAY THIS SPECIFICALLY IN YOUR CASE BECAUSE OF THE DIFFICULTY ONE WOULD HAVE WITH TRANCE INDUCTIONS WITH THE NEED TO RELEASE SO MUCH STORED UP ANXIETIES. THIS WOULD NOT ALWAYS RUN TRUE. MOST OF THE TIME WE WOULD TREAT THE CENTER FIRST.

Do I have any karmic ribbons or ties with my mother which may cause me to have negative feelings there?

NO, THIS IS NOT KARMA. IT IS SIMPLY A CASE OF SOME OF THE OVERLEAVES REPELLING EACH OTHER. THIS IS NOT AN UNUSUAL PHENOMENON. THIS LADY IS VERY DIFFERENT FROM YOU.

What is the SRGA of Billy Graham? I would say Fifth Level Young Sage in Dominance and Arrogance. He's either a Spiritualist or an Idealist.

THIS MAN IS A THIRD LEVEL YOUNG SAGE IN DOMINANCE, YES, WITH A CHIEF FEATURE OF ARROGANCE, BUT A SPIRITUALIST, AND YES, TRAPPED IN THE EMOTIONAL PART OF MOVING CENTER, A SOLAR-MARS.

How does this Greed differ from Dominance?

SUBSTANTIALLY, WE WOULD SAY. THERE IS IN THE DOMINANT SOUL A DESIRE TO LEAD OR COMMAND RESPECT. IN THE GREEDY, THERE IS THE DESIRE TO ACCUMULATE OR ACQUIRE WHATEVER THE GREATEST NEED DICTATES, THE MOTTO BEING, "MORE, PLEASE".

27 March 1974

Wednesday

WE ARE HERE WITH YOU.

It seems to me that the causal plane is divided up into sections, with each section having a specialty, like teaching. Is that correct?

YES, THERE ARE CHOICES THAT CAN BE MADE HERE TOO. TEACHING IS ONE, GUIDANCE IS ANOTHER. THE GUIDANCE GROUPS ARE, OF COURSE, CAREFULLY SELECTED, AS YOU WELL KNOW. SOME FORMS OF "THERAPY" DO MORE HARM THAN GOOD

Would you give us more on the teacher-guide?

THE GUIDANCE GROUPS REQUIRE MUCH TIME AND CAN BECOME INTENSIVE, AND FOR THAT REASON MUST REMAIN SMALL, OR THEY LOSE THEIR EFFECTIVENESS. THIS, OF COURSE, IS BECAUSE OF THE TRUST LEVEL, WHICH IS PROPORTIONAL TO THE LEVEL OF INTIMACY IN ANY GROUP. YOU MUST ALSO REMEMBER THAT YOURS IS NOT THE ONLY WORLD UPON WHICH HIGH CAUSAL [transcendental soul] MANIFESTATIONS ARE OCCURRING. THESE, THEN ARE FOR MANY REASONS: TO EFFECT SOCIAL AND CULTURAL CHANGE; TO AVOID ABSOLUTE DESTRUCTION OF CIVILIZATIONS; ALSO TO GIVE IMPETUS TO THOSE SOCIETIES IN WHICH THERE IS PHILOSOPHICAL ENNUI.

In order to teach the logos, must we get rid of problems, such as cultural problems, before we teach?

WE WOULD AGREE WITH THAT. WHERE MAJOR CONFLICTS STAND AS SIGNIFICANT BARRIERS BETWEEN THE STUDENTS AND THE LOGOS, THEN THE STUDENT CAN SEEK THE GUIDANCE GROUP. MOST OF YOU,

THOUGH, ARE IN A POSITION WHERE YOU CAN BEGIN TO LOOK AT YOUR OWN CONFLICTS, AND WITH OUR HELP WORK THROUGH THEM.

Is the old “photographing” of another person a good thing to practice?

THAT IS VALID. WE INTEND TO SUGGEST MORE AREAS IN NEED OF PSYCHIC PHOTOGRAPHY.

Is it as good as a shock [a Gurdjieff term, also called a “cosmic wake-up call” by some]?

THAT IS ALSO TRUE, AND THIS IS WHY THE METHOD USED [by Gurdjieff] WAS SO EFFECTIVE. WE WOULD SUGGEST THE SAME TO ANY STUDENT ABLE TO RECEIVE THE VOICES FROM THE CAUSAL PLANE. THE GUIDE MUST HAVE ACCESS TO THE AKASHIC PLANE.

What difference does that make?

THE ANSWERS MUST BE IMMEDIATE AND CONCISE. ASTRAL BEINGS CANNOT DO THIS.

Is Werner Erhard’s information from the causal plane? Is it true?

THAT IS VALID.

What is the SRGA on Werner Erhard?

IMPATIENCE, A REALIST IN DOMINANCE.

Does he do automatic writing?

YES. SOME OF IT JUST CAME INTO HIS HEAD, BUT HE IS GIVEN A HEADACHE WHEN HE TRIES TO IMPROVISE.

Why?

THERE IS OF COURSE AN ENORMOUS RESURGENCE OF INTEREST IN THE OCCULT IN THIS PART OF THE WORLD. SOMETIMES POTENTIAL STUDENTS ARE LED GENTLY TO THE SCHOOL; SOMETIMES IT IS LIKE A BOLT OUT OF THE BLUE OR A TAP ON THE HEAD. AT ANY RATE, THIS IS AVAILABLE ALL OVER THIS COUNTRY. IF YOU ARE ABLE TO LISTEN TO THE WORDS, YOU WILL FIND THEM. YOU ARE HERE BECAUSE YOU WISH TO BE. THIS IS NOT FACETIOUSNESS. AT A DEEPER LEVEL YOU WISH TO KNOW THIS IS NOT UNUSUAL. GIVEN YOUR TOTAL PICTURE, IT POINTS TO CURIOSITY ABOUT MANY THINGS.

Are new students helpful because they bring new questions?

EACH NEW STUDENT WHO APPROACHES THIS TEACHING IN A SERIOUS VEIN BRINGS NEW QUESTIONS THAT WOULD OTHERWISE GO UNASKED. THIS IS GOOD. THE CONSTANT EBB AND FLOW OF STUDENTS CAUSES CONSTERNATION AND PROVIDES FRICTION FOR SOME STUDENTS, BUT THESE ARE WELCOME TO OUR PRIVATE HELP ANY TIME.

The Doctor asked about a patient with a FUO (fever of unknown origin).

THE REASON HE HAS SO MANY OF THESE TROUBLED SOULS SHOULD BE OBVIOUS — HE IS MORE QUALIFIED TO OFFER SOMETHING TO THEM IN ANOTHER VEIN WHEN MEDICINE FAILS. THIS MAN IS DEEPLY TROUBLED AND IS ASKING FOR HELP. THE FEVER IS THE OUTWARD MANIFESTATION OF THE EMOTIONAL CONFLICT.

I am attracted to certain people. Why?

THE LADY IS ATTRACTED TO THESE SOULS BECAUSE SHE IS A WARRIOR AND THEY HAVE THEIR “KICK ME” SIGN IN PLAIN VIEW [Warriors want to defend the disadvantaged].

(I am not sure about the next question.)

THE COMMENT IS ONLY THAT THE LADY HAS LIVED ON THIS WORLD SIX TIMES. SHE DOES NOT WISH TO QUESTION THIS NOW, BUT LATER SHE WILL. EVEN CHILDREN HERE ARE INTERESTED IN TALES OF OTHER WORLDS WHERE CONDITIONS SEEM FAR MORE EXCITING. THERE ARE FLAWS IN ALL FORMS OF CREATION, YES. YOU HAVE COME INTO CONTACT WITH SOME OF THESE. THEY ARE ALWAYS UNSUCCESSFUL, BOTH PHYSICALLY AND MENTALLY, LIFE AFTER LIFE, PERCEPTIONS DO NOT SHARPEN WITH TIME; REASONING REMAINS AT A PRIMITIVE LEVEL AND RESPONSE INAPPROPRIATE. THE SOUL IN EFFECT FOREVER REMAINS AN INFANT UNTIL IT IS REMOVED FROM THE PHYSICAL PLANE. ALSO, WE HAVE ANOTHER COMMENT.

Do they choose this?

NO, IT IS AN ERROR.

Why?

CALL IT AN ASSEMBLY LINE ERROR.

What happens?

IT IS ABSORBED. HELP THEM TO COMPENSATE, YES. IF COMPENSATION IS TO BE ACHIEVED, OFTEN THESE FRAGMENTS ELECT TO REMAIN ON THE ASTRAL PLANE. WE WOULD SIMPLY POINT OUT TO YOU THAT THE HINDU MYTHS CONCERNING REINCARNATION IN ANIMAL FORM ARE FROM DIM MEMORIES OF LIFE ON OTHER WORLDS IN THE MINDS OF SOME OLDER SOULS. ALSO, THE GREEK MYTHS OF THE METAMORPHOSIS OF GODS INTO BEASTS AROSE FROM CONTACT WITH EARLY VISITORS TO YOUR WORLD.

Someone asked a question regarding small groups.

TRUST IS MORE EASILY BUILT IN THE SMALL GROUPS. YOU SHOULD MAKE AN EFFORT TO VARY THE CONSTRUCTION OF THESE SMALLER SESSIONS SO THAT THE TRUST CAN GO AROUND THE CIRCLE. ALSO, THIS WILL BE VALUABLE IN ELIMINATING SOME OF THE IMPATIENCE AND NEGATIVITY OVER NEOPHYTES WHO ASK WHAT SEEM TO BE NONESSENTIAL QUESTIONS. AT SOME POINT WE WOULD AGREE THAT MANY OF THESE QUESTIONS SERVE MERELY AS ICE BREAKERS. OTHER SOULS SIMPLY ARE NOT PROFOUND, BUT CAN GROW. TRUST, AS YOU HAVE SAID, IMPLIES COMMUNICATION AND AWARENESS, AND THEY ARE INSEPARABLE. TRUST IS SOLELY BASED UPON INTUITION AND CANNOT BE LOGICAL. LOGIC WILL FAIL YOU EVERY TIME IN MATTERS OF TRUST. ALSO, THE PERSON WHO TRUSTS MUST BE LESS VULNERABLE. YES, OTHERWISE, HE WOULD BE TORN APART MOST OF THE TIME. TRUST CONTAINS ELEMENTS OF TOUGHNESS THAT COMES ONLY WITH PRACTICE AND CONCERNS A LACK OF INTERNAL CONSIDERATION — A “LET THE CHIPS FALL [where they may]” ATTITUDE. TRUST IS MOST DIFFICULT FOR SOULS IN ACCEPTANCE, SUBMISSION AND REJECTION.

Someone had a question regarding someone's ring.

CERTAIN PERSONS HAVE AFFINITIES FOR CERTAIN MINERALS, FORMS AND METALS. WE DO NOT SEE ANY HARM IN THIS.

Someone had a question regarding astrology.

THE RELATIONSHIP PRIMARILY PERTAINS TO THE BODY TYPES AND THE CENTERING.

27 March 1974

Wednesday

Someone had a question regarding exorcism as described in the journal, *Medical Aspects of Human Sexuality*, March, 1974, page 159.

THIS BEHAVIOR IS CERTAINLY NOT CONFINED TO FRANCE, SIXTEENTH THROUGH EIGHTEENTH CENTURIES. IT CONTINUES TO EXIST TODAY AMONG THOSE WHO FIND IT IMPOSSIBLE TO EXPRESS THEIR SEXUALITY THROUGH MUNDANE CHANNELS. IT WAS USED EXTENSIVELY BY HOMOSEXUAL MALES SINCE THE DAWN OF TIME. ALSO, IN A RELATIVELY POSITIVE AND LOW-KEY SOCIETY, ALL FORMS OF HYSTERIA, INCLUDING RELIGIOUS FERVOR AND SEXUAL ECSTASY, WERE INTERPRETED AS “POSSESSION” IN AN EXTREMELY POLITE SOCIETY SUCH AS THE ROME OF THE REPUBLICAN ERA. THIS WAS OFTEN THE CASE, AND THOSE WHO WERE UNFORTUNATE ENOUGH TO BE UNDULY ENTHUSIASTIC WERE DECLARED TO BE MAD AND SENT AWAY, OR IN THE CASE OF SLAVES, PUT OUT OF THEIR MISERY. MANY FORMS OF EXORCISM HAVE BEEN TRIED, THE MORE BRUTAL FORMS BEING GENERALLY THE MOST SUCCESSFUL, AS MOST SOULS CAN BE SHOCKED OUT OF THEIR PSYCHOSES. MANY TIMES THIS IS ONLY TEMPORARY, BUT SERVES TO ESTABLISH THE CREDIBILITY OF THE EXORCIST.

WE HAVE TOLD YOU MANY TIMES THAT COMMUNICATION WITH THE HIGHER PLANES SHOULD NOT BE USED AS A PARLOR GAME, AND IN THE LIGHT OF THE QUESTIONING ONE, WE WOULD REITERATE THIS ADVICE. THERE ARE DENIZENS OF THE LOW ASTRAL PLANES WHO ARE NO MORE ADMIRABLE IN DEATH THAN THEY WERE IN LIFE, SUGGESTING SELF-DESTRUCTION MODES TO THOSE STILL ON THE PHYSICAL PLANE. MANY SOULS HAVE SUICIDED, AND, RECOGNIZE[ing] WHAT THEY HAVE DONE, WILL OFTEN TRY TO CONVINCING THEIR SURVIVORS THAT DEATH IS PREFERABLE TO LIFE. MANY TIMES THEY SUCCEED WITH IMPRESSIONABLE AND SORROWING SOULS.

If we are supposed to feel oneness with everyone, then do we have to experience life from the seemingly low, crappy type of life? (drug addicts, murderers, alcoholics etc.)

WE WOULD ONLY AGREE WITH THAT IN PART. NONE OF THE MEMBERS OF THIS IMMEDIATE CADRE HAS EVER BEEN INVOLVED IN THAT SORT OF NONSENSE. IT IS NOT A NECESSARY PART OF LIFE.

It seems that you made a distinction between “essence” and “soul”. I see between lives it is a “soul”, and “essence” is only in [physical] life.

WE WOULD AGREE WITH YOUR THINKING. WE ARE GUILTY OF SOME SEMANTIC AMBIGUITY AT TIMES, BUT THE FACT REMAINS THAT THE ASTRAL BEING IS VERY DIFFERENT AND DOES DESERVE SOME DISTINCTION. THERE IS MORE OFTEN THAN NOT A PERIOD OF UTTER CONFUSION FOLLOWING TRANSITION FOR THOSE WHO HAD NO WELL-THOUGHT-OUT BELIEF SYSTEM, OR THOSE WHO FLUCTUATED WILDLY FROM ONE SYSTEM TO ANOTHER. THEY WILL INEVITABLY FLIT BACK AND FORTH FOR SOMETIMES MANY YEARS SAMPLING ALL THE FRUITS OF THEIR FLOATING CONVICTIONS.

Under [the influence of marijuana] grass it is possible for me to experience sex as both male and female. THESE MEMORIES ARE WITHIN YOUR GRASP, AND THE SOONER THAT YOU TOUCH THEM, THE SOONER YOU WILL BE ABLE TO SEE SOME SOLUTIONS TO YOUR [internal sexual] CONFLICTS.

Apparently sex is all in maya.

WE WOULD DISAGREE WITH THAT. THE EXPECTATIONS SURROUNDING IT ARE MAYA, YES, BUT THE ACT ITSELF CAN BE A VALID EXPRESSION OF ENERGY.

Is experiencing homosexuality necessary for spiritual growth?

IT IS NOT NECESSARY, NO, BUT MORE FREQUENT THAN YOU WOULD LIKE TO THINK.

I feel isolated from people. Is it related to sex or overleaves or what? How can I approach this problem?

WE WOULD ALSO POINT OUT TO YOU THAT YOU HAVE ERECTED MANY BARRIERS BETWEEN YOURSELF AND POSSIBLE EMOTIONAL TRAUMA. YOU DO NOT ALLOW YOURSELF THE LUXURY OF INTIMACY. INCIDENTALLY, THE SILENCE CAN BE A MARVELOUS EXPERIENCE, BUT THERE MUST BE AGREEMENT AND POSITIVE COMMUNICATION WITHIN THE SILENCE. NOTHING IS QUITE SO DESTRUCTIVE AS A HOSTILE, ANGRY SILENCE.

There is not enough information for me to work on here.

YOU ARE FEARFUL OF THE PROJECTED RAMIFICATION OF AN INTIMATE RELATIONSHIP. THESE FEARS, OF COURSE, ARE CULTURALLY INDUCED, BUT THAT IS SLIGHTLY IRRELEVANT WHEN YOU ARE STRUGGLING WITH THEM. ALMOST ALL OF THESE FEARS CONCERN SOME MATERIAL CONSIDERATIONS, AND AGAIN ARE BOUND UP IN YOUR FEROCIOUS WORK ETHIC — INTIMATE RELATIONSHIPS CAN BE EXPENSIVE, FOR INSTANCE. INTIMACY REQUIRES TIME AND NURTURING. TO BE INTIMATE, YOU MUST TRUST.

I've got to get more exercise. There's no time.

PLEASURABLE ACTIVITIES CAN OFTEN BE UTILIZED IN ESTABLISHING INTIMATE RELATIONSHIPS.

Is the work ethic a carry-over from a past life?

WE WOULD SEE IT AS ONE OF THE MOST TENACIOUS BARRIERS YOU MUST SCALE. WE FEEL THAT YOU SHOULD DISCHARGE YOUR OBLIGATIONS MADE IN GOOD FAITH, WHETHER OR NOT THE RESPONDENTS ARE IN THE TEACHING OR NOT. WHOEVER IS BEYOND THIS, WE SEE NO REAL OBLIGATIONS. WE WOULD SEE YOU PURSUING SOME FORM OF RELAXATION EVERY DAY, EVEN THOUGH THIS MAY AT FIRST SEEM LIKE WORK FOR YOU. THE RELAXATION OBTAINED WITH THE MARIJUANA IS ALL RIGHT. JUST RESTING IS ALL RIGHT, ALSO. THE PENCHANT TO DO IS PART OF FRICTION FOR THE ORDINAL ROLES.

I rest quite a bit. I don't work enough, it seems.

ONLY IN THAT YOU GO AHEAD AND REST AND THEN FEEL GUILTY ABOUT IT. THE ETHIC IS STILL THERE.

I'm not relating to people when I'm out there working.

WE WOULD SEE YOU ALL GIVE SOME THOUGHT TO WHICH OF THE ACTIVITIES YOU ENDLESSLY PERFORM ARE IN TRUTH NECESSARY. WE HAVE ASKED YOU TO DO THIS BEFORE, BUT YOU DID NOT. THIS IS A VALUABLE EXERCISE, AND NOT AS FUTILE AS SOME OF THE OTHERS, SUCH AS THE ENDLESS INTERNAL AGONIZING THAT YOU NOW DO WHEN YOU FIND THAT YOU DO NOT HAVE ENOUGH HOURS TO STUFF IN ALL OF YOUR TASKS. IT IS NOT MERELY WHAT CAN YOU LEAVE UNDONE UNTIL TOMORROW OR UNTIL THE MIDDLE OF NEXT WEEK, BUT WHAT CAN YOU HONESTLY LEAVE UNDONE FOREVER?

Could Michael comment on the Centers and how Moving Center is romanticized, and how the cosmic is romanticized?

WE WILL BRING THE MORE CONCISE DEFINITION TO YOU. THE KEYNOTE WITH INTELLECTUAL CENTER IS, OF COURSE, RATIONALIZATION. THE INTELLECTUAL PART, OF COURSE, IS CAPABLE OF OBJECTIVE RATIONALIZATION, THE EMOTIONAL PART OF SUBJECTIVE RATIONALIZATION, AND THE MOVING PART OF PRACTICAL, MATERIALISTIC RATIONALIZATION. THE PERSON TRAPPED IN THE MOVING PART OF INTELLECTUAL CENTER IS USUALLY PRACTICAL TO A FAULT, AND WHATEVER FRUITS ARE HARVESTED ARE USUALLY IN THIS VEIN. WHATEVER THEY PURSUE — WHETHER IT BE MEDICINE, THE LAW, OR HOUSEWIFERY — THESE SOULS ARE PREPARED THROUGH METICULOUS RESEARCH FOR ANY AND ALL

EVENTUALITY. THEY SPEND MUCH ENERGY IN THEIR RESEARCHES, AND NOT EVEN THE SIMPLEST TASK IS PERFORMED WITHOUT THE RITUAL OF RESEARCHING THEM CAREFULLY. ALL OF THEIR INTELLECTUAL ENDEAVORS MUST BE IMMEDIATELY OR AT LEAST CLEAR-CUT UTILITARIAN VALUE [sic]. ON THE OTHER HAND, THE SOUL TRAPPED IN THE INTELLECTUAL PART OF MOVING CENTER "ATTACKS" KNOWLEDGE WITH A VIGOR THAT IS VIRTUALLY UNEXCELLED. KNOWLEDGE IS A MOUNTAIN TO BE SCALED AND CONQUERED.

What are the characteristics of the Moving part of Emotional Center?

IT IS MOVEMENT ROMANTICIZED. THE MOVEMENT BECOMES THE LOVE OBJECT. MOST DANCERS, SUCH AS THE MAN, RUDOLPH [Nureyev], ARE TRAPPED HERE.

Are those who sit around and watch trapped here?

MANY TIMES THIS IS TRUE — DEPENDING ON THE ENERGY LEVEL PRESENT. THE SPECTATORS DO DRAW THOUGH FROM THE ACTION ON THE FIELD. BY THE SAME TOKEN, SOME MOVERS, SUCH AS AGAIN PROFESSIONAL DANCERS, ARE TRAPPED IN THE EMOTIONAL PART OF MOVING CENTER, WHERE EMOTION MUST BE EXPRESSED THROUGH MOVEMENT.

03 April 1974

Wednesday

The channel received the seventh [and last] overleaf, which she shared, and it consists of "Modes": POWER, AGGRESSION, PASSION, OBSERVATION, CAUTION, REPRESSION AND PERSEVERATION. THOSE WHO ARE IN REJECTION, COMING FROM AN AGGRESSION MODE, CAN BE AMONG THE MOST OBNOXIOUS SOULS [people] OF ALL.

We shared a discussion about a weekend full of friction, especially with a certain female.

FRICTION SUCH AS THIS ALWAYS FORCES ONE TO OBJECTIVELY ASSESS ONE'S INNER PROGRESS IN A SITUATION SUCH AS THIS ONE PROVIDED THAT END OF WEEK. ONE IS ALSO FORCED TO SEE THE CONTRAST. THEN THE PROGRESS CAN BE SEEN WITH FAR MORE CLARITY THAN IF ONE GOES ON IN THE SAME OLD RUT.

Is there anything Michael can say to help us feel agape toward this sort of person?

WE FEEL THAT IT IS INDEED POSSIBLE FOR YOU ALL TO ACCEPT THIS LADY IN ALL HER GLORY, AND YET, WE WOULD NOT RECOMMEND THAT ANY OF YOU SPEND TOO MUCH TIME IN THAT NEGATIVE ENVIRONMENT. YOU DO NOT NEED TO BE PRESENT TO FEEL AGAPE. THIS LADY CREATES A VORTEX OF NEGATIVE ENERGY THAT IS PARTICULARLY DIFFICULT FOR THOSE SOULS IN ACCEPTANCE, WHICH IS PRECISELY WHY CERTAIN PEOPLE INSTINCTIVELY ELECTED NOT TO GO TO THIS PLACE.

ALEXANDER [the Great] WAS IN A PASSION MODE.

THE WORD "CAUTION" NEEDS LITTLE DEFINITION. THESE MODES ARE THE WAY IN WHICH LIFE AND CHANGE ARE APPROACHED. PEOPLE IN CAUTION THEREFORE APPROACH ALL NEW SITUATIONS WITH CONSIDERABLE FORETHOUGHT, AND ARE NOT GIVEN TO SPONTANEITY UNLESS SOME GROWTH HAS TAKEN PLACE. THOSE IN REPRESSION MAY BE ONLY MILDLY REPRESSED, AND EXPERIENCE LITTLE PLEASURE IN THEIR INTERPERSONAL RELATIONSHIP, OR BE SEVERELY REPRESSED AND BE VIRTUALLY ANHEDONIC.

Someone said something about a King in Power not being such a good leader for a group.

WE DO NOT AGREE WITH THAT. AN OLD KING IN A POWER MODE COULD BE A GREAT MOTIVATOR FOR A GROUP.

Is it possible to change these overleaves in this life?

AS ALL THE OTHER OVERLEAVES, THESE ARE ALTERABLE ON THE WAY TO GROWTH. THAT IS AN EXCELLENT PLACE TO BEGIN, BUT THE POWER MODE CAN BE THE OPTIMAL GROWTH STATE.

Is Nixon in the Power Mode?

THIS MAN IS IN THE AGGRESSION MODE.

THE EVANGELIST IS IN THE PASSION MODE. (Some one asked about Billy Graham.)

PERSEVERATION DEALS WITH THE COMPULSIVE REPETITION OF WORN OUT AND UNSATISFACTORY PATTERNS AND HABITS. THOSE IN THE POWER MODE APPROACH LIFE FROM THE TOP DOWN. THE SOUL IN THE PASSION MODE ALTERNATELY SMOLDERS AND GLOWS. THOSE IN THE PASSION MODE, AS YOUNG

SOULS, OFTEN UNDERTAKE JIHAD, OR THE "HOLY WAR".

Is "Cinque", the Symbionese Liberation Army leader, Donald De Frees, (an ex-con) in Passion?

THIS MAN IS A THIRD LEVEL YOUNG WARRIOR IN GREED, AN IDEALIST IN THE PASSION MODE, YES.

Is his Goal Dominance?

WE DO NOT DENY.

Could we have comments on the Aggression Mode?

THOSE IN THIS MODE PLAY TO WIN AT ANY ODDS. THE MAN, ADOLPH [Hitler], WAS IN AGGRESSION.

Could we have some comments on Observation Mode?

THE SOUL IN OBSERVATION APPROACHES LIFE WITH A QUALITY OF BLANDNESS, AND IS NOT OVERLY SURPRISED BY ANYTHING.

I am foggy on monads.

THAT IS WHERE THE RUB COMES IN. IN ORDER TO COMPLETE THE MONAD, YOU MUST BE "CONSCIOUS" OF THE FACT THAT YOU ARE, FOR INSTANCE, LOVED. MANY TIMES YOU ARE LOVED, BUT DO NOT EXPERIENCE THIS. MANY TIMES YOU ARE A STUDENT BUT YOU DO NOT ALWAYS PERCEIVE THIS. THERE ARE SOME MONADS WHICH MUST BE COMPLETED BEFORE THE PERCEPTIONS CHANGE, AND YOU MOVE FROM ONE LEVEL TO THE OTHER.

What is the next step? May I skip to student-teacher monad?

THAT IS VALID. ONE [monad] THAT MUST BE COMPLETE IN THE MATURE CYCLE IS THE PARENT-CHILD. FEW OLD SOULS ARE SUPER PARENTS. MOST ARE NEGLIGENT CHILDREN.

What's a "super parent"?

THE OVERLY CONSCIENTIOUS PARENT WHO MANAGES THE LIFE OF THE CHILD. THE LEADER QUALITY POWER MONAD IS CLEARLY OF THE YOUNG SOUL CYCLE.

If one is in Repression, how can he change?

ONE MUST WISH TO CHANGE AND CONSCIOUSLY MAKE THE CHOICE.

What is the difference between Dominance and Power? I can't tell.

THEY ARE NOT THAT SIMILAR. OFTEN THE DOMINANT PERSON DOES NOT CARRY OVER BEYOND THE FIRST FOCUS. IN OTHER WORDS, THIS IS NOT THE ONLY SOUL YOU WOULD CONSULT FOR A LEADERSHIP ROLE. THE DOMINANT SOUL DOMINATES THE IMMEDIATE SITUATION ONLY.

There is a fuzziness in false personality and overleaves. How do you tell the false personality from the overleaves?

IN THE PERSON WHO IS NOT A STUDENT, ALL OVERLEAVES EXCEPT FOR THE SOUL LEVEL MANIFEST THROUGH FALSE PERSONALITY.

Do you mean a student in this organization?

OR A SIMILAR ONE. THIS IS NOT THE ONLY CAUSAL SCHOOL.

What about false personality and the problem I have and the fine line. Are overleaves chosen in essence?

WE CAN LOOK AND MEASURE OUR OVERLEAVES.

But what is false personality to us?

ALL THAT IS IMPERVIOUS TO GROWTH.

What is the soul Level of my rabbit?

THE ANIMAL KINGDOM PICKS UP ON THE VIBRATIONS AROUND IT. THE DOMESTICATED ANIMALS HAVE A TENDENCY TO IMITATE THE ONE WHO RENDERS THE MAJOR PART OF NURTURING. THE HIVE SOUL IS TRULY ANCIENT, AND WAS HERE LONG BEFORE INDIVIDUAL SOULS WERE CAST FROM THE TAO.

Could you explain hive souls? Were they part of one soul that split?

THAT IS VALID. UNTIL THE DOMINANT SPECIES AROSE, ALL WERE PART OF THE GROUP SOUL. THIS ACCOUNTS FOR THE INABILITY OF THE LOWER ANIMALS TO REASON INDEPENDENTLY. THEY REASON TO A CERTAIN EXTENT IN HERD SCHOOLS AND PACKS WHERE THE VIBRATIONS ARE STRONGER AND THE ENERGY LEVEL HIGHER. WHALES HAVE INDIVIDUAL SOULS. MOST PLANETS ON WHICH CREATURES OF REASON RESIDE HAVE AN AQUATIC AND TERRESTRIAL CULTURE.

If two thousand years ago I had a pet cat, could that etheric part of it be in my current lifetime and recognize me?

THAT HAPPENS OFTEN.

We discussed whales and someone said they did not think they are creatures of reason.

WE DISAGREE THAT THE WHALES ARE NOT CREATURES OF REASON. THEY SIMPLY CANNOT MANIPULATE THEIR ENVIRONMENT TO THE EXTENT YOU CAN. THIS IS WHY THEY ARE SO LARGE. THE SIZE GIVES THEM A CHANCE.

Do we ever incarnate as whales?

NO, YOU WOULD NOT INCARNATE AS WHALES.

Why was my rabbit incarnated?

BECAUSE IT IS CREATABLE.

Do animals move out of the physical ultimately?

ALL LIFE WILL EVOLVE.

What happens to the rabbit?

IT EVOLVES TO A HIGHER PLANE.

There was a question regarding small animals frightening large animals.

ANIMALS HAVE NO FACULTY FOR JUDGING SIZE.

Do we have a vestigial hive soul? That is, did Homo Sapiens ever participate in a hive soul before the Tao cast souls out, and are there any animal souls remaining in us?

DEEPLY BURIED RACIAL MEMORIES ONLY.

I have a patient who expresses that she feels as a visitor to this earth, that she is confused here and really belongs elsewhere. Another source told me that, yes, her planet from which she came is inhabited by a dominant species similar to a bat.

I have had similar feelings and a friend of mine called it "The Lost Princess Syndrome".

THE MOST DOMINANT EMOTION IN THOSE WHO ARE HERE ON THIS WORLD FOR THE FIRST TIME IS CONFUSION — DISORIENTATION, IF YOU PREFER.

Someone said something about the soul choosing on the astral plane.

WE WOULD AGREE WITH THE LADY. (It chooses) WITHOUT INTERFERENCE OF MAYA. THE INFANT SOUL IS ABLE TO MAKE THE CHOICES ON THE ASTRAL PLANE, BUT THE QUALITY OF THOSE CHOICES IS OFTEN POOR.

Do some make choices to work out certain things while on the astral level?

THIS IS AGREED UPON ASTRALLY. THIS DOES NOT APPEAR [to the astral being] AS DIFFICULT AS IT BECOMES [proves to be] ON THE PHYSICAL PLANE. THE MATURE SOUL IS OFTEN ONE WHO MUST COMPLETE THE PARENT POLE [of the parent-child monad]. INFANT SOULS ARE GIVEN TO MATURE SOULS FOR [the Mature soul's] GROWTH.

Who makes the choice ?

THE MATURE SOUL OFTEN, WHO MUST COMPLETE THE PARENT POLE.

Do Roles and soul [age] manifest at once or at different times?

MOST [Roles manifest] AT BIRTH, BUT THE SOUL LEVEL USUALLY DOES NOT MANIFEST UNTIL MID LIFE (35 years) AND THE CHIEF FEATURE IS STILL FLEXIBLE UNTIL NORMAL ADOLESCENCE. SOMETIMES CHIEF FEATURE OPERATES AS A SURVIVAL MECHANISM.

Do we decide to meet each other on the astral plane?

OH, YES.

Could we know of other lives of Mary (Jesus' mother)?

YES. THIS LADY IS NOW AN OLD PRIEST. SHE HAS ALSO HAD MANY LIVES WITHIN THE CONFINES OF THE CLERGY.

What was her soul Level at Christ's birth?

SEVENTH LEVEL MATURE SOUL.

Did she accelerate during her lifetime?

NO.

14 April 1974

Sunday

TO ASSIGN TASKS ON AN INDIVIDUAL BASIS REQUIRES WHOLEHEARTED COMMITMENT ON THE PART OF THE ONE ASSIGNED. THESE TASKS ARE NOT EASY AND OFTEN APPEAR DISTASTEFUL AT FIRST GLANCE. THE METHODS HAVE BEEN OUTLINED FOR YOU NOW WITHIN THE CONFINES OF THIS TEACHING, BUT THIS TEACHING IS OF THE SORT WHERE THE IMPLEMENTATION MUST BE SELF INITIATED. IN SOME OTHER TEACHINGS, INDIVIDUAL GUIDANCE CAN BE OBTAINED THROUGH VERY LENGTHY SESSIONS WITH THE SOURCE WITH THE FOCUS UPON ONE INDIVIDUAL, WHEREAS IN THIS TYPE OF TEACHING THE FOCUS IS ON THE GROUP AS A WHOLE AND ABOUNDS IN GENERALITIES. IT IS POSSIBLE, NEVERTHELESS TO GROW WITHIN THIS TEACHING, BUT IT MEANS MUCH CULLING OF THE MATERIAL, AND CONCENTRATION ON ALL THE WORK OUTLINED SO FAR. WE DO HAVE CONSIDERABLE INSIGHT INTO INDIVIDUAL NEEDS, BUT THEN, SO DO YOU ALL. YOU DISCUSS IT NEEDLESSLY AND REACH THE SAME CONCLUSIONS USING TERMINOLOGY WE WOULD NOT CHOOSE, BUT THE MEANING IS THE SAME. THE CHOICE IS YOUR STRONGEST BARRIER TO SUCCESS RIGHT NOW; OR TO BE MORE EXPLICIT, YOUR DENIAL OF THE FACT THAT THE CHOICE RESTS ALWAYS WITH YOU. WE HAVE SUGGESTED TO YOU ALL VARIOUS METHODS BY WHICH OTHERS HAVE ACHIEVED SPIRITUAL GROWTH. THIS IS ALL THAT WE ARE EMPLOYED TO DO. IF AND WHEN YOU MAKE THE CHOICE TO FOLLOW THIS PATH, THE PROTECTION IS THERE. THE ONE WHO CHOOSES THE PATH TOWARD SPIRITUAL GROWTH WILL BE PROVIDED FOR.

What are we going to do with the group being so loose?

YOU CAN USE THIS FOR FRICTION [otherwise known as having your "buttons pushed", which indicate your areas of non-agape] OR YOU CAN SUCCESSFULLY ELIMINATE IT ALTOGETHER BY GOING TO SMALLER SESSIONS ONLY.

THIS WILL CERTAINLY SOUND PLATITUDINOUS, BUT YOU CAN ONLY BE USED IF YOU ALLOW IT. THIS APPLIES SEXUALLY, FINANCIALLY, EMOTIONALLY AND ALL OTHER WAYS.

YOU MAY DO THE WORK [of changing an overleaf] WITHIN THIS TEACHING, BUT IN ORDER TO DO SO, YOU MUST BE ABLE TO RECALL THE REASONS YOU CHOSE THE OFFENDING OVERLEAF, AND THIS MEANS FOLLOWING UP ON YOUR INTUITIVE DRIVES. THOSE COMING OUT OF THE REPRESSION MODE OFTEN DO SO EXPLOSIVELY AND WITH MUCH RESENTMENT OVER ALL THAT THEY HAVE MISSED. SOME OF THIS "SHOCK" THERAPY YOU WILL SEE SHOULD GIVE YOU CONSIDERABLE INSIGHT INTO WHERE THE WORK IS. (This could refer to the conferences in Las Vegas we are planning to attend on the "Art of Medicine" using 50 new diagnostic and therapeutic techniques, including encounter, aggressive, triline, marathon, nude, group, crisis, electric sleep, primal, body image, existential, alpha wave, deprivation, and expectation therapies, and an introduction to Zen and Acupuncture.)

THE LADY IS PRACTICING A FORM OF "PRIMAL" THERAPY. SHE JUST TAKES IT A STEP FARTHER.

How can I get out of my Caution Mode?

THE ONLY WAY TO ALTER THIS IS AGAIN TO UNDERSTAND WHY YOU CHOSE IT IN THE FIRST PLACE. TO PHOTOGRAPH DELIBERATION OVER MUNDANE DECISIONS AND ATTEMPT TO ACT RATHER THAN TO THINK — WE KNOW OF NO BETTER WAY THAN TO BECOME DISGUSTED BY YOUR OWN PHOTOGRAPHS AND THEREBY BE LITERALLY FORCED OUT OF THE OVERLEAF.

Are there clues to why we chose the Caution Mode?

QUITE OFTEN WHEN THE SOUL CHOOSES THE PASSION MODE, IT IS TO EXPERIENCE THE MONADS DEALING WITH INTERPERSONAL RELATIONSHIPS. THIS OFTEN LEADS TO EMOTIONAL EXHAUSTION ON THE PHYSICAL PLANE. THE NEED IS THERE TO NOT EXPERIENCE THIS AGAIN. OFTEN, TOO, THE RIBBONS ARE COMPLEX ENOUGH SO THAT THE RATHER BLAND MODES ARE NECESSARY TO ALL THOSE IN THE SEQUENCE WITH YOU TO COMPLETE THEIR OWN MONADS.

Was August Pierre (Renoir) in Passion?

THE MAN AUGUST PIERRE WAS IN THE PASSION MODE, YES. YOUR REPRESSION LIFTED IN THE FACE OF CONTACT WITH HIGHER EMOTIONAL CENTER, AS IT ALWAYS WOULD.

Why did I choose Caution? I do not like it as I see it.

PRIMARILY BECAUSE YOU HAVE CHOSEN THE PASSION OR THE POWER MODE THREE OUT OF FOUR TIMES IN THE PAST.

Robert Burton had this charisma which make people want to be with him. What he has is worth emulating. He has total assurance in himself and does not need pats on the back. He had this peculiar way of not

laughing out loud, but of covering his widely-opened mouth with his hand when people would say something he thought was funny.

THERE IS AN ALMOST AWESOME SADNESS IN THOSE GOING TOWARD SUBJECTIVE CONSCIOUSNESS [Man # 6 -- the karma-free transcendence accomplished by an adept]. THE MAN, JESUS, FELT THIS. THE INFINITE SOUL DOES NOT FEEL THE NEED TO EXPRESS MIRTH IN THIS FASHION. LAUGHTER IS A COVER UP — A NERVOUS HABIT, SO TO SPEAK — BUT IS ONE OF THE LAST TO GO.

How can I get out of Repression? It is stronger than agape.

WE KNOW OF ONLY ONE EFFECTIVE METHOD TO BREAK THE THREAD, AND THAT IS THROUGH A MARATHON TYPE OF EXPERIENCE WHERE THERE IS A TOTAL BREAKDOWN OF THE DEFENSES TO ALMOST THE PSYCHOTIC POINT.

Where can this be obtained?

YOU CAN DO IT WITHIN THIS GROUP, OR YOU CAN REQUEST IT FROM THERAPISTS WHO CONDUCT THESE EXPERIENCES, BUT YOU MUST MAKE A CONTRACT WITH YOURSELF AT THE TIME THAT YOU WILL STICK IT OUT.

I doubt that it would last more than one day. What do they mean, in this group?

WITH GROUP AGREEMENT, YES.

I think Robert Burton was able to ignore or separate from the things in himself with which he was not happy, and he did not have to experience out the negativity.

THE MAN, ROBERT BURTON, CHOSE AN ALTERNATIVE COURSE, AND THAT WAS TO NEGATE THE PROBLEM AREAS RATHER THAN TO TRY TO HEAL THEM. THIS IS A VALID CHOICE, AND IT DOES WORK.

To spread the logos as Robert Burton does, you must have a Level of Being to attract people. You must be integrated and mysterious.

YOU ALMOST HAVE TO HAVE SOME TYPE OF MYSTERY, YES — WE AGREE WITH THAT. MOST PEOPLE DO SEEK A TEACHING, AND THIS INCLUDES ORGANIZED RELIGION THAT INTRODUCES SOME INTRIGUE INTO THEIR LIVES. THE TEACHING, THEREBY, BECOMES EXCITING. MANY DO IT WITH GIMMICKS; OTHERS WITH WHAT YOU CALL CHARISMA. IT ONLY WORKS BECAUSE IT PROVIDES THAT SPECIAL HINT OF THE MYSTERIOUS REALM BEYOND THE FIVE SENSES TO WHICH YOU AS THE TEACHER HAVE ACCESS, AND THAT THEY CAN SOMEDAY HOPE TO GLIMPSE. WE ARE NOT OPPOSED TO THIS AS LONG AS THE TEACHER DOES NOT BEGIN TO BELIEVE IN HIS OWN MAGIC.

To be a person such as Robert Burton or Yogananda seems so far off. Baba Ram Dass had power, too.

THE MAJORITY OF MANKIND IS IN ORDINAL ROLES.

Enlightened persons must go into seclusion because I do not see them walking around. Why should that be? There are those who do not see the need for a second Messiah.

THE BLIND REFUSE TO SEE AS THE DEAF REFUSE TO HEAR. THIS TEACHING IS OFFERED TO ALL, INDISCRIMINATELY. IT IS OFFERED OVER AND OVER EACH TIME YOU LIVE ON THE PHYSICAL PLANE.

I wonder if there is any truth to what Robert Burton used to say, that if too many people woke up, there would be another catastrophe such as Atlantis. Robert Burton said the reason for Atlantis being destroyed was that too many people were conscious.

WE DO NOT AGREE WITH THAT. IT WOULD MERELY SPEED UP THE EVOLUTION ON THIS WORLD, BUT WOULD NOT AFFECT THE STELLAR EVOLUTION.

Why are we not created blessed with agape? That's my beef with Michael and his crew — they are stingy with their grace. I'm saying it is their choice to give us grace.

WE CAN ONLY AID YOU IN DEVELOPING THOSE SENSES AVAILABLE TO THE ESSENCE, BEYOND THOSE LIMITATIONS PLACED UPON THE PHYSICAL BODY. WE CANNOT GIVE YOU ANYTHING AGAINST YOUR WILL.

Then is there no such thing as grace?

NOT THAT WE KNOW OF.

Are there things we could have if we asked?

WE CAN HELP YOU TO FIND THEM WITHIN YOURSELVES. YOU ARE AS WELL ENDOWED AS WE ARE; WE JUST HAVE LEARNED HOW TO TAP THE RESOURCES.

Does Michael mediate?

SOMETHING SIMILAR, YES.

The question at this point went unrecorded.

NOT USUALLY THIS OVERTLY, THAT IS CORRECT. MOST CRAFTSMEN ARE INSPIRED THOUGH BY VERY SUBTLE NUDGES FROM THOSE ORDINAL ENTITIES.

Has any female ever made it consciously?

THERE HAVE BEEN CONSCIOUS FEMALES, YES, BUT NO GREAT TEACHERS HAVE BEEN FEMALE. THIS IS NOT TO SAY IT CANNOT BE; IT IS SIMPLY THAT FEMALES HAVE CHOSEN TO SUBORDINATE THEMSELVES IN THIS CULTURE.

Do I keep on being a doctor?

YES, IF THAT IS YOUR CHOICE.

THE ROLE CAN BE MADE INTO A TEACHING ONE. YOU DO NOT HAVE TO HAVE AN ORGANIZED SCHOOL OF YOUR OWN. IT IS ENOUGH TO BE IN ONE TO EFFECTIVELY AFFECT THE OPPORTUNITY FOR OTHERS AROUND YOU TO LOOK AT THEIR OVERLEAVES AND BEGIN TO UNDERSTAND. EVOLUTION ON THIS WORLD HAS BEEN SLOW AND NOW IS PICKING UP SOMEWHAT — STILL SLOW THOUGH WHEN COMPARED TO, FOR INSTANCE, SOLEAL'S WORLD.

17 April 1974

Wednesday

I read in previous notes that karmic ribbons must be burned. How are ribbons burned?

BURNING KARMIC RIBBONS CONSISTS ESSENTIALLY OF COLLECTING OR REPAYING DEBTS INCURRED IN THE PAST. ALL YOUR SEQUENTIAL PARTNERS DO NOT NECESSARILY REINCARNATE AT THE SAME TIME ALWAYS. THIS PROCESS MAY TAKE CENTURIES, THE PROBLEM BEING THAT YOU AS THE DEBTOR WILL STILL HAVE SUBLIMINAL KNOWLEDGE OF THE DEBT WHETHER OR NOT THE PERSON TO WHOM IT IS OWED IS ON THE PHYSICAL PLANE. THIS WILL USUALLY RESULT IN SOME BARRIER TO SPIRITUAL GROWTH. SOMETIMES SOULS SEARCH FOR ENTIRE LIFETIMES, ARE RESTLESS AND INSECURE AND CANNOT GAIN ANY INSIGHT TO WHY THEY ARE COMPELLED TO SEARCH. THE PAYMENT OR COLLECTION CAN CONSIST OF A PHYSICAL REMITTANCE SUCH AS MONEY, OR AN EMOTIONAL ONE SUCH AS NURTURING, OR EVEN A SPIRITUAL BOND SUCH AS MASTER AND PUPIL. KARMIC RIBBONS CONCERNING VIOLENCE ARE USUALLY SETTLED WITH VIOLENCE IN THE EARLIER CYCLES. THOSE OCCURRING IN THE LATER CYCLES ARE USUALLY SETTLED MORE PACIFICALLY. WE WOULD ENCOURAGE ACKNOWLEDGMENT OF ANY OF THESE. THE OLDER SOULS ARE GENERALLY NOT GIVEN TO COMMIT VIOLENT ACTS.

Is Michael willing to reveal to each of us our karmic debts?

YES. THESE SMALL SESSIONS ARE WORKABLE FOR THIS. MOST IN THIS GROUP DO NOT HAVE SUBSTANTIAL KARMA. THIS IS WHAT HAS FREED YOU TO SEEK THE TEACHING.

Is there a relationship between a “#1” experience and karma?

WE WOULD AGREE WITH THAT. THIS IS ANOTHER WAY OF STATING WHAT WE HAVE SAID MANY TIMES. INCIDENTALLY, THE PRIMARY EXPERIENCE CAN ALSO BE EMOTIONAL (not only a physical accident such as falling off one's tricycle and hurting your little knees).

We reviewed what we understood to be a #1, #2 and #3 experience. Physical pain may be the #1: since we do not think we can endure it, we cry or go unconscious and produce emotional trauma. Something related directly to the #1 is called a #2 experience. The #3 experience is something unrelated but which by association reminds us of the #1 experience which we have suppressed, so we have a headache or we vomit or we start eating, etc., ad infinitum.

Can one burn ribbons through an experience which involves no person other than yourself?

KARMIC RIBBONS RESULT FROM INTERACTION, EITHER WITH INDIVIDUALS OR WITH THE ENVIRONMENT. THE MAN, JAQUES COUSTEAU, DROWNED IN ANOTHER LIFE.

Does being in prison burn karma. (In life, are you paying your debt to society by being in prison?)

UNFORTUNATELY NOT.

The last overleaf (Modes) seems so powerful that I'm wondering if it is driven by karma? Does burning karma change this mode?

ESPECIALLY WHERE THE MODE OF APPROACH IS CONCERNED, YES. WITHOUT ACKNOWLEDGMENT OF THE DEBTS, THERE CAN BE NO UNDERSTANDING OF THE DRIVE.

Do we have to know with whom we have karmic ribbons?

SOME OF YOU PERSIST IN OLD PATTERNS DESPITE THE FACT THAT MAJOR OVERLEAVES WERE CHOSEN TO BURN RIBBONS THAT HAVE BEEN BURNED. STUDYING YOUR TOTAL PICTURE SHOULD ENABLE YOU TO SEE WHERE THE PERSISTENCE IS COMING FROM: THOSE IN PARTICULAR WITH STUBBORNNESS AND PRIDE [arrogance] AS CHIEF FEATURES; ALSO, THOSE WITH REJECTION GOALS AND REPRESSION MODES.

Am I still predominantly in Submission? I feel I am moving toward Acceptance.

AS THE DOMINANT FLAVOR, YES, BUT YOU ARE TAKING A SERIOUS LOOK AT AN ALTERNATIVE. WE WOULD SEE YOU MOVE TOWARD GROWTH. WHY STOP AT ACCEPTANCE?

THIS IS PREDOMINANTLY AN ADOLESCENT, MOVING CENTERED WORLD IN A POWER MODE.

Can you comment on the seeming "holy spirit" which flowed in a dream I had?

WE WONDER IF YOU WOULD ACCEPT "EMOTIONAL FERVOR" IN LIEU OF "HOLY SPIRIT". NORMALLY A DREAM OF RUSHING WATER COMES IN THE FACE OF A POWERFUL EMOTIONAL EXPERIENCE. THIS IS ONE REASON THAT HYDROTHERAPY WORKS.

It was earlier said that Mary [the mother of Jesus] experienced a psychological fragmentation. Did the fragments coalesce [reunite]?

OUR ACCESS LEADS US TO BELIEVE THAT THE LADY IN QUESTION [Mary] WAS A MID CYCLE MATURE PRIEST, AND THAT SHE SUSTAINED SUFFICIENT EMOTIONAL TRAUMA DURING THAT LIFETIME TO CAUSE A PSYCHIC DISINTEGRATION. HOWEVER, OUR ACCESS ALSO LEADS US TO BELIEVE THAT THE RESOLUTION OF THE DISINTEGRATION OCCURRED NORMALLY ON THE ASTRAL PLANE.

Does the [Biblical metaphor of the] "virgin birth" have to do with the manifestation of Jesus as the infinite spirit?

WE WOULD AGREE WITH THAT. COMING FROM PEOPLE WHO FEARED GREEK MYSTICISM, THIS WAS A NOVEL AND QUITE NATURAL EMBELLISHMENT.

Was my husband in a Power Mode this weekend?

HE IS CAPABLE OF ASSERTING HIMSELF ON THE STRENGTH OF HIS OVERLEAVES; NOW HE WAS NOT [in Power]. SOMETIMES THOSE IN [the] OBSERVATION MODE CAN COME THROUGH WITH VALID POWER PLAYS ON THE STRENGTH OF THEIR OBSERVATIONS, GIVEN ENOUGH STRENGTH IN THEIR OTHER OVERLEAVES. STUBBORNNESS CAN SOMETIMES BE A POWERFUL INCENTIVE WHEN OTHERS WANDER OFF THE BEATEN PATH.

Could we have an interpretation of the Biblical parable about the man carrying a stone and asking for help and having to carry the stone twice as far. I can see a Slave saying, "Yes, I'll carry it", a King saying, "Carry it yourself"; a man in Power would hit him, etc. Could we have a comment on this parable in relation to Roles? HUMILITY, WHEN COMING FROM AN ENLIGHTENED VIEWPOINT, CAN ENABLE EVEN A YOUNG KING TO GO THE EXTRA MILE. EVEN THE INDIANS OF THIS COUNTRY ESPOUSED THIS PHILOSOPHY BEFORE THE COMING OF THE WHITE MAN TO THIS CONTINENT, AND THEY WERE, FOR THE MOST PART, MATURE WARRIORS AND ARTISANS WITH SOME MATURE AND OLD PRIESTS INTERMINGLED. THIS IS A LESSON TO BE LEARNED, AS ARE ALL OF THE OTHERS. YES, IT DOES TAKE SOME [people] LONGER TO LEARN THIS THAN OTHERS. USUALLY THE ROLES OF WARRIORS, KINGS AND SAGES ARE AMONG THE LAST TO LEARN THIS, AND MUST GO THROUGH A LIFE IN ACCEPTANCE ON THE OLD CYCLE BEFORE THERE IS EVEN A GLIMMER OF THE TRUE MEANING OF HUMILITY. IT IS ONLY WHEN YOU CAN MAKE CARRYING THE ROCK MEANINGLESS THAT YOU CAN CARRY THE ROCK WITHOUT HOSTILITY. AS LONG AS CARRYING THE ROCK EVOKES EMOTION, THEN IT WILL BE DIFFICULT FOR YOU TO CARRY IT IN THE DISPASSIONATE MANNER THAT TRUE HUMILITY REQUIRES.

I do not feel humble about something that happened at work. A person left at 4:45, leaving two patients that he should have taken care of.

My "work ethic" gets in my way. My boss was supposed to be there in the afternoon to receive a call, but had gone sailing. I got "revenge" by calling him that evening at 9:00.

That's hard on the agape.

WE WOULD SPEAK OF AGAPE IN THIS CONTEXT, THANKS TO YOU. AGAPE SOMETIMES MEANS NOT ONLY NOT APPOINTING YOURSELF AS JUDGE AND JURY — AGAPE ALSO ALWAYS MEANS FORGETTING. NOTICE THAT WE DID NOT SAY "FORGIVE". THIS IS BEYOND YOU AND IS FAR TOO ABSTRACT. WE SAID "FORGET", AND THIS MEANS QUITE LITERALLY "THE END". IT DOES NOT MEAN CRAWLING AWAY TO LICK YOUR WOUNDS AND TO PLAN A COUNTERATTACK. IT MEANS FORGETTING ONCE AND FOR ALL. THE CONCEPT

OF AGAPE DOES NOT MEAN [require] PROXIMITY. IN PRACTICE, IT OFTEN CAN BE MORE EASILY APPLIED WHEN ONE MOVES AWAY FROM THE IMMEDIATE CAUSE OF THE HOSTILITY.

I would like to have more on the Moving Center and a description of the Moving part of Moving Center and the Emotional part of Moving Center.

WE DO RECALL THAT WE COVERED THIS, BUT WILL REITERATE BRIEFLY. THE SOUL THAT IS MOVING CENTERED ACTS OUT IN LIFE IN AN ACTION MODE. THIS, OF COURSE, MEANS THAT ONE TRAPPED IN THE EMOTIONAL PART OF MOVING CENTER WILL REACT TO A MOVING SITUATION WITH SOME TYPE OF PHYSICAL RESPONSE, SUCH AS DANCING WITH JOY, ETC. THE SOUL TRAPPED IN THE INTELLECTUAL PART OF MOVING CENTER WILL OFTEN RAMBLE FAR AFIELD IN THE SEARCH FOR KNOWLEDGE. THE SOUL IN THE MOVING PART OF MOVING CENTER APPEARS OFTEN AS A DRIVEN SOUL.

Is Freud's theory about the unconscious death urge correct?

WE WOULD EXPLAIN IT IN A MUCH MORE SIMPLE CONTEXT. THE ESSENCE, OF COURSE, LONGS TO REUNITE WITH THE FRAGMENTS OF ITS ORIGINAL ENTITY, AND THIS CANNOT BE DONE ON THE PHYSICAL PLANE. THE BODY DESIRES SURVIVAL, AND INTERPRETS THE DESIRES OF THE ESSENCE AS ANTI LIFE, OR "DEATH". THE BODY — WHICH INCLUDES THE FALSE PERSONALITY — CANNOT CONCEIVE OF A REALITY OUTSIDE OF THAT WHICH IT PERCEIVES WITH ITS FIVE SENSES. THIS GIVES RISE TO THE THEORY OF THE UNCONSCIOUS "DEATH WISH", AS THE ESSENCE IS USUALLY SO DEEPLY ENCRUSTED WITH BARNACLES, AND DEATH SEEMS TO BE THE ONLY ANTITHESIS TO LIFE AS THE BODY UNDERSTANDS IT.

As I see it, the essence desires liberation from the body. How can these #1 experiences carry over from one life to another when the essence is not of the body? — tragedies only happen to false personality, which is not of essence.

YOU NOW HAVE AN IMPORTANT INSIGHT TO WORK ON. THE GOAL IS TO LEAVE THE BODY FREE AND CLEAR. NO, IT DOES NOT AS LONG AS THESE UNFULFILLED DESIRES AND PRIMARY UNRESOLVED EXPERIENCES EXIST. THE ESSENCE DRAGS ITS BARNACLES AROUND WITH IT BETWEEN LIVES AND AFFECTS THE CARRYOVER, EVEN THOUGH A NEW PERSONALITY IS BORN IN THE NEW BODY.

I would like some clarification on Solar Body Type as a modifier.

I'm wondering if Pablo Casals was a Solar-Mercury as he had so much more energy than any of the orchestra members (as I heard one tell me). He was at least 20 years older than any of the members and had more energy than any of them.

THIS WAS A MERCURY-SATURN IN A PASSION MODE.

Can black people be Solar?

THERE ARE MANY BLACK PEOPLE BORN DURING PERIODS OF INTENSE SUNSPOT ACTIVITY. THE INFLUENCE IS THE SAME (even though one cannot see the fair skin).

Are there any that we would know?

WE WOULD POINT OUT THAT THE SINGER, NAT COLE, WAS A LUNAR-SOLAR, EMOTIONALLY CENTERED, IN A PASSION MODE.

He was gentle. Are there any pure Solars we would know,

NOT CLOSE AT HAND. THERE ARE A FEW. THIS IS A RARE OCCURRENCE.

Is Mia Farrow a Solar?

LUNAR-SOLAR. THIS GENERALLY PRODUCES AN EXCEPTIONALLY PHYSICALLY ATTRACTIVE BODY.

What about Audrey Hepburn?

MERCURY-SOLAR.

Are the plans made on the astral plane?

OF COURSE. YOU HAVE THE OPTION OF NOT PLANNING AT ALL AND MAKING HASTY, LAST MINUTE CHOICES — WHICH IS PRECISELY WHAT HAS HAPPENED TO SOME SOULS WITH WHOM YOU ARE ACQUAINTED. USUALLY TOWARD THE END OF THE YOUNG SOUL CYCLE THE CHOICES BECOME BETTER, AND THE SOUL CHOOSES TO REVIEW THE PAST WITH FAR MORE THOROUGHNESS, AND ATTEMPTS TO STRIVE TOWARD COMPLETION OF THE MONADS. THERE IS ALSO MUCH "JUST PLAIN LIVING" AS THERE IS ON THE PHYSICAL PLANE. JUST AS YOU, AS STUDENTS, DO NOT PURSUE THE [spiritual] PATH TWENTY FOUR HOURS A DAY, SO THE ASTRAL BEINGS DO NOT EITHER. WE HAVE TOLD YOU ALL BEFORE THAT THERE IS LEVITY ON THE ASTRAL PLANE, AND TO BE AWARE OF THIS. THIS SHOULD GIVE YOU SOME INSIGHT INTO SOME OF THE OPTIONS THERE.

MEMORY OF THE ESSENCE DOES NOT DIMINISH WITH THE ILLUSION OF PHYSICAL TIME.

ONE HUNDRED OF YOUR YEARS FAR EXCEEDS THE LIFE EXPECTANCY OF THE PHYSICAL BODY, AND, AS WE SAID BEFORE, THE PERSONALITY CANNOT CONCEIVE OF AN ABSTRACT BEYOND ITS FIVE SENSES, AND SO ONE HUNDRED YEARS IS MEANINGLESS ON THIS PLANE.

Humility is not one of the overleaves, yet it seems to be important. Could we have a comment? Should we be servants to have a sense of humility?

BEING HUMBLE IS IN NO WAY SIMILAR TO THE ROLE THAT A SLAVE ACTS OUT. BEING HUMBLE CAN ALSO MEAN DEFERRING TO THE MORE AGGRESSIVE YOUNGER SOUL. IT DOES NOT NECESSARILY MEAN WAITING UPON HUMANITY. YES, IT IS A DESIRABLE PLACE TO BE, AS COMPETITION IS MAYA AND ANTI GROWTH.

24 April 1974

Wednesday

Someone had a question about a passage in [the Biblical book of] Revelations. Does this describe the overleaves?

THE OVERLEAVES, AS THE PLANES ARE INDEED MENTIONED IN THIS BOOK. THE MAN JESUS KNEW ABOUT THIS EVEN BEFORE THE MANIFESTATION. THE MAN JOHN [author of the book] DID NOT UNDERSTAND, BUT DREAMED ABOUT IT LATER IN TERRIFYING NIGHTMARES, AND SET THESE EXPERIENCES DOWN FOR POSTERITY. AGAIN, THE LOGOS IS COUCHED IN AMBIGUITIES, AS OCCURS SO OFTEN WHEN THE STUDENTS TRANSCRIBE THE MATERIAL WITHOUT BENEFIT OF EDITORIAL EXPERTISE. THIS WAS ALSO AN EMOTIONALLY CENTERED CULTURE THAT BELIEVED QUITE LITERALLY IN "PARAGOD". IN ITS AMBIGUITY THAT PASSAGE IS AIMED IN THAT GENERAL DIRECTION, YES. THAT PARTICULAR PASSAGE REFERS PRIMARILY TO THE PHILOSOPHIC ATTITUDES.

Do you mean the philosophic attitudes in the Bible?

NO; [we mean] THOSE ATTITUDES IN THE OVERLEAVES — THE PREDOMINANT PHILOSOPHICAL FLAVOR. THE OTHERS ARE ALSO MENTIONED. THE INFORMATION RECEIVED BY THE MAN EDGAR [Cayce] IN HIS TRANCES WAS DIFFICULT FOR HIM TO TRANSMIT AS IT WAS SO CONTRARY TO HIS OWN [Christian] BELIEF SYSTEM. THE MORE RIGID AND ORTHODOX THE PERSON IS, THE MORE AMBIGUOUS THE TRANSMISSION WILL BE. WE WOULD ANSWER SPECIFIC QUESTIONS CONCERNING THAT BOOK.

Do you have comments about Revelations 21?

THIS PASSAGE OF COURSE REFERS TO THE EMERGENCE OF THE NEW CYCLE. THIS WAS KNOWN OF EVEN THEN, THAT THE OLD CYCLE WOULD PASS AWAY, AND WITH IT THE OLD INSTITUTIONS AND THE OLD RIGIDITY — THE STORMY SEA. THE NEW CYCLE OF COURSE IS NOW BEING BORN AND THE OLD INSTITUTIONS ARE DYING OUT. SOME ARE TENACIOUS, BUT THE NECESSARY UNDERSTANDING IS NOW PRESENT IN A LARGE NUMBER OF SOULS ON THIS PLANET NOW, TO USHER IN THIS GOLDEN AGE THAT HAS BEEN PREDICTED. WE SEE THE BEGINNINGS. NEVER BEFORE IN THIS WORLD'S HISTORY HAS THERE BEEN SUCH A WIDE INTEREST IN SPIRITUAL GROWTH AS OPPOSED TO [words missing?] ALONG WITHOUT INTRINSIC MEANING AND REASON. THIS IS A VERY NATURAL CONSEQUENCE OF THE WORLD'S EVOLUTION, AND FARSIGHTED SOULS COULD SEE IT THEN. EACH TIME A CYCLE IS CONCLUDED IN THE PAST THERE WAS SOME RETROGRESSION, BUT EACH TIME IT HAS BEEN STEADILY DECREASING. THE "DARK AGES" WERE MUCH SHORTER, FOR INSTANCE, THAN THE TIME BETWEEN THE FALL OF THE MINOAN CIVILIZATION [about 1500 BC] AND THE RISE OF GREECE [about 600 BC].

Is Edgar Cayce correct in his translations?

HE IS MUCH MORE SUCCINCT THAN WE ARE.

What is the SRG on Swami Muktananda?

THIS IS A SIXTH LEVEL YOUNG SAGE. HE WILL DO NO HARM. HE HAS INDEED HAD A PROFOUND EXPERIENCE AND IS ABLE TO INSPIRE OTHERS TO FOLLOW HIS CHOSEN PATH, WHICH WHILE OUTSTANDING, IS NOT WRONG. HE IS A SPIRITUALIST, YES, AND IN DOMINANCE IN A PASSION MODE. A YOUNG KING WOULD NOT PLAY THIS ROLE.

What is a Spiritualist?

IT ENABLES THE SOUL TO LOOK BEYOND THE PHYSICAL REALITY FOR THE ANSWERS. MORE THAN THAT, IT NORMALLY COMPELS THE SOUL TO SEARCH IN THIS FASHION [beyond the physical]. IT ALSO RESULTS

IN A FEELING OF ONENESS WITH THE COSMIC.

[His question was not recorded.]

THERE IS AN IMPORTANT DISTINCTION HERE TO BE MADE: IT IS THE FEELING THAT IS FORGOTTEN, NOT THE LESSON.

Someone had a question about physical pain.

NOT SO MUCH THE PAIN [is important] AS THE CONSEQUENCES OF AN ACTION OR THOUGHT PATTERN [regarding the pain]. THE PAIN IS PURELY A PHYSICAL PHENOMENON.

What is Kundalini? Is it true? High energy?

IN A BROAD SENSE, THIS IS WHAT YOU REFER TO AS SEXUAL CENTER — THE ENERGY THEREIN. IT IS A LIBERATING FORCE FOR THE ESSENCE.

Moses “raised the serpent” and Jesus said, “If I be lifted up”, etc. What is the relationship to Kundalini here. YES, THIS IS THE HIGHEST FORM OF MOVABLE ENERGY YOU HAVE AT YOUR DISPOSAL, AND THEREFORE THAT WHICH YOU CAN UTILIZE FOR EACH: THE EMOTIONAL STATES OR HIGHER EMOTIONAL CENTERS, HIGHER INTELLECTUAL CENTERS — WHICH ARE SYNONYMOUS WITH SUBJECTIVE CONSCIOUSNESS [Man # 6 and] OBJECTIVE CONSCIOUSNESS [Man #7] RESPECTIVELY. THE LOWER CENTERS ARE FIXED, AND THE ENERGY IS LIKE A CLOSED SYSTEM. THE HIGHER CENTERS ARE CAPABLE OF ECSTASY OR BLISS; THE LOWER CENTERS ARE NOT. THE SEXUAL CENTER OR THE KUNDALINI FORCE CAN ONLY BE BREACHED BY BRINGING THE LOWER CENTERS INTO HARMONIOUS BALANCE — IN OTHER WORDS, IN SEPARATING FROM THE MAYA OR ILLUSIONS FOR GLAMOUR OF THE PHYSICAL PLANE, AND BY GIVING UP YOUR EXPECTATIONS OF WHAT A SEXUAL EXPERIENCE “SHOULD” BE.

Someone had a question regarding sexuality and consciousness. Is it necessary to give up sex, or can consciousness be obtained without giving it up?

SOME DO [give up sexuality] WITH GREAT FACILITY [toward furthering their spiritual evolution]. OTHERS CHOOSE TO EXPERIENCE THIS [sexuality] CEREBRALLY [rather than physically]. BOTH ARE VALID. SOME DO. THIS IS THE GOAL OF MOST WHO CHOOSE THIS IN AN ENLIGHTENED VEIN.

I have a question regarding a program on the radio.

IN THE SEARCH FOR SPIRITUAL GROWTH, AS IN ALL ELSE, THE CHOICE MUST BE MADE BY YOU. EXPLORATION IS TIME-CONSUMING, AND IF YOU ARE ABLE TO VERIFY THE INFORMATION GIVEN, THEN IT IS TIME WELL SPENT.

There was a question regarding Swami Muktananda. Has he had a profound experience?

THIS MAN CHOOSES NOT TO DENY THOSE VISIONS WHICH COME TO HIM DURING PERIODS OF INTENSE CONCENTRATION AND DURING DEEP MEDITATION. THEREFORE HE “FEELS” THAT WHICH MOST OF YOU APPREHEND INTELLECTUALLY. CONSEQUENTLY HE WAS ABLE TO FEEL THE CONTINUITY OF THE SOUL AND ACCEPT THIS AS VALID. THIS IS A FAIRLY PROFOUND EXPERIENCE.

BODY TYPES DO NOT CHANGE — THEY ARE FIXED AT BIRTH.

01 May 1974

Wednesday

I have recurring dreams during childhood and also during the present — a claustrophobic feeling, in a tunnel, etc.

DREAMS OF BEING IN ENCLOSED SPACES ARE NORMALLY INDICATIVE OF A DESIRE TO EXPAND A PART OF LIFE OR CHANGE A DIFFICULT PART OF LIFE, USUALLY A PART OF LIFE WHICH MAKES ONE FEEL TRAPPED IN THE WAKING STATE. THE DESIRE TO GROW OFTEN PRODUCES THIS TYPE OF DREAM, ESPECIALLY FOR ONE WHO HAS ONLY ALLOWED FOR FAIRLY NARROW HORIZONS.

Someone raised a question about the negative half of Centers, because of much confusion in her mind about how people get into the negative half, what the negative half is, etc.

FOR INSTANCE, THE INTELLECTUAL PART OF EMOTIONAL CENTER HAS PRODUCED SOME SENSITIVE MOVING CONTRIBUTIONS TO THIS WORLD, SUCH AS THOSE OF THE POET STEPHEN VINCENT BENET, AND THE MAN ROBERT FROST. IT HAS ALSO PRODUCED THE GERMANS [Hermann] GOERING [one of Hitler’s generals] AND [Otto Von] BISMARCK.

What puts one in the negative or positive half [of a Center]?

USUALLY THE EXALTED MODES. THE MAN GEORGE WALLACE IS ANOTHER — A BABY PRIEST IN THE PASSION MODE. THE SOUL LEVEL PREDICTS THAT HE WILL BE ON THE SELF-RIGHTEOUS SIDE, COUPLED WITH THE PASSION MODE AND THE EMOTIONAL CENTERING, ONE GETS A FIRE BRAND. THE MAN [Hermann] GOERING WAS IN THE AGGRESSION MODE, A SECOND LEVEL MATURE PRIEST WITH A CHIEF FEATURE OF GREED.

Do we get stuck in the negative or positive half, or does it fluctuate?

MOST ARE STUCK. THIS IS NOT A GROWTH-PRODUCING SEQUENCE. AGAIN, FOR INSTANCE, SOULS TRAPPED IN THE MOVING PART OF INTELLECTUAL CENTER CAN BE RATHER COLD AND RUTHLESS, GIVEN NEUTRAL OVERLEAVES.

Is this chosen ahead of time?

MUCH OF THIS IS UNFORTUNATELY CULTURALLY INDUCED. SCHOLARS IN STAGNATION CAN BE INDUCED TO RESPOND TO POSITIVE REINFORCEMENT.

Does a soul before birth choose the culture in which it will be raised?

NOT SO. THE CHILD IS BORN WITH PREDOMINANT CENTERING AND THE CHANCE TO GO EITHER WAY. WITH NEGATIVE REINFORCEMENT THE CHILD WILL USUALLY BECOME STUCK IN THE NEGATIVE POLE OF THE CENTER BY LATE ADOLESCENCE.

If there is no negative reinforcement do you get stuck in the positive half of the Centering?

THESE SAME OVERLEAVES BECOME POSITIVE.

Which is best, negative or positive?

THE POSITIVE HALF IS A WHOLE LOT LESS VIOLENT.

This puts an awful load on parents, doesn't it?

NOT SO. YOU DO NOT CHOOSE [before incarnation] YOUR NEIGHBOR AND TEACHERS IN THE PUBLIC SCHOOL, NOR DO YOU CHOOSE THE EDITOR OF THE LOCAL NEWSPAPER OR THOSE WHO SCHEDULE THE VIDEO.

Do overleaves affect negative and positive Centering? Is it what goes out rather than what goes in?

SOME SOULS ARE INCAPABLE OF VIOLENCE ON THE BASIS OF THE SOUL LEVELS AND OTHER OVERLEAVES, BUT THOSE WHO ARE CAPABLE [of violence] GENERALLY WILL [do violence] IF GIVEN NEGATIVE REINFORCEMENT. OLD SAGES, SLAVES AND ARTISANS ARE GENERALLY INCAPABLE OF VIOLENCE.

No one in the group could be in the negative.

THE LADY IS CORRECT: SOULS IN THE NEGATIVE PART OF CENTERS ARE UNSTABLE.

We seem to be getting voluntary information on violence. Is there a statement about this?

ONLY THAT VIOLENCE IS CULTURALLY INDUCED, YES. IT IS WHOLLY A PART OF FALSE PERSONALITY. THE ESSENCE IS PACIFIC. VIOLENCE IS TRULY THE DARK SIDE OF THE SOUL. NO ONE COMES ONTO THE PHYSICAL PLANE VIOLENTLY. HOW VIOLENTLY ONE COMPLETES THE MONAD IS A CHOICE MADE AT THE MOMENT OF TRUTH.

Are violent deaths karmic?

VIOLENT DEATH, WHEN IT OCCURS AS A SINGLE ISOLATED INCIDENT, IS KARMIC, YES.

What about plane crashes, in which many are killed?

[It is karmic] FOR SOME ON THE PLANE, YES.

Can it be an accident?

UNFORTUNATELY, IN LARGE VIOLENCES, THOSE WITH KARMIC RIBBONS DO TAKE OTHERS WITH THEM. IN MANY INSTANCES WHERE THE KILLING APPEARS AT RANDOM THE RIBBON GOES BACK MANY CENTURIES TO A TIME WHEN THE PRESENT VICTIM WAS RESPONSIBLE FOR MASS KILLINGS. ONE OF THE RECENT VICTIMS IN SAN FRANCISCO WAS A SLAVE TRADER IN THE EARLY NINETEENTH CENTURY.

I had a flash about how simple it is relating holy communion with the teaching, into life.

SO ALSO IS THE "RESURRECTION". THIS IS PERHAPS THE MOST ANCIENT OF ALL SYMBOLS. IT WAS REPRESENTED IN THE LEGEND OF THE PHOENIX.

Signifying what?

REBIRTH.

Do you mean physical rebirth?

YES: CONTINUITY OF THE LIFE CYCLE. THE BODY [of Jesus] DIED UP ON THE CROSS.

Did he return physically, or was it a legend?

THE INFINITE SOUL HAD ACCOMPLISHED WHAT IT CAME FOR WHEN THE BODY DIED. THERE WAS ONE FEMALE STUDENT AND ONE MALE STUDENT CAPABLE AT THE TIME OF RECEIVING EMANATIONS FROM THE HIGH PLANES, AND THEY REMAINED IN CONTACT WITH THE NOW DEPARTED INFINITE SOUL FOR ALL OF THAT LIFE, BUT THERE WAS NO MANIFESTATION FOLLOWING THE PHYSICAL DEATH.

Why isn't the *Gospel of Thomas* in the Bible?

IT CONTRADICTS THE CHURCH. [Someone in the group] BURIED ONE COPY OF THAT BOOK IN THE TWELFTH CENTURY. SOME STAYED BURIED.

Why didn't Richard (the Lionhearted) make his wife Queen?

VANITY.

Whose, his?

YES.

What would that have done?

IT WOULD HAVE PLACED HER ON EQUAL FOOTING IN THE EYES OF THEIR COUNTRYMEN.

A friend flushed a diamond ring down the toilet, and her janitor found it and brought it back to her. Was that a miracle? Are there miracles?

[Yes, there are miracles, but] THAT WAS NOT ONE OF THEM, THOUGH. THE ONLY OCCURRENCES OF THIS NATURE ARE WITH THE AID OF THE HIGH PLANES. YES, [Uri] GELLER IS ONE WHO CAN [perform miracles].

What is depression? Is it unfulfilled expectations?

Someone asked for a comment on having smaller groups — a meditation group.

WE FIND NO FAULT WITH SOULS GATHERING FOR MEDITATION. THIS WOULD ONLY BE A POSITIVE EXPERIENCE IF THOSE GATHERED KNEW THEIR PURPOSE IN BEING THERE, AND WISH TO GROW. YOU CANNOT RAM GROWTH DOWN ANYONE. YOU HAVE SOME FERVOR THAT CAN BE TAMED TO ADVANTAGE. WE [do not] MEAN THAT YOU MUST CEASE TO PROPAGATE THE LOGOS — FAR FROM IT. JUST WORK ON YOUR POSSIBLE LETDOWN IF ONE DOES NOT ACCEPT THE TEACHING. ALL ZEAL IS COUNTERBALANCED BY DEPRESSION.

08 May 1974

Wednesday

Someone had a question regarding Uri Geller and Andrijah Puharich's contact with a being from "Hoova" (from an article in June, 1974 *Psychic Magazine*).

THE MAN YURI HAS THE CAPABILITIES TO RECEIVE MANY TIMES OVER. HE ALSO HAS THE ENTHUSIASM THAT AT TIMES COMPLETELY FOGS THE PERFORMANCE. THIS GALAXY IS DENSELY POPULATED ENOUGH. YES, WE WOULD SAY THE INFORMATION BEING RECEIVED IS FOR THE MOST PART VALID. THIS IS NOT UNUSUAL. WE WOULD SAY SEVERAL OTHERS ALSO HAVE THIS CAPABILITY. WHENEVER A TEACHING BEGINS TO TAKE ON A STRONGLY MORALISTIC FLAVOR YOU CAN BEGIN TO DOUBT ITS SOURCE. THE UNIVERSE IS COMPLETELY AMORAL AND [non]JUDGEMENTAL. THE INFORMATION BEING RECEIVED BY THE MAN YURI IS OF THIS LATTER TYPE.

What does the comment about the "populated galaxy" mean?

WE ARE NOT AWARE OF CROSSOVERS BETWEEN THIS GALAXY AND OTHERS. THE INTERGALACTIC MEDIUM HAS NOT BEEN PENETRATED IN THIS AREA — NOT BECAUSE IT IS NOT POSSIBLE; SIMPLY BECAUSE IT IS NOT TRULY DESIRABLE. CONTACT WITH CREATURES OF REASON FROM OTHER GALAXIES IS OF COURSE POSSIBLE ON THE ASTRAL PLANE.

How do they erase the [audio] tapes? (Apparently the being from Hoova makes the tapes disappear, according to the article.)

TELEPORTATION IS A SKILL MASTERED BY MANY ADEPTS. THIS IS NOT BEYOND MANY ON YOUR WORLD. THE MAN YURI IS ABLE TO DO THIS WITHOUT UNDERSTANDING WHAT IT IS THAT HE IS DOING, WHICH ACCOUNTS FOR HIS SOMEWHAT ERRATIC PERFORMANCES. HE ALSO HAS ENORMOUS RESERVES OF ENERGY AVAILABLE AND IS RELATIVELY UNFETTERED BY THE USUAL MAYA; IN FACT, [he] IS RATHER SIMPLISTIC.

Why does Michael spell Uri Geller's name "Yuri"?

OFTEN WE "SPELL" AS THE WORDS SOUND.

Someone asked a question about naming the town in Oregon after Indian words. The name picked out was said to be inappropriate because the town could not live up to the name: "I stand here" was the meaning.

MOST AMERICAN INDIAN TRIBES DID HAVE AN ORIENTATION WORD SUCH AS THIS, BUT IT USUALLY MEANT ALSO "MY TERRITORY". EACH TRIBE HAS ITS OWN SPECIAL DIALECT, AND THERE WAS MUCH INTERTRIBAL MISUNDERSTANDING OVER TERRITORIAL WORDS SUCH AS THIS. IF YOU ARE SEARCHING FOR AN APPROPRIATE NAME FOR YOUR VENTURE, WE WOULD SUGGEST SOME OF THE OTHER INDIAN WORDS MEANING "LAND WHICH WAS BLEST " OR "PROMISED" TO THEM. SOME OF THESE ARE QUITE BEAUTIFUL. AGAIN, THE TRIBES HAD MANY WORDS. THE SIOUX AND THE APACHE TRIBES WERE MORE VERBAL, AND THIS WOULD BE A GOOD PLACE TO START, TO SEE WHICH ONE FITS.

Someone had a question regarding a man who is an M.D., has a PhD, is an attorney and a minister, who runs a course in hypnotism used in medicine, and has an apparently high cure rate with this method of treatment. It was their opinion that he was either a great showman, or that he had a great gift. He was thought to be a Mars-Jupiter, Sage in Dominance, Vanity, Power Mode, Impatience. Also wanted to know if he should take the course (it is quite expensive) and if he could use this method of treatment usefully.

THIS MAN HAS FOUND A SYSTEM THAT WORKS, YES. RESPONSE TO FLAMBOYANCE OF THIS TYPE IS QUITE HIGH, SURPRISINGLY. PEOPLE ARE EXPOSED TO A PERSONALITY SUCH AS THIS AND FIND IT HARD TO RESIST HIS INSISTENCE THAT THEY BE WELL. THIS IS THE MOST DISARMING QUALITY IN THIS MAN'S BAG. HE IS ALMOST COMPLETELY WELL, WHICH IN THIS CULTURE IS MOST UNUSUAL. HE IS TREMENDOUSLY HEALTHY. YES, YOU ARE RIGHT ABOUT THE OVERLEAVES, BUT HE IS IN ERROR ON THE INCARNATION. (Note: ____ made the statement that the man thinks he is William Jennings Bryan reincarnated).

PSYCHOLOGICALLY HE IS HEALTHY. YES, WE WOULD RECOMMEND THAT ONE LEARN THIS APPROACH — LEARN IT FROM A POSITIVE SPACE — AND THAT WOULD INVOLVE WORKING THROUGH ONE'S OWN CONFLICTS. THIS IS THE PRIMARY REASON FOR SO MANY CONVENTIONAL PSYCHIATRIC FAILURES. THE THERAPIST MUST BE WELL BEFORE HE CAN HEAL. WE WOULD THINK THAT IT WOULD BE USEFUL TO YOU.

Someone discussed a machine that is a photomachine, like a stroboscope, which puts people into hypnosis quite rapidly. They watch lines like brain waves (which are rapid and they just see a flash) and go under hypnosis, and then can be cured rapidly. Is this a valuable machine for the group to use?

WE WOULD CONSIDER SUCH AN EXPERIMENT AS EXTREMELY GOOD WORK FOR THIS GROUP. WHETHER OR NOT IT IS ONE HUNDRED PERCENT EFFECTIVE WILL AGAIN DEPEND UPON YOU, BUT THIS IS A QUITE FOOL PROOF METHOD.

Could we adjust the machine to put a person into theta brain waves (it puts people into delta now) and be of more help that way?

ANY COMPETENT ELECTRONICS TECHNICIAN COULD ALTER A MACHINE TO PRODUCE THIS FREQUENCY, AND YES, FOR THE MOST PART IT WOULD PRODUCE EXTRAORDINARY IMAGERY.

What is the point of imagery, a learning process?

THAT IS ONE, CERTAINLY, BUT THIS PROCESS ALSO OPENS THE DOOR TO HEIGHTENED [past life] MEMORY EXPERIENCE.

Is it helpful to use this as a rule? Or is it a crutch?

YES, BUT SOONER OR LATER YOU MAY DISCARD THIS CRUTCH.

Are you more vulnerable under this?

JUDGING BY YOUR DEFINITION OF VULNERABILITY, WE WOULD SAY NO. [Michael often means "vulnerable" to guidance from essence when they use that word.]

Would hypnosis of the group during meetings be helpful?

WE FEEL THAT ANY SERIOUS MOVE TOWARD OPENING THIS DOOR IS GOOD WORK, BUT STEER CLEAR OF PARLOR GAMES.

Can Tomas manifest if the energy is high enough?

ASTRAL BEINGS CAN MATERIALIZE IF THE ENERGY CONCENTRATION IS GOOD.

But Michael can't manifest?

NO, WE CANNOT DO THIS. WE CAN INHABIT THE PHYSICAL BODY, BUT THIS IS AN ALTOGETHER DIFFERENT PROCESS.

What could we do with the whole group under hypnosis that we can't do without it?

THEORETICALLY YOU COULD WORK TO THE POINT WHERE YOU COULD LISTEN TO US WITHOUT THE INTERFERENCE OF A MEDIUM.

What about group use of marijuana during a meeting? Would we learn anything or just have a good time being high?

SEVERAL OF YOU WOULD FIND THIS VALUABLE, YES. YOU WOULD CONCEIVABLY ALSO HAVE A GOOD TIME

Someone had some tools stolen from his car. He knows the theory of creating events and wanted to know if he created this because he needed something, or would learn something from it.

THE PHYSICAL SITUATION IS CREATED BY THE ATTITUDE, YES.

Someone made the statement that if he was paranoid he would put the tools in the garage every night.

IF YOU WISH THEM TO BE STOLEN YOU WOULDN'T.

Comment on psychological reasons or effects of the rip-off.

THE MAN ENJOYS BEING HIS OWN BOSS. BEING A CARPENTER IS NOT SO MUCH A PROBLEM AS BEING UNDER THE CONSTANT DIRECTION OF OTHERS. ALSO, THIS MAN WORKS FAR BETTER AS A SOLITARY ENTITY; BUT AREN'T YOU JUST A LITTLE BIT LEERY ABOUT BEING OUT ALL BY YOURSELF, AND DON'T YOU SPEND A GREAT DEAL OF TIME WITH THIS FANTASY, ONLY TO REJECT IT AS IMPRACTICAL?

Maybe we could have a therapy place where some of us would treat troubled people by hypnosis.

I wonder if we perceive the synthesis while under hypnosis.

Once we realize we can change, how do we know when that is?

USUALLY THE MATURE SOUL AT THAT POINT SEEKS THERAPY. WHETHER THIS IS EFFECTIVE DEPENDS UPON THE SKILL OF THE THERAPIST. THE SAME GOES FOR THE SKILL OF THE TEACHER IN THE SCHOOL, SUCH AS THIS. WE BELIEVE THAT IT IS CERTAINLY WORTH EXPLORING; DISCUSSING WHERE THE OTHERS FIT IN WOULD HELP; ALL COULD MAKE A CONTRIBUTION. SUCH A MOVE IN THE RIGHT DIRECTION COULD BE A TREMENDOUS STRIDE TOWARD GROWTH IF THE SPACE WAS POSITIVE AND THE MANIFESTATION DID NOT INVOLVE UNREALISTIC FANTASY.

Someone discussed coming across a new concept in two different places — one, through William Bucke's book, *Cosmic Consciousness*; also in the *Book of Aurals*; and Edgar Cayce — that man's ability to see certain colors, such as blue, is a recent development — it could not be seen in ancient history.

COLOR PERCEPTION, AS ALL OTHER PERCEPTIONS, IS A PART OF THE NORMAL PATTERN OF EVOLUTION; THAT IS VALID, YES. WE WOULD PLACE PERCEPTION OF SHADES OF THE PRIMARY COLORS FURTHER BACK IN HISTORY, THOUGH, AND THE SECOND[ary] COLORS LATER. AT THE TIME OF PERICLES [ancient Greece, 495-429 BC], ONLY VIVID SHADES OF GREEN COULD BE PERCEIVED AS A SEPARATE SHADE.

Someone asked if seeing or perception is an indication of spiritual growth.

THAT ADAPTATIONS OF THE MACHINE [physical body] ARE DICTATED BY THE NEEDS OF THE PSYCHOSPIRITUAL APPARATUS [soul]. THIS WILL BE DIFFICULT FOR YOU TO VERIFY, SINCE YOU ARE NOW ABLE TO PERCEIVE BLUE. HOWEVER, THE WORK WITH HYPNOSIS MAY EXPAND YOUR PERCEPTION SOMEWHAT.

Someone made the statement that he had considered physical evolution to be finished now, or that it was going backwards. Is it?

DEFINITELY THE ADAPTATIONS CONTINUE. IF YOU WISH TO VERIFY THIS, PIT YOUR OWN STAMINA AGAINST THAT OF SOME HISTORICAL CHARACTERS WHO WALKED THOUSANDS OF MILES OVER MOUNTAINS AND DESERTS IN THE NORMAL COURSE OF LIFE AND GREW STRONGER FROM THE EXPERIENCE.

Someone had a question regarding adaptation to environmental pollution.

THE PSYCHOSPIRITUAL APPARATUS DICTATES THE ADAPTATIONS. THEREFORE NOT ALL WILL ADAPT IN THE SAME FASHION. THE ABORIGINES OF AUSTRALIA ARE AN EXCELLENT EXAMPLE. (Of not adapting in the same fashion.)

Do overleaves determine coloring? Or is there a color category that describes the personality?

BOTH OF THESE ARE VALID. THE AURAS DO CHANGE, BUT USUALLY IT IS NOT A PERMANENT CHANGE. THEREFORE YOU WOULD NOT NOTICE THE CLASHING FOR LONG ENOUGH TO BOTHER YOUR PERCEPTIONS, BUT IT IS VALID TO SAY THAT CERTAIN COLORS DO CLASH WITH THE AURA.

NO ONE IN THE ROOM HAS AN UNHEALTHY AURA SHOWING SIGNS OF SERIOUS PHYSICAL ILLNESS. THESE

TEND TOWARD DEEP GRAYS AND DARK BROWN INTO BLACK.

What are the aura's significance?

YOU ARE MORE AT PEACE IN AN ENVIRONMENT THAT IS ESTHETICALLY PLEASING TO YOU. WITH THIS TOOL YOU CAN SOMETIMES CREATE SUCH AN ENVIRONMENT. THE AURAS DO MAKE A STATEMENT ABOUT THE ORIENTATION OF THE INDIVIDUAL FRAGMENT, YES. PREDOMINANTLY SPIRITUALLY ORIENTED SOULS TEND TO SHOW THE BRIGHTEST BLUES. THE VIVID COLORS USUALLY EMANATE FROM DYNAMISM.

What about yellow?

THIS IN YOU INDICATES YOUR DRIVE AND COMES FROM DYNAMISM.

What about red?

THIS EMANATES FROM THE EMOTIONAL CENTER.

What about violet?

THIS IN YOU INDICATES THE DRIVE TO FEEL THAT WHICH IS SPIRITUAL WITHIN YOU.

Can it change to another color.

YES. THE REDS ARE EMOTIONAL COLORS, YES. VIOLET SUGGESTS WORK.

I am supposed to be in a Passion Mode and yet I am blue-green?

YOU DO HAVE MANY MODIFYING OVERLEAVES.

Does gray indicate Repression?

YES. GRAY HAS. IT IS NOT UNUSUAL FOR INTELLECTUALLY CENTERED STOICS TO SHOW PREDOMINANT GRAY. SOME ARE MUCH MORE PREDOMINANT THAN YOU. YOU ARE SHOWING MUCH MORE BLUE THAN GRAY. WE SIMPLY SAID THAT IT IS NOT UNUSUAL. YOU DO HAVE SOME VERY BRIGHT OVERLEAVES.

Chakras within auras?

THIS IS ANOTHER PERCEPTION. THAT IS OF THE SUBTLE CHANGES IN THE WAVELENGTHS OF DIFFERENT ENERGY SOURCES.

Why do I, a Spiritualist, have a red aura?

THIS WHOLE LINE OF QUESTIONING SHOULD PROVE MOST FRUITFUL IN ALLOWING YOU TO FLASH ON THE GREAT DIFFERENCES. THE VARIOUS COMBINATIONS OF OVERLEAVES MODIFY THE SOUL. THE VARIOUS COMBINATIONS MELD TOGETHER AND PRODUCE THE TOTAL PACKAGE. THE SPIRITUALIST PRIEST IN GROWTH IS, FOR INSTANCE, USUALLY IN THE BLUISH DEEP COLOR RANGE, GOING TOWARD THE REDS. THIS IS MODIFIED BY THE PASSION MODE, AND WILL OFTEN DEEPEN THE AURA TO A DARK RED OR EVEN A BLUISH-RED.

What about yellow-orange?

PRIMARILY DYNAMIC OVERLEAVES PRODUCE VIVID, BRIGHT COLORS.

OUR COMMENT WOULD BE THAT SOME OF YOU WILL WISH TO TEACH THIS, OF COURSE, BUT THERE ARE OTHERS, WHO, BECAUSE OF THEIR OVERLEAVES, WILL NOT BE PREPARED TO TEACH THIS LIFETIME. THE REALITY OF BECOMING A TEACHER DOES NOT NECESSARILY ALWAYS IMPLY A BREAK WITH FORMER STUDENTS — ONLY PERSONALITY DICTATES THIS.

10 May 1974

Friday

Is it a good idea for us to write a book concerning the teaching?

THE EFFORT WOULD BE GOOD WORK. BOTH OF YOU HAVE THE DESIRE TO SEE THIS IN PRINT. EACH HAS DIFFERENT VIEWS OF WHAT SHOULD BE SAID. CONSENSUS MAY COME HARD, BUT IS NOT IMPOSSIBLE.

Is it possible for us to write a book of the caliber of [Rodney Collin's book] *The Theory of Celestial Influence*?

WE SEE NO REASON WHY YOU SHOULD NOT ATTEMPT THIS. YES, IT IS POSSIBLE, AND SATISFACTION WOULD BE FAR GREATER THAN WITH A LESSER ATTEMPT.

I would like to see us referring to Michael as "the teacher" and not saying how the information was received and just let the information stand on its own merits — that is, in the book.

WE WOULD PREFER THIS. YES, SENSATIONALISM IS TO BE AVOIDED.

It seems to me that the man, Robert Burton, did not like [Ouspensky's book,] *In Search of the Miraculous* as

much as [Ouspensky's other book,] *The Psychology of Man's Possible Evolution*", but, to me, *The Search* has a wider appeal. Should we write the book as a question-and-answer or straight?

THE MATERIAL SHOULD LEND ITSELF TO REPHRASING. CERTAINLY CONSIDERABLE EDITING IS IN ORDER.

We can tell in the book how we have received the material intellectually. However, we don't yet have the necessary steps to overcome our overleaves. We have some keys, such as "experiencing it out" and meditation, fasting, studying, which seem nondirective. If one is in Growth, he cannot see what Acceptance is like for others; and if one is in Acceptance, he cannot see how other people in Growth, for example, react. As a consequence, one has only a dim idea of where one is going if a change of overleaves is attempted. Our material on what to do is not specific. Could Michael recommend ways of changing our overleaves?

THE PRIMARY DIFFICULTY IN ALTERING THE OVERLEAVES IS IN THE INITIAL RECOGNITION AND THE CONSTANT VERIFICATION WHICH MUST PRECEDE THE TRUE DESIRE TO ALTER. WHEN THIS HAS BEEN ACCOMPLISHED, THEN THE PROCESS OF ANTICIPATION CAN BEGIN. WE CAN COMPARE IT WITH RECOGNIZING THAT YOU WERE ABOUT TO SAY THE FORBIDDEN WORD AND SUBSTITUTING A SUITABLE SYNONYM (the "get, I, very, really, and, a lot" exercises or Robert Burton's group). THIS WAS, OF COURSE, A CRUTCH, BUT HOPEFULLY, A TEMPORARY ONE THAT COULD BE DISCARDED WHEN THE PROCESS BECOMES INCULCATED. THERAPEUTIC PROCESSES CAN SPEED UP THE ALTERATION WHERE THE PATTERN IS NOT CLEAR. HOWEVER, THIS GROUP CAN WORK TOWARD THAT POINT WHERE THE PSYCHIC PHOTOGRAPHY IS SO FINELY TUNED THAT THE EVENTUAL BREAKTHROUGH CAN COME WITHIN THE PRESENT STRUCTURE. MANY TIMES THE MEDITATION DOES SERVE AS A PRECURSOR OF INSIGHTFUL CONCENTRATION. THIS IS WHY IT IS SO VALUABLE. WE FIND NO FAULT WITH CRUTCHES SO LONG AS THEY ARE GIVEN UP WHEN YOU ARE NO LONGER LAME.

The message I get is that there are no keys. The results of all psychotherapy appear temporary. It seems that Michael could come up with something besides Rolfing or some other type of existing therapy — something with more zock. It seems Michael is always holding something back. Perhaps I want a miracle, but it does seem that it takes something wonderful, which is akin to a miracle, to affect true spiritual growth, and a part of this would be a change in overleaves.

A good teacher keeps students unfulfilled to keep them coming back for another lesson.

OF COURSE, THERE ARE (ways). WE HAVE SPOKEN TO YOU MANY TIMES OF CONSCIOUS RECALL OF THE DREAMS AND OF THE TIME SPENT ON THE ASTRAL PLANE, BUT MOST MUST GO THROUGH THIS PROCESS ONE STEP AT A TIME. MOST CANNOT JUMP FROM THAT MAYA-FILLED LIFE IN WHICH THEY FIND THEMSELVES INTO THE TOO RAREFIED ATMOSPHERE OF ENLIGHTENMENT. THESE PROCESSES ARE VALID, BUT THEY DO TAKE TIME AND THEY DO OPEN DOORS TO MANY MORE PROCESSES THAT BRING YOU EVER CLOSER TO THE GOAL. WE WOULD PHOTOGRAPH YOUR IMPATIENCE NOW, AND THAT IS NOT NECESSARILY A BAD PLACE TO START. THERE IS NO TRULY RAPID METHOD BY WHICH YOU CAN THROW OFF THE WEIGHTED CLOAK OF CULTURE AND SOCIETY — THIS TAKES TIME.

Will Michael render assistance? Some people seem to have been granted grace.

WE HAVE OFFERED THE ONLY ASSISTANCE THERE IS. WE CANNOT CHANGE THE OVERLEAVES FOR YOU. WE ARE NOT ABLE TO INTERFERE TO THAT EXTENT. THERE HAS BEEN NO INTERFERENCE IN THESE OTHER INSTANCES, YOU MAY BE CERTAIN OF THAT. THEY CHOOSE TO CALL THE INSIGHT BY OTHER NAMES, SUCH AS "GRACE", THAT IS ALL.

15 May 1974

Wednesday

We questioned Michael about someone who has been told he would die by next fall, and he is supposed to be an Old soul. He seems too bigoted to be a final Level Old soul. Comment, please.

THERE WAS IN THIS FRAGMENT MUCH KARMA, MANY RIBBONS DATING BACK. MANY CENTURIES HE CHOSE NOT TO BURN [this karma] UNTIL NOW. THERE IS ALSO SO MUCH FAILURE ON HIS PART TO LOOK AT HIMSELF UNTIL QUITE RECENTLY, PRIMARILY DUE TO THE VERY RIGID IMPRINTING HE RECEIVED — ALSO PREJUDICE IS CULTURAL AND DOES NOT ALWAYS DISSOLVE IN THE OLD SOUL CYCLE, ALTHOUGH IT IS USUALLY NOT MANIFESTED AGGRESSIVELY. YOUR THEORY IS PARTIALLY VALID IN THAT MOST OF THIS ENTITY IS NOT REUNITED: ONLY EIGHT FRAGMENTS REMAIN, ALL WARRIORS.

Three years ago he decided he would die. In the fall, his three years are up. He has had a change of heart. I would be interested in a comment in light of what was told him.

OF COURSE, NOW THAT HE HAS SOMETHING TO “LIVE FOR”, THE PROSPECT OF LEAVING THE PHYSICAL BECOMES LESS ATTRACTIVE. IT IS INTERESTING TO NOTE THAT THIS FRAGMENT HAS HAD MUCH DIFFICULTY IN THE PAST WITH ROMANTIC LOVE, NOT ALWAYS HIS FAULT, BUT NEVERTHELESS, IT WAS THERE. THE FACT REMAINS THAT THERE IS FAIRLY RELENTLESS ARTERIAL DETERIORATION GOING ON HERE, AND WE DOUBT ANY LENGTH SPAN REMAINS FOR HIM. HE HAS ALMOST ACCOMPLISHED WHAT HE CAME FOR NOW.

We wondered if he would burn the ribbons he had left, and went on considering that everyone on earth has a goal — a set of things to experience and learn on the physical plane. We wondered about the betrayal of astral agreements we may have made, and someone asked if Michael would let us know what missions we had decided to accomplish.

WE WILL, YES, BUT WE HAD HOPED THAT BY GIVING YOU THE OVERLEAVES AND PHOTOGRAPHING THE PATTERNS, THE INSIGHTS WOULD COME. MANY OF YOU ALREADY HAVE SOME INKLING OF WHAT YOU HAVE AGREED TO DO MERELY BY DISCUSSING YOUR KARMIC RIBBONS AND INTERWOVEN SEQUENCES. THESE TASKS ARE NOT ALWAYS DIFFICULT. MANY ARE NOT EVEN VERY INTERESTING, BUT IN SOME WAY THEY ENRICH THE FRAGMENT AND LEAD TO THE EXPERIENCING OF ALL OF LIFE.

Is our essence aware of the things we have to accomplish?

The group answered, yes, and that we needed to be in touch with our essence.

In regressive hypnosis, people can go back to their birth, and beyond that they go to another life. I don't remember anyone telling about what happens between the lives. (Someone said Taylor Caldwell had.)

THE STRENGTH HERE LIES WITH THE INTERROGATOR. FAILURE TO EXPLORE THIS AREA USUALLY RESULTS FROM NONSKILLFUL REGRESSION. THE PHYSICAL MIND DOES NOT ALWAYS RECOGNIZE THIS INTERVAL AS “LIFE”, AND IS LIKELY TO SAY SOMETHING LIKE, “IT IS ALL CONFUSED”, AND THE QUESTIONER, TAKING THE CUE, MOVES THEM FARTHER BACK TO A TIME WHEN CONFUSION LIFTS AND THEY CAN AGAIN GIVE A LUCID, EXCITING ACCOUNT OF LIFE IN MEDIEVAL ENGLAND, OR THE LIKE.

Can Michael tell me what I have chosen to accomplish in this life?

ON THE ASTRAL PLANE YOU AGREED TO EXPERIENCE THE FRUSTRATIONS OF ONE SEEKING LOVE THROUGH THE REPRESSION MODE, [in order] TO LEARN THE LESSON OF SADNESS WHICH YOU HAD NOT EXPERIENCED PREVIOUSLY. THE TRUE FEELING OF POIGNANCY OF SADNESS ONLY COMES TO THOSE IN THIS MODE; OTHER EMOTIONS SIMPLY MOCK THIS. IT IS A NECESSARY PART OF LIFE IN ORDER THAT YOU EXPERIENCE JOY. ALSO, ON THE MORE MUNDANE SIDE, YOU ALSO AGREED TO PROVIDE THE CHILDREN FOR [your wife]'S MONAD.

Who do you agree with on the astral plane?

WITH YOURSELF AND THE OTHERS IN YOUR SEQUENCE.

Is there a teacher on the astral plane?

YES. A TEACHER SUCH AS THIS ENTITY AND HIGHER BEINGS ARE AVAILABLE FOR THE ASKING.

Does the same answer apply to me also, since I am also in the Repression Mode?

THE ANSWER APPLIES, YES. THE APPROACH WILL BE DIFFERENT GIVEN THE VARIATION OF YOUR OTHER OVERLEAVES, BUT WE FEEL THAT YOU BOTH HAVE EXPERIENCED THIS FRUSTRATION.

Have we experienced it enough?

THAT IS FOR YOU TO DECIDE.

I believe I experience joy.

THE SADNESS USUALLY COMES ABOUT IN THE RETROSPECTION. YES, BOTH OF YOU HAVE EXPERIENCED MOMENTS OF JOY — ALL DO, EVEN THOSE IN SELF-DESTRUCTION AND REJECTION. WE WOULD NOT SAY, HOWEVER, THAT EITHER OF YOU IS GIVEN TO CARELESS ABANDON.

The question was asked if we all have access to the resources on the astral plane, and the group answered, yes.

Is [my husband]'s eye deterioration a karmic thing?

NOT STRICTLY SPEAKING. HOWEVER, HE DID AGREE TO EXPERIENCE THIS. YOU WERE BLIND IN A FORMER LIFE.

How is he experiencing this?

HE IS EXPERIENCING IT THE REVERSE OF THAT LIFE NOW EXCEPT YOU WERE BROTHERS THEN. YOU ALSO COULD DISTINGUISH LIGHT FROM DARK THEN. WE DO NOT SEE HIM LOSING LIGHT PERCEPTION.

Why would anyone choose this?

MUCH CAN BE LEARNED FROM THIS VANTAGE POINT. MANY OLDER SOULS DO CHOOSE BLINDNESS [in order] TO COME IN TOUCH WITH OTHER SENSES. BLINDNESS, AS CONSIDERED ON THE ASTRAL PLANE, APPEARS QUITE DIFFERENT THAN THAT EXPERIENCED DIRECTLY ON THE PHYSICAL PLANE, ALTHOUGH THE BASIC CONCEPT REMAINS THE SAME, AND THE LESSON IS LEARNED. PERCEPTIONS AND SENSATIONS ARE SO DIFFERENT ON THE ASTRAL PLANE. IT IS NECESSARY THAT THEY BE, OTHERWISE NO FRAGMENT WOULD EVER COMPLETE THE PHYSICAL CYCLE. MOST OF THE TIME, BY THE TIME THE ASTRAL FRAGMENT SETTLES DOWN TO WORK, AS LEAST TWENTY FIVE AND USUALLY FIFTY OR MORE YEARS HAVE GONE BY SINCE TRANSITION, AND MEMORIES ARE DIM.

Would eye surgery help him? (He has glaucoma and the cornea is becoming stiff.)

THIS ADVENTURE WILL NOT HAVE A GREAT DEAL OF EFFECT ONE WAY OR ANOTHER, BUT IF HE WISHES, WE SEE NO RISK TO HIS LIFE.

When has one had enough of an experience? What decides? In personality, one could say it was enough, but would it be enough?

THIS DECISION CANNOT BE MADE FROM PERSONALITY WITH ANY POSITIVE RESULTS. THE ONLY POSITIVE RESULTS EMANATE FROM THE TRUE REALIZATION THAT THIS HAS BEEN EXPERIENCED, BUT [it is] MORE IMPORTANT THAT THE SOUL RECOGNIZES A PATTERN CONTROLLED BY SELF [personality]. THE ESSENCE OR SOUL, AS WE HAVE SAID BEFORE, DOES BECOME ENCRUSTED WITH BARNACLES, AND HAS MUCH TO GO THROUGH TO ACT INTUITIVELY. MOST OF THE TIME ITS POWERS ARE TOTALLY SUPPRESSED, AND IT SPENDS ITS TIME SLUMBERING, AS YOU WELL KNOW. THOSE MOMENTS OF CRYSTAL CLARITY COME ABOUT WHEN IT IS PRODDED INTO WAKEFULNESS BY SOME SHOCK.

I have heard it said that the subconscious is always trying to express itself. Is this the soul trying to break through?

YES. ONCE IN AWHILE THE ESSENCE DOES TRY TO BURST THROUGH, AND MANY TIMES THE RESULTS ARE QUITE STARTLING.

Are Repression, Self-destruction, and Rejection part of the pleasure-pain monad?

THAT IS VALID, AND MOST USUALLY INVOLVE PHYSICAL PAIN, SOMETIMES VIOLENCE.

Are these tasks simple to experience? That is, are the tasks simple ones?

MANY TIME, YES, ESPECIALLY IN THE OLDER LEVELS. THERE IS VERY LITTLE EFFORT LEFT FOR SOME HERE.

What have I to accomplish?

YOURS IS MUCH HARDER. FOR ONE THING, YOU HAVE AGREED TO JUMP FROM ONE CYCLE TO THE OTHER, WHICH INVOLVES A MAJOR CHANGE IN YOUR PERCEPTIONS OF THE WORLD AROUND YOU. WE THINK THIS IS PROGRESSING RATHER NICELY.

Does that mean a jump from a Young cycle to an Old cycle?

WE DID NOT SAY THAT. THERE WILL BE A MAJOR ACCELERATION THOUGH. WE ARE NOT SAYING THAT YOU COULD NOT TRANSCEND. WE ARE, HOWEVER, SAYING THAT WE DOUBT THAT YOU WILL. THE LADY KNOWS HOW. AN ENTIRE CYCLE WOULD BE A MONSTROUS TASK. WE ARE NOT SAYING THAT IT CANNOT BE DONE, BUT IT IS NOT ATTEMPTED OFTEN, AND IS USUALLY UNSUCCESSFUL.

Could the task be that of a teacher?

WHY DOES THIS NOT SEEM PLAUSIBLE FROM YOUR PRESENT [emerging Mature soul] LEVEL? THERE ARE CERTAIN SEQUENCES AND MAJOR MONADS THAT ARE MORE EASILY EXPERIENCED FROM THE MATURE CYCLE THAN ANY OF THE OTHERS. AFTER ALL, IT IS DURING THIS CYCLE THAT THE PERCEPTIONS OF THE EMOTIONS OF THOSE AROUND YOU ARE SHARPER THAN THEY WILL BE AGAIN.

Is my health trip karma burned?

THERE IS NO KARMA WHERE YOUR HEALTH IS CONCERNED, BUT IF YOU LOOK AT YOUR OVERLEAVES IN THE LIGHT OF THE HEALTH PATTERNS, SOME INSIGHT SHOULD FLASH. MUCH OF YOUR PRESENT QUESTIONING INVOLVES MANY MERCURIAL SOULS WHO RUSH THROUGH LIFE. (THEY ARE) ALSO EXHAUSTED.

Is my aura purple?

WE DO NOT AGREE WITH THAT. THIS AURA IS DARK BLUE BORDERING ON VIOLET.

What is the significance of that?

THIS IS SIGNIFICANT TO THIS LADY'S INNATE SPIRITUAL CONSCIOUSNESS, YET THERE IS STILL SOME DRIVE TOWARD THE PHYSICAL GLAMOUR. THE LADY, C.C., HAS A BRIGHT REDDISH-ORANGE AURA. FOR

THIS EMOTIONALLY ACTIVE LADY IN THE PASSION MADE, THIS IS TO BE EXPECTED; THIS IS THE INNER FIRE MANIFESTING.

What is my husband's aura?

THIS MAN'S AURA IS REDDISH BROWN, (signifying) IN HIM SOME SUPPRESSION OF TRUE DESIRES. BROWN USUALLY IS INDICATIVE OF SUBDUING.

Was he born with that color?

THE TRUE COLOR OF THE AURA USUALLY BECOMES MANIFEST BY ADOLESCENCE.

Does it have to do with his health?

YES.

Why is mine blue-gray?

MANY STOICS HAVE THIS FEATURE. YOU HAVE FAR MORE BLUE THAN GRAY.

What is the importance of knowing chakras?

IT WOULD AID YOU IN RELEASING SPECIFIC ENERGY. IT WOULD BE A VISUAL CRUTCH TO HELP YOU LOCATE THE ENERGY POCKET.

Is there a source where we could read about colors?

WE CANNOT RECOMMEND ONE SOURCE. (We) ONLY CAN CORRECT YOUR MISCONCEPTIONS AS THEY ARISE. YOU WILL FEEL THE ERROR SOON. MOST OF YOU ARE NOW AT THE POINT WHERE YOU ARE ABLE TO VERIFY THE VALIDITY OF WHAT YOU ARE READING, AT LEAST TO THE EXTENT WHERE YOU BRING YOUR QUESTIONS HERE WHEN THE FEELING IS WRONG.

It has been said that the Goals are a reason for a person being of male or female essence. Does Body Type have anything to do with masculinity or femininity; and, as in the other teaching, it was said Lunar men tend toward homosexuality and Saturn women likewise. Is there anything to that here in this teaching?

THE TENDENCY LIES WITHIN THE ROLES [not the Goals]. HOWEVER, WE WILL POINT OUT THAT FEMALE SATURNS AND MALE LUNARS ARE QUITE OFTEN IRRESISTIBLY ATTRACTED TO HOMOSEXUALLY ORIENTED PERSONALITIES, AND ARE OFTEN INTRODUCED TO THE "GAY LIFE" BECAUSE OF THIS.

Is there a tendency in some Sages toward homosexuality? I saw one in an art store the other day who appeared to be one. He was clearly a Sage.

THIS IS NOT UNUSUAL, BUT IN THIS CASE, THE HOMOSEXUALITY AROSE FROM THE "SMOTHER MOTHER" SYNDROME.

I thought Michael had said this before, that Sages had a homosexual tendency sometimes.

IF WE SAID THIS, THEN [the channel] WAS IN ERROR. THIS IS UNUSUAL. FEMALE SAGES HAVE THIS TENDENCY.

How about recent past life memories?

IT IS VALID THAT MANY ARE MOTIVATED BY EXTREMELY STRONG MEMORIES.

Can parents influence their children in this homosexual direction?

THIS IS RARE, BUT HAPPENS SOMETIMES WHEN THE MAN REFUSES TO ACKNOWLEDGE THAT HE HAD A DAUGHTER AND NOT A SON. THIS IS USUALLY GENDER CONFUSION AND NOT TRUE INVERSION.

Is sex inversion when one in a gender feels he is in the wrong kind of body?

[No, it is] WHEN THEY ASSUME THE SEXUAL ROLE IN OPPOSITION TO THE BODY.

What is the reason for sex inversion?

[It is] RESENTMENT FOR THE PRESENT CHOICE. IN MOST OF THESE WHO CHOOSE THE MORE RADICAL SOLUTION [a sex-change operation], THERE ARE ALL (UNDERSCORE) PASSIVE, SOFT OVERLEAVES — THAT IS, IN THE MALES.

As I understand it, the aura green has to do with healing. Is there something along that line that I should be pursuing that I am not now doing?

GREEN DOES INDICATE STRONG DRIVES TO SERVE, YES, AND MOST OF THOSE WHO CHOOSE HEALING AND ARE SUCCESSFUL DO HAVE THIS. YOU HAVE WITHIN YOU THE ABILITY, BUT NOT THE SCOPE OR KNOWLEDGE, BUT COULD CONCEIVABLY ATTAIN THIS. IT WOULD BE MUCH WORK, BUT PERHAPS FAR MORE REWARDING THAN WHAT YOU ARE DOING NOW. YOU COULD CERTAINLY WORK MIRACLES IN THE DESIGN OF CERTAIN ELECTRONIC CRUTCHES. (Last week we discussed biofeedback machines for inducing a hypnotic state where positive suggestions could supplant old, negative ones — devices to tune you

into your essence.)

What might I develop from my green aura?

YOU WOULD HAVE TO TAKE A MORE INTELLECTUAL APPROACH, BUT THERE AGAIN, THE ABILITY IS THERE ALONG WITH THE DRIVE. YOU CAN LEARN TO DO ENERGY TRANSFERS QUITE EASILY. THE SKILL WILL LIE IN NOT EXHAUSTING YOURSELF IN THE PROCESS.

[Comment:] Be a transducer [that transmits higher energy through you,] and not a battery that runs down. Clear your aura and get aligned [so that you can channel the energy].

What can I do with my bright blue aura?

WE WOULD SAY THAT MOST OF THE ESOTERIC TEACHERS HAVE BLUE AURAS.

Could we have some information on the different colors and their meanings?

THE YELLOWS AND ORANGES DENOTE LEADERSHIP AND DOMINANCE DRIVES. IT IS NOT UNUSUAL FOR OLDER WARRIORS TO HAVE THIS; YOUNG ONES TOO. THIS ALSO DENOTES VITALITY. THESE ARE NEITHER RIGHT NOR WRONG UNLESS THEY ARE RENDERED COLORLESS BY CONFLICT. THEY ARE JUST A PICTURE OF YOUR TOTAL PERSONALITY. IT JUST IS.

Does cowardliness have anything to do with Old souls?

NOT MUCH. SOME OLD SOULS HAVE YELLOW STREAKS. THIS DOES NOT NECESSARILY MEAN THAT THEY WILL BE COWARDLY, JUST VERY CAUTIOUS.

Does this have anything to do with the common language referring to a “yellow streak” in fearful people?

YES. FEAR OFTEN BRINGS THE YELLOW IN A GIVEN SOUL’S AURA TO THE POINT WHERE IT IS SUBLIMINALLY VISIBLE.

I thought yellow meant leadership.

IT DOES WHEN IT IS PERMANENT.

When it is said that a person is “seeing red”, is he seeing through his own aura?

SOMETIMES, YES, THEY ARE, AND WHAT HE SEES IS MORE ORANGE THAN RED. ANGER AND FEAR ARE QUITE CLOSE TO PASSION — BOTH ARE WHAT COULD BE CALLED FIERY EMOTIONS.

How can I develop my pink aura?

REDDISH PINKS ARE ALWAYS SENSUAL COLORS. THERE IS NOTHING NEGATIVE THERE ABOUT THIS AURA. IT IS HEALTHY AND VIBRANT.

Then is my total personality sexually oriented? I don’t act out the sex.

THE ORANGE-RED AURAS NORMALLY INDICATE THOSE IN WHOM THE ORIENTATION IS PRIMARILY PHYSICAL, OR, IF YOU WILL, SEXUAL. THOSE GOING TOWARD THE PINKS ARE MORE TACTILE, OR SEXUALLY ORIENTED.

Herein lies the “greener pastures” syndrome — “I would like to change my pink aura for your purple one”.

What do I do with my turquoise aura?

THIS DENOTES THE SEARCHING PERSONALITY THAT CAUSED YOU TO SEEK THIS AND OTHER TEACHING(S), BUT BECAUSE IT IS SO BRIGHT, IT ALSO SUPPLIES YOU DRIVE THAT ENABLES YOU TO SUCCEED. THIS CAN BE CHANNLED TO ALL OF YOU TO BECOME SPIRITUALLY SUCCESSFUL ALSO.

Do the planets influence auras?

NO.

Does each person have a primary frequency?

IT COMES FROM THE ENERGY SOURCE WHICH IS THE SOUL, YES. ALTHOUGH THE DIFFERENCE IS SOMETIMES NOT GREAT, THIS IS WHY ASTRAL TRAVELERS FROM OTHER PARTS OF THE GALAXY CAN FIND YOU.

Are they sub-audio frequency? (less than 60 hertz, or sometimes above what the ear can hear, above 20,000 hertz?) Are these spike waves (not sine waves)?

THAT IS VALID

Are they electro-chemical, not conductive?

YES.

Can we determine what our soul’s frequency is?

YOU COULD, AND THE HELP CAN COME FROM SOLEAL’S TECHNOLOGY.

Could Michael tell us now?

YES, WE CAN. HOWEVER, THIS SUBJECT HAS LIMITED APPEAL AND PROPERLY BELONGS IN SMALL SESSIONS.

Are the harmonics of the soul frequency significant?

YES, OF COURSE THEY ARE — ALL HARMONIC SYSTEMS ARE.

What is the SRGA of Carl Rogers, the psychologist?

THE MAN, CARL ROGERS, IS A FIFTH LEVEL MATURE SCHOLAR IN GROWTH.

What is the SRGA of George Bach, author of *Intimate Enemy*: is he a Martial Warrior in Acceptance, Arrogance, and Passion.

THAT IS A GOOD ASSESSMENT; ALSO AN IDEALIST.

Someone asked for a clarification of the word typed “fasciousness” from page 2 of March 27th’s transcripts.

The word “facetious” did not seem to fit the question.

“FACETIOUS” [is correct], BUT MORE LIKE [with the meaning] “PLATITUDINOUS”. WE DID LATER ANSWER THE QUESTION CONCERNING WERNER [Erhard]’S ACHING HEAD IN THAT WHEN HE FOGS OVER THE INFORMATION, HE IS REMINDED BY THE PAIN.

22 MAY 1974

Wednesday

Question regarding the town of Nazarus, and who wrote the book of John in the New Testament.

THERE WAS A TOWN CALLED NEZERET, YES. IT WAS TOTALLY DESTROYED DURING THE THIRD CRUSADE. IT WAS NOT AN IMPORTANT CENTER OF ANYTHING OF NOTE. DREAMS WERE THE SOURCE OF THE REVELATIONS. THE OTHER [the Gospel] WAS AN ACCOUNT BY THE APOSTLE.

We would like to know ____’s aura. Blue-green? Red? Orange?

THIS AURA IS MOSTLY RED WITH OVERTONES OF BLUE.

What does it mean?

THERE HAS BEEN A PROGRESSIVE CONSCIOUS EFFORT TOWARD THE SPIRITUAL IN THIS LADY. AS SHE MOVES TOWARD THIS THE OVERTONES BECOME MORE STRIKING.

How much of the transmission is altered by [the channel]?

SUBSTANTIALLY WHERE GUESTS ARE CONCERNED. MUCH IS BLOCKED, BUT WHAT DOES COME THROUGH WITH OLD STUDENTS IS UNVARNISHED.

Would Michael comment on the session I had Monday night with a medium?

THE ONLY COMMENT WE WOULD MAKE AT THIS TIME IS THAT THE EMOTIONAL BIAS DIFFERS GREATLY FROM INTELLECTUAL BIAS. DIFFERENT PROCESSES [are] AT WORK HERE, AND THEREFOR THE ALTERATIONS WILL BE AT VARIANCE.

Is impatience sublimated anger? I had flashes this week of my impatience.

FRUSTRATION IS IMPATIENCE THWARTED AND THUS TRANSFORMED INTO ANGER. WHEN YOU FINISH BEING IMPATIENT WITH OTHERS, YOU THEN BECOME IMPATIENT WITH YOURSELF.

What about white auras? Do they represent Christ?

WE ALSO AGREE WITH THAT.

A medium saw a rainbow aura in me. What is that? What did he see?

SUNLIGHT AND IMAGINATION.

What would the aura be in a Transcendental soul?

WE WOULD LIKE YOU TO MAKE A DISTINCTION BETWEEN OLD SOULS “TRANSCENDENTAL” AND THE TRANSCENDENTAL [soul] WHICH IS A MANIFESTATION OF THE HIGH CAUSAL BODY. THE AURAS OF THOSE OLD SOULS WHO COMPLETE THEIR PHYSICAL CYCLE IS GENERALLY OF A CLEARER, BRIGHTER HUE [than others]. MOHANDAS GANDHI WAS PHYSICALLY ILL AND STILL HAD GRAY OVERTONES UNTIL THE TIME OF THE MANIFESTATION [of the Transcendental soul], AT WHICH TIME THE AURA BECAME DEEP BLUE.

What did I agree to accomplish while on the astral plane?

EASY INTERPERSONAL RELATIONSHIPS HAVE NOT ALWAYS BEEN POSSIBLE FOR THIS WARRIOR. TO GROW

IN THE STRENGTH OF FIRM INTERPERSONAL TIES WAS ONE OF THE AGREEMENTS. IN THE PAST YOU HAVE BEEN TERRIBLY INDEPENDENT AND HAVE NOT WORKED AT THIS. IT IS NECESSARY THAT YOU EXPERIENCE THE COOPERATION BORNE OF FILIAL LOVE.

What does Michael mean by filial love?

WE SPEAK PRIMARILY OF PARENTS AND SIBLINGS.

There was a discussion about a friend regarding passion, stating they may have passed through this already and not necessarily would need to go back there.

YOU HAVE EXPERIENCED LIFE AS AN OLD SOUL IN THE PASSION MODE, YES. THAT IS NOT TO SAY THAT YOU WILL NOT ELECT IT AGAIN IN THE FUTURE.

Why do I have an affinity with Mozart?

YOU ADMIRER HIS PRECISION. THIS WAS A MID CYCLE MATURE ARTISAN IN THE INTELLECTUAL PART OF MOVING CENTER, YES, IN THE PASSION MODE, IN ARROGANCE AND DOMINANCE, AN IDEALIST.

What does our music taste tell us?

MANY OF YOU WERE ALIVE AT THE TIME THAT A MAJOR SCHOOL WAS INTRODUCED, AND THIS IS A PART OF YOUR OVERALL ENCRUSTATION NOW. OTHERS ARE [for] MORE ECLECTIC REASONS ATTRACTED TO VARIOUS COMPOSERS. FOR INSTANCE, PEOPLE WITH HEARING PROBLEMS GRAVITATE TOWARD LOUD, IMPERATIVE MUSIC, ETC.

What major school of music do you refer to?

BAROQUE, FOR INSTANCE.

Would Michael give us more information on the eclectic reasons?

SUCH AS HEARING [as stated before]; ALSO WIDELY DISPERSED AND FOR GENERAL REASONS SUCH AS HEARING ACUITY, TRAVEL, EARLY TRAINING, EDUCATION, FAMILY PREFERENCES, AND EVEN REBELLION THEREOF.

Do Centers have to do with compositions or with musical tastes?

FOR SPECIFIC COMPOSITIONS ONLY. NOT ALL COMPOSERS WROTE ALL OF THEIR WORK FROM THE SAME SPACE; FOR INSTANCE, BRAHMS.

Is there any correlation with false personality and music preference as a harmonic of soul frequency?

NOT WITH THE FALSE PERSONALITY, NO, BUT OFTEN WHEN THE STUDENT STARTS ON THE PATH THERE IS A MARKED CHANGE IN PREFERENCE, AND THEN THIS BECOMES MORE AND MORE VALID. AS TIME GOES ON, THIS BECOMES THE CASE.

Would primary soul frequency harmonics be detrimental for an animal?

NO. THE REASON FOR THE EXAGGERATED REACTION CONCERNS REFLEXES AND NOT WHAT YOU ARE THINKING OF. THE ANIMAL HAS A SET OF CONDITIONED RESPONSES TO MANY SITUATIONS, AND WHEN YOU CONFUSE IT, BY TRYING TO HYPNOTIZE IT FOR INSTANCE, IT GIVES UP AND COLLAPSES.

Someone had a question regarding the intelligence of plants, and speculated about the consciousness of other matter.

WE WOULD REPEAT AN EARLIER TRUTH. THE TAO IS ALL THERE IS. THEN, WE WOULD COMMENT UPON PLANTS FOR THEY ARE INTERESTING, HIGHLY COMPLEX DIVERSE LIFE FORMS. THEY CONSTITUTE THE OPPOSITE POLE OF YOUR [humanoid] LIFE MONAD. THEY HAVE NO VISUAL, AUDITORY, OR AN EMOTIONAL LEVEL, AND BECAUSE IT IS THE SOLE SENSING ORGAN IT HAS A WIDER RANGE, JUST AS THE BLIND MAN OFTEN HEARS MORE THAN SIGHTED BEINGS. THERE IS A HIGHLY DEVELOPED TACTILE STRENGTH HERE LINKED WITH THE EMOTIONS, AND WHAT THE PLANT SENSES AND "GROOVES ON" IS RHYTHM.

Then it seems plants would like rock and roll music.

STURDY PLANTS DO.

Do these rhythms have more power over plants than light and water?

NO. LOOK AT IT THIS WAY: YOUR CYCLE HAS TO DO WITH SHEDDING FALSE PERSONALITY, THERE'S DOES NOT. THEY ARE ALWAYS IN ESSENCE.

Could we use plants to communicate with extraterrestrials?

ONLY IF THE PERSON USING THIS METHOD WAS A TELEPATH.

There was a discussion about whales. Michael previously made the statement that planets had terrestrials

(working towards consciousness) and aquatics — which were whales on our planet. Did the statement on whales include dolphins and porpoises?

YES IT DID, ALL OF THE CETACEAE.

What does an Intellectual Scholar whale do?

HE REMEMBERS.

What about whales that beach themselves?

THEY [Scholar whales] PASS ON TO SUCCEEDING GENERATIONS A WEALTH OF INFORMATION, INCLUDING THE FACT [that] THEY ARE DWINDLING, WHICH ACCOUNTS FOR A RADICAL CHANGE IN BREEDING HABITS.

What about the whales grounding themselves?

OFTEN THEY MERELY SENSE THAT LIFE IS ALMOST OVER. IF THEY ARE TOO WEAK TO SURFACE THEY WILL OFTEN BEACH THEMSELVES.

What about the story of Jonah and the whale in the Bible?

THE STORY OF COURSE IS ALLEGORICAL, AND HAS TO DO WITH MUTUAL COOPERATION.

Do whales go to the astral plane between lives?

WHALES SPEND AN ASTRAL INTERVAL, AND YES, YOU MAY CONTACT THEM.

Are there karmic ribbons between whales and humans?

NO.

Do whales have Transcendental souls or a higher mental body known to them?

NO.

Do they have religion?

OF A SORT YES, NOT BASED UPON AN AUTHORITY FIGURE BUT BASED ON AN ADORATION OF THE LIFE FORCE.

Is Michael teaching any whales?

NO.

Do they go on as we do to entity and Tao.

YES, EXCEPT YOU MUST REMEMBER THEY ARE RELATIVELY FREE OF AMBITION AND GREED, WHICH ARE THE TWO PRIME MOVERS OF CIVILIZATION. THE NECESSARY INGREDIENTS ARE NOT THERE FOR THEM TO REQUIRE THIS TYPE OF PERIODIC SHOCK (having the Infinite soul manifest).

When they go to the causal plane, could they teach humans?

YES, THEY CAN IF THEY CHOOSE TO.

Could we get a whale entity teacher as teacher to us?

THIS WOULD BE POSSIBLE, YES, PERHAPS WITH A MORE EXPERIENCED AND EMOTIONALLY-CENTERED TRANCE MEDIUM. WE WOULD POINT OUT TO YOU THAT WARRIOR WHALES OFTEN ATTACK ANYTHING THREATENING THE SCHOOL. THERE IS ALWAYS A KING IN THE LEAD. THE SAGES DO NOT EVER ATTACK. WARRIOR DOLPHINS HAVE BEEN KNOWN TO KILL SHARKS MUCH LARGER THAN THEMSELVES WHEN THEIR MATES OR PROGENY WERE THREATENED.

Do dolphins and whales communicate with each other?

THERE ARE BARRIERS, MUCH THE SAME AS YOUR LANGUAGE BARRIERS PRESENT.

Are thought patterns the same as all creatures of reason?

IN ESSENCE, YES, BUT YOU MUST TAKE FALSE PERSONALITY INTO CONSIDERATION.

Do whales have false personality?

YES THEY DO.

Do they choose their life sequences?

YES THEY DO.

Are there musical instruments on the astral plane.

NO. ON THE OTHER HAND, YOU CAN HEAR THE MUSIC WITHOUT THE CRUTCH [of musical instruments] ON THE ASTRAL PLAN. IT IS THERE.

Was the industrial revolution necessary to complete the monad [of humanoid evolution]?

FOR MANY PEOPLE, YES IT WAS.

So it was necessary to use up resources, create pollution, etc.?

WE DID NOT SAY THAT. THIS SAME PROCESS HAS BEEN EFFECTED MORE WISELY ON OTHER WORLDS.

Are there Artisan, Sage, and Priest killer whales?

YES.

American Indians have Scholars who left little recorded history. Are we missing any great civilizations which left no record?

ALL OF THEM. THE CRADLE OF AFRICA, FOR INSTANCE, ALSO ETHIOPIA, IN THE FIFTH CENTURY BEFORE THIS ERA [B.C.].

Is it possible to verify this whale material?

SOME FAMILIARITY WITH THE MAN JOHN LILLY'S EXPERIMENTS WOULD HELP. YOU COULD PERHAPS TALK TO HIM.

30 MAY 1974

Thursday

I find it hard to believe that whales are incarnated. Why has there not been contact between the whales and us, and are the whales aware that we are incarnated?

EXCEPT FOR THE MAN JOHN (Lilly), THERE HAS BEEN INSUFFICIENT INTEREST IN WHETHER THEY CAN COMMUNICATE. HOWEVER, THERE ARE MANY [people] INTERESTED IN THE FACT THAT THEY CAN BE TAUGHT TO PERFORM ACTS OF UNDERWATER DEMOLITION: STANDS TO REASON, DOES IT NOT. NUMBER TWO: THEY ARE AWARE ONLY OF THE FACT THAT THERE IS INTELLIGENCE IN HUMANS THAT REACHES BEYOND THE OTHER DENIZENS OF THEIR HOME WORLD.

How evolved are they in relation to us? Do they have access to higher sex center?

BECAUSE THEY ARE LIMITED IN THEIR ABILITY TO MANIPULATE THEIR ENVIRONMENT, THEY ARE NOT QUITE AS ANXIOUS TO BECOME COMPETITIVE, BUT THEY HAVE BEEN AROUND AS LONG AS YOU HAVE AND THEIR EVOLUTION IS JUST ABOUT EVEN WITH YOURS, EMOTIONALLY AND SPIRITUALLY. IT IS, OF COURSE, NOT AS CLUTTERED WITH MAYA WHERE THEY ARE AND THEY CAN OFTEN CONTACT ESSENCE EARLIER THAN HUMANS CAN, BUT THEY DO NOT ALWAYS DO SO. SOME ARE SEXUALLY EVOLVED; SOME ARE NOT,

The crucial thing here is the question, is it desirable to establish communication with them. Is there any cosmic reason to share with them?

COMMUNICATION IS, OF COURSE, POSSIBLE. UNDERWATER SONAR EQUIPMENT WOULD BE NECESSARY — SOME REFINEMENTS, OF COURSE, ON PRESENT EQUIPMENT. ABOVE WATER SOUNDS ARE REPRODUCED QUITE EFFECTIVELY. THEIR EYESIGHT IS EXTREMELY POOR AND THEY DO NOT RELY ON VISUAL CONTACT IN THE WAY YOU DO. ASTRAL CONTACT IS ALSO POSSIBLE.

If whales are as far along as we are there must be only a few whale adepts.

THAT IS VALID. THERE ARE NOT MANY.

Is astral communication on the basis of thought patterns?

YES.

Is there anything to Elaine Morgan's hypothesis, presented in her book, *Descent of Woman*, that we humans lived on earth until there was a drought, then descended to the sea?

THAT IS NOT VALID. THIS SPECIES HAS ALWAYS LIVED ON LAND.

Comment: We were told that Darwin's theory is not valid.

HUMANIDS SPRUNG FROM A COMMON STOCK WHICH ALSO GAVE BIRTH TO THE ARBOREAL [tree-dwelling] APES.

(That is, we have similar ancestors to apes.)

I have not been able to recognize people from past lives. Is there anything Michael could say that would help in that respect?

THE RECOGNITION IS, OF COURSE, AN EMOTIONAL ONE. OFTEN YOU MANAGE TO REPRESS QUITE EFFECTIVELY YOUR INITIAL IMPRESSION OF THE PEOPLE YOU MEET AND THIS EVENTUALLY RESULTS IN A

LUKEWARM IMPRESSION OF THEM WHICH IS RELATIVELY FIXED. WHEN YOU MEET WITH THEM, ALLOW YOURSELF THE LUXURY OF EVEN A NEGATIVE INITIAL IMPRESSION, EVEN A STRONG NEGATIVE ONE, AND FOLLOW IT THROUGH. SOMETIMES IT DOES MEAN RECOLLECTION AND THIS WILL PRODUCE STRONG EMOTIONAL VIBRATIONS, AND IF THE OTHER [person] IS REASONABLY SELF-CONFIDENT, YOU WILL BE ABLE TO DETECT A LIKE RESPONSE IN THEM. IF THEY ARE SIMPLY OBNOXIOUS, YOU WILL ALSO SOON REALIZE THIS AND BE ABLE TO DIFFERENTIATE.

How about positive reactions?

YES. EVEN MORE SO.

Do people try to override negative impressions?

I don't like to make snap judgments. I don't like to reject people right away. I want to give them a chance. I like to love people.

WE WOULD LIKE TO YOU CONTINUE TO LOVE THEM, BUT YOU MAY LOVE THEM AT A DISTANCE.

If she has a negative response, is it bad?

ALLOW YOURSELF THE LUXURY TO EXPERIENCE THE NEGATIVE FEELING, BUT YOU DON'T HAVE TO ACT ON IT.

(A side comment worthy of print: It's like emotional Drano, or as another student said, the Roto Rooter in the sky.)

When you know of a karmic ribbon and there is no possibility of burning it, what can one do?

IF IT IS SUFFICIENTLY BURNING, YOU WILL FIND A WAY TO BRING IT TO ITS RIGHTFUL CONCLUSION.

I've tried to make contact with _____ and she says, "No." I do not know whether it is karma owed me, or karma I owe, or what.

THE KARMIC RIBBON STILL EXISTS.

Could you clarify whether I am the debtor or the debtee?

YOU ARE THE DEBTOR. NATURALLY THE ONE TO WHOM THE DEBT IS OWED WILL HAVE MORE NEGATIVE EMOTIONS SURROUNDING THE PAYOFF. THE ONE WHO OWES WILL USUALLY SEEK QUIET SOLUTION WHILE THE ONE WHO IS OWED WILL CONTINUE TO DEMAND FIREWORKS LONG AFTER DAWN.

Does it help to forgive those who owe us?

"FORGIVENESS" IS A GRATUITOUS, EMPTY TERM. "FORGET", YES, THAT IS VALID. REMEMBER, THEN LOOK AT IT AND THEN FORGET IT.

Does this help in having others forget the debts? This attitude would encourage those to forget their debts.

SOMETIMES IT DOES, ESPECIALLY IF THEY ARE ALSO IN CONTACT WITH A TEACHING OR IN A SUFFICIENT SPACE TO HEAR THE WORDS.

I would like some clarification on forgetting. How can you do this?

It means not to sit and stew — an internal rumination and chewing over and over. Detachment is good.

OFTEN THIS IS TRUE. OFTEN ALSO, THOSE TO WHOM THE DEBT IS OWED HAVE CHOSEN GOALS SUCH AS REJECTION AND RETARDATION, WHICH WILL ALLOW THEM TO COLLECT.

This man brought a gun to the hospital. He feels he will kill someone. I told him the hatred he felt was for himself. Where does this violence come from?

THE GUILT, OF COURSE, ARISES FROM WISHFUL THINKING. THIS MAN IS ALSO RESPONDING TO HIS INNATE DRIVE TO BE DRAMATIC. YOUNG SAGES ARE MORE SO. THIS LADY IS UNABLE TO DEAL WITH HER OWN GUILT AND FRUSTRATIONS IN OTHER THAN A PEDANTIC WAY. IN OTHER WORDS, SHE APPREHENDS INFORMATION INTELLECTUALLY AND ACKNOWLEDGES THAT PSYCHIATRISTS "KNOW", BUT BEYOND THAT THERE IS LITTLE TO WORK ON.

Does one have to *look* for a spiritual teacher?

IF YOU ARE READY FOR A TEACHER, YOU WILL FIND THAT TEACHER. IT MAY LOOK AS THOUGH YOU HAVE BEEN SEARCHING; YOU MAY CALL IT THAT IF YOU WISH. BY ALL MEANS, SEARCH. IF YOU DO FIND THAT TEACHING, IT WILL FEEL RIGHT AND YOU WILL KNOW IT.

Last week I was distracted at the end of the meeting when people seemed angry with one another. I did not know what was going on. I would like a comment from Michael.

THE REACTIONS TO A GIVEN SITUATION IS YOURS ALONE TO DEAL WITH. IF YOU WISH TO VERBALIZE THIS, BY ALL MEANS DO SO, BUT DO NOT EXPECT THAT ALL WILL WISH TO VERBALIZE IT. YOU SHOULD

NOT DWELL UPON THE OTHERS' REACTION TO YOUR VERBALIZATION. IT IS THEIR CHOICE AND THEY MUST BE RESPONSIBLE FOR IT. IF SOMEONE CHOOSES TO BE PAINED BY WHAT SOMEONE ELSE THINKS, THIS IS HIS RIGHT. HOWEVER, WE MAY POINT OUT THAT THE OTHER DID NOT "CAUSE THE PAIN".

If we have a goal of agape, we should be able to use these situations to help us grow.

ONE OF THE FIRST STEPS, OF COURSE, IS THE REALIZATION THAT YOU ALONE ARE RESPONSIBLE FOR YOUR REACTION TO THE SITUATION.

Someone then asked for a comment on her thesis and the teacher not agreeing with her.

THIS MAN HAS A STRONG FEELING THAT THE DICHOTOMY [between psychology and religion] SHOULD BE PRESERVED, YES, AND THE DIFFICULTY IS, OF COURSE, THAT HE CANNOT EFFECTIVELY SAY WHY. YOU, ON THE OTHER HAND, RECOGNIZE THAT THERE IS NO DICHOTOMY, AND YOUR SHYNESS PREVENTS YOU FROM PUTTING THIS INTO WORDS.

In many ways, he was obliged to keep these (psychology and religion) separate. On the surface, he couldn't talk. He said that Joan D'Arc must have been a highly evolved soul. I'd say she was more a Young Priest in Martyrdom. May we have the SRG on Joan D'Arc?

THIS LADY WAS A MID CYCLE MATURE WARRIOR IN DOMINANCE WHO DEEPLY RESENTED BEING FEMALE, AND WAS WILLING TO DIE FOR HER INDIVIDUALITY. SHE HAD A STRONG CHIEF FEATURE OF HAUGHTINESS. HER MODE WAS PASSION. SHE WAS A SPIRITUALIST.

Is Joan D'Arc part of my entity?

THAT IS VALID, BUT THIS FRAGMENT IS NOT NOW ON THE PHYSICAL PLANE.

KNOW THAT IT SOMETIMES OCCURS THAT YOU SIMPLY FEEL AT EASE WITH CERTAIN SOULS BECAUSE THE RELATIONSHIP IN NO WAY IS THREATENING AND THIS IS FULLY KNOWN AT THE OUTSET.

05 JUNE 1974

Wednesday

I am starting to see both sides of a problem, seeing things in the round. I am wondering about this?

THANK YOU. WHEN YOU BEGIN TO SEE THESE "SIDES" AS MERELY ALTERNATIVES AND NOT AS EITHER NEGATIVE OR POSITIVE THEN YOU WILL KNOW THAT ESSENCE IS LOOKING AT THE SITUATION. UNTIL THEN YOU CAN BE SURE THAT THE PERSONALITY IS REACTING TO A PROPOSITION WHICH SEEMS THREATENING. YOU WERE ALWAYS TIRED BUT YOUR WORK ETHIC WOULD NOT ALLOW YOU TO REST. AT LEAST NOW YOU ARE IN CONTROL OF THAT TO SOME EXTENT.

When we see the negative side of something, is this from personality rather than essence?

WE WOULD AGREE WITH THAT.

There is no positive or negative in essence. True?

WE WOULD AGREE WITH THAT. BUT YOU MUST REMEMBER THAT IN ESSENCE ONE *EXPERIENCES*, ONE DOES NOT *EVALUATE*. WE WOULD POINT OUT THAT THAT WHICH IS THE SOUL OPERATING FROM ESSENCE FEELS THAT WHICH WE CALLED "AGAPE", AND THAT IS A FEELING OF TRANQUILLITY, OF PEACE, AND WE DOUBT THAT THE PERSONALITY OF MANY EARTHBOUND SOULS WOULD CONSIDER THESE PARTICULARLY STRONG EMOTIONS.

I feel that a conscious soul has inner fires burning.

WE DO NOT DISPUTE THAT. THE ENERGY WILL BE AVAILABLE IN QUANTITIES, NOW UNAVAILABLE TO YOU, SIMPLY BECAUSE YOU WILL NOT BE LEAKING IT OUT THROUGH FANTASIES AND HOSTILITIES.

Is everyone's essence bored?

IN THIS SOCIETY WE WOULD SAY THE MAJORITY, YES. TO STIMULATE IT OF COURSE IT MUST BE PRESENTED WITH CHALLENGES, NOT STRUGGLES. WHEN THE ESSENCE HAS TO STRUGGLE IT REFUSES. STRUGGLING IS NOT WORTH THE EFFORT AND IT KNOWS THIS. INSOLUBLE PROBLEMS ARE GOOD EXAMPLES OF STRUGGLES THAT THE PERSONALITY LOVES AND THE ESSENCE FLEES FROM THROUGH BOREDOM.

What is essence challenge?

SPIRITUAL GROWTH, FOR EXAMPLE; ALL FORMS OF STUDIOUS ENDEAVOR WHEN UNDERTAKEN FOR THE SHEER JOY OF THE UNDERTAKING; SOME FORMS OF RELIGIOUS PURSUIT; WORK THAT IS IN ESSENCE: THAT IS TO SAY, FOR INSTANCE, PAINTING WAS IN ESSENCE FOR THE OLD ARTISAN RAPHAEL, AND HIS ESSENCE

WAS NOT BORED.

What is in essence for Warriors besides fighting?

MANY POSITIONS INVOLVING ADMINISTRATIONS AND LEADERSHIP; EVEN SUPERVISORY POSITIONS IN PUBLIC RECREATION AREAS. WE KNOW OF MANY MATURE AND OLD WARRIORS IN THIS COUNTRY NOW WORKING AS PARK RANGERS AND THEIR ESSENCES ARE NOT BORED.

How does false personality work? Where does it come from? How does it have to do with overleaves?

THE OVERLEAVES EXERT AN ENORMOUS INFLUENCE ON THE ULTIMATE PERSONALITY. THAT [false personality] EMERGES FROM THE CULTURAL IMPRINTING AND DETERMINES HOW THE GIVEN FRAGMENT WILL ADAPT OR NOT ADAPT TO A SET OF SIMILAR LIFE CIRCUMSTANCES. FOR INSTANCE, ONE WOULD EXPECT AN EMOTIONALLY CENTERED MIDCYCLE MATURE PRIEST TO REACT WITH MORE LASTING STIGMATA TO SAY FORCIBLE RAPE THAN A MOVING CENTERED OLD SCHOLAR.

Someone asked about her mother dying soon.

IT APPEARS THAT WAY, YES, BUT THIS LADY WISHES TO BE RELEASED AND WILL UNDOUBTEDLY HAVE HER WISH SOON, AS THE BODY HAS USED UP ITS TIME, AND IS NOW USELESS TO HER. YES. THIS IS A SIXTH LEVEL YOUNG PRIEST IN ACCEPTANCE.

I am reading a book by Rex Stanford. Does Michael have any comments about apparitions?

THESE APPARITIONS ARE VERY OFTEN NO MORE THAN THE HALLUCINATIONS OF A HYSTERICAL PERSONALITY, IN THE CASE OF RELIGIOUS ASCETICS. IN SOME CASES THERE HAVE BEEN APPEARANCES OF ASTRAL BEINGS WHO SIMPLY ASSUME THE CHARACTER DESIRED BY THE MEDIUM. THE MAN STANFORD IS ABLE TO LET GO OF HIS OWN ENERGY TO A DEGREE, WHERE HE COULD PRODUCE SUCH AN APPARITION. THE PREDICTION OF GREAT DISASTER IS AN INTERESTING PHENOMENON, AND OCCURS WITH STARTLING REGULARITY ALL OVER THE INHABITED UNIVERSE. SOME ASTRAL BEINGS FIND THIS IRRESISTIBLE. WE HAVE NO DOUBT THEY WILL, TOO.

Is there any validity to these predictions of disaster?

IT IS NOT VALID.

The pilgrims to Lourdes — are they actually healed?

THEY WISH TO BE HEALED. OFTEN THEIR ILLNESSES ARE STILL WHOLLY PSYCHOSOMATIC, AND THERE HAS BEEN NO STRUCTURAL DAMAGE. HYSTERICAL PARALYSIS IS PARTICULARLY EASY TO CURE AT LOURDES.

Is the date of death predetermined?

THERE IS OFTEN MANY YEARS LEFT TO THE BODY, THOUGH AFTER THE PARTICULAR LIFE TASK IS DONE WITH THESE CHILDREN THAT WAS THE INIATIAN POSSIBLE AMOUNT WHICH THEY COULD ACCOMPLISH CERTAIN SEQUENCES [sic]. MOST SUICIDES HAVE “COPPED OUT” ON ASTRAL CONTRACTS.

Is the date of death known?

NO. ONE OF THE STUDENTS IN THIS ROOM, FOR INSTANCE, HAS THE GENETIC POTENTIAL FOR LIVING TO OVER ONE HUNDRED YEARS, BUT THERE ARE MANY SPOKES ON THAT STUDENTS' WHEEL.

What does Michael mean by “spokes”?

BY “SPOKES” WE SPEAK OF THE MANY CHOICES YET TO BE MADE BY THIS RELATIVELY YOUNG PERSON, AND THE MYRIAD ALTERNATIVE COURSES THE LIFE MAY TAKE.

Who is it?

HAD WE WISHED TO GIVE THIS INFORMATION WE WOULD HAVE.

Comment on Gurdjieff — he spoke of persons who knew when they would die. Someone made the comment about his brother knowing at what age he would die — and others would die.

SOME SEEM TO KNOW. CERTAINLY IT IS POSSIBLE TO ACCELERATE THE PROCESS OF DEATH, AS IT IS WITH ALL OTHER PROCESSES. ALSO THERE IS A VERY DEFINITE AURA SURROUNDING THE DYING BODY, AND THOSE WHO ARE SENSITIVE CAN PICK IT UP.

I saw a woman on the bus. She was different — from another country. She looked attractive and I liked her, but then when I looked her in the eyes I had difficulty.

PRIMARILY THE DIFFICULTY HERE LIES IN THE FACT THAT THIS WAS A DEEPLY TROUBLED SOUL WITH AN OPINION OF HERSELF THAT CAUSED YOU TO FEEL THE “EVIL”.

What was her soul level?

A MID CYCLE MATURE PRIEST.

Are etheric auras thicker than others?

NO, JUST BRIGHTER.

Do they vary from time to time?

VERY MUCH SO, YES.

Someone had a question about a friend and his overuse of the drug PCP.

THIS MAN NEEDS TO KNOW THAT THOSE EXPERIENCES CAN BE HAD WITHOUT [psychotropic] DRUGS, OF COURSE. YES, HE IS PRETTY DEPENDENT UPON THIS FAIRLY DANGEROUS CRUTCH NOW — THE ESSENCE ENJOYS THE TEMPORARY LIBERATION. YES, THE LADY COULD PROFIT, BUT SHE CANNOT BRING ABOUT ANY CHANGE IN HIM — HE MUST DO THIS HIMSELF.

Do I have a Sequence with him?

IN THE CASE OF SEQUENCES, WE WOULD PREFER THAT THE STUDENTS RECOGNIZE THEM. WE COULD EASILY MANUFACTURE MANY SEQUENCES. FERTILE IMAGINATION.

How do I discover this?

UNFOLDING EVENTS MOST LIKELY.

What is my expression of creativity?

THE ONE AREA WHERE YOUR REPRESSION HAS DONE YOU IN DURING THIS LIFE IS THE NORMAL VERBAL EXUBERANCE OF THE SAGE. ONE OF YOUR VERY CREATIVE AREAS CAN EASILY BE IN YOUR UNCONSCIOUS BUT EXCELLENT CHOICE OF WORDS. YOU COULD BE EXTREMELY PERSUASIVE IF YOU WOULD NOW ALLOW ALL OF THIS TO COME OUT. YOU ARE NOW QUITE PERSUASIVE PROFESSIONALLY, AND COULD BE [likewise] IN ALL OF LIFE'S ARENAS.

12 JUNE 1974

Wednesday

Regarding "sequences", do souls differ in sequences? How many are there? Are all of us in this group part of my sequence?

SEQUENCES OF COURSE VARY A GREAT DEAL FROM LIFE TO LIFE. USUALLY THOSE IN A SEQUENCE WITH YOU WILL MAKE A FAR GREATER IMPRESSION UPON YOUR MEMORY THAN JUST ORDINARY ACQUAINTANCES. THEN TOO, IN SOME WAY THERE WILL BE INFLUENCES WITHIN THE RELATIONSHIP. OFTEN A FAVORITE TEACHER HAS BEEN IN A SEQUENCE WITH YOU, OR A PARTICULARLY CLOSE ADOLESCENT CHUM WITH WHOM YOU LATER LOSE TRACK. SEQUENCES CAN BE BETWEEN TWO PEOPLE OR CAN BE LARGE ENOUGH TO ACCOMMODATE A GROUP THIS LARGE. THIS GROUP IS NOT JUST ONE SEQUENCE THOUGH. THERE ARE AT LEAST FIVE SEQUENCES HERE.

What establishes a sequence?

SOULS AGREE WHILE STILL ON THE ASTRAL PLANE TO EXPERIENCE CERTAIN SEGMENTS OF LIFE, AND ALSO MAY CHOOSE AT THAT TIME TO EXPERIENCE IT WITH OTHER FRAGMENTS OF THE SAME ENTITY OR CLOSE ENTITIES, PRIMARILY BECAUSE OF THE EASE WITH WHICH SUCH EXPERIENCES CAN BE ACCOMPLISHED.

What are "close" entities?

ENTITIES CAST AT THE SAME TIME, OR FRAGMENTS THAT HAVE BEEN TOGETHER MANY [life]TIMES BEFORE.

Do sequences involve just fragments or entire entities?

IT CAN INVOLVE BOTH YOUR OWN ENTITY AND FRAGMENTS OF ANOTHER ENTITY THAT HAS THE SAME OR SIMILAR NEEDS.

During the astral interval do we associate with the same entity?

[You] USUALLY [associate] WITH THE FRAGMENTS OF YOUR OWN ENTITY AND THOSE CLOSE TO YOUR OWN ENTITY. USUALLY THERE IS A PERIOD OF TRANSITION FROM THE PHYSICAL TO THE ASTRAL LIFE, AND THIS VARIES FROM SOUL TO SOUL. THIS SOMETIMES RESULTS IN SOME FRAGMENTS NOT BEING REUNITED WITH THEIR ENTITY UNTIL MUCH LATER. FOR EXAMPLE, NOT ALL OF YOUR FRAGMENTS ARE NOW ON THE PHYSICAL PLANE. MANY WILL NOT BECOME PHYSICAL ENTITIES FOR ANOTHER CENTURY.

So what makes a sequence?

AGREEMENT TO PLAY OUT A CERTAIN FRAGMENT OF LIFE. FOR INSTANCE, WE HAVE TOLD YOU BEFORE THAT NOT ALL PARENTS AND THEIR CHILDREN ARE PLAYING OUT THE PARENT-CHILD MONAD. THIS MONAD RESULTS IN A FAR MORE COMPLEX RELATIONSHIP THAN JUST THE ORDINARY ONE. SIBLINGS ARE TAUGHT BY THIS CULTURE THAT THEY MUST FEEL SOMETHING FOR EACH OTHER, AND ARE ENCOURAGED TO EVEN FALSIFY SUCH CONDITIONS. THIS IS NOT ALWAYS TRUE. RELATIONSHIPS WITHIN THE TYPICAL NUCLEAR FAMILY ARE RARELY HONEST BECAUSE OF THIS.

Perhaps honest disliking carries over onto the astral plane, because on the astral plane the facade is all gone. There was a discussion about why we can't pay karmic debts on the astral plane.

YOU MAY THINK OF IT AS AN ENORMOUS THEATER WITH CONTINUOUS PERFORMANCES, IF YOU WISH. THE ANALOGY IS A GOOD ONE, FOR THAT IS PRECISELY WHAT HAPPENS. ON THE ASTRAL PLANE THE ACTORS AGREE TO PERFORM CERTAIN ROLES, ONLY THEY ARE CAST LOOSE ON A BOOBY-TRAPPED STAGE, SO TO SPEAK [where unplanned things can happen] — IT MAKES FOR LIVELIER ACTION, MORE EXPERIENCES THAT WAY. THE BIRTH TRAUMA MOST OF THE TIME TAKES CARE OF [erases] A GREAT DEAL OF THE MEMORIES [of prior lives and astral plans]. IT ALSO PLANTS THE SEEDS OF AGGRESSIVENESS AND THE WILL TO SURVIVE [which are absent on the astral plane].

Tomas said you could substitute astral for earth experiences.

THIS CAN BE DONE BUT IT TAKES MUCH LONGER.

Is hypnosis a good step.

NO. WE WOULD SAY THAT IT IS AN EXCELLENT STEP.

Why is there a difference in some statements by Michael?

ONE OF THE MOST OBVIOUS REASONS FOR THE QUALITATIVE DIFFERENCES THAT YOU FEEL IS THAT AT THIS MOMENT THIS ENTITY IS DEALING WITH FAR MORE THAN YOUR GROUP, AND ALTHOUGH THIS IS A REUNITED ENTITY, ONLY A SEGMENT OF IT MONITORS YOUR LITTLE GROUP AT ANY ONE TIME. THERE WERE WARRIORS AND KINGS IN THIS ENTITY. THE HANDLING SOMETIMES IS VERY DIFFERENT AS WOULD BE AN ENTITY CONTAINING THE REUNITED FRAGMENTS OF SAY PRIESTS AND SAGES. ANOTHER REASON IS AS YOU SAY: SOME OF THE QUESTIONS ASKED WILL BE BETTER ANSWERED AT A LATER TIME.

What other groups or responsibilities are you monitoring?

THIS ENTITY ALSO HAS STUDENTS [on other planets] WITHIN THIS SECTOR OF THE GALAXY. OF COURSE, WE ARE AVAILABLE TO THE ASTRAL ENTITIES ALSO, AND THESE TRANSCEND PHYSICAL [plane] TIME AND SPACE.

What other parts of the galaxy do you have students in?

PRIMARILY IN THIS SECTOR.

Is there any evolution going on in Michael that we could notice?

THERE SHOULD BE SOME PERCEPTIBLE DIFFERENCES WITHIN THE NEXT DECADE — AT LEAST WE HOPE SO.

Marijuana brings the ability to take physical [consciousness] to the astral plane.

WHAT IT DOES IS TO NUMB THE PERSONALITY.

I have a question regarding the speeding up of spiritual growth.

WE WOULD BE INCLINED TO AGREE THAT THE SIGNIFICANT PROGRESS, WHEN IT COMES, WILL BE LIKE AN EXPLOSION WHEN COMPARED TO THE SNAIL'S PACE YOU ARE NOW EXPERIENCING. THERE IS SOME VALIDITY IN THE STATEMENT THAT THE PERSONALITY AND ESSENCE MUST EVENTUALLY "BATTLE IT OUT", AT LEAST IF PROGRESS IS TO BE MADE ON THE PHYSICAL PLANE, AND THIS DOES NOT HAPPEN WHEN ENTITIES [psychotropic drugs] THAT KNOCK PERSONALITY OUT OF THE BOX ARE USED; BUT THOSE CRUTCHES DO A VALUABLE SERVICE IN THAT THEY ALLOW YOU TO GLIMPSE THE GOAL AND MAKE AN INTELLIGENT DECISION ABOUT ITS WORTHINESS AS A FULL-TIME PURSUIT [by means other than drugs].

What is my life task?

AS WITH MOST PRIESTS, IT IS PRIMARILY MISSIONARY IN NATURE, AND WILL INVOLVE YOUR OWN ABILITY TO PROJECT THE TEACHING FROM YOUR OWN CENTER OF SERENITY TO THE MOST UNLIKELY GROUP OF STUDENTS.

Should we recognize [life] tasks in others?

YES, YOU SHOULD. PARTICULARLY YOU SHOULD WORK TOWARD SOME INSIGHT TO YOUR OWN TASK.

What is my task? Is it to be alone, or is there involvement with the child?

[It is] TO BE HAPPY ALONE, DEPENDING UPON THE "ALL". PANDEPENDENCY OF COURSE IS PREDICATED

UPON THE PERSONALITY BECOMING INDEPENDENT, AND FUNCTIONING SELF-SUFFICIENTLY WITHOUT DEPENDING UPON THE ACTIONS OF OTHERS AROUND YOU TO MOVE FIRST. OF COURSE, THIS IS NECESSARY IF YOU ARE EVER TO ALLOW THE ESSENCE TO RELY UPON THE COSMIC FORCES THAT IT KNOWS ARE DEPENDABLE. THAT IS ONE OF YOUR PRIMARY TASKS. IT IS NOT A GOAL. NO, THAT IS NOT THE ONLY ONE. THERE ARE OTHERS INVOLVING ARRIVING AT AN INNER "TRUTH". THAT IN TURN INVOLVES UNSCRAMBLING MUCH CONFLICT IN DOCTRINES, OR RATHER MANY CONFLICTING DOCTRINES. AGAIN, THIS IS LARGELY A SOLITARY TASK. IF WE CLARIFY THIS IT WILL TAKE MORE HOURS THAN YOU NOW HAVE, SINCE IT INVOLVES A LIFETIME OF WORK, BUT BRIEFLY THIS LADY HAS WITHIN HER THE ABILITY TO ARRIVE AT A POINT OF SPIRITUAL TRANQUILLITY THAT SHE DOES NOT NOW ENJOY, BY RECOGNIZING FURTHER HER SELF WHAT IS TRUE AND DISCARDING THAT WHICH IS PATENTLY FALSE, KEEPING THE GOOD AND THROWING OUT THE BAD FROM ALL OF THOSE INFLUENCES WHICH HAVE AND WILL LATER COME INTO PLAY.

Is a "life task" one or several things?

"THE" TASK THAT MOST OF YOU IN THIS ROOM HAVE AGREED UPON IS THAT YOU WILL ATTEMPT TO HEAR THE WORDS. THIS IS PARAMOUNT. THE OTHERS ARE LIFE TASKS AND VARY FROM FRAGMENT TO FRAGMENT, DEPENDING UPON WHAT YOU HAVE EXPERIENCED IN THE PAST.

I think my task is moving from being dependent to being more independent.

THIS IS ESSENTIALLY VALID, BUT WITH SOME RESERVATIONS. ONE [reservation] IS THAT YOUR LAST LIFE WAS A RELATIVELY COLORLESS ONE, AND WE SEE IN YOU AN ATTEMPT TO LIVE WITH MORE FLAIR. THIS STEMS FROM ONE OF THE TASKS, WHICH IS THE DEVELOPMENT OF AN INNER VITALITY FROM A POINT OF INACTIVITY.

I went to a creativity workshop given by a doctor of psychology.

YOUR TASK CAN BE SUMMARIZED IN ONE WORD: PARTICIPATION. THIS IS GENERALLY NOT AN EASY TASK FOR SCHOLARS, AND MOST DO NOT LIKE IT MUCH. THAT IS THE PRIMARY REASON FOR THE PASSION MODE AND ACCEPTANCE GOAL. IT FORCES YOU TO PARTICIPATE RATHER THAN TO SLIP THROUGH VICARIOUSLY AGAIN.

Does my task involving teaching and aloneness — separation?

ALSO AN IMPORTANT PART OF THIS TASK INVOLVES THE DISCRIMINATION IN KNOWING WHO CAN HEAR THE WORDS WITHOUT WASTING THE ENERGY ON THOSE WHO CANNOT. YES, THE SEPARATION IS ALMOST ACCOMPLISHED, AND YES, IT IS A SOLITARY TASK AND CANNOT BE INTERFERED WITH. IF THERE IS INTERFERENCE THERE IS NOTHING ACCOMPLISHED. THE TRUE OCCULT ADEPT IS USUALLY LONELY.

16 JUNE 1974

Sunday

Someone asked a question regarding his apprehension at changing jobs (going into business for himself).

IT IS PRIMARILY A FEAR OF FAILURE, WHICH IS NOT AT ALL COMPLEX, AND USUALLY ACCOMPANIES A MOVE OF THIS TYPE. WE WOULD BE ASTONISHED IF YOU DID NOT MANIFEST SOME OF THIS. A COMPLETELY TRANQUIL ACCEPTANCE OF THE POSSIBILITY OF FAILURE REQUIRES BALANCE.

Someone asked about any suggestions to help him make up his mind, and any suggestion of how to make the change.

ONE WAY TO OBJECTIVELY COMPARE THE ALTERNATIVES WOULD BE TO KEEP A FRUSTRATION INDEX FOR SEVERAL WEEKS WHILE PURSUING BOTH, THEN COMPARE LISTS. THEY NEED NOT BE WRITTEN, BUT THAT WOULD BE HANDIER. THE ONLY WAY WE KNOW OF TO BEGIN A VENTURE SUCH AS THIS IS TO SIMPLY PLUNGE IN AND WORK. THE WAY MAY BE DIFFICULT AT FIRST, BUT MOST WORTHWHILE VENTURES ARE, AND REQUIRE CONSIDERABLE RESTRUCTURING OF BOTH ATTITUDES AND LIFE STYLES. YOU MAY HAVE TO ADJUST TO A HIGHLY IRREGULAR SCHEDULE IN THE BEGINNING, AND THIS MAY PASS THE RESPONSIBILITY ONTO [your wife] TO DO SOME RESTRUCTURING OF HER OWN. TIME-WISE, THE HOURS SPENT MAY FAR EXCEED THOSE NOW SPENT, BUT IF THE WORK IS TRULY IN ESSENCE THE EXPENDITURE IS A PLEASURE.

But the work isn't in his essence. Comment, please.

THE WAY THAT THIS MAN APPROACHES THESE TASKS IS VERY MUCH IN ESSENCE FOR HIM. ALSO THE NEED TO PURSUE WHATEVER HE CHOOSES IN A SOLITARY FASHION IS VERY STRONG IN THIS MAN. HE BRISTLES WHEN OTHERS INTERFERE.

How would this mean restructuring my life?

THERE MAY BE IN THE BEGINNING MORE HOURS ALONE THAN NOW, AND THIS WOULD BE TIME TO PURSUE THE PATHS IN YOUR OWN WAY; ALSO, TIME TO STRUCTURE THE RELATIONSHIPS WITH OTHERS ON THE SAME PATH.

Do you have a comment regarding benefits from the other job I would have to continue on my own?

IF YOU ARE PLANNING TO CONTINUE TO SEEK THE HELP OF SUCH INDIVIDUALS, THEN, YES, YOU WILL HAVE TO MAKE PROVISIONS FOR PAYING THEM. YOU COULD DO THIS ON YOUR OWN, BUT IT WOULD OF COURSE REQUIRE ENORMOUS SELF CONTROL TO SET ASIDE SUFFICIENT FUNDS. BUT IF YOU CHOSE THIS AS AN ALTERNATIVE, THEN THE FUNDS WOULD BE THERE FOR AN EMERGENCY. AFTER ALL, HEALTH IS NOT THE ONLY URGENT SITUATION.

Would Michael please clarify this for me? Are they saying I should or should not make the change?

IT WOULD BE MORE CONDUCIVE, YES. OF COURSE WHEN YOU ARE MAKING THE MAJOR DECISIONS IN ANY SITUATION, YOUR OWN CREATIVITY, WHATEVER FORM IT MAY TAKE, HAS MUCH MORE OF A CHANCE TO BLOOM. THAT IS NOT TO SAY THAT IT WILL, JUST THAT IT STANDS A BETTER CHANCE.

What about the fact that there would be less money?

TRUE.

There was a discussion about the akashic plane being where records are kept. Someone wondered about the scripture "Book of Life" and the connection between the two.

THE AKASHIC PLANE IS A LIVING PHOTOGRAPHIC RECORD OF ALL THAT EVER WAS AND IS, TO A MILLISECOND AGO — EVEN LESS. YES, THIS IS THE BOOK OF LIFE. IT IS CONTIGUOUS TO BOTH THE CAUSAL AND ASTRAL PLANES.

Is the "silver cord" real [that connects the astral body to the physical body]?

ONLY IN THAT IT CAN BE CREATED BY TRAVELERS WHO NEED THE ADDED REASSURANCE OF A WAY BACK. USUALLY THIS TERM IS EMPLOYED TO DESCRIBE OVERLY CLOSE DEPENDENCY RELATIONSHIPS; FOR INSTANCE, MOTHERS AND THEIR ELDERLY SONS.

There was a discussion about the silver chalice, King Arthur, and Merlin as being Joseph of Arimathea reincarnated. Arthur Ford describes the astral plane as a place the Roman Catholic church called "purgatory". Is this valid?

ONE CAN CONSTRUCT FOR HIMSELF DANTE'S INFERNO IF HE WISHES, COMPLETE TO THE ALL, EVEN CIRCLES AND COMPLETE AS FAR AS DRAMATIS PERSONAE; OR, AS WE HAVE SAID BEFORE, THE "NOTHINGNESS" OF THE NIHILISTS.

I want to know about "chakras".

THE SIGNIFICANCE PROBABLY LIES IN THE FACT THAT SO MANY HAVE BECOME AWARE OF THIS AT ALL, SOME NOT EVEN ON THE PATH, OR FOLLOWING STRANGE PSEUDO-PATHS. THESE "CHAKRAS" OF COURSE CORRESPOND TO THE MEASURABLE ENERGY FLOW FROM THE INDIVIDUAL CENTERS. IN OTHER WORDS, THE LOWEST CHAKRA CORRESPONDS TO THE OUTPUT OF THE INSTINCTIVE CENTER.

Can the chakras be perceived through the "third eye"?

THEY ARE NORMALLY PERCEIVED THROUGH THE EMOTIONAL CENTER OR GUT CHAKRA.

Do the Centers and chakras correspond?

YES, THEY DO. THIS IS WHAT THE YOGIS PERCEIVE WHEN THEY EXPOUND ON THIS. IN ONE ABLE TO VISUALIZE [see] THE AURAS THIS BECOMES EASY, FOR THERE IS A TRANSITORY "PUFF" OF COLOR ACCOMPANYING SIGNIFICANT OUTPUTS, SUCH AS OCCURS IN THE DIGESTION OF THE MAJOR MEAL OF THE DAY OR IN DEEP MEDITATION. THE GUT CHAKRA IS EMOTIONAL CENTER, INTELLECTUAL CENTER MANIFESTS ITSELF AT CHEST LEVEL, AND SO FORTH. THE SEXUAL CENTER CAN BE MEASURED AT THE LEVEL OF THE THYROID; THE HIGHER EMOTIONAL CENTER AT THE LEVEL OF THE PINEAL BODY; THE HIGHER INTELLECTUAL CENTER AT THE LEVEL OF THE ANTERIOR PITUITARY. PROCREATION IS HANDLED BY THE MOVING CENTER IN SLEEPING ANIMALS.

Ram Dass says the spirit body has holes or chakras connecting to the physical body. He says that normally people's holes are "plugged up" — the energy is there but can't flow. Is this true? (Michael has stated that sexual energy is the only "mobile" or available energy.)

THIS [Sexual (physical excitation) Center] IS THE FIRST OF THE CENTERS NOT SOLELY GOVERNED BY MAYA AND CONSEQUENTLY MOBILE. THE FIXED AMOUNT OF ENERGY IS FIXED BY THE ORGANISM, NOT BY COSMIC SHORTAGES. WE CAN GIVE AN EXAMPLE OF THE FIXING. IT WORKS WELL. THE BODY HAS A CHORE TO DO THAT IT DISLIKES. IT DWELLS ON THE UNDESIRABILITY OF THE PROPOSED ACTION UNTIL IT RENDERS THE MOVING CENTER INACTIVE AND UNABLE TO PERFORM ITS TASK. NORMALLY ABLE TO PERFORM SUCH ACTION, THE BODY IS SIMPLY TOO EXHAUSTED TO MOVE, YET TWENTY MINUTES LATER SOME HAPPY DIVERSION IS OFFERED. SUDDENLY THE BODY UNDERGOES A MIRACULOUS RECOVERY AND ACTUALLY EXPENDS FAR MORE MOVING ENERGY IN THE PLEASURE ACTIVITY, FOR INSTANCE, TENNIS, THAN IT WOULD HAVE IN THE WORK ACTIVITY, FOR INSTANCE, SHOPPING FOR GROCERIES.

Is this energy measurable?

IT IS MEASURABLE ELECTRONICALLY, YES. THERE IS NOW A PHOTOGRAPHIC TECHNIQUE THAT CAN BE USED TO VISUALLY RECORD THE COLOR CHANGES. (Kirlian photography)

Is there anything useful about this for us to know?

WELL OF COURSE YOU CAN USE THEM AS A FAIRLY HANDY YARDSTICK BY WHICH TO MEASURE YOUR PROGRESS TOWARD BALANCE [of Centers]. YOU CAN FEEL THE ENERGY BEING EXPENDED, AND AFTER AWHILE LOCATE ITS POINT OF EXIT AND THEN MORE ACCURATELY PINPOINT THE CENTER RESPONSIBLE FOR THE OUTPUT. IF IT IS NOT THE PROPER CENTER TO HANDLE THE PARTICULAR ACTION THEN YOU KNOW THAT THERE HAS BEEN A LEAK.

[Question missing from transcript.]

THAT IS VALID, AND THE MOST COMMON MANIFESTATION OF ENORMOUS OUTPUTS OF ENERGY IN THESE INDIVIDUALS (intellectual) IS TACHYCARDIA [rapid heartbeat], AT LEAST, THAT IS WHAT THEY NOTICE THE MOST. [The channel] FOR INSTANCE, NOTICES ICY PALMS AND SHAKY KNEES UNDER THE SAME CIRCUMSTANCES.

Is it that the trapped part increases in energy while the weakened part decreases in energy?

[That is] VALID, EXCEPT FOR THE INSTINCTIVE CENTER, WHICH MALFUNCTIONS ONLY DURING ORGANIC ILLNESS.

What about my chakras?

WHEN YOU ARE COGITATING AS NOW THERE IS A BRIGHTENING OF YOUR AURA AROUND THE CHEST, BUT YOU ARE NOT SUFFICIENTLY AROUSED BY THIS TO CREATE THE RACING HEART.

What about my other chakras?

THERE IS NOW A BRIGHTENING OF THE AURA ALSO IN THE REGION OF THE INSTINCTIVE CENTER AS IT DIGESTS YOUR DINNER. THIS WILL ONLY LAST WHILE THE MOST SIGNIFICANT WORK IS BEING DONE, NOT WHILE THE CONTENTS ARE BEING DEHYDRATED [in the large intestine]. THIS REQUIRES LITTLE EXPENDITURE. THE MOVING CENTER IS RELATIVELY QUIET.

Is the Kundalini energy source "sleeping?"

NOT SO MUCH SLEEPING AS SIMPLY STORED. THE LIBERATION OF HIGHER ENERGIES IS JUST THAT — A FREEING OF THE STORES. THIS CAN BE BROUGHT ABOUT IN MANY OF THE WAYS WE HAVE SUGGESTED TO YOU. IT CANNOT BE BROUGHT ABOUT BY ANY TRANSFER OF MAGICAL ENERGIES FROM ONE SOUL TO ANOTHER. EVEN IF WE COULD TRANSFER ENERGY TO YOU, YOU MIGHT CHOOSE NOT TO UTILIZE THIS. THE UTILIZATION OF HIGHER ENERGIES MUST COME FROM YOU, AND WE CAN SAY THAT YOU HAVE AS MUCH HELD IN ABEYANCE AS ANYONE ELSE IN THIS ROOM.

Is it true that unless there is balance [in the lower Centers] we can't reach higher Centers? Am I getting in touch with my Moving Center?

THE DESIRE IS CERTAINLY THERE, AND SOMETIMES YOU ARE ABLE TO JUST MOVE WITHOUT RATIONALIZING IT AWAY AS BEING "GOOD FOR ME". WHEN YOU REACH THE POINT WHERE YOU NO LONGER DO THIS RATIONALIZATION YOU WILL BE UTILIZING THE MOVING CENTER EXCLUSIVELY FOR THESE MOVING ACTIVITIES.

Give an example of what happens in the Emotionally Centered person.

THE EMOTIONALLY CENTERED INDIVIDUALS OFTEN COMPLAIN OF "BUTTERFLIES" IN THE STOMACH IN TIMES OF STRESS OR EXCITEMENT. MANY TIMES INTESTINAL CRAMPS FOLLOW EXTREME STRESS; MORE

SUSCEPTIBLE TO DIARRHEA AND CONSTIPATION ALSO. INTELLECTUALLY CENTERED SOULS OFTEN COUGH IN MOMENTS OF STRESS, CLEAR THE THROAT, ETC.

Someone asked about her Centers.

THE EMOTIONAL PART OF INTELLECTUAL CENTER IS WHERE YOU SPEND MOST OF YOUR TIME. MOVING CENTERED SOULS TAKE IT BUT ON THE INTEGUMENT ITCHING, BURNING, BLUSHING, SWEATING, SHAKINESS IN THE LIMBS, ETC. WHEN THESE HAPPEN, [sic]

When these happen is the Center doing the wrong work?

YES.

Can chakras be likened to Leyden jars [which accumulate an electrical charge and then discharge their static electricity]? Would that be a proper analogy?

VERY MUCH SO; YOU COULD EVEN SAY OVERWHELMINGLY SO. THE ENERGY LEAK VIRTUALLY PARALYZES ANY OTHER CENTERS. [Some Centers] ATTEMPT TO INTERVENE. FOR INSTANCE, THE INTELLECTUAL CENTERS ATTEMPT TO PREVENT CRIMES OF "PASSION". YES, IT DOES [prevent crimes], AND MANY WEIRD SYMPTOMS MANIFEST SUCH AS IMPOTENCY, PREMATURE EJACULATION, VAGINITIS WITHOUT A CAUSATIVE ORGANISM, ETC. NORMALLY THOUGH, IT IS THE MOVING CENTER THAT DIGS THE SEX ACT AND EMOTIONAL CENTER SAYS IT IS BAD. INTELLECTUAL CENTER IS FAIRLY ALOOF ABOUT SEX.

I have been reading Ram Dass, John Lilly, etc., concerning LSD. Comments?

IT IS A WAY, YES. WE WOULD DISCOUNT ANY RISKS INVOLVED IN A SINGLE EXPERIENCE WHEN WEIGHED AGAINST THE POSSIBLE GAIN. MAKE CERTAIN THAT THE TRIP IS WELL MAPPED AND YOU HAVE A TRAVELING COMPANION UNTIL YOU MEET WITH US.

Is John Lilly correct about LSD unprogramming the personality?

IT CAN IF YOU TRANSFER THE KNOWLEDGE GAINED [during the trip] TO THE WAKING STATE. YES, IT IS DIFFICULT BECAUSE YOU ARE IMMEDIATELY BOMBARDED WITH MAYA [in the waking state].

Are my insights about Isaac Asimov correct (human brain) etc.

ESSENTIALLY YOUR INSIGHTS ARE VALID YES, AND YES, ISAAC IS A LIAR. OF COURSE HE DOES NOT KNOW THE TRUTH, BUT YOU ARE RECEIVING SOME HELP WITH HIS INSIGHTS.

Why are my dreams so mundane?

NO [they aren't], BUT YOU ARE REMEMBERING THE MUNDANE ONES. THEY ARE MUCH SAFER.

Why do I feel so uncomfortable in San Francisco observing people?

SAN FRANCISCO IS A CITY OF YOUNG SOULS, MANY WARRIORS AND MANY SLAVES.

I dreamed I was talking to my sons? Was this done astrally?

A CONTACT BETWEEN ASTRAL VEHICLES, YES, WITH THE OLDER CHILD.

Do we choose Centers before birth? Are my children Moving Centered?

THEY ARE MOVING CENTERED, BUT THEY ARE NOT TRAPPED YET. THEY NOW USE ALL OF THE MOVING CENTER. YOU DO CHOOSE YOUR CENTER BUT THE ENTRAPMENT IN A SPECIFIC PART HAPPENS LATER.

Energy effort spent on unsequential things — [sic]

THEY ARE OF NO CONSEQUENCE TO THE PERSONALITY. NO, YOU ARE RIGHT AND IF YOU SPEND THE WHOLE LIFE IN PERSONALITY THEN YOU WILL SPEND IT DOING THINGS THAT IT CONSIDERS IMPORTANT. ONLY IF YOU MEET WITH A TEACHING WILL YOU EVER BEGIN TO REALIZE THAT THESE MUNDANE TASKS ARE OF NO CONSEQUENCE. ONLY THEN CAN YOU BEGIN TO WORK ON THOSE ARCAINE TASKS WHICH ARE OF MUCH CONSEQUENCE.

Someone described an encounter with a man in Berkeley several years ago.

THESE ENCOUNTERS CAN ONLY COME ABOUT WITH TWO WHO ARE ON THE PATH. THE MAN IN THE ENCOUNTER YOU DESCRIBE WAS MORE THAN THAT THOUGH — HE WAS A "BROTHER".

I would like to ask the meaning of a dream I had having to do with sexual intercourse, with someone I do not wish to have intercourse with.

THERE IS SOME TRANSFERENCE OF EROTICISM, MANY TIMES, OVER TO SAFE SOURCES. IN OTHER WORDS, TO DREAM OF SEX WITH AN UNDESIRABLE OR UNAVAILABLE SEXUAL PARTNER IS NOT AS SCARY AS DREAMING OF SEX WITH A MUCH DESIRED PARTNER, OFTEN ONE YOU ARE NOT WILLING TO ADMIT THAT YOU DESIRE. THEREFORE, THE DESIRE OR THE EROTICISM IS TRANSFERRED OVER TO A LESS THREATENING IMAGE. OFTEN THE SPECIFIC ACT ITSELF IS ALSO TRANSFERRED. FOR EXAMPLE, IF YOU STRONGLY DESIRE TO PERFORM FELLATIO, YOU MAY DREAM OF STRAIGHT "MISSIONARY SEX".

This does not seem to fit an explanation of the dream I had. Could you comment further?

NO, BUT WE THINK IF YOU LOOK AT THE ANSWER AGAIN YOU WILL UNDERSTAND.

Could I have a comment about my arrogant attachment to the motherhood role?

THE "MOTHERHOOD ROLE" IS WHOLLY IN FALSE PERSONALITY. YES, YOU ARE ATTEMPTING TO BE MORE REASONABLE ABOUT THIS, AND THIS IS NOT EASY IN YOUR CULTURE BECAUSE, AS THE MAN WERNER [Erhard] SAYS, YOU DO NOT EXPERIENCE YOUR EXPERIENCES. THEREFORE, IT IS ALMOST IRRESISTIBLE TO ATTEMPT TO LIVE AGAIN THROUGH YOUR CHILDREN, AND THIS IS UNFAIR TO BOTH YOU AND THE CHILD. ALSO, THERE IS AN ELEMENT OF MARTYRDOM IN THE MOTHERHOOD ROLE OF THE CULTURE, WHICH IS UNNECESSARY. IT IS NOT AT ALL GOOD TO PUT OFF SELF-GROWTH UNTIL THE CHILDREN ARE GROWN. THEY WILL NOT APPRECIATE YOU ONE QUANTA MORE FOR YOUR EFFORTS.

I would like a comment on my intuitions lately, and the "fact" that my aura indicates healing. Did I agree to this on the astral plane?

IT IS NOT THAT YOU AGREED TO DO THIS ON THE ASTRAL PLANE; IT IS MORE THAT THE COMBINATION OF OVERLEAVES YOU CHOSE GIVEN YOUR AFFINITY FOR THIS. BY ALL MEANS, TRY IT.

My second question is concerning what happens on my long drive to Napa. I was told to meditate for five minutes and clear my mind before starting to drive. I am aware of the aura of trees and I feel emotional.

YOU ARE PERCEIVING THEM WITH THE EMOTIONAL CENTER, WHICH IS A NEW EXPERIENCE FOR YOU. TEARS ARE ALWAYS THE OUTWARD MANIFESTATION OF THE EMOTIONAL CENTER.

I have read Uri Geler's book. He feels outside forces are responsible for the effects. Could this happen to me?

THE TROUBLE WITH THE MAN YURI IS THAT HE STILL DOES NOT ALWAYS HEAR THE WORDS AND TAKES ACTION AT AN EMOTIONAL, SUBLIMINAL LEVEL. THE TROUBLE WITH YOU IS THAT YOU TOO ARE GAINING STRENGTH AND DO NOT YET KNOW HOW TO USE IT. YOU TOO CAN NOW TRANSPORT IF YOU WISH.

Uri states outside intelligences provide the power.

NO OUTSIDE POWER IS GIVING HIM ANYTHING. HE HAS IT WITHIN HIMSELF.

Why such a complex theoretical system?

IT IS NOT UNUSUAL FOR ASTRAL BEINGS AND ADEPTS FROM OTHER WORLDS TO USE WHATEVER METHOD IT HAS AT HAND TO EFFECT COMMUNICATIONS.

How can we dematerialize objects?

THROUGH CONSCIOUS EFFORT: CONCENTRATION. THIS IS WHAT THE MAN YURI NEEDS TO LEARN.

MAKING AN OBJECT GO AWAY IS NOT DIFFICULT; KNOWING WHERE IT WENT AND BRINGING IT BACK IS.

I lose so many objects. If it is possible to send them, where do they go?

WHEREVER YOU WISH THEM TO GO. THE CENTER OF THE SUN IS A FREQUENT CHOICE.

I am not aware of doing this. Can it be unconscious?

YOU DO MAKE A CONSCIOUS EFFORT TO MAKE THEM DISAPPEAR, BUT IT IS A FLEETING ONE AND OFTEN ONE-ENDED [so they don't come back].

I don't feel any new strength.

YOUR PERSONALITY IS LOSING GROUND. THE ESSENCE IS STRONGER NOW. YOU WILL NOT FEEL THIS AS PHYSICAL VITALITY; THAT HAS NOTHING TO DO WITH SPIRITUAL GROWTH.

When I communicate with my [entity] fragments, how will I perceive them?

THE INFORMATION WILL AT FIRST APPEAR TO BE DREAMING. THEN YOU MAY WISH TO TRANSFER THIS OVER TO THE WAKING STATE AND JUST BE AWARE OF THE LARGER PART OF YOURSELF, WHICH IS THE ESSENCE OF THE OLD SOUL'S PERCEPTION.

Intuitive thoughts?

MORE THAN THAT. EVEN AS LOUD AS A VOICE SOUND THAT ONLY YOU CAN HEAR.

How do I recognize it?

AN INTUITIVE FEELING OF AFFINITY OF AN EXTENSION OF SELF. IT WILL BE FAR MORE IN TUNE WITH YOUR INNERMOST THOUGHTS THAN EVEN WE ARE AT TIMES.

19 JUNE 1974

Wednesday

I have the feeling I need to do something and don't know what. This is confirmed by my dreams. What role did CIF play for me?

AS TO WHAT THE CREATIVITY INITIATIVE FOUNDATION AND OTHER SIMILAR GROUPS SIGNIFY, WE WOULD THINK OF THEM AS STEPPING STONES, GIVING YOU THE BROAD PERSPECTIVE, WETTING YOUR WHISTLE, SO TO SPEAK. THE HOMEWORK OF COURSE IS YOUR OWN INNER STRUGGLE WITH SELF GROWTH, AND THE KNOWLEDGE THAT THERE IS WORK TO BE DONE; ALSO AT A DEEPER LEVEL KNOWING THAT THE PERSONALITY DOES NOT LIKE THAT EXPERIENCE. MEETING WITH A TEACHING IS ALWAYS A SHATTERING EXPERIENCE FOR THE SEEKER, AND USUALLY BRINGS ON MANY PHENOMENA SUCH AS DREAMS THAT ARE ESPECIALLY VIVID AND ARE REALLY SIMPLY ASTRAL EXPERIENCES THAT ARE FOR ONCE REMEMBERED. MANY ALSO EXPERIENCE PRECOGNITIVE PHENOMENA AND OTHER PSYCHIC EXPERIENCES DURING THIS INITIAL PERIOD. SOME USE IT AS A VERIFICATION. OTHERS BECOME FRIGHTENED AND CHOOSE TO DENY THIS.

What does a gold aura indicate?

THE GOLDEN SHADES NORMALLY INDICATE AN ALTRUISTIC BENT.

Does one's aura change in one lifetime?

IF THE CHANGE IS A PERMANENT ONE, THE AURA WILL CHANGE CORRESPONDINGLY. AS LONG AS THE DESIRE REMAINS, THE AURA WILL GIVE THIS AWAY IN BRILLIANT TECHNICOLOR.

Will Michael tell us what our task is?

TEACH/PERFORMING.

Does this mean speaking?

WE WOULD AGREE WITH THE FORMER. THE LATTER OF COURSE IS A MEMORY OF A TIME WHEN THIS WAS A REAL PART OF YOUR LIFE. YOU COULD, OF COURSE, TEACH VERY EFFECTIVELY IN THIS MANNER. ALL SAGES COME EQUIPPED FOR THE STAGE. IT IS BUILT INTO THE MODEL.

I get the feeling the Bay Area is a spiritual growth area.

WE HAVE SPOKEN ABOUT POWER VORTICES AND POSITIVE ENERGY SPOTS TO THE GROUP BEFORE, AND THE CITY OF BERKELEY IS A POSITIVE ENERGY SOURCE. THE BAY AREA DRAWS UPON THIS SOURCE.

In CIF and EST we were exposed to much knowledge. What is the purpose of these for us?

THIS ANSWER WOULD BE MUCH THE SAME FOR ALL IN THIS ROOM. THAT IS, TO SYNTHESIZE AND VERIFY THIS KNOWLEDGE SO THAT YOU CAN BE IN A BETTER SPACE TO PROMULGATE THE LOGOS.

What is the role of Jewish people? Is it a lesson for me?

ONE CAN OF COURSE TAKE FROM THEIR WEALTH OF EXPERIENCE A VERY IMPORTANT LESSON, YES, AND THAT WOULD BE [to] PERSEVERE IN THE FACE OF PERSECUTION IN ORDER TO SEE THE DREAM.

What happened to the Simbionese Liberation Army members that were pacific and then became violent?

THE SAME PHENOMENA OCCURRED HERE THAT OCCURS OVER AND OVER AGAIN. THE WAY OF PEACE IS FAR TOO SLOW FOR MOST YOUNG SOULS, AND IF THEY ARE POLITICALLY INVOLVED THEY USUALLY TEMPER THEIR MERCY WITH A LITTLE BLOOD AT THE END. THE THREE IN QUESTION WERE SWEEPED UP IN THE CHARISMA OF THE LEADER, BUT THEY WERE ALREADY TASTING THE FRUSTRATION OF BRINGING ABOUT A "BETTER WORLD" THROUGH NONVIOLENCE. THEY PERCEIVED MASSIVE INEQUITIES AROUND THEM, AND WERE UNABLE TO SEPARATE FROM THEIR FANTASIES. THE TROUBLE WITH THIS AND MANY REVOLUTIONARY GROUPS IS THAT THEY CHOOSE NOTORIOUSLY POOR TARGETS THROUGH EMOTIONAL CENTER. FOR INSTANCE, THE MAN MARCUS WAS VIEWED BY THE MILITANT BLACK AS "UNCLE TOM". IN REALITY HE WAS FAR FROM THAT.

I can't figure out why the observing self (the machine) operates as it does. What do I do to make the change?

WE WOULD SAY AT THIS POINT THAT THE INSIGHT YOU HAVE MENTIONED IS AN EXTREMELY ESSENTIAL ONE: THAT IS, TO VIEW FROM THE INSIDE THE UTTER MECHANICALITY OF THE PERSONALITY AND ITS

CONDITIONED RESPONSES. YES, THESE RESPONSES CAN BE ALTERED, AND YOU, ABOVE ALL OF THOSE WHO SEEK, SHOULD NOW BEGIN TO SEE HOW THEY CAN BE CHANGED. ALL ALONG WE HAVE BEEN URGING YOU TO PHOTOGRAPH THESE SEQUENCES IN YOURSELVES. SOME OF THEM ARE OF COURSE CULTURALLY INDUCED — THE WORK ETHIC IS AN EXAMPLE. OTHERS RESULT FROM YOUR COMBINATION OF OVERLEAVES, AND THE WAY IN WHICH YOU INTERRELATE BECAUSE OF THEM. THE PERSONALITY IS A MACHINE. ALL OF ITS RESPONSES ARE MECHANICAL, AND MOST ARE UNNECESSARY. THE CONTINUED OBSERVATION SHOULD MAKE YOU WILLING TO CHANGE THIS BEHAVIOR. AFTER AWHILE IT BECOMES TOO FRUSTRATING TO DO OTHERWISE. THIS IS ONE OF THE SIDE BENEFITS OF THE CONCENTRATION / MEDITATION MONAD. IT DOES MAKE THE ESSENCE DISGUSTED BY THE HOLD PERSONALITY HAS OVER IT, AND USUALLY THE NECESSARY IMPETUS OCCURS TO EFFECT THE CHANGE SOONER OR LATER IF YOU ARE WILLING TO PURSUE THIS TO THE BITTER END, AND THE LIGHT WILL SHINE AND THE ESSENCE WILL GAIN CONTROL. THEN THOSE THINGS WHICH ARE TRULY SIGNIFICANT WILL TAKE PRECEDENCE OVER MUCH OF THE NONSENSE YOU NOW USE TO OCCUPY YOUR DAYS.

The sense of alienation varies from person to person. I think this stems from conditioning.

ALSO FROM THE SENSE OF PRIDE ONE HAS IN ONE'S ACHIEVEMENTS, THIS BEING WHOLLY IN PERSONALITY, AND IT CAN BE ALMOST INVERSELY PROPORTIONAL TO THE AMOUNT OF ALIENATION SUFFERED BY THE SOUL. AND YES, THIS IS CULTURALLY INDUCED. THAT IS VALID WE THINK DIRECTLY.

I have a newly recovered alcoholic living in my home. Is she a Mature Sage or Priest in Submission?

MANY, YES, DO HAVE THIS PROBLEM [alcoholism], SOMETIMES DUE TO THE EXTREMELY FALSE FACADE OF THE LIFE THEY LEAD ON STAGE OR AS A "FAMOUS PERSONAGE". THE ALIENATION AGAIN DRIVES THEM INTO AN ESCAPE ROUTE THAT OFTEN ENDS IN DEGRADATION. SAGES, BECAUSE OF THEIR FLAIR FOR THE DRAMATIC, USUALLY AT ONE TIME OR ANOTHER CHOOSE THIS TYPE OF LIFE [alcoholism].

Do animals laugh?

LAUGHTER IS LIMITED TO CREATURES OF REASON. THEY ALONE FEEL THE NEED TO COMMUNICATE THE FACT THAT THEY ARE EITHER PLEASED OR AWFULLY NERVOUS TO THOSE AROUND THEM. OTHER ANIMALS DO OCCASIONALLY INDICATE THEIR NERVOUSNESS BY COUGHING, STAMPING, ETC., BUT NOT LAUGHING. WE SEE THE NEED TO LAUGH AS GENUINE IN CREATURES OF REASON WHO SO DEPEND UPON VERBAL COMMUNICATION, AND WHERE IN SOME SOCIETIES DISPLEASURE JUST MIGHT RESULT IN VIOLENCE.

Regarding the Biblical myth of the tower of Babel, is this symbolic of entity fragmentation?

WE FIND NO FAULT WITH THIS INSIGHT.

23 JUNE 1974

Sunday

I've been reading John Lilly's book, *The Human Biocomputer*, and would like to ask about his method using isolation [sensory deprivation]. It looks scary. An alternative would be the "hypnosis machine", which would be less hazardous.

OF COURSE, THE CHEMICAL ROUTE [psychedelics] IS MUCH SWIFTER THAN THE ELECTRONIC, BUT SINCE YOU HAVE THE OPTION, YOU MIGHT TRY THE HYPNOSIS FIRST AND IF THIS IS TOO SLOW FOR YOU, THEN GO TO THE OTHER. WE PERSONALLY THINK THAT THE MAN, JOHN LILLY, HIT UPON THE ONLY SUREFIRE METHOD BY WHICH SOULS IN REPRESSION [such as yourself] CAN FORCE THEMSELVES OUT OF THAT SPACE. THEN, EVEN THOUGH THEY MIGHT SLIP BACK AGAIN, THE SLIPPING IS NOT AS FAR AND IT IS NO LONGER AS DIFFICULT TO REGAIN THE GROUND LOST. SO, AS WE SAID BEFORE, THE MAN JOHN HEARS THE WORDS.

In the book he describes a person who had a below-conscious baby tape running where he would run to mommy and mommy was busy and he was told to run to daddy, and when he would do that, daddy was busy, so back to mommy who . . . Under LSD, this came out in consciousness and he became aware of it. He had much energy after that, but then began to sink into unconsciousness after six weeks or so. The programs are so intense that it is hard to remain unprogrammed.

IN MANY INSTANCES THE SOUL DELIBERATELY CHOOSES NOT TO ERASE THE TAPE, AND MERELY DEACTIVATES TEMPORARILY. AFTER ALL, MANY OF THESE LOOPS AFFORD ENORMOUS SECURITY IN RELATIONSHIPS, AND ONE NEVER KNOWS WHEN ONE MIGHT NEED THEM AGAIN.

It seems to me that Lilly's book is a better exposition of how human beings operate than I've ever read before.

WE AGREE WITH THAT.

Could we have some clarification on the “sequences”. Does one feel close to his fragment [entity] when associating with him?

THAT IS NOT COMPLETELY VALID, SO YOU OFTEN TIE IN WITH NEW FRAGMENTS FROM ASSOCIATIONS THAT WERE REWARDING.

Is there an attraction between [entity] fragments?

THERE IS A STRONG AFFINITY. THIS CAN BE EITHER NEGATIVE OR POSITIVE DEPENDING ON PAST ASSOCIATIONS, AND THE LEVEL OF THE SOUL DETERMINES THE AMOUNT OF RECOGNITION [— the older the soul and the higher the “level of being” [Gurdjieff term] the more the recognition]. SOMETIMES THE UNQUALIFIED ACCEPTANCE BY A LARGE GROUP OF SOULS WILL TIP [the] BALANCE HERE, ESPECIALLY IF THE EXPOSURE IS CONSTANT AND OVER A PERIOD OF YEARS. THIS IS GOING ON HERE WITHIN THIS GROUP.

Would this be true of the other overleaves and moving to Growth when surrounded by Acceptance unqualified?

WE WOULD AGREE, EXCEPT THAT IN THE CASE OF REJECTION AND RETARDATION THESE ARE MORE DIFFICULT TO LOOK AT.

Michael said before that they had something to say about “twinning”. Could they comment now?

TWINNING IS, OF COURSE, THE CLOSEST POSSIBLE OF PHYSICAL RELATIONSHIPS. THIS GOES FOR THE OTHER PLANES ALSO, AND THIS IS WHERE THE CONFUSION REGARDING THE SO-CALLED TWIN SOULS ARISES. FOR INSTANCE, THE QUESTION WAS ASKED OF US SOME TIME AGO CONCERNING THE POSSIBILITY THAT SOULS COULD NOT CHANGE SEX, OR RATHER GENDER, BETWEEN LIVES BECAUSE OF SOME TWIN SOUL FEATURE. IT IS TRUE THAT MOST SOULS DO SEARCH FOR THEIR SOUL MATE, BUT THEY ERR IN ASSUMING THAT THAT TWIN IS OF THE OPPOSITE GENDER, AND CONSEQUENTLY LOSE OUT ON AN EXCEPTIONALLY CLOSE AND REWARDING RELATIONSHIP. TWINNING OCCURS OFTEN AT THE MOMENT THE ENTITY IS CAST FROM THE TAO AND CAN OCCUR BETWEEN ENTITIES CAST AT THE SAME TIME [later called a “cadre” of seven entities]. IN OTHER WORDS, THERE IS SOMETIMES A CROSSOVER, AND THESE TWIN SOULS DO GO THROUGH MANY, USUALLY ALL LIVES TOGETHER. TWINS NORMALLY MAKE BETTER THAN AVERAGE PARTNERS. THEY ALSO MAKE EXCEPTIONALLY GOOD MARRIAGES. THE GENDER DOES NOT MATTER IN THIS AT ALL, ALTHOUGH THIS CULTURE MAKES IT DIFFICULT FOR SOME TWINS TO COME TOGETHER. TWINNING IS RARE BETWEEN SOME ROLES, FREQUENT IN OTHERS. SCHOLARS RARELY TWIN AND USUALLY WITH WARRIORS. PRIESTS AND SAGES TWIN MOST OF THE TIME, ARTISANS AND SLAVES FREQUENTLY, KINGS RARELY. PHYSICAL TWINNING CAN ALSO STRIKE AN UNERASABLE BOND THAT CONTINUES THROUGHOUT THE REMAINDER OF THE PHYSICAL CYCLE, DRIVING THESE SOULS TOGETHER AGAIN AND AGAIN. THE CLOSENESS OF TWINNING IS A VERY SPECIAL RELATIONSHIP. YOU CHOOSE TO PLAY OUT SEQUENCES WITH THE FORMER TWIN.

What is the purpose of twinning?

THE NATURAL IMPULSE OF FRAGMENTS TO REUNITE.

What’s the difference?

GRADATIONS ONLY. SOME PHYSICAL TWINS ARE NOT DRAWN AS STRONGLY TO THEIR TWINS AS ARE THE ESSENCE TWINS. THERE ARE OTHER EXAMPLES: WE WOULD BE INTERESTED IN ANY FEELINGS OF THE GROUP. WE SENSE INSIGHTS.

ESSENCE TWINNING OCCURS AT THE MOMENT THE ENTITIES ARE CAST FROM THE TAO. PHYSICAL TWINNING CAN OCCUR AT ANY TIME ON THE CYCLE. YOU MAY HAVE BOTH AN ESSENCE AND A PHYSICAL TWIN.

OLD SOULS WHO ARE SEEKERS, AND, YES, ALSO MATURE AND YOUNG SEEKERS, TOO, FREQUENTLY RECOGNIZE EACH OTHER.

Do the Roles continue after the physical plane experience.

ALTHOUGH THE ROLES ARE NECESSARY ON THE PHYSICAL PLANE, THEY MUST BE DISCARDED BEFORE TRANSCENDENCE CAN FULLY OCCUR.

[Question lost from original transcript.]

A DIFFERENT FLAVOR TO THE EXPERIENTIAL MODE IN LIFE CAUSED THE ENTITIES TO DIFFER. THE ROLES ARE CERTAINLY BLUNTED ON THE ASTRAL PLANE.

Could you comment on identical and fraternal twins?

THIS IS GENETIC. IT DOES NOT MAKE A SUBSTANTIAL DIFFERENCE WHETHER IDENTICAL OR FRATERNAL. Does human's seeming need to bond have anything to do with cultural imprinting? Is this twinning only for physical lives?

THE DESIRE TO BOND IS CERTAINLY NOT LIMITED TO, OR STRONGER, IN THE PHYSICAL CYCLE. IT INCREASES RATHER THAN DECREASES AS THE SOUL PROGRESSES.

Could you comment on the Mormon belief that people are married for time and eternity?

ONLY IF TWINNING HAS OCCURRED.

Are ordinal Roles as important as exalted Roles?

IF THIS PLANET WERE ENTIRELY POPULATED BY KINGS, PRIESTS AND SAGES, THERE WOULD BE LITTLE PROGRESS — MUCH LEADERSHIP, RELIGION AND ORATORY, BUT NO PROGRESS.

ONE OF THE UNIQUE FEATURES OF THIS GROUP IS THAT YOU ALL HAVE AN ESSENCE TWIN.

25 JUNE 1974

Tuesday

Is clothing a part of personality?

CLOTHING AND OTHER ADORNMENTS CONVEY TO ALL FAR MORE ABOUT INNER PSYCHOLOGY OF THE PERSONALITY THAN YOU EVEN NOW REALIZE. WE HAVE STRESSED TO ALL OF YOU THAT ENLIGHTENMENT IS FAR FROM DRAB, AND WHEN SOULS ADOPT PROTECTIVE COLORATION IT USUALLY HAS TO DO WITH INSECURITY AND FEAR OF THEIR OWN DESIRES AND WISHES. WE WOULD SEE ALL DECKED AS PEACOCKS RATHER THAN AS DRAB MUDHENS, AS DRABNESS IN CLOTHING USUALLY DENOTES DRABNESS OF THE SOUL. ONE FRAGMENT OF THIS ENTITY [Michael] REMEMBERS WEARING THE RED OF THE CARDINAL AND ENJOYING EVERY MOMENT OF IT. ALSO, MANY FRAGMENTS OF THIS ENTITY WERE BORN IN THE PURPLE AND GLORIED IN THE POMP AND CIRCUMSTANCE AND YET SOMEHOW ACHIEVED TRANSCENDENCE.

What part of the overleaves are in essence and what part are in personality?

ALL OF THE OVERLEAVES ARE GEARED TO THE PHYSICAL PLANE AND THUS PRIMARILY OF THE FALSE PERSONALITY. OF COURSE, YOU CANNOT ALTER YOUR BODY TYPE OR ROLE EXCEPT BY SUBTLE EXTINGUISHMENT, AND THIS IS ACHIEVED ONLY AFTER ALL ELSE IS BALANCED. THUS THE ROLE CAN STILL MANIFEST IN ONE ACTING PRIMARILY OUT OF ESSENCE, BUT NOT TO ANY MEASURABLE EXTENT IN THE OCCULT MASTER.

Why does twinning occur? What is it?

TWINNING IS AN ALMOST NATURAL IMPULSE OF THE HUMAN SPECIES AND ONE OF THE LEAST UNDERSTOOD. THE DESIRE TO JOIN WITH ANOTHER OF LIKE MIND SUPERSEDES ALL OTHER IMPULSES, EVEN SOMETIMES THOSE NECESSARY FOR SURVIVAL IN A HOSTILE ENVIRONMENT. THOSE WITH RECLUSIVE OVERLEAVES DO NOT EXHIBIT THIS IMPULSE AS STRONGLY AS OTHERS, BUT IT STILL HAPPENS TO THEM ALSO. THIS PROCESS HAS BECOME EXTREMELY BLURRED BY THE CULTURAL TABOOS AND THE ISOLATION THAT PERMEATES THE WAY OF LIFE. THERE IS SO MUCH SUSPICION ON THE PHYSICAL PLANE THAT THE TRULY INTIMATE RELATIONSHIP OF TWINS IS ALL BUT PRECLUDED, ESPECIALLY IF THE TWIN HAPPENS TO BE OF THE SAME GENDER.

Do whales twin?

YES, ALL CREATURES OF REASON TWIN.

Is it a random process?

NO, IT IS ELECTIVE AND BASED UPON INITIALLY COMPATIBLE OVERLEAVES. THIS OF COURSE MEANS THAT THE OVERLEAVES OF THE TWINS WILL NOT ALWAYS BE COMPATIBLE, WHICH MAKES SOME STRAINED BUT STILL VERY SPECIAL RELATIONSHIPS. IN SOME INSTANCES THE TWINS ARE DRAWN TOGETHER IN A LOVE-HATE RELATIONSHIP THAT DEFIES REASON.

Then it isn't necessary for essence twins to live together?

THE ESSENCE LIKES IT BUT THE PERSONALITY DOES NOT ALWAYS.

What about triplets on the physical plane, and do triplets have a spiritual counterpart?

PHYSICAL TRIPLETS AND OTHER MULTIPLE BIRTHS DO STROKE [sic] CLOSE BONDS THE SAME AS PHYSICAL TWINS. THERE ARE NO ESSENCE TRIPLETS.

Do bonds break when entities reunite? Is there a process which helps fragments through?

THERE ARE ALSO CLOSE BONDS BETWEEN REUNITED ENTITIES ON THIS PLANE, AND WE PRESUME THAT THIS CONTINUES AS THE REUNITING PROGRESSES.

Does this serve a helpful purpose in going through lives?

IT IS HELPFUL WHEN BOTH ARE SEEKERS. THE HUMAN SPECIES SEEKS CONFIRMATION AND AFFIRMATION. THE HUMAN SPECIES HAS THIS IN COMMON WITH A GREAT NUMBER OF OTHER SPECIES.

Do twins have something in common?

AGE.

What is my task?

YOUR PRIMARY TASK IS OF COURSE THE SAME AS THE OTHERS, THAT OF AN ATTEMPT TO HEAR THESE WORDS. ALSO, YOU HAVE AGREED TO GIVE OF YOUR CREATIVE ABILITIES, THE GIFT OF COLOR AND DESIGN, AND TO EXPRESS YOURSELF IN THIS MODE.

The big picture: Tao, creation, Tao, creation . . . Seems so unglamorous. Seems there is no end point.

ALL OF YOU ARE LOSING SIGHT OF THE EONS THAT LIE BETWEEN THE PHYSICAL PLANE AND EVENTUAL RETURN TO THE TAO, OR TO THE "RECYCLING". THIS SHOULD BE PARADISE ENOUGH FOR ANY SOUL. ALL THAT IS CREATABLE FLOWS FROM THE TAO, UTILIZING THE MATERIAL THAT HAS EXISTED FOR ALL TIME.

What is the definition of Tao?

THE TAO IS THE ALL, THE CREATIVE FORCE. IT IS EVERYTHING THERE IS.

Why can't this be done in one lifetime?

IT CAN BE REALIZED, BUT THE REALIZATION DOES NOT MEAN THAT ONE MAY REUNITE WITH THE PRIMEVAL FORCE. THIS REALIZATION HOWEVER MUST OCCUR BEFORE TRANSCENDENCE CAN OCCUR.

Was Milarepa an Old soul? Did he shortcut many lifetimes?

WE KNOW OF NO SOUL WHO HAS ACHIEVED TRANSCENDENCE IN ONE LIFETIME. THERE IS INSUFFICIENT STORES OF EXPERIENCE TO DO THIS. THE "WAY OF THE FAKIR" IS NOT A RECOMMENDED PATH FOR YOUR CULTURE. IT IS ONLY RARELY SUCCESSFUL, AND REQUIRES MORE OF ITS PROPONENT THAN IS NECESSARY. THIS IS SUCCESSFUL IN ACCELERATING.

SRG on Milarepa?

THIS MAN WAS AT THAT TIME A SIXTH LEVEL OLD PRIEST, YES, A STOIC IN ACCEPTANCE, AND YES, MOVING CENTERED, IN THE PASSION MODE.

Was that his last life?

THAT WAS THE LAST TIME HE WAS ON THE PHYSICAL PLANE, YES.

Have any entities reunited with the Tao?

THE TAO HAS EXISTED ALWAYS. YES, THERE HAVE BEEN MANY, COUNTLESS IN FACT, CYCLES.

Maybe we have done this countless times.

AT A DATE IN THE PAST THAT IS UNUTTERABLE IN YOUR LANGUAGE.

Our discussion of the Tao lead no place. We can't perceive this. Maybe we can begin to comprehend when astral traveling. We can feel the love . . .

THAT WHICH WE CALL FOR YOU "AGAPE" IS THE POSITIVE FORCE OF THE UNIVERSE. THIS IS THE ONLY POSITIVE FORCE. ALL OTHER POSITIVE EMOTIONS OR ENERGY SOURCES ARE BORNE OF THIS.

Do people in the Repression Mode not feel agape?

THEY DO NOT ORDINARILY ALLOW THEMSELVES THIS, YOU ARE RIGHT.

I think Observation Mode keeps me from feeling agape. Comment?

ALL OF THESE MODES CAN BE USED TO VARYING DEGREES TO PREVENT THE ACCEPTANCE OF AGAPE; IN PARTICULAR: REPRESSION, CAUTION, PERSEVERATION, AND OBSERVATION; BUT THE POWERFUL MODES CAN BE ALSO USED TO STARTLING EFFECTIVENESS. MANY SOULS WHO CHOOSE TOO NEUTRAL A COMPOSITE FOR A RESTING CYCLE FIND THEMSELVES IN A POSITION OF BEING UNABLE TO REACT APPROPRIATELY. THIS SOMETIMES BRINGS THEM TO THE NEGATIVE ATTENTION OF THOSE AROUND. THEN IF THEY MEET WITH A TEACHING THEY CAN SOMETIMES BE SHOCKED OUT OF THEIR STIFLING NEUTRALITY.

Is agape the prime energy for faith healing?

IT IS CERTAINLY THE FORCE THAT MAKES IT EFFECTIVE.

The Repression Mode causes a person to search compellingly. Observation and Caution would not push you, and might even delay the process. Can the Repression Mode be used to find agape?

WE WOULD AMEND THAT TO SAY THAT THE REPRESSION CAN CERTAINLY BE USED FOR THE IMPETUS TO PROPEL A SOUL FORWARD. THE SADNESS OF REPRESSION IS A POWERFUL MOTIVE FOR SEEKING A TEACHING.

How can you differentiate between twin soul attraction and infatuation?

THIS IS A DANGER, OF COURSE, BUT RELATIONSHIPS BETWEEN TWINS PERSEVERE THROUGH TRIALS NOT USUALLY WEATHERED BY THOSE ATTRACTED TO EACH OTHER'S PERSONALITIES. ALSO, THE BOND WITHSTANDS LONG SEPARATIONS AND [does] NOT [have] MANY SETBACKS. IT IS CERTAINLY NOT ROMANTIC, AND EVEN THOUGH THE TWINS ARE OF OPPOSITE GENDER, THEY OFTEN CHOOSE ANOTHER AS A MATE BECAUSE OF ALL THE USUAL MAYA, BUT NOT QUITE LEAVING THE TWIN STRANDED.

03 JULY 1974

Wednesday

When an entity fragments, are there always only 2 or 3 roles chosen?

USUALLY THERE ARE THREE, SOMETIMES TWO, AND RARELY FOUR. COMPATIBILITY OF ROLES IS CONSIDERED.

When souls choose roles, is it with a further view than reincarnation in mind?

NOT EXACTLY. THE FRAGMENTS ARE ABLE TO PICK OR SELECT THEIR ROLE WITH THE EXPERIENCE OF LIFE IN MIND, RATHER THAN ANY TRANSCENDENCE IN SIGHT. THESE ARE [physical plane] LIFE ROLES, AND ARE UNIMPORTANT ON THE ASTRAL PLANE.

If a positive goal is desired, how do you explain negative Goals and Modes?

THE MODE IS THE WAY IN WHICH THE FRAGMENT APPROACHES LIFE. THE GOAL IS ALWAYS THE ULTIMATE HOPE OR DESIRE.

I feel that interwoven friendships are not accidental. Are these karmic ribbons or sequences or what?

MOST OF THE TIME THAT OF WHICH YOU SPEAK RESULTS FROM RIBBONS, SEQUENCES AND THE REUNITING OF ENTITIES, YES. AGAIN, THE GOAL MAY BE NEGATIVE, YES, BUT IT IS STILL DOGGEDLY PURSUED BY THE FRAGMENT. FOR INSTANCE, A SOUL WITH A GOAL OF REJECTION AND IN THE POWER MODE WILL OFTEN BE QUITE VIOLENT IN HIS REQUEST FOR REJECTION. WHILE THE SOUL WHO HAS REJECTION AS THE GOAL WITH A REPRESSION MODE MAY BE ONLY FORLORN AND STEEPED IN SELF-PITY. CAUTION SOFTENS THE OTHER OVERLEAVES SOMEWHAT.

I met a man with no soft overleaves — he chilled me to the bone marrow.

THIS IS A SIXTH LEVEL BABY WARRIOR IN THE EMOTIONAL PART OF MOVING CENTER, IN REJECTION, NOT DOMINANCE. THESE ARE STERN OVERLEAVES, AND REQUIRE NOTHING EXTRA TO PRODUCE HOSTILITY AT THE DROP OF A HAT.

Does [the Biblical lifespan of] "three score and ten" [years] have any significance? (Her mother was born and died on the same date, 70 years apart.)

SEVEN DECADES HAS BEEN A RIPE OLD AGE FOR HUMANS SINCE THE BEGINNING OF TIME, [and] STILL IS. IT IS RARE FOR THIS SPECIES TO EXCEED THIS SPAN, AS THE BODY IS NOT THAT DURABLE; NOTHING MAGIC IN IT THOUGH, JUST THE NORM. YOUR MOTHER IS IN A PEACEFUL PLACE. SHE HAD MUCH STRENGTH AND KNOWLEDGE.

If we are reincarnated with a loved one, will we communicate with them again?

THERE ARE SO MANY STRANDS THAT BOND YOU TOGETHER THAT IT IS TRULY UNLIKELY THAT ONE WHO IS GENUINELY LOVED WILL NOT BE WITH YOU AGAIN IN THE FUTURE AS WELL AS IN THE PAST.

Are these [communication] actions on the physical plane?

OF COURSE YOU ARE FREE TO COMMUNICATE WITH WHOMEVER YOU PLEASE ON THE ASTRAL INTERVAL, BUT OFTEN THE NEED TO DISSIPATES ONCE THE UNDERSTANDING OF CERTAIN ACTIONS BECOMES CLEAR. MANY SOULS ARE AT A LOSS TO EXPLAIN MANY PHENOMENA ON THE PHYSICAL PLANE, SUCH AS THE SUICIDE OF A LOVER, AND HOPE TO HAVE THIS EXPLAINED TO THEM. THEN ONCE THEY ARE AGAIN UNENCUMBERED BY THE PHYSICAL, THEY UNDERSTAND THE REASONS, AND SHED GUILT, AND THE NEED

TO INTERROGATE LEAVES.

If there are no guilt feelings, can you see the aura?

ONCE THE INITIAL PERIOD OF ADJUSTMENT HAS TAKEN PLACE, YES. YOU MAY OFTEN COMMUNICATE, BUT ONLY BECAUSE ON THE PHYSICAL PLANE [you] HAVE THIS NEED. THERE IS SELDOM A NEED IN AN ASTRAL BEING TO SET THE SCORE RIGHT, AS THEY UNDERSTAND THAT THIS CAN COME LATER. UNDERSTAND THAT THE PERSONALITY, USED IN THE PRESENT REINCARNATION, DIES WITH THE BODY, AND ANY COMMUNICATION WOULD BE WITH THE ESSENCE, AND THUS ALIEN.

I would like to ask about my dream where my mother, who is dead, came as a light.

UNFORTUNATELY, OR FORTUNATELY, WHICHEVER THE CASE MAY BE, MOST OF THESE "VISITATIONS" BY THE NEWLY DEAD OR RECENTLY DEAD ARE WISHES OR DREAMS IN WHICH THE LOST LOVED ONE ABSOLVES ONE OF ANY GUILT FEELINGS, OR MERELY SAYS A PROPER GOOD BYE. IT IS RARE FOR A SOUL LESS THAN FIFTY YEARS INTO THE ASTRAL CYCLE TO BE IN ANY POSITION TO COMMUNICATE. THE EXCEPTION TO THIS OF COURSE ARE THOSE WHO DIE SUDDENLY OR VIOLENTLY AND WHO OFTEN TRY DESPERATELY TO CLING TO THE PHYSICAL PLANE.

What is ectoplasm?

THIS IS THE SHELL LEFT BEHIND [at the death of the body]. ALSO, MANY FRAGMENTS NOW WHO ARE IN TEACHINGS, SUCH AS THE YOGIS, AND TO A CERTAIN EXTENT TEACHINGS SUCH AS THIS ONE, HAVE A SHORTER PERIOD OF ADJUSTMENT [to the astral plane] AS THEY ARE PREPARED FOR WHAT REALLY IS. "ECTOPLASM" IS ALSO USED TO REFER TO THE ASTRAL MATERIAL USED BY ADEPTS TO MATERIALIZE ASTRAL BEINGS AND PHENOMENA.

Was this the reason the Egyptians preserved the body so well in mummification?

THEY THOUGHT THAT THE WHOLE BODY TRANSCENDED INTO THE ASTRAL PLANE. WHEN THE ETHEREAL AURA IS BEING DESTROYED IT OFTEN GYRATES WILDLY, ALTHOUGH IT HAS NO SENSATION. IN FACT, IT IS INCAPABLE OF MOVING AT ALL ON ITS OWN, BUT IMITATES ON BORROWED ENERGY.

Someone asked for a comment about a car she saw burning on the freeway after leaving a Gurdjieff meeting. SENSITIVE FRAGMENTS OFTEN PICK UP ON THE VIBRATIONS OF DYING BODIES AND THEIR ETHEREAL AURAS.

Why do I feel drained or pulling at times?

FEAR. THIS IS USUALLY A POWERFUL FEELING, AND IF YOU DO NOT KNOW WHAT IT IS, IT CAN SCARE YOU BADLY.

(Comment: precognition should not drain you.)

RICHARD THE FIRST AND SALADEN ARE BOTH PRIESTS.

I have trouble with seeing Mohandas Gandhi as a Transcendental Soul. Why do I feel negative toward him and his way of denial?

IT IS ONLY ONE WAY TO ACHIEVE THE BALANCE. WE HAVE OFFERED STILL ANOTHER. AT ONE LEVEL YOU FEEL YOU COULD NOT LIVE UP TO THIS STANDARD THAT MOHANDAS SET, AND YOUR HACKLES RISE. THERE IS NO NEED FOR YOU TO FOLLOW THAT PATH.

Does my meditative sanctuary have to do with any of my previous lives?

NO, THIS IS THE SPACE CREATED BY YOU FOR MEDITATIVE AND INSIGHTFUL PERIODS. OF COURSE, MANY DO DUPLICATE FROM MEMORY SPACES THAT WERE PARTICULARLY TRANQUIL.

Is the Fisher-Hoffman school valid?

THIS SCHOOL IS AS VALID AS THE OTHER ASTRAL PHYSICAL SCHOOLS. IT MUST CUT THROUGH THE BIAS OF ARROGANCE, BUT IS ESSENTIALLY VALID. THE MAN WILL DO NO HARM IF HE CONTINUES TO PHOTOGRAPH HIS VANITY. HE HAS BEEN [photographing], YES, BUT WHEN A PHYSICAL TEACHER BEGINS TO REGARD HIMSELF AND HIS ASTRAL COUNTERPART AS OMNIPOTENT, TROUBLE BEGINS, IN A SNOWBALLING FASHION. THIS DOES NOT NEED TO HAPPEN.

Does this Anderson have a school taught by the astral plane teachers?

THE SAME TYPE OF RELATIONSHIP EXISTS HERE [as with the Fisher-Hoffman school].

Does this mean they are in contact with their essence twin?

USUALLY, YES.

Are all things we experience, including accidents, chosen on the astral plane?

NO, ONLY THE OUTLINE. THE ALTERNATIVES ARE ALWAYS SUBJECT TO CHANGE.

Are my Centers changing from Emotional to balance?

YES, YOU ARE BEGINNING TO UTILIZE INTELLECTUAL CENTER. THIS HAS BEEN A HARD PULL FOR YOU, AND YOU STILL REACT EMOTIONALLY TO WHAT YOU READ, OCCASIONALLY, BUT THE WORK IS GOOD.

Do Warriors and Kings fight?

OH, YES.

Would fasting help meditation?

MANY TIMES IT DOES, YES. IT DEEPENS THE TRANCE.

ALL OF YOUR EFFORTS ON ONE SUBJECT, PREFERABLY SPIRITUAL GROWTH, FOR A SPECIFIC PERIOD, SAY TWENTY MINUTES AT SUNSET. MEMORIES SHOULD BE ALLOWED TO FLOW BY, AND YOU SHOULD EXAMINE THEM UNEMOTIONALLY.

What happens in concentration?

TRANSCENDENCE OF THE PERSONALITY.

Can a sequence and a task be synonymous?

USUALLY YOUR SEQUENTIAL PARTNERS ARE SELECTED TO FACILITATE THE TASK IN SOME WAY, YES, BUT ALSO, SOME SEQUENCES ARE OUTSIDE OF THE TASKS.

Is a sequence always an agreement or plan between two [fragments], or can three or more play out the same sequence.

YES, AS MANY AS IS NECESSARY. THERE CAN BE SEVERAL HUNDRED [participants in a sequence].

Can sequences be categorized in any way? If so, can you describe the categories?

ONLY LOOSELY, AS EXPERIENTIAL, VICARIOUS, AND THOSE SEQUENCES WHICH INVOLVE ONLY MINIMAL PARTICIPATION, IN WHICH YOU ACT MERELY AS THE CATALYST.

Do sequences always involve learning, or do they ever agree for frivolous reasons?

SOULS IN RESTING SEQUENCES OFTEN AGREE ON THE ASTRAL PLANE TO PLAY OUT FRIVOLOUS SEQUENCES.

I've been reading about Goethe. It is the most impassioned life I've ever read about. His output was stupendous.

THIS WAS A SIXTH LEVEL OLD SCHOLAR IN THE INTELLECTUAL CENTER, AN IDEALIST IN THE PASSION MODE, IN GROWTH. YES, HE DID DABBLE IN THE OCCULT ENOUGH SO THAT HE MADE CONTACT, AND THIS MAN KNEW WHAT YOU ARE NOW LEARNING.

He knew the synthesis?

YES.

Has he reincarnated?

HE HAS NOT BEEN REBORN.

Is Carl Jung a Sage in Acceptance? Did he know this knowledge as Goethe did?

MUCH OF THIS HE DID, YES. THIS WAS A FIFTH LEVEL OLD PRIEST.

07 JULY 1974

Sunday

I would like to ask if the group has a goal or aim in this life.

YES IT DOES: PRIMARILY ONE OF HEALING, BUT HEALING OF THE SOUL.

Does this mean acting out of essence instead of personality?

[It means the] FREEING OF THE SOUL. THE SOUL IN BONDAGE IS SICK — THERE IS NO DOUBT ABOUT IT.

I would like to ask again about the books, *In Search of the Miraculous*, and *Man's Possible Evolution* [both by P.D.Ouspensky, a primary student of Gurdjieff]: are they worth the new students reading them? The "hydrogens" are allegorical. The energy is already there in the Centers, but there are many energy leaks.

WE WOULD NOT DISAGREE WITH THIS AS AN INTRODUCTION, PROVIDING THAT IT IS EXPLAINED CLEARLY THAT THERE IS INFORMATION TO WHICH YOU HAVE ACCESS THAT GOES BEYOND THAT WHICH IS CONTAINED IN THESE VOLUMES. FOR INSTANCE, THAT THERE ARE MANY MORE COMBINATIONS OF

PLANETARY INFLUENCES, AND THAT THERE ARE MANY MORE ALLEGORIES TO BE INTERPRETED: ALSO, IT IS IMPORTANT TO REMEMBER THE DIFFERENCES WHICH WE HAVE EXPLAINED TO YOU CONCERNING THE INTERNAL ENERGY CENTERS. WE WILL ALWAYS CORRECT ANY FALSE INTERPRETATIONS. WE WOULD THINK THAT A NEW SET OF CARICATURES DEPICTING THE ENERGY CENTERS, AS WE HAVE GIVEN THEM, WOULD BE IN ORDER NOW.

I would like to ask about the pineal gland. I never quite believed the stories about the Third Eye in relation to the pineal. To me the hypothalamus is the link between the mind and the body for the biocomputer.

THIS IS, OF COURSE, A TREMENDOUS SOURCE OF RAW PRIMITIVE ENERGY WHICH ENABLES THE ORGANISM TO PRESERVE ITSELF. WE AGREE THAT IT SHOULD BE GIVEN MORE CREDENCE THAN IT HAS BEEN, AS AN IMPORTANT PIVOT IN THE STRUGGLE BETWEEN PERSONALITY AND ESSENCE.

Is my rootlessness and lack of ease due to subliminal knowledge of a karmic debt?

THAT IS NOT THE ONLY REASON FOR THE RESTLESSNESS. WITH YOU IT IS A MAJOR SENSE OF PURPOSE THAT CAUSES THE RESTLESSNESS AT A SUBLIMINAL LEVEL, AND MANY TIMES AT A VERY CONSCIOUS LEVEL YOU FEEL YOUR TASK.

Do I have a karmic debt?

WITH YOU IT IS THE SENSE OF PURPOSE, AND NOT A DEBT. WITH OTHERS, IT IS A DEBT. WITH SOME, IT IS AN INCOMPLETE MONAD. ALL OF THESE THINGS COME INTO PLAY. DEBTS OF GREAT CONSEQUENCE ARE RARE IN OLD SOULS.

I would like to ask concerning a patient who had Parkinson's Disease and advanced brain damage, if he still has a soul or if it has departed. It's like there is nothing there. How could one tell?

WHEN THE SOUL DEPARTS FOR GOOD, THERE IS BODY DEATH SHORTLY THEREAFTER. IN THIS CASE, THE SOUL IS SPENDING INCREASINGLY LENGTHY PERIODS OUT OF THE FAILING BODY, AND MANY TIMES THERE IS NOTHING THERE BUT THE SHELL AND THE VERY SLENDER THREAD. WHEN YOU CAN USUALLY BE CERTAIN [the soul is absent] IS WHEN THE OVERLEAVES ARE NO LONGER APPARENT.

I need a change of my overleaves in order to have courage enough to look at strange people's eyes as deeply as I need to, but rarely do. It seems that a Power Mode would be best for this, or Passion also.

MUCH OF THIS, AS HAS BEEN SAID, IS CULTURALLY INDUCED; BUT WE MUST ADMIT, THAT KINGS IN THE PASSION MODE AND OLD SAGES SEEM TO SKIRT THE CULTURE WELL. GOING FROM REPRESSION WILL BE DIFFICULT FOR YOU. WE KNOW THIS, AND WILL BE OF AS MUCH HELP AS WE CAN. OBSERVATION [mode] OFTEN ALSO ENABLES OTHER MORE TIMID SOULS TO LOOK UNFETTERED. THIS IS A LEARNED SKILL, AND WE WOULD THINK THAT IT WOULD BE GOOD WORK FOR YOU TO REGARD THIS AS YOUR PERSONAL TASK, AND, INCIDENTALLY, IT WOULD BE GOOD TO MOVE YOU OUT OF THAT PLACE YOU NO LONGER WISH TO INHABIT.

PHOTOGRAPH THE "POLLYANNA FEATURE" IN ALL OF THE GROUP MEMBERS IN ACCEPTANCE SOMETIME. IT WILL BE ENLIGHTENING AND GOOD WORK. WE HAVE TOLD YOU MANY TIMES THAT YOU NEED EACH OTHER, THIS BEING ONE OF THE REASONS EACH OF YOU MOVES IN OR ON A DIFFERENT VECTOR, AND EACH CAN OFFER THE OTHER VALUABLE INSIGHTS THROUGH CLOSE ASSOCIATION. TONIGHT WAS AN ENORMOUS STEP IN THE DIRECTION OF GROUP SOLIDARITY.

10 JULY 1974

Wednesday

I feel that being programmed makes me uncomfortable. Spontaneous events are more enjoyable. We've waited a year and a half for spontaneity, and there has been no activity.

THE INSIGHT THAT THE MAJORITY OF THE STUDENTS ARE APOLLONIAN-ORIENTED [work, not play] IS A VALID ONE. THERE IS GREAT DIFFICULTY IN PLANNING AHEAD FOR DIVERSION, BUT NOT FOR WORK. DOES THIS SUGGEST AREAS THAT NEED DEVELOPMENT?

I was offered a full time job, but am resisting it. Michael said earlier that Warriors were good at administration; I am closer to accepting a job as a waitress.

WE DID NOT SAY THAT ADMINISTRATIVE POSITIONS WERE THE ONLY COURSE OF ACTION OPEN TO WARRIORS. MOST OLD AND MATURE WARRIORS HAVE HAD THEIR FILL OF THAT TYPE OF HUSTLE AND BUSTLE. WE WOULD SAY, GIVE IT A TRY IN THE RESTAURANT. THOSE JOBS ARE EASIER TO LEAVE IF THEY PROVE NOT THE RIGHT CHOICE.

Pertaining to property at Lake Norena: five acres and a house. Should the group buy this for a school? FOR THE PRESENT TIME THIS WOULD BE ADEQUATE. IT ALSO OFFERS THE ROOM FOR EXPANSION. LATER YOU WILL NEED TO PLAN FOR CONTINUITY. THROWING YOUNGSTERS INTO A RIGID SECONDARY ENVIRONMENT WOULD BE THE ANTITHESIS OF THE GROWTH ACHIEVED AT THE PRIMARY LEVEL. CHILD-ORIENTED ATMOSPHERES ARE NOT FOR ALL SOULS. THIS SHOULD BE GEARED TOWARD THOSE WHO ARE IN ESSENCE. WHEN REARING CHILDREN, DORMITORY-TYPE LIVING QUARTERS FOR CHILDREN OFTEN PRODUCE STARTLING INDEPENDENCE AND GROWTH IN BOTH THE PARENTS AND THE CHILDREN, BUT ONE SHOULD NOT BE FORCED TO SPEND TIME THERE UNLESS IT IS IN ESSENCE.

Can one see Centering in a person's eyes?

PERHAPS WITH MUCH PRACTICE, BUT MORE IN THE ACTION OF THE BODY.

This week I realized intellect does not make one a Scholar. I am realizing now something about how intellect works in me.

THE "INTELLIGENCE" THAT MOST FRAGMENTS EXHIBIT IN THIS CULTURE IS A MATTER OF EXPOSURE AND EDUCATION, COUPLED WITH AN INNATE ABILITY TO RETAIN FACTS, SINCE THIS IS WHAT THIS CULTURE REQUIRES ABOVE ALL. HOWEVER, THIS IS NOT INTELLIGENCE ON A COSMIC LEVEL — THIS IS DATA GATHERING. AS TO THE DIFFERENT ROLES AND OTHER OVERLEAVES, THE POSSIBILITIES ARE MANY. FOR INSTANCE, THE INTELLECTUALLY CENTERED SAGE IS USUALLY EXTREMELY ERUDITE. FOR INSTANCE, DAG HAMMERSKYOLD [sic] AND ABBA EBAN ARE EXAMPLES OF THIS. THE "GOLDEN-VOICED ORATOR", EMOTIONALLY CENTERED SAGES, OFTEN EXPRESS THEIR INTELLIGENCE ON THE STAGE. INTELLECTUALLY CENTERED WARRIORS MAKE FINE TACTICIANS, PLANNERS, [and] ADMINISTRATORS. INTELLECTUALLY CENTERED SCHOLARS SPEND THEIR LIVES GATHERING DATA WITH USUALLY NO MORE OF A GOAL THAN TO ACQUIRE KNOWLEDGE. MOST MOVING CENTERED SOULS MANIFEST THEIR INTELLIGENCE IN PRACTICAL "DOING" WAYS. IF THE SCHOLARS GATHER FACTS, IT IS TOWARD A PURPOSE, SUCH AS WRITING A BOOK, PROVING A HYPOTHESIS, ETC.

I am interested in my balance — Emotional part of Moving Center — so I need to find Intellectual Center. I have some idea what it is but am not sure what Intellectual Center is.

INTELLECTUAL CENTER, WHEN WORKING WITHOUT INTERFERENCE OR ENERGY LEAKS, HAS THE CAPACITY TO RECORD AND PROCESS DATA IN A DETACHED AND NON-JUDGMENTAL FASHION. FROM THE MOVING CENTER, THIS LOOKS LIKE LEARNING WITHOUT NECESSARILY DOING; IN OTHER WORDS, LEARNING FOR THE PLEASURE OF LEARNING, WITHOUT THE PROVISIO OF APPLICATION ATTACHED. EMOTIONALLY CENTERED SOULS, OR THOSE WORKING THROUGH EMOTIONAL CENTER, OPERATE ON INTUITION, AND FEEL, RATHER THAN THINK, THROUGH A PROBLEM. MOVING CENTERED SOULS, OR THOSE WORKING THROUGH MOVING CENTER, ARE CONCERNED WITH THE ACTION, AND READ WITH THIS IN MIND, WITH ALWAYS AN EYE TOWARD LATER APPLICATION.

I have been eliminating the word "love", because machines are not capable of love. Maybe you externally consider others. Could you comment on love and external considering? ["External considering" is a Gurdjieff term for intentionally seeing yourself in the place of the other person, and seeing things from their point of view. This is contrasted to "internal considering", which is of course just seeing things from your own point of view.]

THEY ARE SYNONYMOUS. WE SEE NO DIFFERENCE. THE "MACHINE" CAN DO NEITHER, BUT IT IS POSSIBLE FOR YOU STUDENTS TO DO BOTH WITH WORK. A WORD ABOUT BALANCE FOR THE NEW STUDENTS: THIS MEANS SIMULTANEOUSLY UTILIZING THE MOVING PART OF MOVING CENTER, THE EMOTIONAL PART OF EMOTIONAL CENTER, AND THE INTELLECTUAL PART OF INTELLECTUAL CENTER, AND IN A SPLIT SECOND DIFFERENTIATING WHICH APPLIES IN A GIVEN SITUATION, WITH NO CONSEQUENT ENERGY LEAK.

14 JULY 1974

Sunday

How can I be with Michael?

WE WILL TELL YOU WHAT WE HAVE TOLD ALL OF THE OTHERS. WE CAN BE WITH YOU AT ALL TIMES DURING MEDITATION OR CONCENTRATION. YOU MAY WISH TO USE THE ALPHABET BOARD OR THE AUTO[matic] WRITING IN THE BEGINNING, BUT THIS IS NOT AT ALL NECESSARY. WHEN YOU EXPRESS A WISH TO HEAR OUR WORDS, WE ARE WITH YOU FROM THAT POINT ON. INTUITION BEING THE MANIFESTATION OF THE HIGHER SELF, WE CAN THINK OF NO BETTER ADVICE THAN TO FOLLOW YOUR

INTUITION IN THIS COMMUNICATION IN THIS AS IN ALL THINGS. IN THE BEGINNING IT IS OFTEN NECESSARY TO SEPARATE YOURSELF FROM OTHERS TO ESTABLISH THE BOND [with us].

Is it possible to ask about someone in my life who came to me in a dream after his death before I knew of his death. What did the dream mean?

IT IS NOT UNUSUAL FOR SOULS TO SAY GOOD-BYE TO THOSE CLOSE TO THEM. IT IS, HOWEVER, UNUSUAL FOR ANYONE TO HEAR THEM. MANY TRY SEVERAL TIMES BEFORE THEY FIND ANYONE RECEPTIVE; ALSO, IT IS TRUE, YOU DO SPEND A PORTION OF EACH EVENING IN GOING TO THE ASTRAL PLANE, AND NEWLY TRANSCENDED [recently deceased] SOULS WHO ARE STILL ON THE LOW ASTRAL PLANE CAN CONTACT YOU.

We are living with spirits who are called "Grandma" and "Annie". Should we try for contact, or is contact possible? (They manifest through sounds and senses.)

THERE ARE MANY BLITHE SPIRITS ON THE ASTRAL PLANE. THEY CAN BE AMUSING AND AFFORD MANY AN INTERESTING EVENING IF CONTACT IS ESTABLISHED. THESE ARE TWO SUCH FRAGMENTS. BY ALL MEANS, ESTABLISH A BOND IF YOU WISH, BUT PLEASE DO NOT EXPECT ANYTHING PROFOUND. PLEASE DO NOT MISUNDERSTAND US. SOME OF THE REQUESTS AND INFORMATION THUS GAINED ARE VALID. THERE IS JUST A GREAT DEAL OF HORSEPLAY INVOLVED.

I feel I have known _____ before. I felt good with him five minutes after meeting him.

IN FACT, YOU HAVE KNOWN EACH OTHER BEFORE. IN YOUR GROUP, AS IN THIS ONE, THERE IS AN INTERMINGLING OF FAMILIAR ENTITIES AND FRAGMENTS. THIS PRODUCES A SPECIAL SORT OF COHESION THAT ENABLES THE WORK TO PROCEED. THOSE WHO DROP BY THE WAYSIDE USUALLY BELONG IN ANOTHER CADRE. THEY DO NOT ALWAYS KNOW WHY, BUT THE FEELING IS JUST NOT RIGHT AND THEY LEAVE.

THE LADY HAS AN AURA THAT IS MOSTLY GREEN WITH OVERTONES OF GOLD. (This denotes physical healing abilities and altruism.)

WHEN YOU TAKE PLEASURE FROM YOUR SURROUNDINGS AND ARE FEELING RELATIVELY WELL, THERE IS LITTLE GRAY.

...THIS AURA IS MOSTLY BLUE, BUT STILL WITH OVERTONES OF VIOLET. (Violet denotes attachment to the physical maya.) THE GRAY IS ALMOST GONE NOW. (He had had an injury. If there had been more gray, it would denote lingering emotional trauma perhaps.)

...HIS AURA IS MOSTLY BLUE WITH SOME GOLD (spiritual with altruism).

SOME FAIL TO SEE BRIGHT AURAS SIMPLY BECAUSE OF THEIR PASSIONATE IMPLICATIONS.

...WITH OVERTONES OF GRAY, WHICH WILL LIFT WHEN SHE LOOKS AT HER REPRESSION AND MARTYRDOM AS THE CAUSATIVE AGENTS OF HER TRAUMAS.

THE PERSONALITY DISINTEGRATES WITHOUT ESSENCE CONTACT.

I would like to ask if Scientology is a valid way to complete one's soul levels in one lifetime?

THIS IS A VALID SYSTEM, AND MOST BENEFICIAL TO SOULS WHO ARE EMOTIONALLY CENTERED, AND NEED TO WORK OUT OF INTELLECTUAL CENTER IN AN ORDERLY SYSTEM.

(Note: the channel, was rather exhausted at this point, and reaffirmation at a fresher time might be in order.)

17 JULY 1974

Wednesday

I would like verification of the validity of my use of the Ouija board. Was I in touch with my higher self or was it my imagination or what?

WE WOULD SAY THAT THE INFORMATION IS CERTAINLY VALID. WE WOULD ALSO ADD THAT ONE'S HIGHER SELF IS PERFECTLY GOOD COUNSEL AND SHOULD NOT BE FEARED, EVEN IF IT DOES HAPPEN TO PEEK THROUGH ONCE IN A WHILE. "HIGHER" MEANS JUST THAT, AND WE WOULD ADVISE ALL TO LISTEN TO THAT HIGHER SELF AS CAREFULLY AS YOU LISTEN TO US. AFTER ALL, THE ESSENCE HAS A VAST STORE OF KNOWLEDGE ACCUMULATED OVER THE CENTURIES, AND CAN BE TRUSTED IMPLICITLY. ONLY THE PERSONALITY IS TRANSIENT AND FRAUDULENT, AND YOU WILL SOON RECOGNIZE THE DIFFERENCE. WE ADD THE LECTURE AS A WORD OF CAUTION ONLY. WE DO NOT WISH TO DISCOURAGE ANYONE FROM ESTABLISHING THE LINK. IT IS OUR WISH TO BOND TO EACH OF YOU SOON.

Is music a useful route?

MUSIC IS A ROUTE FOR SOME, ESPECIALLY FOR EMOTIONALLY CENTERED SOULS, OR THOSE TRAPPED IN EMOTIONAL PARTS OF THE OTHER CENTERS. ONLY IF YOU CAN ALLOW YOURSELF TO FEEL THE MUSIC CAN IT BE A TOOL. AS SOON AS YOU START ANALYZING, IT LOSES ITS FORCE AND BECOMES ANOTHER HEAD TRIP.

MOST OF YOU ARE IN A SEQUENCE TOGETHER. FOR FIVE OF YOU, IT AMOUNTS TO A LIFE SEQUENCE; IN OTHER WORDS, ONE WHICH WILL KEEP YOU TOGETHER FOR THE REMAINDER OF THIS PHYSICAL LIFE. TEN OF YOU HAVE AGREED ALSO TO WORK WITH EACH OTHER IN THIS GROUP.

I feel extremes, happy/sad at the same time. I see so many contradictions. There are so many things to learn. THESE DOUBTS, OF COURSE, PLAGUE ALL THOSE MOVING TOWARD GROWTH. PERHAPS YOU WILL WISH TO LOOK AT YOUR EXPECTATIONS OF YOURSELF AND DISCARD THOSE WHICH ARE PATENTLY UNREALISTIC.

I do well with knowing people's Centers and Modes, but poorly with the Roles. I want some information which might help in this area.

YES, THERE IS SOME WORK THAT CAN BE DONE THAT WILL HELP PERFECT THESE SKILLS. TRY THE "LARGE CROWD" APPROACH. IT INEVITABLY WORKS WHERE OTHER APPROACHES SOMETIMES FAIL. IT IS A SATURATION TECHNIQUE AND SOMETIMES EFFECTIVE. GO FOR THE ORDINAL ROLES FIRST, AND, IF NECESSARY, WORK FROM ELIMINATING [discerning what they are *not*] FIRST.

Discussion ensued here about children and what one can "do" for them. Someone said that she thought as parents, the thing they could do was to provide the environment for them to choose and experience, opening up a space for them to grow.

OF COURSE, THE MOST VALUABLE "THING" YOU CAN DO FOR YOUR CHILDREN IS EITHER TO HAVE NO EXPECTATIONS OF THEM, OR [have] REALISTIC, EMPATHETIC ONES BASED UPON THEIR OVERLEAVES. THE GUIDANCE AT THAT LEVEL CAN RESULT IN THEIR NOT DEVELOPING A STRONG CHIEF FEATURE AND A PERSONALITY-ROOTED WORK ETHIC WHICH ALLOWS THEM TO ESCAPE FROM SELF.

13 AUGUST 1974

Tuesday

Is Richard Nixon's resignation a karmic ribbon with Alger Hiss?

YES. IN EGYPT IN THE YEAR 800 THESE TWO SOULS EXCHANGED HOSTILITIES AND DID EACH OTHER IN, ONE THROUGH LIES THAT LED TO THE EXECUTION OF THE OTHER BY POISONING. THERE HAS BEEN MUCH TURMOIL BETWEEN THESE TWO SOULS, AND IN THIS LIFETIME WE CANNOT BE SURE THAT THEY WILL AGREE THAT IT IS FINALLY PUT TO REST. BOTH BABY SOULS WILL HAVE ANOTHER CHANCE TO ENCOUNTER ONE ANOTHER.

Is hypnosis a good way for me to get in touch with my blocked years of this life, and with my previous lives? HYPNOSIS IS A VALID WAY FOR THOSE IN MOVING CENTER TO REACH TRUTH. YOU WOULD DO BETTER WORK BY LISTENING TO MUSIC AND RELEASING ALL YOUR SENSIBILITIES TO THE MOTIONS OF MUSIC, AND ALSO TO READING BOOKS. THE BOOKS THAT WOULD HELP YOU AT THIS TIME IN THIS LIFE ARE THE CASTANEDA AND LILLY BOOKS. HE NEEDS TO RELEASE HIS MIND FIRST TO ALL THE POSSIBILITIES THAT EXIST. HE CANNOT COMPREHEND THAT DRUGS, FOR EXAMPLE, ARE VALID. NOR CAN HE COMPREHEND THAT EXPERIENCE OF THE EMOTIONS THROUGH DANCE OR MOVEMENT ARE VALID. HE NEEDS TO FEEL ALL THESE THINGS BEFORE HE IS READY FOR HYPNOSIS.

RICHARD NIXON IS IN AGGRESSION. IF HE WERE TO BE IN OBSERVATION AT THIS TIME, IT WOULD BE POSSIBLE FOR HIM TO MOVE BEYOND THE POINT WHERE HE IS IMMersed. HE WILL NOT IN THIS LIFE MOVE OUT OF AGGRESSION MODE, NOR THE GOAL OF STAGNATION, AND HE WILL PERSEVERE IN THE NIGHTMARE UNTIL HE GIVES UP THIS LIFE.

28 AUGUST 1974

Wednesday

Why am I having so much trouble with the SRG's of my patients lately?

SERIOUS PHYSICAL OR MENTAL ILLNESS OFTEN BLURS THE OVERLEAVES, AS DOES RIGIDITY IN TRAINING;

ALSO DEPRESSION ON THE PART OF THE BEHOLDER.

03 SEPTEMBER 1974

Tuesday

In view of my niece's appendix which ruptured, does Michael's answer from last time still hold? (The illness had served its purpose for her and those around her were tiring of the illness.)

SHE WILL BE WELL SOON. THIS IS AS WE SAID BEFORE. FEW PEOPLE CHOOSE THIS. MANY CHOOSE ONLY TO HAVE THE SYMPTOMS, BUT THERE IS A HIGH ENOUGH INCIDENCE OF BONA FIDE INFECTION AMONG THE GENERAL POPULATION. JUST STOP AND THINK FOR AWHILE ABOUT HOW MANY OF YOUR ACQUAINTANCES HAVE HAD THEIR APPENDIXES REMOVED, AS AGAINST ALL YOUR ACQUAINTANCES. ALSO, WHAT DID SHE ACCOMPLISH THAT WOULD NOT HAVE COME ABOUT HAD SHE NOT BECOME ILL? DON'T MISUNDERSTAND, THIS IS CERTAINLY NOT ON A CONSCIOUS LEVEL. THE LADY WOULD NOT UNDERSTAND AT ALL.

Just what did she accomplish? Is it necessary for a King to experience attention focused on herself, or what? THE CHILD IS IN A SEQUENCE WITH THE LADY WHO IS NOW HER MOTHER. THIS IS ONLY ONE OF MANY SUCH SEQUENCES THAT THESE TWO HAVE PLAYED OUT. YES, THE FOCUS OF ATTENTION IS A GREAT DESIRE FOR THIS CHILD AT THIS TIME IN HER LIFE, ESPECIALLY SINCE THERE IS SOME RIVALRY.

Where does boredom come from? What is the difference between boredom and depression?

WE WOULD SAY THAT THE LINE IS EXCEEDINGLY THIN, ALMOST INVISIBLE. BOREDOM NORMALLY COMES ABOUT WHEN THE INDIVIDUAL IS UNABLE TO MELD HIS FANTASY WITH THE REALITIES OF EVERYDAY LIFE, AND THIS INCLUDES FANTASIED EXPECTATIONS OF THOSE AROUND HIM,.

Michael's prediction that if Gerald Ford were to become president, there would be an assassination within hours creates a credibility gap. I remember that it was predicted that Alexander Haig, his Chief of Staff, would be in a position to take over the military for Nixon. Could we have a comment on this credibility gap in Michael's predictions?

WE DO NOT SEE THE FUTURE. WE SEE ONLY THE ALTERNATIVES AS FAR AS MIND PATTERNS AND ENERGY LEVELS ARE CONCERNED. WE CAN PREDICT ONLY THE ALTERNATIVES, NOT THE CERTAINTIES. ALSO, IT STANDS THAT THIS GOVERNMENT IS NO BETTER OFF THAN IT WAS WITH THE MAN, RICHARD. THE MAN GERALD IS A LITTLE MORE HONEST IN HIS FINANCIAL AFFAIRS, AND IS [more honest] AS FAR AS HIS PHILOSOPHICAL CONSIDERATIONS CONCERNING THE RIGHT TO PRIVACY. YES, THERE ARE STILL THOSE WHO WOULD SEE HIM DEAD.

Could you comment on Sigmund Freud's "Oedipus Complex"?

THE IMPRINTING DISCOVERED BY FREUD IS NOT NORMAL IMPRINTING, AND IS PERHAPS THEN ONLY A "HALF-TRUTH". THIS IMPRINTING IS THE RESULT OF AN ALIENATED SOCIETY WITH LIMITED IDENTIFICATION. IN SOCIETIES WHERE THE ALIENATED NUCLEAR FAMILY DOES NOT EXIST, THIS PHENOMENON DOES NOT EXIST. INTENSE RIVALRY WILL PRODUCE THIS PHENOMENON EACH TIME IT OCCURS, TO EXALTED ROLES MORE THAN OTHERS. IT WILL BE MORE NOTICEABLE IN FEMININE ROLES IN MASCULINE BODIES AND THE VICE VERSA. WHERE EXPOSURE TO MODELS IS LIMITED, THE PHENOMENON WILL BE MOST MARKED, AND WILL HAVE THE MOST FAR-REACHING CONSEQUENCES, IN THIS SOCIETY, ESPECIALLY WHERE SELDOM MORE THAN TWO GENERATIONS OCCUPY THE SAME LIVING QUARTERS.

Michael is dealing with this society, and not an ideal society. It makes the teaching unreachable because we are not ideal.

THE CHANGE, HOWEVER FAR-FETCHED IT MAY SEEM THOUGH, IS A VIABLE ALTERNATIVE. OTHERWISE YOU MUST DEAL INDIVIDUALLY WITH THOSE CONFLICTS AS YOU HAVE DONE. IN OTHER WORDS, YOU MUST EITHER HELP TO CHANGE THE CAUSE, OR CONTINUE TO TREAT THE EFFECT. IN SITUATIONS WHERE THERE IS ONLY ONE MALE AND ONE FEMALE TO EMULATE, THIS AND MANY OTHER ABNORMAL IMPRINTINGS ARE INEVITABLY GOING TO OCCUR, DEPENDING UPON THE OVERLEAVES OF THE ADULTS DURING THE IMPRINTING. WE ARE SUGGESTING TO YOU HOW THIS CAN BE EXPRESSED, IN SEMANTICS WHICH CAN BE UNDERSTOOD BY OTHERS.

So, explain.

WE ARE SUGGESTING THAT YOU EXPRESS IT IN SUCH A WAY THAT THIS CAN BE UNDERSTOOD BY OTHERS AS THE CAUSE OF THIS PHENOMENON WHICH YOU HAVE DISCOVERED WITHIN YOURSELF. WE ARE DISCUSSING NOW THE RIVALRY THAT OCCURS BETWEEN THE CHILD AND THE SAME SEX PARENT.

Michael has a job to do, too, as I see it, and that is to produce #4 and #5 people in his teaching. (See *In Search of the Miraculous*, by P.D.Ouspensky, for enlightenment on men with numbers. The index will guide you.) If Michael is sensitive, he will help us solve our internal problems. The discovery track of what we are has to be complete before becoming a #4 or #5 man. Comment, please.

WE HAVE GIVEN YOU THE TOOLS BY WHICH YOU CAN DISCOVER THESE WITHIN YOURSELF. TELLING YOU WHERE THE PROBLEM AREAS ARE WOULD PRODUCE THE SAME INITIAL HOSTILITY AND RESENTMENT AS HEARING IT FROM A PSYCHOLOGIST WOULD. WHEN YOU DISCOVER THEM WITHIN YOURSELF, YOU ALSO AT THAT TIME VERIFY THEM FOR YOURSELF, AND THEN THEY ARE TRUTH FOR YOU. UNTIL THEN, THEY ARE MERELY THE OPINIONS OF ANOTHER. POINTING TO THE TOOLS IS SOMETIMES NOT ENOUGH, AND THE PATH IS AGONIZINGLY SLOW. WE WOULD SAY THAT THE CONSCIOUS BEINGS YOU HAVE MENTIONED (Jesus, Fulton Sheen, Gandhi, etc.), WERE NOT GIVEN MORE THAN THE TOOLS IN THE BEGINNING. AS YOU BEGIN TO USE THE TOOLS, THEN YOU ARE GIVEN MORE MATERIAL TO WORK ON. ONLY THEN CAN THE PATH BE TRODDEN IN A STRAIGHT LINE. UNTIL YOU BEGIN TO USE THE TOOLS, ALL YOU HAVE IS INFORMATION, AND MORE INFORMATION CAN HINDER YOUR GROWTH RATHER THAN HELP IT, IF ALL PREVIOUS DATA HAS NOT BEEN ASSIMILATED. ONE OF THE THINGS YOU HAVE NOT VERIFIED TO YOUR SATISFACTION IS YOUR OWN ABILITY TO CHANGE SOME OF YOUR UNCOMFORTABLE OVERLEAVES, AND UNTIL YOU DO, ALL LESSONS CONCERNING THE HOW TO OF MORE DIFFICULT TASKS WOULD BE IN VAIN. ALL IS CHANGEABLE. NOTHING IS STATIONARY.

At work at first it was exhilarating and I thought I was in Essence. Now I'm wondering if my supporting the patient's emotional gratification is a Priestly thing and not a Slave thing. I feel it may be False Personality. MOSTLY THE FALSE PERSONALITY IS PLEASED BY THE RESPONSE TO THE MINISTRATION, YES.

I would like a comment on Robert Burton's statement that some people are moving toward brilliance in this life, and some toward seclusion. I feel I'm moving toward the latter.

AT THE PRESENT, YES YOU ARE, BUT THIS DOES NOT NECESSARILY HAVE TO BE. THE NEED IS GREAT IN YOU TO BE A TEACHER, BUT NOW YOU DO NEED THE SOLITUDE WHICH YOUR PRESENT SITUATION DOES NOT ALLOW FOR. WE WOULD SAY THAT THIS DEMARCATION IS NOT AS MARKED OR AS FINAL AS YOU MAY HAVE INTERPRETED FROM THE MAN, ROBERT. IN OTHER WORDS, THESE ARE NOT TWO SEPARATE PATHS HERE; [they are] ONE PATH WITH TWO SIDE PATHS, WHICH DO NOT NEED TO LAST A LIFETIME. NOW YOU ARE SEEKING WHAT YOU NEED.

RB used to say that there are three ways a teaching could go: love, sympathy, and denial. I have a feeling my way would be denial. Comment, please.

WE WOULD LIKE TO AMEND THAT TO "LOVE, EMPATHY, AND DENIAL". WE FEEL THAT THE MOST EFFECTIVE TEACHERS, AMONG WHOM WAS JESUS, USED ALL THREE. IT IS THE SUCCESSFUL INTEGRATION THAT SEPARATES.

10 SEPTEMBER 1974

Tuesday

Were we involved in Atlantis?

ALL OF YOU HERE PRESENT WERE IN ATLANTIS DURING THE SAME PERIOD, YES.

Was there a pyramid somewhere in Stonehenge?.

THE DRUIDS, INDEED, DID USE THE MONUMENT FOR THEIR RITUALS. THE SPOT WAS ABANDONED IN THE THIRD CENTURY. THE POWER STILL EMANATES FROM THIS LAND. THE CENTER OR EPICENTER CAN BEST BE FELT NOW IN THE CENTRAL NAVE OF THE CATHEDRAL.

Why the shift?

NO SHIFT. THE EPICENTER WAS THERE ORIGINALLY. IT WAS OCCUPIED BY A TEMPLE, YES.

Was it a pyramid?

YES.

Was it the center of Stonehenge?

THE PYRAMID EXISTED FOR A LONG PERIOD OF TIME BEFORE THE MONUMENT WAS BUILT. IT WAS A

BEACON.

A WORD HERE WOULD BE GOOD, AND THAT IS THAT ALL OF YOUR SHARPEST MEMORIES WILL BE OF THOSE LIVES AND THOSE PLACES WHERE THE GREATEST GROWTH OCCURRED.

14 SEPTEMBER 1974

It seems to me that the dropout rate due to mental illness in esoteric schools is high. If we are to “spread the word”, we have to be mentally healthy. It seems if we were conscious, we could spread the word better than if we were asleep. I do not feel that I can help others until all my Centers are working correctly. My question is: Is there some advanced therapy that would enable a person to reach this state of awareness without going psychotic?

OF COURSE, ONE MUST REALIZE THAT SPIRITUALLY- ORIENTED GROUPS OF PERSONS, WHERE ACCEPTANCE IS THE CARDINAL RULE, WILL ATTRACT MANY LONELY, MALADJUSTED PERSONS SEARCHING FOR REAFFIRMATION OF THEIR HUMANNESS, AND THESE PERSONS WILL NOT BE HELPED TO GROW SPIRITUALLY, BUT WILL BASK IN THE WARMTH OF THE ACCEPTANCE FOR A TIME, AND THOSE TRULY ON THE PATH WILL STILL BE ABLE TO SEE THE SICKNESS. THIS PHENOMENON IS CERTAINLY NOT UNUSUAL. IT IS ONLY THAT THESE GROUPS ARE FOUNDED UPON THE PRINCIPLES OF LOVE AND ACCEPTANCE, AND OFTEN THE MEMBERS FAIL TO CONFRONT EVEN THE MOST OBNOXIOUS BEHAVIOR IN THESE SPIRITUAL INTERLOPERS. WHAT IS APPARENT HERE IS THAT THESE PERSONS ARE NOT GOING TOWARD GROWTH AT ALL, AND ARE IN FACT ACTING AS BALLAST, AND MAKING THE PATH MORE DIFFICULT FOR OTHERS. THE THERAPEUTIC APPROACH MUST, YES, BE INDIVIDUALIZED TO CONFORM WITH THE ABNORMAL HABIT PRESENT. FIRST YOU MUST BE ABLE TO DIFFERENTIATE WHAT IS GOING ON. FOR INSTANCE, IS THE PERSON HAVING A NORMAL REACTION TO AN ABNORMAL SITUATION, OR AN ABNORMAL REACTION? THESE REQUIRE RADICALLY DIFFERENT THERAPEUTIC APPROACHES, AND THE RATE OF “CURE” IS HIGHER IN THE FORMER, CERTAINLY, THAN IN THE LATTER.

It seems to me that a person on the path should not be lashing back at “sick people”. Is Michael inferring that we confront these obnoxious people?

BY THE THERAPEUTIC APPROACH, WE SPEAK OF THAT METHOD BY WHICH THE PERSON BECOMES STRIPPED OF THE TOUGH OUTER FIBERS OF THE FALSE PERSONALITY, AND BECOMES VULNERABLE TO OTHER DEMANDS OF ESSENCE. IT IS TRUE THIS PERSONALITY CANNOT LOVE. ONLY THE ESSENCE IS CAPABLE OF LOVING, AND ONLY WHEN ITS DEMANDS ARE MET WILL YOU LOVE. WE HAVE SUGGESTED TO YOU THAT THE WAY TO ACHIEVE THIS IS THROUGH GIVING UP THE PERSONALITY’S EXPECTATIONS OF THE EXPERIENCE — AND YOU ARE YET SCORNFUL OF THIS TRUTH. YET, IT GOES FAR DEEPER THAN THIS. WHEN YOU STRIP DOWN TO THE OLD SOUL’S PERCEPTIONS OF OTHERS — THAT IS, AS A PART OF SOMETHING: AND MAKE NOTE OF THAT “A PART” — ONLY A MINUTE PART OF SOMETHING GREATER WHICH INCLUDES SELF. ONLY WHEN YOU BECOME WILLING TO PART WITH YOUR ULTRA-PRECIOUS IDENTIFICATION [with personality] WILL YOU GLIMPSE THE TRUTH IN THIS.

I become irritated with people who have expectations who tell me not to have any. One cannot initiate anything unless he has expectations. There are rare times when I can just “be”, and have no expectations, and that is beautiful. This leads me to a topic I could not understand with Robert Burton’s group, where it was the goal to give up one’s ego. As I see it, from one’s ego comes one’s self-image, one’s power, one’s strength. If my ego is deficient, then I am in a depressed state, and for sure cannot love. In Robert Burton’s group they continue to put down ego, one way by calling I “it”: e.g., “It went to dinner”, instead of, “I went to dinner”. I have been trying the EST and Ken Keyes’s way to experience experiences. If I’m down, I don’t ask myself what to do to go up. I aggravate the down so I can feel it as full as possible. I have burned out a number of things in this way, but I do not feel better for it. It seems that if I have lightened my load I should feel more buoyant and better. Maybe I haven’t tackled the basic problems. Could Michael comment on ego strength?

WHAT YOU WISH TO GIVE UP IS THE STRENGTH OF THE EGO OF THE PERSONALITY. THE ESSENCE HAS MUCH STRENGTH OF ITS OWN. THEY ARE SEPARATE AND DISTINCT. REMEMBER, WHEN YOU BECOME YOUR ESSENCE, THERE WILL NOT BE THE ALBATROSS OF [the] REPRESSION [Mode] TO DEAL WITH. PERHAPS IT WOULD BE HELPFUL TO POINT OUT TO YOU AT THIS TIME THAT YOU COME FAR CLOSER TO LOVING WHEN YOU ARE PAINTING THAN AT ANY OTHER TIME. YOU DO NOT HAVE TO START WITH LOVING DIFFICULT PERSONS. THIS IS NOT THE PRIMARY OBJECTIVE AT THIS TIME. LOVING IS HIGHER EMOTION AND THAT REQUIRES BALANCE. THE PERSON WHO IS “CONSCIOUS” IS NOT A DOER ANYWAY. MOST WHO HAVE REACHED THAT EXALTED STATE OF PHYSICAL BEING PREFER NOT TO DO. THEY ARE

CONTENT MERELY TO BE WITH THE PRESENT. YOU HAVE GLIMPSED THAT FEELING WHEN YOU WERE IN THOSE STATES BRIEFLY. THIS IS SOMETHING WE HAVE ASKED YOU TO CONSIDER BEFORE: WHAT IS IT YOU WISH TO DO, LEARN TO BE MORE FRUITFUL AND HAPPIER IN LIFE, OR GO ON TO SPIRITUAL ENLIGHTENMENT? THE GOALS ARE VERY DIFFERENT, AND THE METHODS OF APPROACH, THEREFORE, WOULD HAVE TO BE QUITE DIFFERENT. LIVING IN LIFE REQUIRES WHAT YOU ARE CALLING SELF-IMAGE AND EGO STRENGTH. SPIRITUAL ACCELERATION DOES NOT REQUIRE THIS — IT REQUIRES NEGATION OF THE CULTURAL FACADE. THOSE WHO DEFINED THE EGO AND EGO STATES THEREOF WERE NOT, AFTER ALL, CONSCIOUS BEINGS, AND WERE OBSERVING ONLY THE PERSONALITIES OF OTHERS WITH THEIR OWN PERSONALITIES. THE ESSENCE, SEPARATE FROM THIS, HAS AN INNATE STRENGTH OF ITS OWN, AND CAN SURVIVE IF THE BODY IS PREPARED FOR THE SURGE WHEN IT COMES. DISINTEGRATION ONLY COMES WHEN THE PERSONALITY IS LOST AND THE ESSENCE IS FREED PREMATURELY, SUCH AS IN SOME PSYCHOTIC STATES. OTHERWISE, THOSE ON THE PATH FIND THE SURGE EXHILARATING AND LIBERATING AND ARE PREPARED FOR IT WHEN IT COMES, BUT THIS ONLY COMES AFTER THE GROUNDWORK HAS BEEN LAID. THOSE TOOLS WE HAVE GIVEN YOU ARE AT YOUR DISPOSAL. YOU MIGHT SAY THAT THE ESSENCE HAS ITS OWN EGO — YOU ARE JUST NOT ACQUAINTED WITH IT. THE ARTISAN EGO IS WHAT HAS PRODUCED THE WORLD'S GREAT MASTERPIECES, NOT ALWAYS FOR THE KING'S RANSOM EITHER — MANY TIMES IN A LONESOME GALLERY.

I feel I have trouble because of my own personality. I'd like to ask if Michael has been monitoring my own personal work with my personality, and if there is a comment on how I've been doing with this work.

WE THINK THAT UNLESS THE PERSONALITY TAKES HOLD AND WALLOWS IN THAT, IT IS EXCELLENT WORK. IT IS TRUE, HOWEVER, THAT THE AREA IN WHICH PERSONALITY HAS THE MOST TENACIOUS HOLD IS IN SORROW.

I never become depressed. It must be my bland overleaves.

SOME OVERLEAVES ARE SIMPLY NOT DEPRESSIBLE.

I am surprised repeatedly when memories surface and I have insight upon insight, and I am exactly where I was before the insights.

PERHAPS SOMEDAY SOON IT WILL NOT SO MUCH SURPRISE YOU AS IT WILL TO SPUR YOU ON TO CHANGING THOSE FACTORS IN YOU STANDING IN THE WAY OF THE SURGE. IT IS MUCH LIKE THOSE WHO EXPERIENCE THE SURGE WELL IN SPOTS SUCH AS ESALEN AND EXPECT TO CARRY OVER IN THEIR FIXED LIFE PATTERNS. IT IS THE PATTERNS THAT MUST BE ALTERED AS THE INSIGHTS COME.

17 SEPTEMBER 1974

Tuesday

I would like to ask how to bring the perceptions of the Emotional Center and those of the Intellectual Center together to be balanced. Perceptions seems so limited: there is so much input and only one thing seems to get through.

OF COURSE, THE PERCEPTIONS OF ONE TRAPPED IN THE INTELLECTUAL CENTER ARE GOING TO BE BASED UPON WHAT IS THOUGHT, AND WILL BE LARGELY ANALYSIS OF THE PERCEPTION RATHER THAN A PERCEPTION AT ALL. THE PERCEPTION ITSELF WILL BE LOST IN THE ANALYSIS. THE PERCEPTIONS OF ONE LOST IN THE EMOTIONAL CENTER WILL BE SWAMPED BY THE FEELINGS SURROUNDING THE MOMENT, AND AGAIN THE PERCEPTION ITSELF WILL BE LOST TO SIGHT. THIS IS WHAT IS MEANT, OF COURSE, BY NOT EXPERIENCING ONE'S EXPERIENCES. THOSE TRAPPED IN THE MOVING CENTER WILL BE ALREADY PLANNING OR CARRYING OUT SOME ACTION SURROUNDING THE PERCEPTION BEFORE IT HAS TIME TO REGISTER. NO MECHANICAL MAN IS ABLE TO APPRECIATE ANY EXPERIENCE FULLY BECAUSE OF THIS. ALL PERCEPTIONS ARE, OF COURSE, STORED, AND CAN BE RECALLED BY THE BALANCED MAN IF NEED BE. IN ORDER TO PERCEIVE AND EXPERIENCE A MOMENT IN TIME, ALL CENTERS MUST BE WORKING (correctly).

Something will happen and later I will think about it, and evoke emotions which were not there in the original happening. How is it that I can have emotions in retrospect? It must be that they are there to begin with, but I don't feel them.

MOST OF THE FEELINGS YOU DESCRIBE COME FROM THE EMOTIONAL PART OF INTELLECTUAL CENTER, WHICH IS ALWAYS INVOLVED IN ANALYSIS IN YOUR CASE.

I've read that, in Zen, once one has reached satori, he realizes he's always been there. Does this mean that all the Centers are operating all the time, but we are not aware of them?

ALL CENTERS ARE NOT WORKING IN MECHANICAL MAN — THEY ARE ONLY POTENTIALLY WORKABLE. THIS IS WHY PERCEPTIONS OF MAN ARE SO INACCURATE AND SO SCATTERED. THIS IS THE REASON THAT CRIMINAL IDENTIFICATION IS SO FRAUGHT WITH ERROR. NO TWO SOULS PERCEIVE THE MOMENT IN PRECISELY THE SAME WAY, UNLESS, OF COURSE, YOU HAPPEN TO HAVE TWO BALANCED MEN.

Are there different kinds of energy flowing through men than through women?

THERE IS YIN AND YANG THROUGHOUT THE PHYSICAL UNIVERSE. EVEN WORLDS HAVE YIN AND YANG. THIS WORLD HAS A DECIDEDLY MASCULINE ESSENCE, WHICH EXPLAINS THE CULTURAL OPPRESSION OF THOSE IN FEMININE BODIES. BELIEVE IT OR NOT, ALL BE IT TODAY [sic], [this situation] HAS LARGELY BEEN PERPETUATED BY THOSE WITH MASCULINE ESSENCE TRAPPED IN FEMININE BODIES — IN OTHER WORDS, WARRIOR MOTHERS.

Why are there more women psychics than men?

IT IS TRUE, WOMEN ON THIS WORLD HAVE BEEN FAR FREER TO DREAM AND DABBLE IN THE OCCULT MUCH LONGER THAN HAVE MALES, BUT THE PERCENTAGE IS NOT AS LOPSIDED AS YOU MIGHT WISH TO BELIEVE. THERE HAVE ALWAYS BEEN SEERS WHO WERE MALES. THEY LARGELY KEPT THE SOURCE OF THEIR DREAMING QUIET IN ORDER TO AVOID SCORN OF THEIR COLLEAGUES. THE MAN ALBERT (Einstein) IS AN EXAMPLE. HE WOULD HAVE BEEN AN EXCELLENT “MEDIUM”; AS A MATTER OF FACT, HE WAS. TO US, MEDIUMSHIP IS MERELY A CAPTIVE WAY STATION THROUGH WHICH CERTAIN TRUTHS CAN BE BROUGHT TO BEAR. THIS MUST NATURALLY INVOLVE SOME TRAINING, AND MUCH INTELLIGENCE, IF FACTS CONCERNING THE PHYSICAL UNIVERSE ARE TO BE BROUGHT TO BEAR. FOR INSTANCE, THE NECESSARY VOCABULARY MUST BE AVAILABLE IN ORDER TO TRANSLATE THE MATERIAL. AS THE ENTITY BECOMES PROGRESSIVELY EVOLVED, AND THE LEARNING PROCESS MORE REFINED, THE CHOICE OF MEDIUMS AND THE INFORMATION TRANSMITTED BECOMES MORE REFINED ALSO.

In a balanced person, should the Intellectual Center be shut down until there is an actual problem to be solved?

THE INTELLECTUAL CENTER SHOULD BE FUNCTIONING AS A DECISION-MAKING PARTNER IN THE PROCESS. THE EMOTIONAL CENTER CANNOT MAKE DECISIONS PROPERLY, AS IT CANNOT THINK OUT THE RAMIFICATIONS OF ANY GIVEN SITUATION WITH THE SPEED NECESSARY TO MAKE A VALID, SPLIT-SECOND DECISION. THE INTELLECTUAL CENTER WORKS AT A FAR GREATER SPEED THAN DOES THE EMOTIONAL CENTER WHEN THE SOULS IS IN BALANCE. IN MECHANICAL MAN, THE MOVING CENTER TAKES OVER THE RAPID FUNCTIONS. THIS IS, OF COURSE, NECESSARY FOR SURVIVAL OF THE BODY, AS WHEN A HAND IS REMOVED FROM A HOT STOVE BY THE MOVING CENTER IN COOPERATION WITH THE INSTINCTIVE CENTER. IN BALANCED MAN, THE INTELLECTUAL CENTER CLAIMS ITS RIGHTFUL FUNCTIONING AND BECOME THE DECISION MAKER. IN OTHER WORDS, BALANCED MAN CHOOSES TO REMOVE THE HAND.

It seems to me that the Emotional Center knows the truth better than the Intellectual Center.

ESSENCE KNOWS TRUTH, AND ESSENCE MOST OFTEN MANIFESTS THROUGH EMOTIONAL CENTER IN GOOD STUDENTS. THIS IS PRIMARILY BECAUSE TRUTH IS NOT OFTEN READILY BELIEVED BY INTELLECTUAL CENTER — IT IS JUST NOT RATIONAL.

Gurdjieff said that the celestial bodies were conscious. Comment, please; and are people more masculine than the earth?

WE WOULD NOT GO SO FAR AS TO DESCRIBE CONSCIOUSNESS AS YOU KNOW IT TO THE CELESTIAL BODIES. HOWEVER, THE COMPOSITE OF INFLUENCES LIVING UPON THE BODY DO GIVE IT YIN AND YANG. THE MAN GEORGES (Gurdjieff) SENSED THIS. THERE IS A PREPONDERANCE OF WARRIORS AND SAGES UPON THIS BODY.

Is there a preponderance in certain areas?

UPON THIS PLANET.

How can I bring my Intellectual and Emotional Centers into phase?

WE DID, AT ONE TIME, GIVE YOU AN EXERCISE THAT HAS PROVED VALID FOR MANY, AND THAT IS OF CONCENTRATION OUTDOORS: THE EXERCISE OF VISUALIZING THE COUNTRYSIDE, FEELING THE SUN ON YOUR BACK, OF FEELING THE SUN ACTING UPON THE COUNTRYSIDE, OF FILLING THE MOMENT WITH AS MUCH OF THE ENVIRONMENT AS POSSIBLE. EACH TIME YOU PERFORM THIS EXERCISE, YOU SHOULD BE ABLE TO EMBRACE A BROADER PERSPECTIVE.

Is it the egotism of the Intellectual Center not to like housework, or is it a cultural thing?

THIS HAS LITTLE TO DO WITH CULTURE, SURPRISING ENOUGH. THE EXALTED ROLES FIND MUNDANE CHORES DISTASTEFUL, PARTICULARLY THOSE NOT IN THE MOVING CENTER. THE ORDINAL ROLES ACCEPT THEM IN MORE GRACE, BUT THERE AGAIN, THEY ARE OFTEN PREFERRED BY WARRIORS AND SCHOLARS SIMPLY BECAUSE THEY POINT TO EFFICIENCY AND THEREFORE TO WINNING.

We had a discussion here on [Carlos Castaneda's] Don Juan's "warrior" striving to be a man of knowledge and never giving up. We wondered what, if any, is the relationship of Don Juan's warrior to Michael's.

THE WARRIOR ESSENCE AT THE HIGHEST LEVEL ACCOMPLISHES MENTAL EFFICIENCY AND SEEKS THE KING; IN OTHER WORDS, SEEKS TO EXALT HIS ROLE.

Please comment regarding the statement you made earlier that "the King seeks the kingdom".

THAT IS VALID, OR [the King seeks] THE TAO.

How can a Warrior evolve into a King? I thought we could not change Roles.

USUALLY THOSE WHO CHOSE ORDINAL ROLES COME TO THIS REALIZATION AT A LATER TIME THAN THOSE IN EXALTED ROLES, BUT THIS IS NOT ALWAYS THE CASE, ESPECIALLY IF THE ORDINAL SOUL MEETS WITH THE PROPER TEACHING.

How can I tell when I'm in the Intellectual Center?

THERE IS A VAST DIFFERENCE IN THE SHEER EXPENDITURE OF ENERGY. THOSE WHO ARE TRAPPED IN THE MOVING CENTER EXPEND MORE PHYSICAL ENERGY THAN THOSE IN THE MOVING PART OF INTELLECTUAL CENTER. THE ENERGY SPENT IS OF A DIFFERENT QUALITY. OFTEN THE BODY IS NOT TIRED EVEN THOUGH TREMENDOUS AMOUNTS OF INTELLECTUAL ENERGY IS SPENT, CAUSING THE PERSON TO EXPEND FAR BEYOND ITS INTELLECTUAL CAPACITY FOR ACHIEVEMENT. HOWEVER, IN MOVING CENTERED SOULS THE REVERSE IS OFTEN TRUE. THEY SELDOM ARE ABLE TO WORK TO FULL INTELLECTUAL CAPACITY BECAUSE THE BODY TIRES SO RAPIDLY. ONCE THE BODY GOES TO SLEEP, THEN MECHANICAL MAN HAS LOST HIS HOLD ON THE INTELLECTUAL FUNCTIONING.

How could I tell if I am in Intellectual Center?

BY HER ABILITY TO WORK STEADILY ON AN INTELLECTUALLY BASED PROJECT, NOT IN FITS AND STARTS SUCH AS SHE DOES NOW.

I wonder about my recent backpacking trips: how would this relate to my Centers? I stopped picking at my fingers, did not think, did not feel — I just was. I did not feel any more "awake" or more high. I feel uncomfortable because I feel I'm not accomplishing anything.

IT IS RELATED TO THE FACT THAT STUDENTS OFTEN EXPERIENCE AN ESSENCE OR BALANCED STATE FOR PROLONGED PERIODS WHEN REMOVED FROM THE FAMILIAR MAYA OF THEIR ENVIRONMENT, AND ARE FORCED TO "BE" IN THE MOMENT.

It is not a dramatic thing; it just is. A person in the present is not experiencing anything dramatic. Does a balanced man feel high? It was said last time that the "surge" comes when one becomes balanced.

IF THE MOMENT IS A QUIET ONE, BALANCED MAN WILL FEEL THE TRANQUILLITY. IF IT IS A "HIGH", THEN BALANCED MAN WILL FEEL THE ECSTASY OF THE MOMENT. IRONICALLY, THE REVERSE IS OFTEN TRUE IN MECHANICAL MAN. YOUNG SOULS INVOLVED WITH ECOLOGY LEGALIZATION WILL OFTEN FEEL SURGES OF EMOTIONALISM WHEN CONFRONTED WITH A PACIFIC, WOODLAND ENVIRONMENT.

There is a strong physical resemblance between ____ and my essence twin soul. Were they brothers? What is the reason for my involvement with them? Is there some reason I choose to be with tall people?

THE RESEMBLANCE IS, OF COURSE, A CHANCE THING, BUT THE ATTRACTION IS NOT. ALL OF YOU KNOW IN ADVANCE THE APPROXIMATE PHYSICAL SIZE OF THOSE IN YOUR CADRE. NOW WE DID NOT SAY EXACT, BUT YOU DO KNOW APPROXIMATELY. THIS LEADS YOU TO BE PHYSICALLY ATTRACTED TO CERTAIN PHYSIOLOGICAL PERSONS [more] THAN OTHERS. ANOTHER FACTOR BEING WITH THESE TWO MEN, HOWEVER, IS THAT THEIR PATHS HAVE HAD SIMILAR FORKS BECAUSE OF SIMILAR KARMA. IN OTHER WORDS, THEY HAVE SIMILAR RIBBONS TO BURN, AND THUS THERE WILL BE A SIMILAR TACK TO THEIR LIVES.

Does Michael have any comment regarding "witches"?

ALL OF YOU HERE PRESENT COULD EASILY BECOME "WITCHES" BY DEVELOPING SOME TYPE OF RITUAL TO CHANNEL YOUR PSYCHIC TALENT IN A SPECIAL DIRECTION. THIS WOULD ONLY BE AN ADVANTAGE IF THERE WAS A TASK AT HAND TO PERFORM. ONLY THOSE WITH HARSH OVERLEAVES NEED FEAR.

What are the harsh overleaves?

GREED AND AGGRESSION IN COMBINATION WITH REJECTION AND AGGRESSION.

I have a spirit guide, but I have no picture of him?

BECAUSE PHYSICAL PLANE PERCEPTIONS HAVE NOTHING WITH WHICH TO VISUALIZE BEINGS OF THE HIGH PLANES. IN OTHER WORDS, ITS APPARATUS IS FAULTY.

What is his name?

TRUTHFULLY, OUR NAME IS LEGION. THIS ENTITY [Michael] HAS HAD IN THE PAST OVER TWO HUNDRED THOUSAND NAMES. ARE YOU COMFORTABLE WITH STEPHEN? THAT WOULD BE ONE; GRAY EAGLE WAS ANOTHER, AS WAS NENEMAH.

Is the reason we contact these entities because we've known them in life?

DEFINITELY; FOR INSTANCE, WE HAVE KNOWN YOU ALL.

Would you comment on wit and Scholars:

THINK OF BRITISH HUMOR WHEN YOU THINK OF SCHOLARLY WIT.

21 SEPTEMBER 1974

Saturday

Someone asked for comment on Jane Robert's book, *The Nature of Personal Reality*, which deals with health, hypnosis, creating realities, and ideas of consciousness, etc.

THE INFORMATION IN THIS BOOK IS LARGELY VALID. THE APPROACH TO THE POWER IN THE PRESENT IS ONE APPROACH WE DIFFER WITH, BUT ONLY WHERE THE PERSONALITY IS PARALYZED BY CERTAIN PAST EVENTS SO THAT FEAR PRESENTS THE STRONGEST OBSTACLE TO HEARING THE WORDS.

There was a comment: something about most of us dwelling on the negative aspects of the past, which affects our present [negatively].

THIS IS TRUE, OF COURSE, BUT WE THINK THAT IF YOU READ ON, YOU WILL FIND THAT THE KEY TO THAT POWER LIES IN THE CLEARED MIND, OR THAT DEVOID OF BARNACLES: FOR INSTANCE, THE "OEDIPUS COMPLEX". IF THAT TRAUMA HAS BECOME FIXED, AND BELIEFS ARE BASED UPON THE AMOUNT OF TRAUMA, THEN THE TRAUMA MUST BE EXPLORED BEFORE THE BELIEFS CAN BE EXORCISED.

I think this book does not have enough "how to". It is long on principles and short on "how to". In my work I find getting fat people to diet is virtually impossible — they will not diet. I think we are immutable.

IN VIEW OF THE FACT THAT MOST OF THE PROGRAMMING OF YOUR "COMPUTER" WAS DONE BY SOME ONE NOT COGNIZANT OF YOUR OVERLEAVES, WE WOULD SAY THAT MOST OF IT WAS TRAUMATIC, PARTICULARLY TO THE PERSONALITY.

Someone asked for a correlation between "will power" and "intuition" or essence.

IT CAN BE LIKENED TO THE CENTERS THEN. FOR INSTANCE, THINK OF ESSENCE AS THE EMOTIONS, INTUITION AS THE INTELLECT, AND WILL AS THE DRIVE FORCE.

Gurdjieff says that mechanical man has no will (a #1, #2 or #3 man, that is). He may start out to pursue a course, but will succumb to societal pressures, fears, habits, etc. Gurdjieff says in order to become conscious, one must have "C" influence [direct contact with an enlightened person], and allow him to function as his will. Michael cannot function in this capacity, as they need a medium. Could we have a comment on self-remembering, embracing three things: in self-remembering, one is aware of the flower he sees, himself, and the sun shining impartially on both.

ESSENTIALLY, YES. ONE OF THE REASONS THAT NO ONE OF YOUR PREVIOUS TEACHINGS HAS IMPRESSED YOU INDELIBLY IS THAT THE MYSTICAL "AWE INSPIRING" ELEMENT WAS LARGELY PUSHED TO THE BACKGROUND. SOME RESPOND TO THIS APPROACH, OTHERS DO NOT. YOU DO NOT. WE WISH SO MUCH TO BRING YOU TOGETHER WITH A TEACHER WHO WILL BRING THIS ELEMENT TO THIS TEACHING. WE SEE THE DIFFICULTY, AND, OF COURSE, HAVE BEEN COGNIZANT OF IT ALL ALONG, BUT IN THIS PARTICULAR INSTANCE, IT HAS TAKEN MUCH WORK TO PROVIDE THIS SYNTHESIS.

Could I have a comment on not being able to meditate?

BRINGING OVER SOME OF THE AESTHETIC DELIGHTS REVEALED TO YOU DURING CONCENTRATION TO BEAR UPON YOUR PHYSICAL ENVIRONMENT WOULD ALSO AID YOU IN YOUR ABILITY TO MEDITATE, BUT THE CONCENTRATION IS A VALID METHOD (to burn out unwanted experiences).

It seems that Michael could also expand.

THE ONLY WAY WE KNOW OF TO COME TO AGAPE, WHICH PRESUMABLY IS THE GOAL, IS TO

ACKNOWLEDGE YOUR FEELINGS, LIKES AND DISLIKES, AND THEN COME PAST THEM. WE HAVE NOT EVER ADVOCATED THE TOLERATION OF ANY OBNOXIOUS BEHAVIOR TO YOU, AND WE NEVER WILL. IT IS FAR TO MUCH OF AN ENERGY DRAIN.

THE FACT REMAINS THAT MECHANICAL MAN HAS NO INKLING OF HIS BEHAVIOR OR HOW IT IS PERCEIVED BY OTHERS. THE ONLY WAY THAT HE CAN EVER HAVE THAT INKLING IS IF SOME HIGHER BEING, OR EVEN ONE WHO IS FAR ENOUGH ALONG THE PATH TO SEE IT, WILL HOLD UP THE PSYCHIC MIRROR IN WHATEVER WAY POSSIBLE AT THE TIME. ONLY THEN CAN MECHANICAL MAN PERCEIVE HIMSELF AS OTHERS PERCEIVE HIM. THAT IS THE FIRST STEP TOWARD SELF PERCEPTION. ESPECIALLY IF THE CONSENSUS [sic] THAT LATTER FACTOR IS ONE OTHER COMPELLING REASON FOR STAYING IN A TEACHING RATHER THAN STRIKING OUT ALONE. (Hello, out there!) WHEN YOU DO NOT HAVE THIS CONSTANT YARDSTICK, YOU CANNOT MEASURE YOUR PROGRESS.

THE CHIEF FEATURE OF THIS GROUP IS TIMIDITY, WHICH IS A PART OF SELF-DEPRECIATION. MUCH MORE CAN BE SAID: MOST OF YOU HAVE TAPE LOOPS OF AGREEABILITY GOING FOR YOU; YOUR BEHAVIOR IS STYLIZED AND RIGID; IN CERTAIN SITUATIONS, THE TIMIDITY IS ESPECIALLY PRONOUNCED WHEN THE PERSON WHO NEEDS CONFRONTING IS IN AN EXALTED ROLE. WE WOULD SEE YOU LOOKING AT THIS IN THE PSYCHIC MIRROR. PROGRESS IS NEVER MADE BY TIMID PEOPLE — ONLY BY THOSE WHO ARE STRONG ENOUGH TO RESIST THE PRESSURES EXERTED UPON THEIR PSYCHE BY THOSE MECHANICAL MEN AROUND THEM. AS LONG AS YOU ALLOW THOSE AROUND YOU TO DICTATE YOUR MOOD OF BEHAVIOR TO YOU, YOU WILL REMAIN ENTRENCHED IN THE FIXED TAPE LOOPS, AND THERE WILL BE NO PROGRESS. WHY DOES IT MATTER TO YOU WHETHER YOU ARE UNIVERSALLY LIKED? THAT, GIVEN MECHANICAL MAN'S MOTIVES FOR LIKING, SIMPLY IS NOT POSSIBLE. YOUR HOMEWORK WOULD BE TO PERCEIVE YOUR VORACIOUS NEED IN THIS AREA, AND TRY TO SATIATE IT ONCE AND FOR ALL. (Eat it before it eats you. Arrrrghhh!) THE ACCEPTANCE, OF COURSE, IS YOUR STRONGEST OVERLEAF. YOU MAY CHANGE THIS. WE WOULD RECOMMEND AT LEAST BLUNTING IT. IT IS TAKING ITS TOLL. IT WILL NOT BE POSSIBLE FOR YOU TO GROW WITHOUT THIS.

Due to the rigidity of my beliefs, I cannot move freely. Is there something Michael could say to help me at this point?

YOUR MOST DIFFICULT LESSON WILL BE IN ACCEPTING THAT YOURSELF IS RESPONSIBLE AND NO OTHERS. ONLY THEN CAN YOU EXPERIENCE YOUR EXPERIENCE.

Sock it to me, Michael, so I may be a better person for it.

SINCE YOUR OWN CHIEF FEATURE IS SELF-DEPRECIATION, YOUR OWN TIMIDITY IS STRONGER AND THEREFORE NEEDS THE WORK. THE START NOW HAS BEEN GOOD, BUT YOU MUST NOT DWELL ON THE POSSIBLE EFFECTS OF YOUR PHOTOGRAPHS. THIS IS A HORRENDOUS DRAIN IN ENERGY. JUST SAY IT. MOST OF THE TIME YOU HAVE BEEN RIGHT WHEN YOU HAVE FELT STRONGLY. PRACTICING WITH THOSE YOU TRUST IS ALL RIGHT FOR THE PRESENT. IT IS VALID THAT IF IT IS THE TRUTH YOU SPEAK, MOST HAVE NO REJOINDER. ONLY THOSE IN REJECTION WILL SOMETIMES REJECT EVEN THE TRUTH.

24 SEPTEMBER 1974

Tuesday

What is my life task and/or sequences with this group?

THIS LARGE GROUP, WHICH INCIDENTALLY BECAME A FAMILY AGAIN IN THIS LIFE, IS LARGELY INTERWOVEN WITH SEQUENCES. THESE ALL INVOLVE THE SPIRIT OF COOPERATION, TO ENABLE THE GROWTH SO NECESSARY IN SEVERAL OF THOSE CONCERNED. YOU ARE NOT AN EXCEPTION TO THIS, AS YOU NEED THE SPACE, AND ARE WITH THOSE IN SEQUENCE WHO WILL FREELY GIVE IT. YOU TOO MUST GIVE OF THIS EVEN THOUGH IT MAY BE EXTREMELY DIFFICULT, AND HAS ALREADY INVOLVED GROWTH IN WHAT MECHANICAL MAN CALLS "SACRIFICES". ACTUALLY, NOTHING HAS BEEN SACRIFICED — IT WAS CHOSEN AS A GROWTH PROCESS. YOU ARE A GOOD STUDENT. THIS IS PART OF YOUR TASK. THERE COULD BE MUCH MORE SAID, OF COURSE, BUT THE MAN GAINS VALUABLE INSIGHTS ON HIS OWN.

What significance is there in being of the same entity?

NO SPECIAL SIGNIFICANCE, BUT FRAGMENTS OF THE SAME ENTITY ARE QUITE OFTEN ATTRACTED TO EACH OTHER BY FAMILIARITY IF THEIR PATHS CROSS.

It was predicted I would be actively affiliated with a group. There has been many changes in this last two months. I have become very involved. Is this good, or should I be concentrating on more spiritual matters?

AT THE PRESENT LEVEL OF INVOLVEMENT, YES [it is good]. AT ANY RATE, IT IS NOT DETRIMENTAL, BUT YOU MUST ALSO KEEP IN MIND THAT YOU CANNOT HELP ANYONE ELSE GROW. IN THIS INSTANCE YOU BECOME AT THE MOST A GO-BETWEEN, AND THIS CAN SOMETIMES BE A USEFUL FUNCTION IN A CASE WHERE THE OTHER SOUL WILL NOT GROW FROM THE ADVERSITY. THE REASON THAT YOU ARE TIRED IS THAT YOU ARE USING EMOTIONAL ENERGY TO SOLVE A PRIMARILY INTELLECTUAL PROBLEM. THIS IS ALWAYS TIRING, AND CAN ALSO RESULT IN DEPRESSION AFTER THE CRISIS. YOU HAVE HAD THIS HAPPEN TO YOU BEFORE, AND SHOULD RECOGNIZE THE SYMPTOMS WHEN THEY BEGIN. OTHERWISE YOU COULD TURN THIS INTO A TEACHING EXPERIENCE, YES, OF COURSE YOU COULD.

Is the TFR work I am in worthwhile?

FIRST OF ALL, WORK, IN ORDER TO BE "RIGHT" FOR YOU, MUST BE REWARDING IN THE SENSE THAT IT PRODUCES A DEEP DOWN SENSE OF SATISFACTION. BY THIS WE DO NOT MEAN EGO GRATIFICATION, BUT ESSENCE SATISFACTION. SECONDLY, YOU ONLY HELP OTHERS INDIRECTLY BY FIRST HELPING YOURSELF TO A LARGE SLICE OF JOY. IF THE PROJECT, THE TEACHING, THE JOB, OR WHATEVER, GIVES YOU THIS, THEN YES, IT IS RIGHT. BRING TO THIS YOUR OWN POSITIVE OVERLEAVES AND YOUR SKILLS AND IT MAY BRING YOU FULL MEASURE. LAG BEHIND THIS AND IT WILL BRING YOU ONLY THE FRUSTRATION YOU NOW FEEL. THE SECRET IS THAT YOU CAN TRANSFORM THAT GROUP INTO WHATEVER YOU WISH, BUT IT MUST SPRING FRESH FROM YOUR OWN ESSENCE NEEDS, AND NOT FROM WHAT YOU THINK THAT THE GROUP NEEDS.

I feel open and vulnerable.

ONE OF THE MOST POSITIVE CHANGES IN YOU HAS BEEN YOUR WILLINGNESS TO THROW DOWN BARRIERS. YES, KNOWING YOUR ROLE AND YOUR PHILOSOPHICAL ATTITUDE HAS HELPED YOU IN THIS.

What do migraines mean?

THESE ACHES HAVE THEIR ORIGIN IN TENSION, PART OF WHICH IS JOB-RELATED, PART OF WHICH IS ROOTED IN A BASIC INABILITY TO DISAPPOINT THOSE WHOM HE SENSES ARE COUNTING ON HIM. THIS MAN STILL NEEDS TO FEEL COMPLETELY FREE TO REFUSE, IN CLEAR CONSCIENCE, THAT WHICH HE INTUITS AS A WRONG MOVE.

Would it be good for the men of this group to meet separately (as the women have done)?

THE PITFALLS WOULD, OF COURSE, BE FALLING INTO A MASCULINE, MECHANICAL TYPE DIALOG PERTAINING TO LIFE INTERESTS, AND NOT TO THE TEACHING. WITH EFFORT, THE MOVE COULD BE FRUITFUL, ESPECIALLY IN THE DIRECTION OF AGAPE. MANY OF YOU NEED TO CAST OUT YOUR STEREOTYPES, AND LEARN TO LOVE IN OTHER AGENDAS BESIDES THE SEXUAL ONE.

Comment on ladies meeting?

THERE WAS MUCH SCATTERING AS YOU KNOW, BUT THIS CAN BE CONTROLLED WITH PRACTICE. THE NEED TO EXCHANGE COMMUNICATION AT TIMES OVERRIDES THE QUALITY OF THAT COMMUNICATION. THIS CAN BE SO EFFECTIVE IF CARRIED OUT IN THE DIRECTION OF THE WORK. IT WOULD BE AN IDEAL TIME TO EXCHANGE THOSE INSIGHTS THAT ARE INDIVIDUALLY UNIQUE IN ORIGIN, AND YET UNIVERSALLY RELEVANT.

I am going through the book [of session transcriptions] and cataloging SRG's of famous or well-known people. I want examples of Old Slaves and Warriors.

GEORGE PATTON (OLD WARRIOR): THIS MAN GEORGE WAS A FIFTH LEVEL OLD WARRIOR IN DOMINANCE, IN THE PASSION MODE, A REALIST WITH A CHIEF FEATURE OF STUBBORNNESS. HE WAS MOSTLY MARTIAL, SOME SATURNINE, IN THE EMOTIONAL PART OF MOVING CENTER. INCIDENTALLY, HE HAD A VERY CLEAR MEMORY OF SOME PAST LIVES.

How about an example of an Old female Warrior?

THE LADY BARBARA STANWICK IS A FIRST LEVEL OLD WARRIOR IN DOMINANCE, ALSO IN THE PASSION MODE. SHE IS AN IDEALIST IN THE MOVING PART OF EMOTIONAL CENTER, MOSTLY LUNAR; VANITY, WITH A CAPITAL "V".

How about an Old Slave?

PRINCE CHARLES OF BRITAIN IS ALSO A SECOND LEVEL OLD WARRIOR IN THE OBSERVATION MODE, A SPIRITUALIST. HE IS MOSTLY LUNAR, SOME VENUSIAN.

Does he have a Chief Feature?

YES, BUT NOT FIRMLY ENTRENCHED. HE IS SOMEWHAT A MARTYR.

So what about Old Slaves?

THE FORMER KING OF SWEDEN, GUSTAVE ADOLPH, WAS A SIXTH LEVEL OLD SLAVE IN GROWTH, IN THE POWER MODE, WITH A CHIEF FEATURE OF STUBBORNNESS; MOSTLY SATURNINE, SOME LUNAR; IDEALIST.

What is the SRG of King Christian of Denmark?

THIS WAS A THIRD LEVEL MATURE KING IN ACCEPTANCE, IN THE PASSION MODE, THE INTELLECTUAL PART OF EMOTIONAL CENTER, A SPIRITUALIST.

What is the SRG of Gregory Rasputin?

IT IS INTERESTING THAT THIS MAN WAS TWICE IN THE PAST AN ARCH DRUID, AND BROUGHT TO THIS LIFE A PAST STEEPED IN THE OCCULT. HE WAS A MID CYCLE MATURE PRIEST IN REJECTION, A CYNIC IN THE POWER MODE, IN THE MOVING PART OF EMOTIONAL CENTER, MOSTLY LUNAR, SOME SATURNINE; STUBBORNNESS.

Did I know him and have any relationship with him? (Druid Priestess)

ONCE, YES, YOU DID, IN THE FOURTH CENTURY BEFORE THE COMMON ERA.

How about another Old Slave?

THE NOVELIST PEARL BUCK WAS A THIRD LEVEL OLD SLAVE IN THE PASSION MODE, IN SUBMISSION, A SPIRITUALIST WITH A CHIEF FEATURE OF STUBBORNNESS, MOSTLY VENUSIAN, SOME MERCURIAL, IN THE EMOTIONAL PART OF INTELLECTUAL CENTER.

Are there lines and areas of questioning that we are presently capable of, but very seldom voice, which would make your teachings more available to us? If so, what can you tell us about them?

WE WOULD SAY YES, THERE ARE DEFINITELY MANY LINES TO BE EXPLORED, MOSTLY PERTAINING TO SYNTHESIS OF THE INFORMATION ON INTERRELATIONS. THE REASON FOR FAILURE IS IN THE INTERRELATIONSHIPS OF THOSE ON THE PHYSICAL PLANE, PARTICULARLY IN THE AREA OF SPIRITUAL GROWTH. IN PARTICULAR, A QUESTION WAS RECENTLY ASKED BUT NOT PURSUED AS TO THE REASON FOR THESE FAILURES. ALSO, SO FAR, NO ONE HAS VOICED A CONCERN OVER THE RELATIONSHIPS BETWEEN MAN AND THE UNIVERSE AND THE HARMONY THEREIN. THE LEVEL OF CURIOSITY CONCERNING THE YIN/YANG COMBINATIONS IS RELATIVELY LOW, CONNOTING A LACK OF UNDERSTANDING. ALSO, THERE HAS BEEN NO CURIOSITY CONCERNING THOSE WHO COME TO THE SYNTHESIS FROM SEEMINGLY DIVERSE BACKGROUNDS, AND YET BRING MUCH UNDERSTANDING TO THE TEACHING. ALSO, A MORE WORKABLE VOCABULARY WOULD BE IN ORDER. THE INTERPRETATIONS, AT TIMES, SUFFER FROM BROKEN SEMANTICS, AND THIS IS AN AREA OF WORK. THE ORIGINS OF MAN ON THIS WORLD, AND ITS EVENTUAL EVOLUTION, ALONG WITH ITS PLACE IN THE ULTIMATE EVOLUTION OF THE PHYSICAL UNIVERSE, IS ALSO A PART OF THIS TEACHING, AIMED AT PROVIDING YOU WITH A MORE CONCISE UNDERSTANDING OF YOUR OWN POSITION IN THE TOTAL SCHEMA.

What do you mean by "workable vocabulary"?

PERHAPS A GLOSSARY IS IN ORDER. TONIGHT THE WORD "VULNERABILITY" COULD HAVE BEEN DEFINED TO THE SATISFACTION, AND AGREEMENT REACHED TO SUBSTITUTE ANOTHER WORD FOR THE SECONDARY MEANING. ALSO, THE GROUP HAS REACHED A POINT NOW IN GROWTH WHERE MEMBERS CAN AFFORD TO BE CAREFUL WITH IMPORTANT WORDS SUCH AS "LOVE" AND "SPIRITUALITY".

What do you mean by "afford"?

YOU CAN APPREHEND THE TRUE MEANING AND SUBSTITUTE ANOTHER MORE APPROPRIATE WORD WHEN YOU ARE DESCRIBING ANOTHER EMOTION, SUCH AS A FEELING ABOUT ICE CREAM. THIS IS AN EXERCISE IN SELF-REMEMBERING, AND CAN BE VERIFIED AS VALID.

Often people say, "I love ice cream".

AT THIS POINT IN TIME IT IS USELESS TO BRING UP ANY DISCUSSION OF AN ULTIMATE PURPOSE IN EXISTENCE. THIS IS NOT A CONCEPT THAT CAN BE DEALT WITH IN THE LANGUAGE OF THE PHYSICAL PLANE. IT MUST BE INTUITED AT A HIGHER LEVEL, AND IT IS UP TO THE STUDENT TO WORK TOWARD THIS INTUITION. IT IS NOT EASY. THE TAO CANNOT BE UNDERSTOOD INTELLECTUALLY, IT CAN ONLY BE INTUITED. AS WE HAVE STATED BEFORE, AND WILL AGAIN, GROWTH IS THE GREATEST GOOD AND LOVE IS THE HIGHEST TRUTH. MUSIC IS MECHANICAL MAN'S ONLY METHOD OF EXPRESSING THE HIGHER, AND THIS IS ALSO TRUE ON THE HIGH PLANES AT ANOTHER LEVEL.

At this point someone brought up the subject of trust. He asked for the group response as to how we felt about trusting him, etc. Considerable discussion followed.

IF ONE IS TRULY STRIVING TOWARD BALANCE, THERE WILL BE A DESIRE FOR HARMONY IN THE ENVIRONMENT. THEY ARE ONE IN THE SAME. THERE IS ONLY CHAOS IN THE ENVIRONMENTS OF THOSE

STRUGGLING WITH CONFLICTS ON THE GLAMOROUS PHYSICAL PLANE. THE STRUGGLE TO MEET THE EXPECTATIONS OF OTHERS THAT IS, SADLY ENOUGH, MOST OFTEN WITHOUT KNOWLEDGE OF THOSE EXPECTATIONS. THERE IS SO MUCH GUESSWORK GOING ON, HOW COULD YOU POSSIBLY TRUST? WE AGREE WITH YOU MORE THAN YOU THINK, THAT ULTIMATELY TRUST HAS TO DO WITH CONSTANCY --PREDICTABILITY, IF YOU WILL. THIS ENDOWS THE PERSONA WITH A CERTAIN AMOUNT OF RELIABILITY WITH WHICH TO OPERATE. IT IS LIKE ARMING THE CANNON. THE FLAGRANT MISUSE OF SOMEONE ELSE'S DEFINITION OF A WORD USUALLY DENOTES A LACK OF UNDERSTANDING, AND A SEMANTIC BARRIER RATHER THAN ANY PARTICULAR BREACH OF TRUST.

Someone talked of a headache he sometimes gets — this came tonight immediately after receiving the information he asked for. What is it? Why?

AS FOR THE BAND OF TENSION, THERE IS AN UNDERLYING DISAPPOINTMENT THAT NEEDS NOT BE. YOU ARE A GOOD STUDENT AND AS CAPABLE AS THOSE OTHERS. AS THE GOAL OF AGAPE OR SPIRITUAL LIBERATION ENTAILS ULTIMATELY BECOMING AN ADEPT, THE CONCEPT OF TELEPATHY SHOULD NOT BE TAKEN LIGHTLY. IT IS WITHIN THE GRASP OF YOU, AND WOULD REQUIRE AN ENORMOUS AMOUNT OF PREDICTABILITY. WHEN YOU MEET WITH AN ADEPT WHO IS STRONGLY TELEPATHIC, AND ALSO TOTALLY VULNERABLE, YOU WILL UNDERSTAND THIS MORE FULLY, BUT IT IS NOT AN UNREALISTIC GOAL.

Do you refer to "predictability" on my part?

AT FIRST YES, THEN WITH THOSE YOU ALLOW ACCESS TO. IF THE EMOTIONS ARE CHAOTIC, THE WORK CANNOT PROCEED IN THIS DIRECTION. THAT IS WHERE THE BALANCE COMES IN. WHEN THE STUDENT FIRST COMES INTO CONTACT WITH AN UNFAMILIAR CENTER, THERE IS AN INITIAL SURGE, AND THEN UNTIL THE ADJUSTMENT IS MADE, THE INSIGHTS ARE UNRELENTING AND CHAOTIC.

Regarding my new apartment, I have made tremendous growth.

WE WOULD THINK THAT BRIDGING THE CHASM BETWEEN INTELLECT AND EMOTION IS CERTAINLY A LARGE STEP IN THE UPWARD DIRECTION. IT IS STILL, OF COURSE, UNCOMFORTABLE, AND WILL BE FOR SOME TIME.

28 SEPTEMBER 1974

Saturday

Am I in the Rejection part of Growth right now? I feel like no one likes me, or wants to be with me, etc. I am almost paranoid about it.

YOUR FEARS THAT NO ONE OUT THERE LIKES YOU MIRRORS THE CYCLIC LOSS OF SELF-ESTEEM THAT ACCOMPANIES YOUR VIOLENT MOOD SWINGS. YES, THIS IN PART DUE TO THE MODE, AND IN PART DUE TO THE CENTER, IN WHICH YOU ARE TRAPPED. SOULS IN GROWTH DO EXPERIENCE THE FEAR OF REJECTION WHERE SOULS IN SOME OF THE OTHER GOALS DO NOT, BUT SOULS IN GROWTH DO NOT OFTEN EXPERIENCE THE NEED TO REJECT — ONLY THE FEAR, AND THIS FEAR IS CERTAINLY CYCLIC. THIS IS ONE AREA IN YOU THAT COULD BE LOOKED AT. THE HIGH POINT IN THE CYCLE IS THE ONE TO HOLD UP AS A GROWTH AIM. BELIEVE IT OR NOT, YOU WILL NOT BE HYPER-MANIC, JUST JOYFUL, IF YOU ARE ABLE TO ATTAIN THIS AND REMAIN THERE. THOSE SOULS WITH BLAND OVERLEAVES CAN STAND TO LOOK AT THEIR EXPERIENCES OF JOY, AND PERHAPS TUNE IN MORE THAN THEY ARE NOW DOING. MOVING CENTERED SOULS OFTEN TURN OFF OR TUNE OUT THESE EXPERIENCES THAT ARE POTENTIALLY EMOTIONALLY LOADED.

I just started dancing again, and all of a sudden my depression lifted, and everything looks OK to me — my life, my marriage, etc. I feel I'm using Moving Center to get high. If I want to be balanced, should I not give in to the urge to use Moving Center and dance?

NO. THIS IS A FALSE INTERPRETATION. IN ESSENCE THERE IS A MOVEMENT. THE WORK IN THIS FOR YOU WOULD BE TO GET IN TOUCH WITH THE MOVING PART OF EMOTIONAL CENTER DURING THE DANCE, WHICH IS ESSENTIALLY WHAT YOU ARE DOING. AS LONG AS YOU DO NOT COMPETE WITH YOURSELF, YOU WILL SUCCEED AT THIS.

How can I get in touch with Intellectual Center?

THIS WILL BE THE MOST DIFFICULT FOR YOU, AND FOR ALL OTHERS IN THE CENTERING YOU ARE IN, AS IT INVOLVES SINGLE-MINDED CONCENTRATION, AND APPLICATION OF NON-JUDGMENTAL LOGIC. READING VERY STUDIOUS WORKS HAS DONE IT FOR OTHER STUDENTS. CONTINUOUS STUDY WILL ALSO DO IT. THE DETERMINING FACTOR IS THE BOREDOM FACTOR. AS SOON AS BOREDOM CREEPS IN, THE

EMOTIONAL CENTER HAS CREPT IN TOO. BOREDOM IS SIMPLY NOT INTELLECTUALLY POSSIBLE. IT IS A LOWER EMOTIONAL FUNCTION. MOST OF THE TIME, IN FACT, IT IS A FUNCTION OF THE EMOTIONAL PART OF MOVING CENTER.

In doing SRG's, I find I do not have an understanding of Modes. May we have some information on Modes? SOULS IN THE REPRESSION MODE ARE UNABLE TO EXPERIENCE EITHER JOY OR SADNESS TO ANY NOTICEABLE EXTENT. THERE IS AN AIR OF POIGNANCY OR WISTFULNESS ABOUT THEM THAT IS UNMISTAKABLE. THEY SAY TO YOU, IN EFFECT, "MAKE MY LIFE MORE".

PERSEVERATORS ARE UNABLE TO GIVE UP OLD, WORN OUT HABITS, EVEN THOUGH THEY RECOGNIZE THEIR FUTILITY. THEY SAY, "BUT I CAN'T DO IT BECAUSE I NEVER DID IT BEFORE, AND I'M TOO OLD TO CHANGE". THEY ARE TOO OLD TO CHANGE THE DAY THEY ARE BORN.

SOULS IN CAUTION APPROACH ALL NEW THINGS WITH TIMIDITY. THEY ARE THE ENGLISHMAN WHO CARRIES AN UMBRELLA EVEN THOUGH THE SKIES ARE CLOUDLESS, BECAUSE IT MIGHT RAIN. THEY ARE USUALLY WELL PREPARED FOR ALL CONTINGENCIES, AND HAVE AN ALTERNATIVE PLAN FOR EVERYTHING. THEY REQUIRE MUCH DELIBERATION. THEY ARE SAYING, "SLOW DOWN, YOU ARE MOVING TOO FAST FOR ME".

SOULS IN OBSERVATION ARE THE ONLY SOULS WE KNOW OF WHO CAN SPEAK OF THEIR OWN LIVES IN THE THIRD PERSON. THEY ARE DISTINGUISHED BY A SLIGHTLY REMOTE BUT POLITE DETACHMENT, AND A SENSE OF NONINVOLVEMENT, OFFERING LOGICAL BUT NOT CONSOLING ADVICE. THEY ARE VERY GOOD IN CRISIS SITUATIONS, EVEN IF THE CRISIS IS THEIR OWN, BECAUSE THEY CAN USUALLY STAND OUTSIDE OF IT AND OBSERVE.

THOSE SOULS IN AGGRESSION OFTEN APPEAR TO BE PLOWING UPHILL AGAINST THE WIND. THEY WILL PURSUE THEIR OWN AMBITIONS WITH A DOGGED DETERMINATION THAT PUTS ALL OTHER SOULS TO SHAME. THE ONLY PROBLEM IS THE POOR SOULS WHO STAND IN THEIR WAY — THEY OFTEN GET PLOWED UNDER, ESPECIALLY IN THE EARLY CYCLES. INTERPERSONAL RELATIONSHIPS ARE STORMY FOR SOULS IN THIS MODE.

SOULS IN THE PASSION MODE APPROACH LIFE WITH MORE ENTHUSIASM THAN ANY OTHER MODE, WHICH IS WHY THEY OFTEN APPEAR TO BE SUFFERING MORE THAN ANY OTHER SOULS. IN LIFE THEIR EXPECTATIONS OF OTHERS ARE TREMENDOUS, AND CONSEQUENTLY MORE OFTEN DASHED THAN IN OTHER MODES. THEIR INNATE CAPACITY FOR WARMTH IS SOMETIMES SMOTHERING IN CLOSE INTERPERSONAL RELATIONSHIPS, ESPECIALLY IN THE YOUNGER CYCLES. STUDENTS CAN CHANGE THIS. SOULS IN PASSION EXPECT OTHERS TO GIVE THEIR "ALL", AND EXPECT THAT ALL TO EQUAL THEIR OWN. THE DISAPPOINTMENT THEREIN IS NOT TOO SURPRISING.

THE SOUL IN POWER HAS AN OUTWARD APPEARANCE OF STRENGTH, AND INSPIRES CONFIDENCE IN OTHERS BECAUSE OF THIS. THE SOUL IN POWER, IN ORDER TO BE IN ESSENCE, MUST BE AT OR NEAR THE TOP IN ALL SITUATIONS, EVEN IF THIS MEANS CREATING A BRAND NEW SITUATION. THESE SOULS ARE THE INNOVATORS, THE INSPIRATIONAL PEOPLE. SOULS IN POWER ARE VERY APPARENT — THEY STAND OUT IN A CROWD. SOULS IN POWER OFFER A ROCKLIKE SHOULDER FOR THE WORLD TO CRY ON.

Someone had a question about a temporal-type goal for his life.

WE WILL ONLY REPEAT AN EARLIER QUESTION: DO YOU WISH FOR A FULLER LIFE ON THE PHYSICAL PLANE, OR DO YOU DESIRE SPIRITUAL GROWTH? IF IT IS THE FORMER, THEN THERE ARE MANY GROUPS GEARED FOR THIS. IF THE LATTER, THEN THIS TEACHING IS FOR YOU, AND THERE ARE NO TEMPORAL GOALS. WE COULD, OF COURSE, SUGGEST SOME SATISFYING ACTIVITIES, BUT YOU CAN AND WILL INTUIT THESE ON YOUR OWN. WE WILL NOT SUBSTITUTE OUR TRUE PURPOSE IN THIS WAY, AS IT IS POSSIBLE TO OBTAIN THIS ON THE PHYSICAL PLANE. THIS IS NOT TO IN ANY WAY DOWNGRADE THIS PURSUIT. IT IS JUST TO SAY THAT WE DO NOT FEEL THAT IT IS VALUABLE IN THE PATH TOWARD SPIRITUAL GROWTH. THE STEPS YOU HAVE ALREADY TAKEN HAVE HELPED YOU IMMEASURABLY, BUT YOU MUST ALLOW FOR THE QUIET SPACE TO LOOK AT THEM OBJECTIVELY.

Growth doesn't occur in a vacuum. One must immerse himself in something, or relate with someone, in order to grow. Right?

SPIRITUAL GROWTH IS AN EXTREMELY ACTIVE PROCESS, BUT MANY TIMES IT ISOLATES YOU FROM THE MAINSTREAM — THIS IS WHAT WE ARE SAYING. SPIRITUAL ENLIGHTENMENT, WHICH IS INDEED A BYPRODUCT, IS AN ECSTATIC EXPERIENCE TO WHICH NOTHING CAN POSSIBLY COMPARE.

29 SEPTEMBER 1974

Sunday

Can souls experience other entities or planes even if they are young or troubled or full of anger?

THE DIFFERENCE, OF COURSE, LIES IN THE LEVEL OF THE CONTACT AND THE AMOUNT OF VOLITION INVOLVED. IT IS TRUE THAT ALL OF YOU SPEND A PORTION OF YOUR DAY ON A PLANE OTHER THAN THE PHYSICAL, AND WE HAVE SUGGESTED TO YOU AN EXERCISE WHEREBY YOU CAN OPEN YOUR EYES AND PERCEIVE THIS AS IT IS. CERTAINLY, BEINGS OTHER THAN ADEPTS CAN ARRIVE ON THESE PLANES, USUALLY UNDER THE DIRECTION OF OTHERS. HOWEVER, THEIR CONTROL OF THE EXPERIENCE IS LIMITED, AND THEIR PERCEPTIONS ARE LARGELY BASED UPON PHYSICAL STANDARDS, AND, OF COURSE, LARGELY INACCURATE; BUT, YES, THEY CAN GLIMPSE THIS. THE ADEPT CONTROLS THE VISITS AND MOVES ABOUT AT WILL. OFTEN GROUP WORK LEADS TO AN EXPERIENCE OF THE HIGH PLANES, AND MANY TIMES THIS IS DUE TO THE STRENGTH OF THE LEADER. IF YOU WERE IN THE PRESENCE OF AN ADEPT, THE TRAVEL WOULD BE EASIER, YES. IT IS A PART OF THE BALANCED MAN AND IS NOT AVAILABLE TO THESE OCCASIONAL VOYAGERS.

01 OCTOBER 1974

Tuesday

What does the Scholar seek?

THE SCHOLAR SEEKS TO DEFINE THE LOGOS.

What does the Priest seek?

THE PRIEST SEEKS — AS THE KING AND THE SAGE — THE TAO.

What does the Artisan seek?

THE SAGE.

What does the Slave seek?

THE PRIEST. ([The] WARRIOR SEEKS [the] KING.)

Who does the Scholar seek — the nearest Scholar?

ALL SEEK TO EXALT THEIR ROLES TO THE NEAREST POWER.

What is “the nearest power”?

THE ONE WITH THE CLOSEST AFFINITY IN THE EXALTED ROLES IS SOUGHT BY THE BALANCED SOUL WITH AN ORDINAL ROLE. SINCE THE SCHOLAR DOES NOT HAVE A PARTICULAR AFFINITY FOR ANY OF THE EXALTED ROLES, THE SEEKING, LIKE THE ROLE ITSELF, IS PECULIAR TO THIS ROLE. THIS IS A NEUTRAL, GENDERLESS ROLE. AS YOU ALREADY KNOW, COUPLED WITH OTHER GENDERLESS OVERLEAVES, THIS CAN BE AN EXCELLENT PLATFORM FROM WHICH TO BEGIN THE SEARCH; BUT OFTEN THIS VERY GENDERLESSNESS CAUSES MULTIPLE DIVERSIONS INTO MORE EXOTIC PURSUITS BEFORE THE GOAL IS REACHED. IF YOU MEET WITH EXTREMELY OLD SOULS IN EXALTED ROLES, YOU ARE CERTAIN TO NOTICE THAT THEIR GOALS SEEM NO LONGER EARTH BOUND AND TEMPORAL, AND THERE IS A STEADY INCREASE IN OTHERWORLDLINESS IN THEIR BEHAVIOR. SOMETIMES THIS SUCCEEDS IN SETTING THEM COMPLETELY APART FROM THE MAINSTREAM. IT IS UNUSUAL FOR THESE EXALTED ANCIENTS NOT TO SEEK SOME TYPE OF ESOTERIC TEACHING. MANY DEVOTE THEIR ENTIRE LIVES TO THIS PURSUIT, AND THEIR CAPACITY FOR DEDICATION IS VERY GREAT.

One person in Acceptance and Caution started a discussion about overleaves, their positive and negative sides. THE ACCEPTANCE COMBINED WITH THE CAUTION MODE HAVE BEEN, IN THE PAST, YOUR PRIMARY STUMBLING BLOCK, AND UNTIL SIX MONTHS [ago] WOULD HAVE BEEN OBVIOUS AS YOUR PROMINENT OVERLEAVES. NOW THE ACCEPTANCE COMMANDS THE FOREFRONT AS YOU HAVE ATTEMPTED WORK WITH YOUR CAUTION [mode], AND HAVE MANAGED TO THROW CAUTION TO THE WINDS IN SEVERAL INSTANCES. BY DOING SO YOU HAVE ALMOST RENDERED THIS OVERLEAF NEUTRAL AND WORKABLE. THE ACCEPTANCE CAN BE QUITE POSITIVE, YES, BUT IT MUST COME FROM WHAT YOU HAVE LEARNED TO CALL “EXTERNAL CONSIDERATION”, AND NOT FROM THE PERSONALITY’S “INTERNAL CONSIDERATION”. WHEN THE MANIFESTATION COMES FROM PERSONALITY, IT CAN BE VERY NEGATIVE IN TERMS OF THE ENERGY DRAIN TO YOU.

It seems like I’ve given up acceptance and not given up the caution, like “less caution about saying no”.

PLEASE DON'T MISUNDERSTAND US. ACCEPTANCE IS NOT A NEGATIVE GOAL; IT IS A POWERFUL, EXALTED GOAL, AND CAN BE PARTICULARLY USEFUL IN THE REALM OF EXTERNAL CONSIDERATION.

There was a discussion about "championing the underdog": What overleaves do this? Is it a need to win? Is it driven by Self-deprecation? Is it some sort of projection? What overleaves account for one standing up for what one perceives to be an underdog?

IN THE FIRST PLACE, MOST UNDERDOGS ARE MARTYRS. MANY OF THEM [are] ALSO IN REJECTION; THEY SIMPLY CANNOT WIN. THOSE WHO CHAMPION THEM NORMALLY HAVE AS THEIR STRONGEST OVERLEAF ACCEPTANCE, OR IT IS A PROJECTION OF THEIR OWN MARTYRDOM. SOME SIMPLY SEEK TO AVOID WHAT THEY PERCEIVE TO BE THE TERRIBLE CONSEQUENCES OF A "GROUP TROUNCE". THE LATTER SOULS ARE USUALLY IN ACCEPTANCE, AND FORESEE ALL SORTS OF DIRE CONSEQUENCES TO THAT PROCEDURE AND MUST "SPARE" THE VICTIM.

There was further discussion, then:

YOU SEE, THE MARTYR SAYS TO THE WORLD, "JUST LOOK AT THE ENORMOUS CROSS I BEAR". HE DOES NOT WISH YOUR HELP, ONLY YOUR ADMIRATION. THE SOUL IN REJECTION IS AT THE SAME TIME SAYING, "I WILL MAKE YOU REJECT ME NO MATTER HOW HARD YOU TRY TO ACCEPT ME, FOR MY PAIN IS MORE IMPORTANT THAN YOUR PLEASURE". CAN'T YOU SEE THE DYNAMICS HERE? BY THE WAY, THE HUMAN SOUL IS NOT A FRAGILE ITEM.

Someone asked if the pressures asserted by the full moon (astrological moon) were influencing behavior of certain ones at the place he works.

IT IS COMMON THAT TROUBLED SOULS REACT TO THE FULL MOON WITH FAR MORE INTENSITY THAN MORE BALANCED OUT SOULS. THE THING THAT THESE YOUNG MEN HAD IN COMMON WAS THAT THEY WERE ALL TROUBLED MIDCYCLE MATURE SOULS. TROUBLED SOULS CAN SOMETIMES BE GUIDED THROUGH THIS DIFFICULT PERIOD BY SOMEONE WHO IS ABLE TO RECOGNIZE THE EGO DISINTEGRATION AND WHO IS IN TUNE WITH THE LUNAR CYCLE AND ALSO CLOSE ENOUGH TO THE INVOLVED SOULS TO RECOGNIZE THE RESTLESSNESS AND DISORIENTATION THAT PRECEDES THE BREAK.

I have been offered two jobs. I feel uncertain about both. Comment?

THE BEST ADVICE THAT WE CAN GIVE IS THAT WHICH WE HAVE GIVEN MANY TIMES BEFORE: IF IT FEELS WRONG, DON'T DO IT. LET YOUR INTUITION DRIVE YOU TO YOUR SPOT. DON'T RUN THIS KIND OF RISK UNLESS YOU ARE VERY CONFIDENT THAT IT FITS COMPLETELY. THIS DOES NOT COME FROM INTELLECTUAL OR MOVING CENTER — IT MUST BE INTUITED. IF YOU HAVE DOUBT, DON'T JUMP.

IT IS SOMETIMES QUITE DIFFICULT FOR THE STUDENT TO PICK UP ON THE OVERLEAVES IN SOULS OF DIFFERENT CULTURAL BACKGROUNDS. IN FACT, THIS TAKES REAL SKILL.

What does Michael think of the teachings of Krishnamurti?

THIS METHOD OF TEACHING IS MOST VALUABLE IN THOSE SOULS TRAPPED IN THE EMOTIONAL PART OF MOVING CENTER, OR IN THE EMOTIONAL CENTER PROPER. YES, HE MAKES ONE THINK, AND THIS LEADS IN SOME WAYS TO CONTACT WITH INTELLECT. IN OTHER WORDS, THE BARRAGE LEAVES LITTLE ROOM FOR EMOTIONAL REACTIONS UNTIL IT'S OVER, AND BY THAT TIME SOME HAS BEEN ABSORBED. THE TEACHINGS THEMSELVES ARE IN PART INSPIRED BY HIGHER SOURCES, AND IN PART BY KRISHNA[murti]'S VIVID PERSONALITY.

Someone discussed his vacillating beliefs in life after death or not, and fears of having or not having a soul, etcetera.

THIS FEAR IS ONLY SHARED BY OTHER ENSOULLED BEINGS. BY THE WAY, YOUR INSIGHT IS VALID. RECALLING VIVIDLY SOME OF YOUR OWN COUNTLESS DEATHS WOULD STRENGTHEN YOUR BELIEF. THIS ANTI BELIEF WAS LITERALLY POUNDED INTO YOU AT THE AGE WHEN YOU WERE STORING YOUR MOST PROFOUND PHILOSOPHIES ON THE NATURE OF PHYSICAL THINGS. THIS IS WHY IT HAS BEEN SO DIFFICULT TO SHAKE. THERE ARE STAGES THROUGH WHICH ALL CREATURES OF REASON PASS, AT WHICH TIME CERTAIN SELECTIVE BODIES OF INFORMATION CAN BE MUCH MORE PERMANENTLY IMPRINTED THAN AT ANY OTHER STAGE.

05 OCTOBER 1974

Saturday

Someone visioned that life should contain joy and rapture. He felt that no barriers were between us and that experience [except] imaginary ones created by us.

TRUE, YOU CAN HAVE IT ANY TIME YOU WISH. IT IS NOT A DIFFICULT TRANSITION, BUT IT REQUIRES THAT YOU CEASE DENYING YOURSELF THE PLEASURE. YOU SEE, THIS CULTURE PLACES PLEASURE ON A HIGH SHELF MARKED "REWARD", AND IT MUST BE EARNED. IRONICALLY, MECHANICAL MAN IS TOTALLY UNABLE TO EXPERIENCE THIS AS JOY, AND CONTINUES TO STRIVE TOWARD AN ILLUSIVE GOAL THAT ALWAYS REMAINS JUST BEYOND THE FINGERTIPS. THIS IS TRULY SAD, PERHAPS THE ONLY SADNESS ON THE PHYSICAL PLANE, FOR IT IS REALLY WITHIN YOUR GRASP ALL THE TIME. GIVE UP THE IDEA THAT JOY MUST COME AS A REWARD FOR FAITHFUL SERVICE. THIS IS NONSENSE. YOU CAN HAVE IT [for] FREE. WHEN MECHANICAL MAN EXPRESSES VERBALLY A NEGATIVE EMOTION, YOU SEE, THERE IS A COMPOUNDED ENERGY LEAK. IT IS FINE TO JUST ADMONISH YOU ALL NOT TO EXPRESS, BUT WE UNDERSTAND THAT YOU MUST KNOW WHY. WHEN YOU COMPOUND THE LEAK, YOU STEP COMPLETELY BACK AND ALLOW THE LOWER CENTERS FULL CONTROL, AND IT IS A SOULLESS, AUTOMATIC RESPONSE, AND MUCH OVERLOADING OF THE CIRCUITRY OCCURS. HOWEVER, WHEN YOU MERELY ACKNOWLEDGE TO YOURSELF THAT YOU ARE HAVING A NEGATIVE REACTION, WHY THEN YOU ARE IMMEDIATELY REDUCING THE FORCE OF THE REACTION, SIMPLY BY THE INTERNAL PHOTOGRAPH, AND ALSO BY SENDING THE REACTION UP A NOTCH INSTEAD OF DOWNWARD. IN OTHER WORDS, THIS PROCESS REQUIRES IN AND OF ITSELF THE USE OF INTELLECTUAL CENTER IN ORDER TO PHOTOGRAPH THE INAPPROPRIATE ACTION. THIS ENABLES THE HOT WIRES TO COOL DOWN A BIT, AND ALLOWS THE TIME TO FORMULATE A DISPASSIONATE RESPONSE. THIS ALSO MANY TIMES RESULTS IN A COOLING OFF OF THE TRIGGER. ALSO WHEN THAT HAPPENS, THERE IS A NEUTRAL ENERGY FLOW, AND THIS IN TIME CAN PROVIDE ACCESS TO HIGHER CENTERS, AND THEREFORE, POSITIVE ENERGY. THE ONLY POSITIVE ENERGY WE KNOW OF IS THAT WHICH WE HAVE ELECTED TO CALL "AGAPE". OTHER SOURCES MAY BE EITHER NEUTRAL OR NEGATIVE. THE HIGH STATES ARE FREE OF THE COMPLEXITY FOUND IN THE LOWER STATES. THIS SHOULD EXPLAIN THE PURITY OF THE ENERGY FLOW. THE LOWER STATES, BEING MORE COMPLEX, REQUIRE MORE COMPLEX EMOTIONS TO FEED UPON AND BE FED UPON.

Many teachings speak of an inner fire that needs to be turned on to achieve consciousness. I cannot turn it on consciously. Can Michael give us the secret to turn this on?

TO ANSWER YOUR QUESTION, LET US SPEAK OF BELIEF SYSTEMS FOR A MOMENT. FOR YOU SEE, IF THE BELIEF SYSTEM IS STRONG ENOUGH AND TENACIOUS ENOUGH, THE LOWER CENTERS CAN EFFECTIVELY BLOCK OUT ALL INFORMATION CONFLICTING WITH THAT BELIEF SYSTEM, AND ALL OF ITS ATTENDANT EMOTIONS. IN OTHER WORDS, IF YOU DO NOT BELIEVE THAT THERE IS A STATE OF AGAPE, YOU CAN EFFECTIVELY BLOCK OUT ANY EXPERIENCE OF SUCH. THE SECRET FOR YOU IS IN THAT SPACE OF WHICH YOU HAVE SPOKEN. IF YOU CAN EVER ONCE ALLOW YOURSELF TO FEEL THE PRESENCE OF ONE WHO LOVES, THEN EXPERIENCE THAT STATE VICARIOUSLY, YOU CAN INCORPORATE THAT INTO YOUR BELIEF SYSTEM. RIGHT NOW YOUR BELIEF SYSTEM DOES NOT ALLOW FOR THAT EXPERIENCE. YOU MAY HAVE IT BY EXPERIENCING THIS ENTITY, AND KNOWING THAT THIS STATE DOES EXIST. YOU MUST FEEL IT BEFORE YOU CAN GIVE IT YOURSELF. YOU MUST BE AT A POINT WHERE YOU KNOW BEYOND THE SHADOW OF A DOUBT THAT IT DOES EXIST, AND THE ONLY WAY YOU WILL IS TO EXPERIENCE IT FROM ONE WHO IS THERE. YOU ALMOST FELT IT WITH THE MAN ROBERT BURTON, BECAUSE HE WAS VERY CLOSE TO ACHIEVING IT. HE COULD AT TIMES BRING HIS ENTIRE FOLLOWING TO THAT NEUTRAL ENERGY FLOW, WHICH FOR MECHANICAL MAN IS A VERY HIGH PLACE. THIS NEUTRAL ENERGY FORCE IS WITHIN THE REACH OF THIS GROUP, IF YOU WISH TO STRIVE FOR IT, AND ONCE THERE YOU WILL FIND THE ACCESS EASIER TO ALLOW; BUT ALL OF YOU FIRST MUST FEEL, THEN YOU CAN LOVE. MECHANICAL MAN DOES NOT LIKE INNOVATION OR CHANGE. THIS EXPLAINS THE REASON. EXPERIENCING THIS FEELING WILL LIGHT THE FIRE.

Comment: We need a teacher to pass on to us the agape — like passing the torch in the Olympics. A discussion was held about the experience of looking into other people's eyes without speaking for an extended time. This was an EST process.

THIS WOULD BRING UP MANY TABOOS AND WOULD BE A REWARDING EXPERIENCE. WE WOULD SUGGEST THAT YOU START OFF WITH ONLY A FEW MINUTES, AND THEN INCREASE GRADUALLY. YOU SEE, THIS IS A MORE POWERFUL EXPERIENCE THAN YOU THINK, FOR THERE ARE NOW IN YOUR GROUP SOULS WHO ARE BEGINNING TO TRUST, AND LOOKING AT THEM CLOSELY WILL PRODUCE STRANGE EMOTIONS.

During hypnosis, someone asked the question, "Is the power in the present moment?" This was in relation to material he had read in the newest Seth book.

YOU SEE, THERE IS TRULY A POWER IN THE PRESENT MOMENT, BUT IT CAN ONLY BE FELT WHEN THAT MOMENT IS EXPANDED TO INCLUDE ALL THAT YOU HAVE BEEN AND ALL THAT YOU ARE NOW. IF YOU ARE ERECTING AND MAINTAINING BARRIERS AGAINST PAST PAIN, THEN HOW ARE YOU GOING TO DO THIS? WHEN TWO SOULS MEET AGAIN, AND THERE IS RECOGNITION, THIS CAN BE A POWERFULLY POSITIVE EXPERIENCE, IF IT IS FELT BY BOTH. IT CAN ALSO BE SCARY, AS IT WAS FOR THIS MAN, BECAUSE HIS BELIEF SYSTEM DOES NOT GO BEYOND THE GRAVE.

PLEASE KNOW THAT BELIEF SYSTEMS PERMEATE ALL LOWER CENTERS IN THEIR CONTROL. ALTHOUGH THIS MAN CAN INTELLECTUALLY RATIONALIZE ON ALTERNATIVES, THIS INTELLECT EVENTUALLY COMES TO REJECT THESE ALTERNATIVES, AS THE BELIEF SYSTEM DOES NOT ALLOW THEM ROOM. IT IS LIKE THE MOUNTAINS OF EVIDENCE VERSUS THE SHRED OF PROOF OF WHICH YOU HAVE ALL SPOKEN BEFORE. YOU WILL CLING TO THE SHRED OF NON-PROOF TENACIOUSLY AS LONG AS THE BELIEF SYSTEM IS IN CONTROL.

08 OCTOBER 1974

Tuesday

Has my Chief Feature changed? I feel strongly that it was Self-deprecation.

IT MAY SEEM THAT WAY TO YOU, BUT IT IS MERELY THE CONTINUED DISSOLUTION OF THE SELF-DEPRECIATION, AND THIS GIVING YOU MORE CONFIDENCE LOOKS LIKE VANITY. CAUTION: DON'T JUST TRADE CHIEF FEATURES. ONE IS NOT PREFERABLE OVER ANOTHER. WORK TO DISSOLVE IT ALTOGETHER.

We thought that the way to dissolve it would be to experiencing both sides of it.

IF SHE DISSOLVES HER SELF-DEPRECIATION SHE WILL HAVE SOME VANITY. YOU ALL HAVE SOME OF ALL OF THESE. THE "CHIEF" FEATURE IS JUST THAT — THE MOST PROMINENT BEHAVIOR YOU EXHIBIT.

What would you be without a Chief Feature, blah? There was a discussion about balance: appropriate amount of Chief Feature; quit reacting and act; inordinate amount of self love; Chief Features as defenses.

WE WOULD PREFER TO HEAR VANITY DEFINED AS INORDINATE SELF ADORATION THAN AS SELF LOVE, FOR THE LATTER IS A BYSTEP ON THE PATH WHILE THE FORMER IS DEFENSIVE SHIELDING AGAINST THE POSSIBLE EXTERNAL BLEMISHES.

There was a question about witnessing an apparently illegal act in San Francisco on O'Farrell Street — the shock of seeing something as we interpret it — was this a warning?

WE WOULD CALL IT SO, YES. YOU SEE WHAT HAPPENED THEN HAPPENS OFTEN TO MECHANICAL MAN. HE IS IN HIS CUSTOMARY STATE OF SLUMBER, AND ALL OF A SUDDEN AWAKENS BRIEFLY FROM HIS DREAMS, AND ATTEMPTS TO INTERPRET A SCENE IN THAT SPLIT SECOND BEFORE HE SLEEPS AGAIN. OFTEN HIS MOMENTARY VISION IS GROSSLY DISTORTED, AND THEN THE EMOTIONAL CENTER, OR EMOTIONAL PARTS OF CENTERS, TAKES OVER AND DIRECTS THE ACTION. THESE EXPERIENCES ARE GOOD FOR STUDENTS IN THAT THEY OFTEN CALL ATTENTION TO THE DEPTHS OF THE TRANCE IN WHICH YOU GO THROUGH LIFE. IT IS TRUE, STUDENTS DO OFTEN WITNESS HEINOUS CRIMES OF VIOLENCE, BUT THEN USUALLY THE ALERT STUDENT IS PREPARED TO SPRING INTO ACTION, AND DO WHAT MUST BE DONE FROM THE PROPER PERSPECTIVE. IT IS NOT TRUE, HOWEVER, THAT THE HIGH PLANES ARRANGE CONVENIENT ACCIDENTS TO AID THE STUDENTS. WE JUST HOPE THAT YOU DO NOTICE THOSE EXPERIENCES THAT COME YOUR WAY AS GROWTH EXPERIENCES.

Someone told us about a Jungian workshop she went to over the weekend, and asked an SRG about a teacher there: Joseph Campbell, who wrote books. Is he a late Young Sage in Growth, Moving part of Intellectual Center, Saturn, Power, Vanity, Idealist?

NOT IN THE POWER MODE, BUT PASSION; A FIFTH LEVEL YOUNG SAGE. ALL ELSE VALID.

OFTEN IN THE VERY ELDERLY THE OVERLEAVES ARE AS BLURRED AS IN CHILDREN.

Why would a soul choose Self-destruction?

SELF-DESTRUCTORS SABOTAGE THEMSELVES IN MANY OTHER WAYS THAN ACTUALLY PULLING THE TRIGGER. OFTEN THEY HAVE CONTINUOUSLY POOR HEALTH. THEY DELIBERATELY MAKE THEMSELVES UNATTRACTIVE AND AT TIMES OBNOXIOUS. THEY SHOW UP LATE FOR IMPORTANT APPOINTMENTS, NEVER WITH A GOOD REASON, AND ARE COMPLETELY SHATTERED WHEN THE OTHER PERSON REACTS UNFAVORABLY TO THIS. SELF-DESTRUCTORS WILL OFTEN RUIN PERFECTLY HARMONIOUS RELATIONSHIPS WITH COOL DELIBERATION ON A SUBLIMINAL LEVEL. THIS CAN BE READILY DIFFERENTIATED FROM

REJECTION, THOUGH.

How could this synthesis be used in psychotherapy?

WE WOULD SAY GO AHEAD AND TAMPER. YOU CAN DO [no] HARM, FOR IF THEY CANNOT LOOK AT IT, THEY WILL JUST GO ON THEIR MERRY WAY. FOR THOSE WE KNOW AS SELF-DESTRUCTORS, WE WOULD RECOMMEND A VERY RADICAL APPROACH: REGRESSION HYPNOSIS IF THEIR BELIEF SYSTEM DOES NOT INCLUDE THE POSSIBILITY OF REINCARNATION. THE LATTER WILL STILL OFTEN BE SUCCESSFUL, AS THE MEMORIES ARE STILL BURIED THERE, AND IN THE TRANCE CAN OVERRIDE THE BELIEF SYSTEM. HOWEVER, THESE SOULS ARE EXPERTS AT REJECTING SOLUTIONS TO THEIR PROBLEMS. IT STILL REMAINS THAT YOU CANNOT FORCE ONE TO CHANGE HIS OVERLEAVES, BUT IF YOU ARE SUCCESSFUL, IT WILL SIMPLY MEAN THAT ONE WAS READY TO SEEK THE CHANGE.

Is Self-destruction chosen in guilt or is it actually karmic?

IS NOT CHOSEN OUT OF GUILT BUT OUT OF EXPEDIENCY. GUILT IS A PHENOMENON OF THE PHYSICAL PLANE. YOU FEEL THE GUILT ONLY WHEN YOU ARE INCARNATE.

Why pay debts like that? Is this needed for their goal? Is this the fastest way?

They are usually chosen] PRIMARILY AS LEARNING EXPERIENCES. OFTEN THEY COMPLETE MONADS OF GREAT IMPORTANCE. KNOWING YOUR INTERNAL DEFINITIONS OF "GUILT", WE WOULD PREFER THAT YOU THINK OF THIS NATURAL GUILT AS ACQUIRED SENSIBILITY.

Physical guilt versus natural guilt (no morality — bastardized it — the soul doesn't feel guilt — not guilt but debt? Should this be the only type of guilt? [sic]

IDEALLY YES, OF COURSE, IF YOU FOLLOW OUR ADVICE IN NOT DOING THAT WHICH INTUITIVELY FEELS WRONG, THEN WHY SHOULD YOU FEEL ANY GUILT? GUILT IMPLIES THAT YOU DID SOMETHING INTUITIVELY WRONG.

Is expediency to the astral plane as guilt is to the physical plane?

YES, IT IS.

Why do we have to pay our debts?

YES, "RESPONSIBILITY" IS PERHAPS AS GOOD A WORD AS ANY.

What is guilt on the astral plane? Are the three [Higher] Centers on the astral plane, Emotional, Intellectual, and Spiritual?

THAT IS FAIRLY ACCURATE, YES, EXCEPT THAT WE WOULD PLACE THE SPIRITUAL CENTER ON THIS [causal] PLANE RATHER THAN THE ASTRAL, AND SUBSTITUTE "INTUITIVE" ON THE ASTRAL. YOU ARE CORRECT OF COURSE IN THAT THESE CENTERS ARE THOSE YOU NOW CALL HIGHER.

EXCESSIVE ENTHUSIASM TENDS TO BE SO EXHAUSTING. THIS IS NOT TO SAY THAT ENTHUSIASM IS NEGATIVE — FAR FROM IT — BUT THE EMOTIONAL CENTER COMBINED WITH THE PASSION MODE CAN BE UTTERLY EXHAUSTING, WHEN THE FALSE PERSONALITY HAS THE UPPER HAND.

Roles are in essence, not changeable. What are roles on higher astral plane, if any?

THE ROLES ARE OF COURSE RETAINED ON THE LOW ASTRAL PLANE, WHERE THE SOULS REMAIN SEPARATE. AS THE INTEGRATION BEGINS TO TAKE PLACE, THE ROLES BECOME MORE AND MORE BLURRED, UNTIL THEY ARE DISSOLVED, OR BETTER YET, RESOLVED, ON THE HIGH ASTRAL PLANE. THEY ARE NOT TRANSCENDED HERE, BUT THE MEMORY OF THEM IS RETAINED. IF YOU LIKE, YOU CAN COMPARE IT TO A RACIAL MIXTURE WHICH EVENTUALLY LEADS TO ASSIMILATION. YOUR OBSERVATION IS VALID EXCEPT FOR THE JUDGMENT ABOUT IT. THERE IS A GREAT DIFFERENCE IN THE POWER, BUT IT CANNOT ALWAYS BE EQUATED WITH A HIGHER SPIRITUAL BEING.

MOST EXPERIENCED TRAVELERS DO AVOID LOW ASTRAL BEINGS. THERE IS NOTHING TO BE GAINED BY SUCH CONFUSING CONTACT.

I have a question about nightmares. Am I contacting lower astral beings or what?

NO, THERE ARE NOT FRIGHTENING CONTACTS, BUT MORE FRIGHTENING INSIGHTS THAT YOU RUN FROM EVEN IN YOUR SLEEP. OFTEN THESE ARE GAINED ON THE ASTRAL PLANE. YOU ARE RIGHT ABOUT THAT, BUT THEY ARE NOT THE RESULT OF ENCOUNTERS WITH ANYONE BUT SELF. THE PRACTICE OF REMEMBERING YOUR DREAMS IS DOUBLY IMPORTANT FOR YOU, AS THIS WOULD ENABLE YOU TO EXPLORE YOUR INSIGHTS.

My father has bad dreams — could I have a comment on these? Are they typical of a Baby soul?

SOME OF THEM ARE GENUINE CONFLICTS AND MEMORIES. SOME OF THEM, HOWEVER, ARE FEARS HE

HAS, DOUBTS CONCERNING HIS BELIEFS THAT HE DOES NOT CONSCIOUSLY EXPLORE. YES, BUT SOME FEARS SURFACE IN THE VERY ELDERLY IN OTHER CYCLES.

Can we talk about Centers on higher planes being counterpart or analogous to something?

NOT REALLY. YOU SEE, THE NEED FOR THE ROLES IS A PHYSICAL ONE, BUT THE NEED OF CENTERING IS FOUND THROUGHOUT — AT LEAST IN OUR EXPERIENCE IT IS. WE HAVE ONLY THIS [causal] PLANE TO DRAW FROM IN REALITY, BUT WE HAVE EVIDENCE WHICH POINTS TO THE FACT THAT IT APPLIES TO THE HIGHER PLANES AS WELL.

How blurred is your sexual activity?

THE ONLY SEXUAL ACTIVITY WOULD BE FOUND IN THE LOW ASTRAL PLANE, AND THERE IT IS NOT TRULY ANALOGOUS TO PHYSICAL SEXUAL ACTIVITY. REPRODUCTION IS A FUNCTION OF THE PHYSICAL PLANE AND THE TAO [only]. SINCE SEXUAL ACTIVITY DOES HAVE A GENERATIVE MOTIVE, HOWEVER BLURRED THAT MAY BE, THE REASON FOR ITS EXISTENCE DISAPPEARS WITH THE DISSOLUTION OF THE REPRODUCTIVE FUNCTION.

What is man's proper function in the universe?

WE HAVE PRESENTED THIS MATERIAL IN SUCH A FASHION THAT WE HOPE YOU ARE NOW HAVING SOME FEELINGS FOR THE ORDERLINESS OF THE COSMOS, AND THAT THERE IS NOTHING CHANCY ABOUT THIS. THE PHYSICAL PLANE OF COURSE HAS ITS PLACE IN THIS NATURAL ORDER OF THINGS. TRULY THE EVOLUTIONARY PROCESS IS CONTINUOUS THROUGHOUT THE PLANES, UNTIL THIS REACHES THE POINT OF ORIGIN. THE PLANES CAN ALSO BE LIKENED PERHAPS MOST EASILY TO THE GOALS. FOR INSTANCE, ON THE PHYSICAL PLANE THERE IS MUCH RESISTANCE AND REJECTION, PARTICULARLY OF THOSE THINGS BEYOND THE PHYSICAL. ON THE ASTRAL PLANE THERE IS MUCH SUBMISSION, PARTICULARLY ON THE LOWER LEVELS, WHERE THE PAINFUL LESSONS ARE BEING LEARNED. THIS CAN BE EXTRAPOLATED ON UP TO THE TAO, WHICH REPRESENTS GROWTH IN THE HIGHEST ORDER. SOULS EXPERIENCE THIS "OVERALL GOAL" IN VERY SUBTLE WAYS, ALMOST IMPERCEPTIBLE, EXCEPT TO THE HIGHEST STUDENT. THE LEARNING PROCESS THEREFORE IS VERY DIFFERENT ON EACH PLANE, WITH PHYSICAL INHABITANTS LEARNING PRIMARILY THROUGH REJECTION. YOU PREFER TO CALL IT "EXPERIENCE", OR MORE OFTEN, "BITTER EXPERIENCE". MORE OFTEN THAN NOT IT IS MERELY A REJECTION OF INTUITION. THEREFORE, THE ERRORS MADE ON THE PHYSICAL PLANE OFTEN ARE THE RESULT OF COGNITING [sic] AND EVENTUALLY REJECTING THE INTUITIVE SELECTION FOR THE MORE PROFITABLE OR CULTURALLY ACCEPTABLE ONE. THESE ERRORS ARE NOT USUALLY RESOLVED UNTIL THE PHYSICAL STUDENT MEETS WITH A TEACHER, THIS USUALLY OCCURRING IN THE LATER CYCLES. THESE LESSONS OF COURSE PROVIDE THE GROUNDWORK FOR THE LESSONS YET TO COME, AS THE ENTITIES WORK PROGRESSIVELY TOWARD THE TAO. YOU SEE, THERE IS AN OVERALL SYNTHESIS OF WHICH YOUR SYNTHESIS IS A COMPONENT. WE WISH TO RESUME THIS DISCUSSION WHEN THIS GROUP NEXT GATHERS WITHOUT FAIL. IF PROGRESS IS TO BE MADE, WE MUST WORK WITH YOU IN THE WAY YOU HAVE NOW BEGUN TO ACCEPT. THIS WE WOULD CALL GREAT PROGRESS. THERE IS FAR LESS SCATTERING IN THIS GROUP NOW THAN EVER BEFORE. MANY HAVE COME TO A SERIOUSNESS OF PURPOSE THAT WAS PREVIOUSLY ABSENT. IT IS POSSIBLE NOW THAT REAL GROWTH WILL COMMENCE.

09 October 1974

Wednesday

[This session was channeled by someone other than Sarah Chambers, for Sarah's benefit, learning to trance channel.]

WE WOULD SUGGEST A PERIOD OF GROUP CONCENTRATION PRIOR TO BEGINNING THE SESSIONS. AS FOR WORDS TO GUIDE SARAH, WE WOULD BELIEVE A SOFT CONTINUOUS FLOW OF SOOTHING MEMORY REPRODUCTIONS. IT IS NOT AT THIS TIME LIKELY THAT WE WILL BE "BUMPED", AS YOUR CONCENTRATION IS COMPLETELY WITH SARAH, GUIDING HER DOWN THE CORRIDOR. IN THE NEAR FUTURE, WE WILL GIVE THE PHRASE THAT WILL ASSIST. IN THE NEAR FUTURE, WE WILL GIVE THIS. SARAH'S ANXIETY WILL GRADUALLY DIMINISH WITH PATIENCE ON HER PART. SARAH IS EXPERIENCING UNFULFILLED EXPECTATIONS. SHE WOULD PREFER TO SNAP HER FINGERS TO BE IN THE CORRIDOR. [ANOTHER STUDENT] CAN AID BY REMAINING PHYSICALLY CLOSE TO SARAH TONIGHT. THIS WILL ALLOW ABSORPTION OF ENERGY. THE RING IS AN EXCELLENT GIFT. THE "TEASING" IS A PART OF YOU, SARAH. THIS IS YOUR OWN PROJECTION BECAUSE OF YOUR IMPATIENCE FROM ONE PART OF YOUR PERSONALITY, WHILE ANOTHER PROJECTION WOULD HESITATE

GIVING UP CONTROL OF THE PHYSICAL. A TRUE ADEPT DOES NOT TEASE. THERE IS NO TIME FOR THIS. THE ADEPT IS HERE TO ASSIST YOU AND HE IS WELL AWARE (OF?) THAT BEST WAY TO YOUR SELF. THIS ADEPT IS PART OF YOUR FRAGMENT. YOU HAVE A DEEP FEELING OF PRIOR KNOWLEDGE BECAUSE THE KNOWLEDGE IS THERE AND PART OF YOU. WHEN YOU ALLOW THE BLENDING IN ON THE BENCH OF THE ADEPT AND YOUR SELF, MANY OF YOUR ANXIETIES WILL BE RELIEVED. IT WILL ALSO HELP YOU, SARAH, IF WHEN THERE IS RESISTANCE, [ANOTHER MEMBER] WILL SPEAK OF THE REPRODUCED MEMORIES AGAIN. IF THIS DOES NOT HELP, THEN WE WOULD SUGGEST RETURNING FOR A SHORT WHILE AND THEN ANOTHER ATTEMPT AFTER GROUP MEDITATION. FACING NORTH IS A WISE MOVE. ANOTHER SUGGESTION IS TO TURN ON THE MACHINE WHEN SARAH EXPERIENCES DIFFICULTY WITH ANXIETY AS THIS DOES OFFER A GREAT AMOUNT OF SOOTHING, CALMING EFFECT. ANOTHER IS TO KEEP OUTSIDE INTERFERENCES TO A MINIMUM. CIGARETTE SMOKING IS A DULLING EFFECT ON SENSORIUM. STUDENTS WHO WISH TO LEARN ARE COMPLETELY WILLING TO ABSTAIN DURING THIS RELATIVELY SHORT TIME. AS A MATTER OF FACT, THIS IS A GOOD IDEA FOR ANY SERIOUS STUDENT AS CONSCIOUSLY DULLING OF THE PHYSICAL IS THE FALSE PERSONALITY ONCE MORE FIGHTING RATHER EFFECTIVELY. IF SHE HAS DIFFICULTY WITH IT THEN OF COURSE THE ANSWER IS OBVIOUS. WE WOULD NOT ADVISE INCENSE DURING THE SESSIONS. WE WOULD PREFER THE MEDITATION NOW AND QUESTIONS THROUGH SARAH OR LATER ON THE BOARD. WE ARE CONCENTRATING ON SARAH, AND THIS IS THE PULL SHE IS EXPERIENCING.

(?) [Question not recorded.]

NO DISTRACTION TO US. YES TO SARAH. THE QUESTION OF TESTING SARAH DIRECTED TOWARD HERSELF, AND THEN SHE BLOCKED US. THIS WAS NOT A TEST. THE DIFFICULTY IN SPEAKING WILL PASS. IT WOULD BE OF HELP IF QUESTIONS WERE NOT COMPLICATED AS SARAH WILL FOR NOW TRY TO CEREBRATE AND THIS BLOCKS OUR TRANSMISSION. QUESTIONS SHOULD BE OF COURSE DIRECTED TO US BUT FOR NOW IF THE QUESTION CONFUSES OR MISLEADS SARAH SHE WILL BLOCK NICELY. THIS IS A DEFENSE AND NOT TO BE UNEXPECTED. TIME WILL SMOOTH OUT DIFFICULTIES.

(?) [Question not recorded.]

THIS IS VALID. THE FIRST SESSION IN AN EVENING SHOULD BE A "PRACTICE". THE MORE SESSIONS IN AN EVENING THE MORE TRUSTING THE PERSONALITY AND THE DEEPER EACH SUCCESSIVE TRANCE.

(?) [Question not recorded.]

ALL THREE PERCEPTIONS ARE VALID. FATIGUE DOES, AS MALLORY STATED, LOWER DEFENSES. HOWEVER, EXTREME FATIGUE OR EXHAUSTION IS INADVISABLE AS THE LIKELIHOOD OF INTERFERENCE IS HIGHER. THE INTERFERENCE WOULD BE FROM OTHER ENTITIES AS IN THE CASE OF EXTREME FATIGUE DEFENSES ARE TOO LOW TO ALLOW US TO ASSIST. THE PHYSICAL DOES HAVE A LIMIT. ALSO, A WORD ABOUT ILLNESSES OR AN EXTREMELY CONFUSING OR NEGATIVE DAY MAKES A SESSION SPEAKING WITH HYPNOSIS INADVISABLE. THIS IS OF COURSE AN EXCELLENT TOOL IN COMBINATION WITH THIS MACHINE AS IT IS ALSO CALMING AND MASKS THE BACKGROUND DISTRACTIONS.

(Yarmulke, or head covering?) [Question not recorded.]

YES. THIS PRACTICE IN RELIGION HAS A BASIS IN TRUTH OR REALITY IF YOU PREFER THAT WORD. IT IS A RITUAL OF CONSERVING ENERGY AND PROVIDING PROTECTION FOR THE MEDIUM.

[Question not recorded.]

THE ANSWER TO THIS IS OBVIOUS. SARAH HAS BEEN SO RELAXED, TAKES THE FORM OF BEING TIRED. _____'S POINT OF CONCENTRATION WAS A DRAIN. _____ HAS RECEIVED THE LOST ENERGY. _____ IN ATTEMPTING TO SEND SARAH A POSITIVE ENERGY MANAGED TO TRANSMIT. ALMOST ALL OF THE ENERGY WAS RECEIVED BY _____. IT IS NOT WRONG TO TRANSMIT POSITIVE ENERGY. IT IS AN ERROR TO SEND NEGATIVE ENERGY. WITH PRACTICE IT WILL BE POSSIBLE TO DIRECT THE ENERGY MORE ACCURATELY.

Is my recent good feeling about writing misleading?

THIS IS NOT AT ALL MISLEADING BUT IS ONLY THE FIRST OF MANY TRUE OBSERVATIONS. WE BELIEVE YOU WILL EXPERIENCE MORE OF THESE.

THERE IS A STRONG PULL TOWARD ACTIVITY WITHIN (?) NOW THAT THE TRUST LEVEL ... _____ FEELS IT NOW. _____. ALSO. MORE WILL FOLLOW. WE WOULD SAY FOLLOW YOUR DRIVE AND RESPOND TO THESE FEELINGS. YOU CAN DO IT ASTRALLY OR PHYSICALLY, WHICHEVER YOU PREFER. YOU AND OTHERS ARE ABLE TO PICK UP ON THE WAVE LENGTHS THAT SIGNAL A GROUP CONCENTRATION OF

SOME SORT.

[Question not recorded.]

YOU ARE NOT PHOTOGRAPHING THE INAPPROPRIATENESS OF THE REACTION. YOU ARE ALLOWING THE REACTION TO FULMINATE. THE SECRET IS IN THE PHOTOGRAPH OUTSIDE OF SELF, OF HOW RIDICULOUS THE REACTION IS. IF YOU CAN EVER STAND APART AND LOOK AT SELF IN A TANTRUM YOU WILL BE UNWILLING TO HAVE ANOTHER. IT IS THE ABILITY TO RATIONALIZE THE INAPPROPRIATENESS THAT ACTS AS A COOLANT. IF YOU MERELY "GET WITH" YOUR ANGER AND HAVE A GOOD GO AT IT YOU WILL NATURALLY EXPEND AN ENORMOUS AMOUNT OF ENERGY. A NEGATIVE SOURCE. WHILE YOU ARE EXAMINING YOUR REACTIONS, HOWEVER, YOU CANNOT HELP BUT DAMPEN ITS ARDOR.

15 OCTOBER 1974

Tuesday

I would like a comment on the inner space, or other plane experience I had: I saw a person in the Metaphysical Bookstore that fit the person I met while in my inner space. I feel we have had past lives together.

WHEN THE STUDENT IS IN THE MEDITATIVE STATE, OR IS OTHERWISE ATTENTIVE TO THE TEACHING, IT IS POSSIBLE TO EXPERIENCE WHAT WE CHOOSE TO CALL THE "PANDIMENSIONAL" UNIVERSE, AND THAT, OF COURSE, INCLUDES THE AKASHIC PLANE. IN ORDER TO ANSWER YOUR QUESTION WE WOULD EXPLAIN TO YOU WHAT THE TERM "PRECOGNITION" REALLY MEANS. IN THOSE POSSESSED OF TREMENDOUS PSYCHIC ENERGY, IT IS POSSIBLE IN THE MEDITATIVE OR INNER CONSCIOUS STATE TO "FLASH" ON ALL OF THE ALTERNATIVE FRAMES FOR A FUTURE THAT IS CLOSE AT HAND. THE PROBLEM IS IN THE RETAINING OF THESE FLASHES. MOST SOULS DO RETAIN ONLY THE MOST DRAMATIC FRAGMENTS, DISCARDING THE MUNDANE. THEN IF THEY RECOGNIZE THIS AS PRECOGNITION, THEY ALSO REGARD IT AS FACT, AND ACCEPT THE MOST AWESOME CONSEQUENCES. THIS IS, OF COURSE, NOT TRUE, FOR, IN THE TIME YOU FLASH, IT IS MERELY AN ALTERNATIVE; BUT SOMETIMES YOU DO SET THE WHEELS IN MOTION ON A SUBLIMINAL LEVEL, AND THE INCIDENT DOES TAKE PLACE. THIS IS ESSENTIALLY WHAT TAKES PLACE WHEN YOU FLASH ON A MEETING THAT MAY TAKE PLACE IN THE NEAR FUTURE. YOU CAN, IN SOME INSTANCES, BRING THIS ABOUT, BUT ALSO, THERE IS THE VERY REAL ATTRACTION THERE THAT WE HAVE TOLD YOU BEFORE HAPPENS WHEN OLDER SOULS COME TOGETHER AFTER AN ASTRAL INTERVAL FOR THE FIRST TIME IN THIS LIFE. THIS ATTRACTION CAN BE NEGATIVE OR POSITIVE, AND CAN RESULT IN A COMING TOGETHER OR A GOING AWAY, BUT IT DOES PROVOKE AN EMOTIONAL RESPONSE THAT IS DIFFICULT TO SUPPRESS.

Could Michael clarify a confusion I have about time, time frames, and physical existence? I get from Michael that we cannot coexist in two separate time frames simultaneously. Seth says that we can, and calls this "reincarnational dramas". Is this the "pan-dimensional", or close to it?

YOUR OWN FRAGMENTS OF YOUR OWN ENTITY DO NOT EVER CROSS THE TIME FRAMES, AS THIS WOULD BE THE ANTITHESIS OF PROGRESS, OR IN SOME INSTANCES, PROPULSION INTO A FAR FUTURE TO WHICH YOU COULD NOT ADJUST. HOWEVER, WHEN YOU CHOSE AN ALTERNATIVE COURSE FROM THE MANY ALTERNATIVES, YOU ACTED THIS OUT. THE OTHER ALTERNATIVES ARE ALSO ACTED OUT IN OTHER TIME FRAMES. FOR INSTANCE, IN A TIME FRAME DAG HAMERSKJOLD WILL NOT GET ON THAT PLANE; IN STILL ANOTHER, HE WILL, BUT IT WILL NOT CRASH; IN STILL ANOTHER, HE WILL BE ASSASSINATED. CROSSING THE TIME FRAMES SERVES NO PURPOSE, ONLY SLOWS THE GROWTH. IT IS POSSIBLE TO SEE OPTIONS OPEN TO YOU. THIS CAN BE THEN LOOKED UPON AS VIEWING ALL THE POSSIBLE TIME FRAMES, AND, OF COURSE, IS AVAILABLE TO YOU AS A VERY REAL SEGMENT OF THE PANDIMENSIONAL UNIVERSE. A REVERSE OR REPETITIVE CYCLE WOULD BE AN ANTITHESIS OF THE NATURAL ORDER, AND WOULD ONLY BE CREATED IN THE MIND OF A MECHANICAL MAN INTENT UPON HIS COMFORTABLE BELIEF SYSTEM THAT REJECTS ORDER.

Are the essences similar, parallel to this one?

NO.

Is there an analogy Michael could give us to clarify this?

A "DOPPELGANGER" [ghost of a living person] PERHAPS WOULD BE DESCRIPTIVE. THE ESSENCES ARE QUITE SEPARATE, AS THEY EXIST IN A PARALLEL TIME FRAME, BUT EXCEPT FOR THE DIFFERING ALTERNATIVE CHOICES, THEY ARE IDENTICAL. THESE ARE THE LIVES YOU DID NOT LEAD. AN ANALOGY, OF COURSE,

WOULD BE THREE TRAVELERS COMING TO A THREE-WAY FORK IN A ROAD, EACH CHOOSING TO TAKE DIFFERENT FORKS, ALL OF THE TRAVELERS POSSESSING IDENTICAL OVERLEAVES AND SIMILAR IMPRINTING. THE CHOICE WOULD THEN INCLUDE ALL OF THE EXPERIENCES ALONG THE ROAD THEY HAVE CHOSEN.

I would like a comment on something I got in meditation, concerning a spiral and a “delta” between segments of the spiral.

THIS IS A MODEL COMMONLY USED TO DESCRIBE THE PROGRESS OF EVOLUTION OF THE INTERWOVEN PLANES ALONG THE TIME PLANE. THE TIME PLANE, AS WE HAVE STATED BEFORE, IS STATIONARY — YOU MOVE ALONG IT. IT [time] DOES NOT PASS — YOU PASS. ALL OF TIME THAT HAS EVER BEEN IS NOW.

Is it like time is the nut, and we are the bolts turning through?

SOMEWHAT BETTER.

From where is Seth speaking?

THIS ENTITY SPEAKS FROM THE CAUSAL PLANE. THE BIAS THROUGH WHICH HE IS SPEAKING LESSENS NOW. (The medium’s bias is lessening.)

Regarding a Unity teaching minister who does healing and is a spiritual teacher: She seems highly evolved. I feel she was probably with Christ, and is continuing this.

THIS IS A SEVENTH LEVEL OLD PRIEST, TRANSCENDENT [karma-free], IN GROWTH, A SPIRITUALIST. CONTACT WITH HER CAN CERTAINLY BE REWARDING. HER SOURCE IS VALID, CERTAINLY; NO CHIEF FEATURE.

Did she discern where I was? There was something about her eyes. Could she see that I am a priest and a spiritualist?

[She discerned] THAT, AMONG OTHER THINGS, BUT FOREMOST THAT YOU ARE A STUDENT OF THE PATH. YOU SEE, THIS TEACHING DOES NOT ALWAYS FOLLOW THE SAME PATTERN YOU HAVE SET UP. THE INFORMATION IS ALWAYS THE SAME, BUT THE ORDER IN WHICH IT IS GIVEN AND THE SEMANTICS BY WHICH IT IS TRANSMITTED ARE MANY TIMES WORLDS APART, BUT, WE WOULD ADD, RECONCILABLE.

I have a great aunt who died, and I feel responsible for carrying out her wishes to be cremated and spreading ashes. I do not know whether this is silly to carry out the ritual or what. I’d like a comment please.

POSITIVE THOUGHT EMANATIONS, OF COURSE, ARE MORE VALUABLE IN THESE SITUATIONS THAN MECHANICAL MAN’S ACTION. OF COURSE, YOU CAN COMBINE THE ENERGY WITH THE ACTION FOR YOUR WISH. REMEMBER THAT THESE YOUNGER SOULS USUALLY EXPERIENCE THE TRANSITION BETWEEN PLANES AS SHOCKING, AND ARE NOT IN A COPING STATE. CONTACT AT THAT POINT IS USUALLY FRUITLESS. HOWEVER, THE POSITIVE ENERGY FLOW CAN ALWAYS HELP, EVEN IF IT ONLY ACTS AS A REASSURING COCOON FOR A TIME. THE BODY IS, OF COURSE, BEYOND CARING. THE ESSENCE NO LONGER CARES ABOUT THE BODY, AT LEAST, NOT FOR THE TIME BEING. SO MANY MUST SPEND PROLONGED PERIODS SORTING OUT THE ACQUIRED BELIEFS FROM THE TRUTH OF THE EXPERIENCE BEFORE THEY CAN POSSIBLY RESPOND TO THE EXPERIENCE. IN THE CASE OF SOULS IN SEQUENCE, THERE IS OFTEN A DESIRE TO MONITOR THE SOUL LEFT ON THE PHYSICAL PLANE ONCE THE SORTING IS OVER — CURIOSITY, NOTHING MORE. SOMETIMES THIS IS ACCOMPLISHED BY OLDER SOULS.

... THIS SOUL IN THE IMMEDIATE PAST LIFE DIED AT AUSCHWITZ. IRONICALLY, THESE DEATH CAMPS PROVIDED AN ENVIRONMENT FOR RAPID SPIRITUAL ACCELERATION, ESPECIALLY FOR THOSE WHO WERE ABLE TO STAND ASIDE AND SEE THEIR TORTURERS AS FALSE PERSONALITIES RATHER THAN AS MONSTERS. MANY ACCELERATED DURING THEIR LAST DAYS OF LIFE, WHEN THEY WERE ABLE TO COME TO GRIPS WITH THE IMPERMANENCE OF PHYSICAL REALITY IN THE FACE OF A BLAMELESS EXISTENCE. IN OTHER WORDS, THE REALIZATION THAT NO CRIME HAD BEEN PERPETRATED, AND YET THEY WERE TO DIE IN ANSWER TO A MAD MAN’S [Adolph Hitler] DREAM.

It was suggested that each of us attempt to meditate or concentrate on the tapestry, with whom and why we have been together.

19 OCTOBER 1974

Saturday

How will whales reincarnate if they become extinct?

THEY WILL NOT, OF COURSE, BE ABLE TO COMPLETE THEIR CYCLE IF THIS HAPPENS. THEY WILL HAVE THE

CHOICE OF CHOOSING THE LINE BETWEEN TERRESTRIAL OR AQUATIC SPECIES, OR FINISHING THE CYCLE ON ANOTHER WORLD. THERE IS A DIFFICULTY HERE, AS THE LIFE THEY HAVE LED SO FAR HAS NOT PREPARED THEM FOR LIFE ON LAND HERE. IT WOULD BE EASIER TO CHOOSE ANOTHER WORLD.

Have any humans made the transition from human soul to whale soul?

SOME HAVE, THOUGH NOT HERE, BUT ON OTHER WORLDS. THE CURRENT FIGHT FOR SURVIVAL SHOULD PROVE [to humans], BEYOND THE SHADOW OF A DOUBT, THE LEVEL OF INTELLIGENCE OF THIS SPECIES.

Seems as though they were not smart enough to see that the early whaling ships were a threat, and should have knocked them out in the beginning. There is no sanctuary for whales and they choose not to run.

BY AND LARGE, THEY CHOOSE NOT TO FIGHT, IF THAT IS WHAT YOU MEAN. THEY ARE ESSENTIALLY PEACEFUL, AND NON-AGGRESSIVE.

Is there any connection between the spread of the teaching and the ten lost tribes of Israel?

ESSENTIALLY, YES. THIS PHRASE WAS ORIGINALLY USED METAPHORICALLY DESCRIBING THE LOST CIVILIZATIONS KNOWN BUT GONE IN THE EUPHRATES VALLEY. ALL OF THESE HAD, TO THEIR INTELLECTUAL LIMITS, ACCESS TO THE TEACHING PASSED TO THEM, OF COURSE, IN THE TONGUE OF THE TIMES, BUT SUBSTANTIALLY THE SAME. THE TRUTH OF THIS, OF COURSE, BECAME LOST IN LEGEND. IN THE BEGINNING OF CREATURES OF REASON ON THIS WORLD, THIS HAD A VERY LITERAL MEANING, AS EARLY MAN DID FORM TRIBES, BECOMING NOMADIC AS THE FOOD SUPPLY STEADILY DECREASED. MAN BECAME DISPERSED THROUGHOUT THE WORLD, SOME EVEN CROSSING THE BERING STRAITS ON THIS CONTINENT, AND THESE SOULS, OF COURSE, WERE PHYSICALLY LOST TO THE OTHER TRIBES.

Are the Golden Tablets of the Mormons valid as being left there by God or whatever?

THIS ENTIRE BODY IS FOUNDED UPON MAN'S ETERNAL GULLIBILITY. THIS IS, OF COURSE, ANOTHER BEAUTIFUL EXAMPLE OF MAN'S EFFORTS TO COMPLEXIFY THE NATURAL ORDER. IT WAS NOT ENOUGH TO HAVE MYTHS LIMITED TO THE MIDDLE EAST; THEY HAD TO EXPAND TO THIS CONTINENT.

What is the preponderance of soul levels in Salt Lake City?

THE AVERAGE LEVEL IN THIS AREA IS SECOND LEVEL YOUNG, WITH A PREPONDERANCE OF PRIESTS.

Would a hypochondriac be a Martyr or what?

THIS SYNDROME RUNS THE GAMUT, AND PERMEATES THE CYCLES. IT IS ALSO ANOTHER EXAMPLE OF THE ALIENATION ON THIS WORLD, AS OFTEN IT IS AN HONEST PLEA FOR SOME ATTENTION, EVEN THOUGH THAT ATTENTION MIGHT HURT OR OTHERWISE BE UNPLEASANT. IT OFTEN TAKES THE FORM OF AN UNEDUCATED PERSON'S REACTION TO SCARE PROPAGANDA; ALSO A NEED FOR PUNISHMENT OF FAMILY MEMBERS WHO HAVE NOT BEEN NICE; ALSO THE RESULT OF IMPRINTING BY AN OVER-CONCERNED PARENT. REJECTION SELDOM TAKES THIS FORM, AS THESE SOULS TEND TO REJECT ALSO THE MEDICAL PROFESSION ALONG WITH EVERYTHING ELSE; RETARDATION OFTEN DOES, HOWEVER.

There was an offer by Michael to weave a tapestry of past lives. Are they ready for that now? Should we ask specific questions?

THERE IS NO NEED TO ASK SPECIFIC QUESTIONS. WE WOULD THINK YOU WOULD EXAMINE YOUR VARIOUS REASONS FOR EVADING THIS PARTICULAR QUESTION. IT IS AN INTERESTING PHENOMENON. WE HAVE TOLD YOU BEFORE THAT THOSE OF YOU NOW ON THE PHYSICAL PLANE, AND OTHERS WHO HAVE LIVED WITHIN THE PAST THREE DECADES, AND EVEN PERHAPS MOST OF THOSE WHO LIVED IN THE PAST FIVE DECADES, AND ALL THOSE WHO WILL LIVE AGAIN IN THE NEXT TWO DECADES, HAVE ALL LIVED DURING WHAT EACH CHOOSE TO CALL THE "CARDINAL POINTS" OF THESE CYCLES. IN OTHER WORDS, YOU HAVE LIVED DURING THE CENTURIES IN WHICH THE MOST SWEEPING CHANGES HAVE OCCURRED: PHILOSOPHICALLY, SPIRITUALLY, CULTURALLY, AND SCIENTIFICALLY. FIVE OF YOU WERE PRESENT IN THE IMMEDIATE AREA IN EACH INSTANCE WHEN THE INFINITE SOUL MANIFESTED ON THIS WORLD. THOSE FIVE KNEW EACH OTHER WELL, AS THEIR LIVES WERE INTERWOVEN AT THE TIME. ALL OF YOU HAD ACCESS TO THE WORDS THEN, AND AT THE TIME OF THE LAST MANIFESTATION [Jesus]. ALL OF YOU HAVE BEEN EXPOSED TO THE OCCULT BROTHERHOOD IN THE CRADLE OF ITS EXISTENCE, THREE OF YOU BECOMING INITIATES BUT NEVER ADEPTS. ALL OF YOU HAVE BEEN, AT ONE TIME, ASSOCIATED WITH THE EDUCATION OF YOUTH AT A TIME WHEN THERE WERE SWEEPING PHILOSOPHICAL CHANGES. ALL OF YOU HAVE THIS IN COMMON. YOU DID NOT LISTEN. WE HAVE MORE.

Is Michael speaking of those people present in the room this evening, or of the entire group?

WE REFER TO MEMBERS OF THIS CADRE WHICH INCLUDES SOULS NOT IN THIS ROOM.

FOUR OF YOU HEARD THE WORDS OF SOCRATES: TWO FROM HIS STUDENT, PLATO, AND TWO FROM HIM.

SIX OF YOU KNEW THE MAN, JESUS, IN HIS CHILDHOOD. TWO OF YOU KNEW HIM WELL, BUT WHEN WORD CAME OF HIS TEACHING, IT WAS DISCOUNTED.

MANY OF YOU, HOWEVER, HAD NAGGING DOUBTS THAT CARRIED OVER INTO OTHER LIVES THAT KEPT YOU SEARCHING. MOST OF YOU HAVE SEARCHED UNCEASINGLY FOR THE ANSWERS, AND ALL OF YOUR LIVES HAVE BEEN TIED UP WITH THIS EXPRESSION OF LOSS SINCE THAT TIME. FIVE OF YOU WERE WITH ALEXANDER [the Great], AND CAME CLOSE TO A VISION OF UNITY AND WORLD GOVERNMENT UNDER A MAN WHO EXPRESSED LESS NEGATIVITY THAN ANY OTHER RULER SINCE THE CIVILIZATION BEGAN ON THIS WORLD. FOUR OF YOU SERVED UNDER THE LEGIONS OF ROME, AT THE TIME WHEN ANOTHER VISION OF PEACEFUL WORLD DOMINION WAS TAKING PLACE. HISTORY, AT LEAST THE WRITTEN CHRONICLES, OFTEN LACK MUCH IN THE SPIRIT OF THE AGE WHICH THEY CHRONICLED.

ALL OF YOU NOW HAVE THE CHANCE AGAIN TO HEAR THE WORDS, AND BE A PART OF THE MANIFESTATION OF THE LOGOS; ALSO, A CHANCE TO SIT AT THE FEET OF THE MASTER. ALL OF YOU ALSO NOW HAVE THE OPPORTUNITY TO PARTICIPATE IN A MOVEMENT TOWARD PEACEFUL WORLD DOMINION — THIS TIME WITHOUT THE BLOODSHED OF THE PAST. WE HAVE SAID THAT THIS PLANET WILL NOT BE DESTROYED. THAT IS TRUE, BUT WE DO NOT DISCOUNT THE POSSIBILITY OF A DEVASTATING, INTER-CONTINENTAL NUCLEAR WAR. THIS IS A VERY REAL ALTERNATIVE AT THE MOMENT. THE ONLY METHOD OF ESCAPE WILL BE THE CHOOSING OF ONE OF THE OTHER ALTERNATIVES. THIS ALSO CAN OCCUR AT THE MOMENT — NONE OF THEM MORE LIKELY THAN THE OTHER. AT THIS POINT IT DOES NOT REALLY MATTER: YOUR COURSE HAS ALREADY BEEN CHOSEN, AND YOU HAVE BEGUN TO CARRY OUT THE AGREEMENT THAT YOU MADE BETWEEN LIVES, AND IN THE PAST.

WHETHER OR NOT THE BOMB COMES, THERE WILL ALSO BE A PHILOSOPHICAL AND SPIRITUAL REVOLT, AND THAT HAS ALREADY BEGUN. THE BOMB CAN BE A TRULY FRIGHTENING POSSIBILITY TO THE PERSONALITY, ESPECIALLY THE ONES NOT INVOLVED. THE OTHER ALTERNATIVES TO THIS ARE NOT ALL ATTRACTIVE, EITHER, BUT ONE CERTAINLY IS. THIS CIVILIZATION HAS NOW EVOLVED TO THE POINT WHERE IT CAN, AS A WHOLE, BEGIN TO LOOK AT THE CONCEPT OF UNITY. BEFORE, THIS HAS ONLY BEEN A DREAM OF OLD VISIONARIES, AND NOT A POSSIBILITY. TRUE, IN THE PAST, THERE HAS BEEN ALWAYS BLOODSHED IN CONQUEST, EVEN THOUGH PEACEFUL INTERVALS FOLLOWED, DURING WHICH GREAT STRIDES WERE MADE. IN SPITE OF THE BLOODSHED, IN THESE PERIODS, THERE WAS LITTLE REAL ENMITY INVOLVED. THE MORALITY OF WAR WAS NOT QUESTIONED UNTIL THIS CENTURY. THINK ABOUT THAT BEFORE YOU BECOME TRAPPED IN YOUR PESSIMISM, BECAUSE THIS IS THE GREATEST SINGLE STEP THAT YOUR CIVILIZATION HAS TAKEN. IT IS A SWEEPING MOVEMENT, ALSO, AND THERE IS HARDLY A MAN ALIVE TODAY WHO DOES NOT QUESTION IT. THIS HAS ALWAYS MEANT CHANGE IN THE PAST. WHEN THE QUESTION IS ASKED, THE ANSWER NORMALLY FOLLOWS CLOSE ON ITS HEELS. THE POSSIBILITY IS GREAT THAT THIS IS THE LAST GENERATION THAT WILL ACTUALLY CONSIDER ARMED WARFARE AS A SOLUTION TO ANY PROBLEM ON THIS PLANET. THIS IS NOT THE FIRST TIME THAT MANY OF YOU HAVE BEEN PESSIMISTIC ABOUT THE ABILITY FOR MAN TO CHANGE, BUT THIS IS TRULY A GIANT STRIDE. THE QUESTION IS SIMPLY THAT IT WAS NOT POSED BEFORE, AND IT WAS NOT OFFERED THAT THERE WAS ANY OTHER WAY. THOSE WHO WENT INTO GAUL FOR THE LEGIONS OFTEN FELT [no] ENMITY FOR THOSE THEY CONQUERED, AND WERE JUST AS AVID ABOUT BUILDING UP AS THEY WERE ABOUT TEARING DOWN. THE SAME WAS TRUE IN THE TIME OF ALEXANDER. THERE HAVE BEEN EXCEPTIONS TO THIS, NOTABLY SCIPIO AFRICANUS AND HITLER. THEY DID HAVE A GREAT DEAL OF ENMITY TOWARD THOSE THEY CONQUERED AND DESTROYED. BOTH WERE DISSEMBLED [sic] AND “MAD”. TODAY THERE ARE ALIVE TWO MEN WHO COULD CONCEIVABLY FIT THIS PATTERN, AND TRIGGER A GLOBAL HOLOCAUST. THIS IS ONE ALTERNATIVE; THE OTHERS: CONTACT WITH WORLDS BEYOND THIS ONE IS ONE — THIS WOULD PROVIDE THE SHOCK OF WHICH YOU HAVE SPOKEN; SPIRITUAL COMMUNITIES AND WIDESPREAD RESISTANCE IS ANOTHER.

When asked if any [of the potential world-destroyers] were American:

ONE IS, YES; ONE IS NOW IN CHINA.

I have the impression that within our group, the articulation of the teachings emphasizes the static, the intellectual, and the hierarchical. Is this primarily a distortion arising from my biases, or the group's, or the languages? Or is this an accurate transmission of the teachings? Please comment.

IN THE BEGINNING OF THIS GROUP, THE PRIMARY CONCERN WAS IN THE DEVELOPMENT OF THE BELIEF SYSTEM IN THE LANGUAGE NECESSARY TO EXPLAIN IT TO EACH OTHER AND TO ONESELF. THIS IS A NECESSARY STEP IN THE FORMATION OF ANY GROUP, BUT IN MOST BECOMES A BARRIER TOWARD FURTHER GROWTH, AND EVENTUALLY BECOMES THE BELIEF SYSTEM ITSELF. IN THIS GROUP, THERE HAS

BEEN EVOLUTION OF A SORT THAT NOW POINTS TOWARD CONTINUANCE IN GROWTH. THE POSSIBILITY STILL EXISTS, HOWEVER, THAT YOU WILL CONTINUE TO CONCERN YOURSELVES WITH THE INTELLECTUAL HIERARCHICAL ASPECTS, AND NEGLECT THE SPIRITUAL, YES, BUT YOU DO NOT HAVE TO. YOU CAN PUT THIS BELIEF SYSTEM TO THE ACID TEST, AND SEE IF IT WORKS. UNTIL YOU DO THIS, YES, YOU ARE STILL TRAPPED IN THE BEGINNING STAGES. THIS IS WHERE MOST OF THE OTHER BELIEF SYSTEMS REMAINED THROUGHOUT THEIR EXISTENCE, INCLUDING THE WORLD'S GREAT RELIGIONS. THE CONCERN REMAINED HIERARCHICAL AND PRIMARILY INTELLECTUAL, AND NEVER GOT OFF THE GROUND SPIRITUALLY. YOU ARE RIGHT, OF COURSE, YOU ARE TRADING ONE BELIEF SYSTEM FOR ANOTHER; BUT THERE IS A UNITY HERE THAT HAS NOT BEEN BEFORE, AND THERE IS A TREND TOWARD INTEGRATION THAT YOU ARE CAPABLE OF VERIFYING IMPLICIT WITHIN THE SYSTEM.

22 OCTOBER 1974

Tuesday

There was a short business meeting regarding incorporation. ____ indicated the need for officers, and we elected ____ president, ____ secretary, ____ treasurer. A quorum was present. We discussed and shared possible names for the group: "Spiritual Community", "Associated Souls", "Church of the Path Seeker", "All Souls Spiritual", "Pan-Universal Spiritual Sanctuary".

MAN'S PLACE IN THE UNIVERSE SHOULD, OF COURSE, HAVE BECOME A LITTLE MORE APPARENT TO YOU SINCE WE OPENED THE DISCUSSION ON COMPLEXITY. AS WE HAVE INTIMATED BEFORE, THE TAO IS THE EPITOME OF SIMPLICITY, AND THEREFORE THE SIMPLICITY TOWARD WHICH WE ALL STRIVE IN OUR RETURN TO THE PRIMEVAL. THEREFORE, THE PHYSICAL PLANE, WITH ITS ENORMOUS COMPLEXITY, OFFERS BY FAR THE MOST CHALLENGE, AND ALSO THE MOST BARRIERS TO SPIRITUAL LIBERATION. MAN, OR RATHER, MECHANICAL MAN, MUST THEN CUT THROUGH THE GLAMOUR AND ALLUREMENT OF THE PHYSICAL PLANE IN ORDER TO SEE THE LIGHT OF TRUTH. NOWHERE ELSE IS THIS AS DIFFICULT, FOR ON THE PHYSICAL PLANE, ALL IS GLAMOUR AND ALL IS COMPLEX, EVEN COMPARED TO THE ASTRAL PLANE, WHICH TO THE HIGH PLANES CAN SEEM QUITE COMPLEX. MAN MUST STRIVE UPHILL IN THE BATTLE TO FREE THE ESSENCE. BY "MAN", OF COURSE, WE REFER TO ALL CREATURES OF REASON, FOR IN ALL LANGUAGES WE KNOW OF, THERE IS A WORD MEANING "MAN". THIS UPHILL BATTLE IS GROWTH-PRODUCING, AND ALSO PROVIDES THE STRENGTH TO PERSEVERE THROUGH THE SEVERAL CYCLES SPENT ON THE PHYSICAL PLANE. THE LESSONS LEARNED ON THE PHYSICAL PLANE ARE NECESSARILY PAINFUL JUST BECAUSE THEY ARE SO COMPLEX. WITH SIMPLIFICATION, THERE IS ANALGESIA. ON THIS WORLD THERE HAVE BEEN SIGNIFICANT CULTURAL AND RELIGIOUS BARRIERS TO GROWTH. ON OTHER WORLDS THERE HAVE BEEN HOSTILE NATURAL ENVIRONMENTS AND THREATS FROM WITHOUT TO CONTENTEND WITH.

MAN IS THE FIRST RUNG ON THE COSMIC LADDER, AND MUST TAKE THIS RUNG SLOWLY, LEARNING TO PLACE ONE FOOT IN FRONT OF HIM AT A TIME. HERE ON THE PHYSICAL PLANE, THERE ARE LIMITATIONS PLACED ON SIZE AND SPEED, ON SENSES AND ACUITY, WITH WHICH MAN CAN PERCEIVE HIS UNIVERSE. UNTIL HE REALIZES THAT HE CAN BREAK THESE BARRIERS, HE IS TRAPPED. WE SAY TRAPPED BY MAYA, AND THIS IS PRECISELY WHAT IT AMOUNTS TO, BECAUSE HE BECOMES SO IMMersed IN LIFE CRISES THAT HE FAILS TO CONTEMPLATE EVEN THE PURPOSE OF HIS SOJOURN HERE UNTIL QUITE LATE IN THE CYCLE. THEN HE MUST RACE TO MAKE UP FOR LOST TIME. BY THAT TIME, HOWEVER, HE HAS USUALLY EXPERIENCED THE GREATER PART OF LIFE, AND CAN RELAX AND GET DOWN TO THE REAL BUSINESS OF STUDY AND CONTEMPLATION THAT ALLOWS HIM ACCESS TO THE PAN-DIMENSIONAL UNIVERSE.

YOU HAVE BEEN TOLD THAT MECHANICAL MAN CANNOT LOVE, AND THAT IS TRUE. LOVE IS THE HIGHEST TRUTH OF ALL, AND ISN'T IT SAID THAT ULTIMATE TRUTH IS SEALED OFF FROM MAN? MAN ALSO CANNOT "HELP" — IN FACT, MAN CANNOT DO ANYTHING AT ALL. AT LEAST FROM THE STANDPOINT OF WILL OR VOLITION, BECAUSE OF THE TWO IMPERATIVE SENSES HE CHOOSES NOT TO USE: WE SPEAK OF THE INTUITIVE SENSE AND THE TELEPATHIC SENSE. ONE WOULD THINK THAT THESE HAD SUFFERED THE ATROPHY OF DISUSE. THIS IS NOT THE CASE AT ALL. THEY ARE SIMPLY HELD IN ABEYANCE UNTIL SUCH A TIME THAT MECHANICAL MAN CAN WILLINGLY LOOK BEHIND THE BARRIERS HE HAS CONSTRUCTED ABOUT THESE VERY FRIGHTENING SENSES, AND PUT THEM TO USE. THIS IS USUALLY THE LAST LESSON LEARNED ON THE PHYSICAL PLANE, AND THE HARDEST ONE. BECAUSE IT, OR RATHER THEY, ARE THE ONE THAT THE PERSONALITY FIGHTS THE MOST. OF COURSE, IT FIGHTS THESE, AND IT IS A FIGHT FOR SURVIVAL, FOR ONCE THE DOOR IS OPEN IN THIS DIRECTION, ONLY THE ESSENCE

CAN GO THROUGH IT, AND BEHIND THE BARRIERS IS KNOWLEDGE.

MAN MUST MEET WITH A COSMIC TEACHING IN ORDER TO LOOK BEHIND THE BARRIERS. PSYCHOLOGY WILL NOT DO IT FOR YOU: FOR, IF THE PSYCHOLOGIST IS A MECHANICAL MAN HIMSELF, HE ALSO HAS ADAPTIVE BEHAVIOR TAKING PLACE, AND HE CANNOT LOOK BEHIND YOUR BARRIERS, OR VERY WELL ALLOW YOU TO, EITHER. IT WOULD BE TOO SCARY FOR HIM — HE WOULD THEN ALSO HAVE TO LOOK BEHIND HIS OWN BARRIERS. THE BROAD PURPOSE OF THE PHYSICAL PLANE, OF COURSE, IS THEN TO CUT THROUGH THE FIRST LAYER OF COMPLEXITY.

How can we prepare ourselves? What can we do to help ourselves see through the veil?

YOU ARE RIGHT, “VEIL” IS A WORD WE WOULD PREFER; FOR THESE BARRIERS, FROM OUR VANTAGE POINT, ARE AS INSUBSTANTIAL AS THE MORNING MISTS. BUT MAN CHOOSES TO SOLIDIFY THEM TO THE POINT WHERE HE CANNOT DESTROY THEM. THIS BRINGS THEM INTO LINE WITH THE SOLIDNESS OF THE PHYSICAL PLANE. “SOLID” IS VERY MUCH LIKE PONDEROUS TO US. THE WEIGHTY PHILOSOPHICAL BATTLES, BATTLES WAGED BY MECHANICAL MAN, ARE HIS ATTEMPTS TO SOLIDIFY EVEN THOUGHT, AND MAKE IT MORE COMPLEX. HE MUST FIRST COME TO THE POINT THAT HE CAN VERIFY FOR HIMSELF THE TENUOUSNESS OF THAT WHICH STANDS BETWEEN HIM AND THE PAN-DIMENSIONAL UNIVERSE, AND THE PATH TOWARD SIMPLICITY AND THEREFORE PERFECTION. ALL IN THIS UNIVERSE IS TRULY PERFECT. IT IS ONLY FAULTY PERCEPTION THAT RENDERS IT IMPERFECT. ONCE THE PERCEPTION IS FULL, THE IMPERFECTION IS GONE, AND THE LIBERATED ESSENCE CAN PERCEIVE ALL THERE IS ON THE HIGHER PLANES, AND CAN MOVE ABOUT WITHOUT THE SOLID LIMITS OF THE PHYSICAL PLANE. MANY OF YOU HAVE HAD A TASTE OF THIS, AND KNOW OF WHAT WE SPEAK. THE HEAVY WEIGHTINESS OF THE PHYSICAL PLANE IS A BURDEN YOU HAVE CHOSEN TO BEAR IN ORDER TO COME TO THIS POINT. NOW YOU WISH TO THROW OFF THE YOKE, AND THIS IS WHY WE HAVE CHOSEN TO ASSIST YOU. IF YOU WERE NOT READY, YOU WOULD SIMPLY NOT HEAR THE WORDS. WE HAVE STATED, ESSENTIALLY, THE PURPOSE — SUCCINCT TO BE SURE, BUT STILL ESSENTIAL. THERE ARE STEPS, OF COURSE, MAN’S PURPOSE THEN BEING TO LEARN THAT THERE IS LOVE, AND THAT IT IS ACCESSIBLE, AND THAT IT IS ACCESSIBLE ONLY THROUGH THOSE “EXTRASENSORY” PERCEPTIONS THAT HE CHOOSES TO DENY. THE FOUNDATION WE HAVE GIVEN; THE APPLICATION YOU HAVE AGREED TO TRY. UNTIL YOU MANAGE TO OPEN THESE DOORS — OR AT THE VERY LEAST, VERIFY THAT THEY ARE THERE --- YOU WILL NOTICE NO SIGNIFICANT CHANGE IN YOURSELF, ALTHOUGH THAT CHANGE MAY BE READILY PERCEPTIBLE TO OTHER STUDENTS, BUT NOT TO THE ONE STUCK WITH IT. THE APPLICATION OF THIS TEACHING IN A LOVING, TRUSTING ENVIRONMENT COULD ENABLE YOU TO VERIFY THE PRESENCE OF THESE BLOCKS. IF YOU CHOOSE TO TAKE ADVANTAGE OF THIS, OF COURSE, WE WILL BE THERE TO ASSIST. ESSENTIALLY WHAT MECHANICAL MAN IS SAYING WHEN HE SAYS, “I DO NOT TRUST YOU”, IS, “I DO NOT TRUST YOU NOT TO SHOW ME WHAT IS BEHIND THOSEBLOCKS.” PERHAPS THIS, THEN: “IF I ALLOW YOU TO COME TOO CLOSE, YOU WILL VIOLATE MY BARRIERS, AND I WILL BE NAKED IN THEVOID.” ONCE THE STRIPPING HAPPENS, THE WORK, OF COURSE, BECOMES FAR EASIER, AND PERSONALITY BEGINS TO LOSE GROUND. IT CAN DO NOTHING ELSE AT THIS POINT. THE ESSENCE KNOWS NO SHAME, NO GUILT. IF YOU CAN LEARN TO SHARE YOUR FEARS, HOWEVER CHILDISH THEY MAY SEEM TO YOU, YOU WILL HAVE GONE A LONG WAY ALONG THE PATH. THE REALM OF UNFULFILLED DESIRES IS FRAUGHT WITH MAYA, AND ONE WHICH MUST BE CONQUERED. WHAT YOU ARE SAYING, IN SAYING THAT YOU DO NOT TRUST, IS ALSO, “I AM SO TERRIBLE THAT IF YOU KNEW IT, YOU COULD NOT LOVE ME,” AND ON A PERSONALITY-TO-PERSONALITY BASIS, THIS IS OF COURSE PROBABLY TRUE; BUT THE LEVEL OF COMPREHENSION IN THIS GROUP IS SUCH THAT VERY LITTLE HAS NOT BEEN MET AND DEALT WITH ALREADY. IT IS DOUBTFUL THAT YOU COULD FEEL AWAY THE ACCEPTANCE WITH YOUR ESCAPADES. IN FACT, THIS WOULD INVARIABLY BRING YOU ALL MUCH CLOSER, AND AT THIS MOMENT, THAT IS THE GOAL. YOU HAVE ALL BEEN TOLD ABOUT THE UTTER FOOLISHNESS IN SETTING UP IMPOSSIBLE GOALS FOR YOURSELVES: FIXATING ON A GOAL YEARS IN THE FUTURE IS ANOTHER OF THE PERSONALITY’S DEFENSES AGAINST THE ESSENCE’S EXPERIENCING OF THE MOMENT.

Comment: The personality has wants, shoulds, and have tos, but if you’d let essence do what it wants, you’d survive.

THE TIME FOR DOING THIS EXERCISE IS WHENEVER THERE IS INTUITIVE CONSENSUS.

Time was taken at this time to answer questions which were submitted during the week. Someone wanted to know what percentage of people in the Goal of Retardation are actually mentally or physically retarded.

IN THIS CULTURE, ALMOST 90% OF THOSE WHO CHOOSE THE GOAL OF RETARDATION ARE MILDLY TO SEVERELY MENTALLY DEFICIENT. THIS DEFICIENCY RANGES ALL THE WAY FROM PERCEPTUAL DISORDERS

TO THE MORE SEVERE MANIFESTATIONS. CONGENITAL HEART DIFFICULTY IS ANOTHER EXAMPLE OF THE PHYSICAL RETARDATION, ALSO CHILDREN BORN WITH SENSORY DIFFICULTIES OF A SEVERE NATURE AND WITHOUT LIMBS.

I want to know if Mendocino, on the coast, is a power spot?

NO, BUT THERE HAS BEEN AN INFLUX OF OLDER SOULS INTO THIS AREA. SOME ARE ATTRACTED THERE BECAUSE OF THE FINANCIAL PICTURE. THIS GIVES THE ILLUSION OF POWER. DO NOT MISUNDERSTAND US; THIS AREA IS NOT A NEGATIVE SPOT, JUST RELATIVELY NEUTRAL.

I would like some clarification of the word "agape".

WE USE THIS WORD TO EXPRESS THE UNQUALIFIED ACCEPTANCE OF ANOTHER PERSON'S BEING AS THE GREATER PART OF SELF. WE KNOW OF NO OTHER WORD THAT WOULD BE APPROPRIATE. THIS IS THE LOVE OF THE TAO.

Is there a familiar word in another language familiar to this medium?

THERE IS NO WORD IN THE TONGUES OF THIS CULTURE THAT WOULD EXPRESS THIS CONCEPT. IT IS THE RELEASING OF SELF TO THE FLOW OF THE PAN-DIMENSIONAL UNIVERSE. IT IS THE RECOGNITION THAT THE SOLID ISOLATION OF THE PHYSICAL PLANE IS ONLY THE PERSONALITY'S FAULTY PERCEPTION, AND THAT IN TRUTH THERE IS NO SEPARATION — THERE IS ONLY ONE[ness]. YOU HAVE HEARD IT SAID BY ONE [Jesus] WHO IS AN ADEPT THAT, "I AM ALL THAT THERE IS, AND YOU ARE WITH ME." THIS IS AGAPE.

I would like to know how far back we should weave the tapestry — before Christ?

THIS IS OUR ULTIMATE INTENTION, YES.

Do Warriors twin with Roles other than Scholars? Please elaborate.

YES THEY DO; IT IS JUST THAT SCHOLARS SELDOM TWIN WITH OTHER THAN WARRIORS. WARRIORS OFTEN TWIN WITH OTHER WARRIORS, WITH KINGS, AND WITH MANY OTHERS ALSO. SCHOLARS DO NOT OFTEN TWIN WITH OTHER THAN WARRIORS.

29 OCTOBER 1974

Tuesday

TELEPATHY DOES CAUSE A TREMENDOUS SHOCK WAVE THE FIRST TIME IT OCCURS. WE CANNOT COME INTO YOUR SPACE UNLESS YOU ALLOW IT — YOU MUST BE WILLING — BUT THE PERSONALITY DOES NOT ALWAYS GIVE THE SAME PERMISSION THAT THE ESSENCE DOES. THIS CAN CAUSE THE MOST ASTOUNDING REACTIONS. HOWEVER, AT THIS POINT WE WISH TO REITERATE A PREVIOUSLY STRESSED POINT. THERE ARE NO "EVIL" SPIRITS IN THE UNIVERSE WITH SUFFICIENT POWER TO AFFECT MANIFESTATION. THERE ARE SOME VERY SUPERFICIAL SPIRITS INHABITING THE LOW AND MID ASTRAL PLANES, BUT THEY DO NOT HAVE THIS ABILITY. THE ENERGY FORCE OF THE UNIVERSE IS NEUTRAL, AND SIMPLY FLOWS. PSYCHIC ENERGY IS A VERY POSITIVE SOURCE. YOU SEE, IN YOUR CULTURE, POWER IS OFTEN READ AS AGGRESSION, OR WORSE YET, "EVIL". YES, WE ARE STRONG — THIS IS NOT TO BE DENIED — BUT THIS IS BENEVOLENT STRENGTH AND CANNOT BE USED AGAINST YOU. NEGATIVE ENERGY MUST BE GENERATED SINGLY BY THE FALSE PERSONALITY, AND ONLY RARELY CAN IT BE COORDINATED AND USED IN A MATERIAL WAY FOR DESTRUCTIVE PURPOSES. MORE OFTEN THAN NOT IT IS SIMPLY EXPENDED IN THE MOMENT. THIS OF COURSE CAN RESULT IN AN ACT OF VIOLENCE, BUT USUALLY DOES NOT. PLEASE DO NOT DELUDE YOURSELVES THAT WE ARE PRESENT ONLY AT YOUR BUSINESS SESSIONS AND NOT YOUR SOCIAL EXCURSIONS.

YOU MUST FIRST REMEMBER THAT THIS TELEPATHIC SENSE IS A TWO-WAY STREET, AT LEAST UNTIL YOU ARE QUITE STRONG AND CONFIDENT, SO PRACTICE WITH ONE WITH WHOM THE TRUST LEVEL IS VERY HIGH WILL PRODUCE THE BEST RESULTS. THOSE WHO ARE NOT WILLING, OR ARE HIDING, WILL GIVE SUPERFICIAL PERMISSION, BUT AT THE LAST MOMENT WILL DENY ACCESS TO ALL BUT THE MOST SUPERFICIAL STRATA. FOR THE DEVELOPMENT OF THIS SENSE, MEDITATION OF SOME FORM IS IMPERATIVE. UNTIL YOU GO INTO THIS DEEP SPACE YOU CANNOT QUIET THE HEAD ENOUGH TO HEAR. THIS IS OF COURSE WHY WE STILL STRESS THIS WITH YOU ALL, BUT AS WE HAVE SAID BEFORE, WE ARE PATIENT. YOU CAN BEGIN WORKING WITH THOSE AROUND YOU, WITH WHOM YOU HAVE ESTABLISHED THE TRUST LEVEL. MEDITATING TOGETHER WOULD BE EFFECTIVE. YOU NEED NOT BE IN THE SAME ROOM.

There was a question about the new Carlos Casteneda / Don Juan book, concerning the two concepts, "Nagual" and "Tonal": could we have the meanings of these, and clarification?

YOU CAN USE AS ANALOGOUS TO “WARRIORS” THE BALANCED MAN, TO A MAN WITH DON JUAN’S FRAME OF REFERENCE. THIS IS A NATURAL TERM — ANOTHER PROBLEM OF SEMANTICS TO SCALE [surmount]. THIS MAN OF COURSE GREW UP WITH “THE LORD OF THE DAWN” LEGEND, AND THIS WAS THE FRAME OF REFERENCE NECESSARY TO COMMUNICATE WITH YOU, AS ALL OF YOU HAVE GROWN WITHIN OTHER FRAMES OF REFERENCE. WE ARE NOT LEADING YOU TO ANY DISINTEGRATION, BUT THERE IS INDEED A DANGER OF THIS, IF YOU DO LET GO OF THE LIFE FORCE BEFORE LEARNING TO HARNESS THE MORE UNIVERSAL FORCE, BUT THESE ENERGIES ARE THOSE UTILIZED BY THE PERSONALITY AND THE ESSENCE. THEY ARE ALSO THE PHYSICAL EXPRESSION AND THE SPIRITUAL EXPRESSION RESPECTIVELY. THE REASON IT IS NOT CLEAR IS PERHAPS THAT WE HAVE NOT STRESSED THESE ANALOGIES ENOUGH. MANY OF YOU CAME WITH A BUILT-IN VOCABULARY [Gurdjieff’s], AND RATHER THAN INTRODUCE MORE WORDS, WE CHOOSE TO USE THESE. AS WE GO ON WE WILL HAVE TO ENLARGE UPON THESE.

THE SPIRITUAL EXPRESSION TO THE ESSENCE IS OF COURSE QUITE POWERFUL AND TAPS INTO THE UNIVERSAL FLOW. THE PHYSICAL EXPRESSION OF THE PERSONALITY, WHICH SUSTAINS THE BODY, IS IN COMPARISON QUITE WEAK, AND CAN BE OVERPOWERED AND THE BODY KILLED, IF ONE IS NOT CAREFUL. YES, IT CAN BE HARNESSSED AND USED EFFECTIVELY. THE BEST CHECK POINT WE KNOW OF IS THE FACT THAT THE STUDENT NOT READY TO HARNESS THIS IS SELDOM WILLING TO USE THE TIME NECESSARY TO PRODUCE GOOD RESULT AT WILL. IT TAKES SOMEONE CLOSE TO BALANCE TO ACCEPT THE DISCIPLINE NECESSARY TO EFFECTIVELY USE THESE SENSES. WHEN WE TELL A STUDENT THAT HE IS CAPABLE, THAT DOES NOT ALWAYS MEAN THAT THAT STUDENT IS EITHER WILLING OR READY — JUST CAPABLE. THOSE WHO TAP INTO THE SPIRITUAL EXPRESSION, LETTING GO OF THE PHYSICAL EXPRESSION WITHOUT THE CONDITIONING, OFTEN GO “MAD”, OR DIE.

What are the differences between the “intuitive” and “telepathic” senses?

ACTUALLY THERE IS AS MUCH DIFFERENCE IN THEM, AND OF A SIMILAR NATURE, AS BETWEEN SIGHT AND HEARING. THE TELEPATH HEARS AND THE INTUITIVE PERSON SEES, BUT IN A FAR MORE DEVELOPED SENSE.

MECHANICAL MAN FINDS HIS SUFFERING VERY HARD TO GIVE UP, AND SELDOM DOES THIS WILLINGLY. IT ONLY COMES WITH THE STRUGGLE FOR BALANCE.

MANY TIMES THOSE IN SELF-DEPRECIATION WILL NOT ADMIT TO THEMSELVES THAT THEY CAN HAVE A LEGITIMATE EXPERIENCE. THE SCREEN IS ALWAYS AVAILABLE, AND THE PROTECTION IS READY TO GO AT AN INSTANT’S NOTICE.

What does Michael mean by “memories”?

WHEN WE REFER TO “MEMORY”, WE REFER TO THE TOTAL RECALL OF THE INSTANCE. WHAT YOU CALL MEMORY IS THE RECALLING OF A REACTION TO A HAPPENING. THIS MAY OR MAY NOT BE ACCURATE, EVEN TO THE CORRECTNESS OF THE REACTION, AND MANY TIMES BECOMES EMBELLISHED. WITH AGE, MEMORIES, LIKE WINE, GET BETTER, AS TIME GOES ON.

Can false personality from a previous life occupy the body in this life?

NO. THE PERSONALITY DIES WITH THE BODY. IT IS, YOU SEE, A COMPOSITE OF THE OVERLEAVES, AND NO COMBINATION IS EVER THE SAME, EVEN IF IT ONLY DIFFERS AS TO LEVEL OF SOUL.

ANY ACTIVITY THAT BRINGS SERIOUS STUDENTS TOGETHER IN WORK IS BENEFICIAL, SIMPLY BECAUSE IT PROVIDES ADDITIONAL CLOSENESS.

What would Michael suggest in work to further myself?

WE HAVE SUGGESTED THAT YOU MEDITATE. WE ALSO SUGGEST THAT FOR YOU CREATIVE SILENCE IS SOMETHING YOU MIGHT FIND VALUABLE. THIS MUST BE DONE WITH ANOTHER STUDENT. OTHERWISE IT IS NOT EFFECTIVE; ALTHOUGH YOU HAVE BEEN KNOWN TO TALK TO YOURSELF. YOU ARE MUCH MORE INCLINED TO DO THIS WHEN IN THE PRESENCE OF OTHERS. YOU HAVE A NOISY HEAD, AND MUST WORK TO QUIET IT DOWN. THIS IS NOT UNUSUAL WITH YOUR OVERLEAVES, BUT AS A STUDENT YOU MUST CHOOSE TO OVERRIDE IT. ALSO, YOU CAN PRACTICE CONCENTRATION, AUGMENTED OR NOT. ALSO, FOR YOU, PERIODIC FASTING WOULD BE OF GREAT VALUE. SPIRITUAL FOOD IS WHAT YOU CRAVE, BUT THE PERSONALITY DEMANDS THE SUBSTITUTE. IF YOU CAN STAND NOT TO GRATIFY THE BODY’S DEMANDS, THE HOLD OF THE PERSONALITY WILL WEAKEN. THE MOVEMENT YOU ARE NOW DOING IS GOOD — DON’T STOP. IN FACT, YOU COULD INCREASE IT.

I am asking about sickness: assuming it is chosen, what do people get out of it?

PLEASE REMEMBER THAT THE CHOICE HERE IS QUITE UNCONSCIOUS IN MOST PERSONS, AND THERE IS USUALLY A FACTOR OF NEEDING TO MANIPULATE, EITHER THE PHYSICAL ENVIRONMENT, OR THE

PERSONS AROUND THE FRAGMENT IN QUESTION, WITH NO OTHER OPTIONS OPEN. MOST MINOR ILLNESSES COME ABOUT WHEN THE BODY NEEDS REST. MORE SERIOUS ILLNESSES RESPOND TO MORE SERIOUS NEEDS. WHEN YOU REALIZE THAT IT IS ALL RIGHT TO TAKE ENOUGH REST, THEN MOST MINOR ILLNESSES WILL CEASE.

Concerning bookkeeping: would the job help me get in touch with Intellectual Center?

MOSTLY IT WOULD HELP YOU GET IN TOUCH WITH THE NEGATIVITY OF LIFE AND THROW YOU MORE INTO EMOTIONAL CENTER THAN EVER. YOU CAN IF YOU WISH.

08 November 1974

Friday

HE CHOICES ARE YOURS. THE BONDS ARE REAL. THE BONDS ARE STRONG. THE STRENGTH OF TIES COMES FROM THE SEARCH OF NOT ONLY THE PATH, BUT ALSO THE REJECTION OF THE TEACHING. GETTING IN TOUCH ONCE AGAIN IS ONLY REFLECTIVE OF THE STRENGTH OF THE BONDS. GROWTH IS THIS GROUP'S WILL — AND ONCE AGAIN A CHOICE. GREAT FEELINGS CAN BE EXPERIENCED BY MEMBERS BECAUSE OF THE STRONG ANTI-BONDS, AND INDEED, REAL BONDS. TRUST OF THIS WILL LEAD TO THE ANSWERS ASKED.

There was a question about the Tao as “mother” — is the Infant soul symbiotic with the Tao?

NO AND YES. THE CASTING IS NOT CASTING OUT, BUT RATHER CASTING INTO. THE TAO IS NOT JUST THE MOTHER, BUT YOU KNOW THIS. THE INFANT SOUL IS CLOSE, BUT FURTHEST FROM THE GOAL. THE LADDER MUST BE CLIMBED AND THE INFANT IS AWARE OF THIS. ITS CLOSENESS COMES FROM THIS KNOWLEDGE. BEYOND THIS, THE KNOWLEDGE IS NOT EXPANDED. THE INFANT SOUL IS IN THIS WAY UNIQUE, AND IT IS AS CLOSE TO ITS “MOTHER” AS THE INFANT MAN WHO WANDERS TO THE ASTRAL PLANE CONTINUALLY AND LOOSES CONTACT IMMEDIATELY. IN THE CASTING THE TOTAL AWARENESS IS LOST, BUT NOT THE FEELING OF LOSS. THE INFANT SOUL THEN EXPERIENCES THE LOSS AND THE CLOSENESS SIMULTANEOUSLY. THE INFANT SOUL IS AGAIN UNIQUE IN THIS SENSE OF LOSS, AND MUST START THE SORTING THAT LATER BECOMES THE SEEKING OF THE TAO. THE CONFUSING LIFE OF THE MATURE SOUL WILL, AND INDEED DOES, BALANCE THIS GREAT SENSE OF LOSS IN THE INFANT. THE SENSE OF LOSS IS NOT PRESENT IN THE MATURE SOUL, AND THIS “HEAVY” INVOLVEMENT INTO THE LIFE STREAM WILL HELP THE INFANT TO LEARN TO SEEK WHAT IT HAS LOST. THIS IS WHAT IS MEANT BY BALANCE.

What did Michael mean by “rejection bonds”, and by Baby and Young cycles rejecting what is remembered and getting heavily involved in life, and by “anti-bonds”? How are they related to monads?

“ANTIBONDS” ARE MEANT LOOSELY AS REJECTION OF THE TEACHING, AS OPPOSED TO ACCEPTANCE.

Who is Pontius Pilatus?

THE MAN PILATE WAS A SCHOLAR IN SUBMISSION. HE WAS A “VICTIM OF CIRCUMSTANCES”, AND OF CHOICE. THIS EVENT WAS STRONG IN THE GROUP. IT DID HAVE MUCH TO DO WITH BONDING OF THE INDIVIDUAL SOULS, AND THE PURPOSE OF THE CHOICE THIS LIFE, THE CHOICES OF INTERACTION ON THIS PLANE. THIS TIME AND PARALLEL TIME FRAMES DOES FIGURE IN, YES.

THE ARTISAN [Role] IS NOT NECESSARY TO BE A SURGEON: THIS [occupation] IS FROM THE EMOTIONAL CENTER.

Someone made a comment on threads bringing us together.

GETTING IN TOUCH WITH THE THREADS IS A VERY STRONG FEELING, NOT ONLY FROM THE STANDPOINT OF MERGING ENTITIES, BUT ALSO GETTING IN TOUCH WITH THE EMOTIONS CONNECTING THE THREADS THAT ARE SO STRONG. YOU ARE STRUGGLING WITH THE DICHOTOMY OF THE STRENGTH OF FEELINGS AND THE STRENGTH OF ENTITIES. YOU MUST REALIZE THE EFFECT OF THIS ON THE FALSE PERSONALITY AND ITS RAMIFICATIONS. YOU MUST DENY THE FEELINGS TO GET IN TOUCH WITH THE FLOW OF THE THREAD. THE FEELINGS ARE STRONGER THAN THE THREAD, ALTHOUGH APPEARING THE OPPOSITE. YOU MUST DENY THESE FEELINGS AS PART OF THE OVERLEAVES. GET IN TOUCH WITH YOUR EMOTIONS. LET FEELINGS FLOW. THIS PROCESS WILL FREE MUCH MORE, AND YOU WILL EXPERIENCE THE DEPTH OF THE GIFT.

09 November 1974

Saturday

Did Jesus die on the cross as is said in the Bible? Was Judas really a betrayer?

THIS WAS OF COURSE A COMMON FORM OF EXECUTION FOR A NON-ROMAN CITIZEN. YES, THE BODY DIED THAT WAY. THE TASK WAS FINISHED. IT WAS AS IT SHOULD HAVE BEEN. THE MAN JUDAS DID NO MORE THAN HE WAS ASKED TO DO. STILL, HE WAS CONFUSED AND OVERCOME BY REMORSE, EVEN THOUGH HE UNDERSTOOD THAT THE MAN WAS LONG GONE AT THE TIME THE BODY DIED. THE MAN JUDAS AT THAT TIME WAS A MID CYCLE MATURE PRIEST IN SUBMISSION. THIS GAVE HIM LITTLE OPTION TO REFUSE THE KING [Jesus]. IT WOULD BE GOOD WORK TO DETERMINE THIS. (Who Judas is.)

How did Judas die?

THE MAN SUICIDED.

Someone asked if she was Cleopatra when she died from snakes.

THERE WERE NO SNAKES WHEN THIS KING DIED. THAT IS A LEGEND THAT ATTACHED (and is) NO FACT. THE LADY TOOK POISON ADMINISTERED TO HER BY A LOYAL FRIEND. NO, YOU WERE CLOSE TO BEING BORN IN ROME AT THAT TIME. YOU WERE IN FACT BORN TWENTY-EIGHT YEARS FOLLOWING HER DEATH. YOU AND A FEW OTHERS WERE AROUND FOR SEVERAL MANIFESTATIONS OF THE TRANSCENDENTAL SOUL; ALSO AMONG THEM AMENHOTEP (an Egyptian king).

Someone asked about her past lives.

REMEMBER THAT A CERTAIN NUMBER OF YOUR LIVES HAVE BEEN SPENT AS FEMALES. FEMALES HAVE LONG BEEN OPPRESSED IN THIS SOCIETY, AND THERE HAVE NOT BEEN MANY OPTIONS OPEN TO THEM. FOR THESE REASONS WE PREFER TO MENTION ONLY NOTABLE DEPARTURES. FOR EXAMPLE, MOST OF YOU SHOW IN YOUR PASTS CERTAIN REPETITIVE PATTERNS. THESE WERE PERPETRATED IN MORE THAN ONE LIFE.

Someone asked why there have been errors in soul levels and Roles — are they purposeful? He had been told by Michael much earlier that he was an Artisan, and during a session the night before, someone in the group had asked about his Role and was told it was Scholar, which seems to fit him better.

THE ERRORS OCCASIONALLY HAPPEN WITH GROWTH IN MIND, YES. OFTEN THEY ARE ERRORS. THE MAN IS RIGHT IN ONE RESPECT. THE TEST IS NOT TESTING, BUT RATHER A LESSON TO BE LEARNED IN TRUST, AND GETTING IN TOUCH WITH INTUITION. THE SOUL LEVEL DISCREPANCIES ARE NOT REFLECTIVE OF TOO MUCH MORE CHANGE. THE COINCIDENCE OF THE CHANGES JUST HAPPENED TO COME IN ORDER OF THE QUESTIONS.

Discussion of soul level knowledge and benefit of knowing whether we are First, Second or Fifth Level of any role.

THE ONLY BENEFIT WE CAN SEE IN KNOWING THE AGE OF ONE'S SOUL IS TO HELP THE STUDENT UNDERSTAND PERCEPTIONS AT VARIANCE WITH ONE'S OWN. PERHAPS ALSO TO UNDERSTAND REACTIONS AND DRIVES, IT IS VALUABLE. TRADITIONALLY, THE STOIC HAS ALWAYS REPRESENTED THE EYE IN THE HURRICANE. AT LEAST TO US, IF THIS IS NEGATIVE, OUR PERCEPTIONS ARE QUITE AT VARIANCE.

AS WE HAVE TOLD YOU BEFORE, THE GOAL OF ACCEPTANCE IS IN ITSELF A POWERFUL EXALTED GOAL FROM WHICH SPIRITUAL ENLIGHTENMENT CAN SPRING. WITH THIS THERE IS NO NEED FOR A SWITCH IN OVERLEAVES — MERELY EXTINGUISHMENT OF THE NEGATIVE POLE, WHICH IN THIS CASE IS THE DESPERATE NEED TO BE ACCEPTED UNIVERSALLY BY OTHERS. IN EXCHANGE FOR THIS YOU COME INTO THE POSITIVE POLE, WHICH IS OF COURSE, THE UNQUALIFIED ACCEPTANCE OF OTHERS, JUST AS THE NEGATIVE POLE OF THE GROWTH GOAL INVOLVES TREMENDOUS SCATTERING OF ENERGIES AS THE SOUL RUSHES FROM SCHOOL TO SCHOOL SEARCHING FEVERISHLY FOR THAT ILLUSIVE "WAY".

How do we recognize a fragment of our entity?

THE RECOGNITION OF A FRAGMENT OF ONE'S ENTITY IS USUALLY A CASUAL ONE. SOMETIMES THE ONE WHO RECOGNIZES IS STARTLED AT FIRST, BUT THIS NORMALLY IS NOT A RELATIONSHIP FRAUGHT WITH MUCH TENSION. IN FACT, IT IS USUALLY MARKED WITH EASE, AS THESE ARE OLD FRIENDS, AND YOU WOULD NOT EXPECT FIREWORKS. WITH TWINS THERE IS NORMALLY A DESIRE FOR CLOSENESS OF AN IMMEDIATE NATURE, AND BARRING SOCIAL CONSTRAINTS, THIS PROCEEDS RAPIDLY, AND IS USUALLY FIXED FROM THAT POINT ON. THIS BOND IS BY FAR THE STRONGEST ON THE PHYSICAL PLANE, AND NOT

MUCH CAN COME BETWEEN TWINS. KARMA OF AN ADVERSE NATURE CAN PULL TWINS APART, AND SOMETIMES THE GOAL OF REJECTION WILL REPEL A TWIN EVEN THOUGH IT DOES NOT WISH TO BE REPELLED.

What about sequences?

YOU SEE, THERE IS A SENSE OF UNFINISHED BUSINESS HANGING OVER SEQUENTIAL PARTNERS, AND THEY FEEL THIS TENSION, WHICH IS ONLY RELIEVED BY COMPLETION OF THE SEQUENCE. THIS DOES NOT HAVE TO BE NEGATIVE. THERE ARE POSITIVE SEQUENCES, BUT STILL THE TENSION FOR COMPLETION OF THE TASK IS FELT. SOULS OFTEN SEEK EACH OTHER OUT MORE OFTEN THAN CASUAL FRIENDS WOULD, FOR THE OBVIOUS PURPOSE OF WORKING ON THE SEQUENCE.

Do twin souls have sequences?

OH, YES, AND KARMIC RIBBONS TOO.

ONE WAY YOU WILL BE ABLE TO MEASURE THE TRUST LEVEL IN THIS GROUP WILL OCCUR WHEN THE DIEHARDS BEGIN TO DROP THEIR GUARD.

10 November 1974

Sunday

WHEN YOU CAN EXPRESS AFFECTION OPENLY WITH NO EXPECTATIONS OF GAIN ON A PHYSICAL BASIS, YOU WILL HAVE COME A LONG WAY. THE EXERCISE THAT THE MAN ROBERT BURTON PROPOSED TO HIS STUDENTS, THAT THEY REFER TO THEMSELVES AS "IT", COULD BE VALUABLE TO YOU IN A VERY DIFFERENT SENSE. IT WOULD CONSCIOUSLY HELP YOU IN DROPPING GENDER.

_____ asked if the procrastination was on our part or on Soleal's.

YOU STUDENTS ARE AWARE OF YOUR OWN DAY-TO-DAY FLUCTUATIONS. YOU SEE, THE ESSENCE TRAVELS ASTRALLY RELATIVELY FREE OF THE PERSONALITY IN AN ADEPT, BUT THE VESTIGES OF THE PERSONALITY COME ROARING BACK WHEN BACK IN THE BODY.

Someone asked if his essence twin was in the group.

FIRST OF ALL, PERHAPS WE SHOULD REITERATE A BIT. THERE IS OF COURSE A VERY SPECIAL RELATIONSHIP BETWEEN ESSENCE TWINS, AND OF COURSE, THIS IS DESIRABLE AND MANY WANT IT. BUT THE KNOWLEDGE OF THIS SHOULD COME IN ON AN INTUITIVE LEVEL IN ORDER TO BE VERIFIABLE. FOR US TO SIMPLY TELL YOU THAT SO AND SO IS YOUR ESSENCE TWIN WOULD ONLY LURE YOU INTO PERCEIVING A FALSE SET OF SPECIFICATIONS. IF YOU VERIFY THIS ON AN INTUITIVE LEVEL, IT WOULD BE EASILY VERIFIABLE. THIS GROUP IS AS WE HAVE SAID, A BIT UNUSUAL IN THAT YOU ALL TWINNED. SOME OF YOU KNOW YOUR TWINS. OTHERS HAVE SIMPLY TAKEN RATHER WILD GUESSES, BASED UPON STRONG PHYSICAL ATTRACTIONS. PLEASE BE ASSURED THAT TWINNING DOES PRODUCE AN ALMOST UNBREAKABLE BOND — A STRONG BOND YOU ARE USUALLY AWARE OF ON AN INTUITIVE LEVEL, LONG BEFORE YOU CAN EXPRESS IT VERBALLY.

12 November 1974

Tuesday

We held a group discussion of experiences and impressions during the weekend we spent together. Many of us experienced verification of Soleal, emotional center experiences, and a cohesiveness of the group. We then asked Michael for a comment about the weekend the group had spent together, specifically about trust.

WE WOULD HOPE THAT THOSE OF YOU WHO WERE EXPOSED TO THE VERIFICATION OF THE PRESENCE OF OUR OTHER STUDENT [Soleal], AND WHO WERE EXPOSED SIMULTANEOUSLY TO THE JOY OF COMMUNICATION WITHOUT THE NEED FOR SUBTERFUGE AND VERBIAGE, WOULD ATTEMPT WITHIN THE NEXT FEW MONTHS TO PERFECT, OR AT LEAST AWAKEN, THESE SKILLS WITHIN YOURSELVES. THIS IS PERHAPS THE MOST EXCITING BREAKTHROUGH THAT THIS CADRE HAS YET EXPERIENCED. THOSE STUDENTS WHO DID NOT EXPERIENCE THIS AT LEAST NOW KNOW WHERE THE WORK IS, AND YES, WE WOULD AGREE THERE WILL BE MUCH FOCUS ON THIS AND OTHER SIMILAR TEACHINGS IN THE COMING YEARS, AND IT WILL BE UP TO THE STUDENTS TO LEND CREDENCE TO THE WORDS. THIS WILL BE FAR MORE BELIEVABLE COMING FROM A BALANCED STUDENT THAN A SCATTERED ONE.

IT WAS EXCELLENT WORK TO HAVE THE GROUP PRESSED INTO A CROWDED SITUATION, AND YET COME

AWAY WITH FAR MORE POSITIVE EMOTIONS THAN NEGATIVE ONES, EVEN THOUGH MANY PRIVATELY HELD BELIEF SYSTEMS CONCERNING THE NEED FOR ALIENATION WERE VIOLATED. THOSE OF YOU WHO MADE THE EXPERIENCE COUNT WILL NOT LOSE THE GROUND GAINED. THOSE STUDENTS WHO REFUSED TO PENETRATE THE EXPERIENCE ARE IN PRECISELY THE SAME SPOT AS THEY WERE BEFORE THE EXPERIENCE.

IT DOES NOT WORRY US THAT YOU WISH TO GO INTO THIS GRADUALLY. WE HAVE MUCH TIME. IT IS, HOWEVER, GRATIFYING THAT AT LEAST THE BALL IS NOW ROLLING, AND MANY STUDENTS ARE NOW LOOKING AT ALTERNATIVES THAT IN THE BEGINNING WERE UNTENABLE. THIS IS SOME PROGRESS. THE REST MUST COME ABOUT AT A COMFORTABLE RHYTHM. THE MORE TIME THAT YOU CAN SPEND IN CLOSE PROXIMITY, THE EASIER THE WORK WILL BECOME. IT WAS GRAPHICALLY CLEAR TO MANY STUDENTS, FOR INSTANCE, THAT THEY WERE NOT RESTRICTED BY THE FACT THAT THE OTHER STUDENTS WERE PRESENT, AND THAT THEY WERE ABLE TO FUNCTION IN MANY SPHERES, AND WITH A FAR KEENER APPRECIATION OF THE ACTION UNDERTAKEN. THIS IS A VALUABLE LESSON AND A VALID GROUP PHOTOGRAPH.

THIS IS AN OLD GROUP. THERE ARE NO DESIRES TO MOLD YOU. YOU CAN INTERACT CASUALLY WITH ONE ANOTHER, AND WE THINK THAT WITHIN A VERY FEW MONTHS (could) MANAGE TO GIVE UP MANY OF YOUR REMAINING EXPECTATIONS OF HOW THAT INTERACTION SHOULD FEEL. WHEN THIS HAPPENS, AND YOU ARE ABLE TO EXPRESS GENUINE FEELINGS TO ONE ANOTHER, YOU WILL BE READY FOR AN ALTERNATIVE LIFE, SUCH AS THE ONE WE HAVE SUGGESTED.

THE REASON FOR THE PSYCHIC PHOTOGRAPH SHOULD BE FAIRLY CLEAR AT THIS TIME. IT IS PRIMARILY A WARM-UP EXERCISE, LEADING TO NONVERBAL COMMUNICATION. MANY STUDENTS WHO ARE ALSO TEACHERS ERR IN TRYING TO SPEED UP THIS PROCESS, AND FOR THAT REASON THE DESIRED COMMUNICATION DOES NOT TAKE PLACE. THE TELEPATHIC SILENCE IS ANYTHING BUT SILENT, BUT STUDENTS CANNOT BE SHIELDING IF THIS IS TO COME ABOUT. IF YOU FIRST LEARN TO EXPRESS YOUR FEELINGS TO ONE ANOTHER WITHOUT SHAME OR GUILT, OR ANY OF THE OTHER MYRIAD BARRIERS, THEN YOU OPEN THE DOOR TO SILENCE. ONLY THEN CAN YOU BE TRULY COMFORTABLE WITHOUT THE CHATTER. CHATTERING IS USUALLY JUST ANOTHER SHIELD SO THE PERSONALITY DOES NOT HAVE TO BE HONEST.

YOU SEE, THE ESSENCE CANNOT LIE; THEREFORE THE PERSONALITY CANNOT TELL THE TRUTH — IT CAN ONLY LIE. THIS IS AN IMPORTANT POINT TO REMEMBER, SINCE THE CHATTERING EMANATES FROM THE PERSONALITY. THE ESSENCE DOES COMMUNICATE. THERE IS NO NEED FOR MINDLESS SILENCE IN THE PATH TOWARD BALANCE, BUT IT MIGHT AS WELL BE TRUTHFUL COMMUNICATION, AND UNTIL YOU CAN KNOCK AWAY THE BARRIERS, THIS CANNOT COME ABOUT. THE PERSONALITY WILL ALWAYS BE AROUND TO CONVENIENTLY LIE IN ORDER TO SATISFY THE GOAL. IF THIS GOAL HAPPENS TO BE ACCEPTANCE, FOR INSTANCE, THINK OF HOW MUCH ENERGY IS LOST.

THE PROCESS OF BECOMING A TRANCE MEDIUM OR A SUITABLE TRANSMITTER CANNOT BE ACCOMPLISHED IN ONE SESSION, OR EVEN IN WHAT YOU CONSIDER MANY SESSIONS. THIS PROCESS, LIKE ALL OTHER PROCESSES IN THIS TEACHING, REQUIRES WORK, PRACTICE, AND A HIGH LEVEL OF TRUST BETWEEN THE TEACHER AND THE STUDENT. ALSO, ONE MUST REMEMBER THAT IN THE BEGINNING THERE IS A TREMENDOUS EMOTIONAL RESPONSE TO THE AWAKENING COMMUNICATION. OFTEN THIS IS INTENSIFIED BY THE STUDENT'S OVERLEAVES.

IN MANY THERE IS A NATURAL FLAIR FOR DRAMA. FOR INSTANCE, THIS GROUP HAS HAD EXPERIENCE WITH THIS AND HAS BEEN REPULSED. THIS MEDIUM HAS A DESIRE TO SOFT-PEDAL ALL THINGS BECAUSE OF THE CONSTRUCT OF THE OVERLEAVES. OTHER MEDIUMS HAVE A DESIRE TO GUILD THE LILLY, AND THE STRIPPING AWAY OF THESE TENDENCIES TAKES PATIENCE AND TIME.

THERE IS ON THE PHYSICAL PLANE MANY ALTERNATIVES — TIME TRACKS AS WE HAVE TOLD YOU BEFORE. THIS CADRE IS TRAVELING DOWN ONE OF THESE. YOU ARE SEPARATED FROM THE OTHER TIME TRACKS ONLY BY THE SOLIDIFICATION OF THE PHYSICAL PLANE — THE "NATURE" OF THIS PLANE REQUIRES THAT YOU REMAIN LIMITED IN THIS RESPECT. THE TIME TRACKS ARE OF COURSE AVAILABLE TO ALL OF YOU WHEN YOU ARE NOT ENCUMBERED BY THE PHYSICAL BODY, AND THEY CERTAINLY DO EXIST SIMULTANEOUSLY IN THE PANDIMENSIONAL UNIVERSE. THE EXPERIENCES OF ALTERNATIVE FRAGMENTS ARE AS AVAILABLE TO YOU AS ANY OTHER OF THE AKASHIC RECORDINGS. (Refer to the Seth books for specifics on alternative fragments.)

OF COURSE AS ALL IS RECORDED, NOTHING — NOT ONE SECOND OF ETERNITY — IS EVER LOST. IF YOU CHOSE TO EXPERIENCE THIS AS A DIMENSION OF GROWTH, THIS IS AN OPTION OPEN TO YOU, AND THIS

EXPERIENCE CAN APPEAR VERY REAL TO YOU AT THE TIME YOU ENCOUNTER IT. THE PANDIMENSIONAL UNIVERSE IS NOT RETROGRESSIVE, BUT YOU MUST ALSO KEEP IN MIND THAT TIME, AS YOU KNOW IT, DOES NOT EXIST, AND THAT THE PAST, PRESENT, AND FUTURE ARE SIMULTANEOUS.

THE STUDENT DOES NOT GLIMPSE THIS ON THE PHYSICAL PLANE EXCEPT IN A VERY FRAGMENTED FASHION. THE RECALL OF LIVES IN THE PAST IS AN EMOTIONAL EXPERIENCE THAT CANNOT BE ADEQUATELY HANDLED BY ANY OTHER CENTER, AND FOR THE STUDENT WHO IS NOT ACCUSTOMED TO FEELING THIS CENTER IN OPERATION, THIS CAN BE, AS WE HAVE SAID, AN OVERWHELMING EXPERIENCE. THERE CAN EVEN BE A HIGH DEGREE OF DENIAL WHEN THE FLASH DOES NOT PLEASE THE PERSONALITY. MANY OF THE RECALLS IN THIS GROUP HAVE BEEN STARTLINGLY ACCURATE. SOME HAVE BEEN COLORED SOMEWHAT BY STUDENTS OWN FEELINGS OF GUILT AND UNWORTHINESS IN THE DESIRE TO ASSOCIATE WITH CERTAIN NEFARIOUS CHARACTERS OF THE PAST. THE GUILT SURROUNDING THE ACT WITH JUDAS IS A GUILT FELT ALMOST UNIVERSALLY, AND IT IS A NEEDLESS GUILT, AS THIS MAN WAS MERELY PLAYING OUT A SCRIPT THAT FOR HIM IN THAT LIFE WAS NOT A PARTICULARLY FAVORABLE ONE. SUGGESTING RETROGRESSION TO US IS ANOTHER EXAMPLE OF MECHANICAL MAN'S DESIRE TO COMPLEXITY, BUT ALSO IT SUGGESTS TO US MECHANICAL MAN'S NEED TO BE PUNISHED FOR WHAT HE CALLS SIN. WE MUST SOMEHOW MAKE IT KNOWN TO YOU THAT THERE IS NO SIN — ONLY KARMA — AND THIS YOU DO REPAY, BUT NOT BY RETROGRESSION, JUST BY HARD WORK. THERE IS NO ONE "UP HERE" TO PUNISH YOU. YOU WILL HAVE TO FIND SOMEONE DOWN THERE TO DO YOUR FLAGELLATION. THEREFORE, IN ANOTHER ALTERNATIVE TIME TRACK THE MAN JUDAS DID NOT CHOOSE TO BETRAY HIS TEACHER, AND THIS ACT FELL TO ANOTHER CLOSE TO THE INNER CIRCLE. THIS ALTERNATIVE WAS PLAYED OUT.

ALSO, WE WOULD POINT OUT NOW THAT MANY OF YOU STUDENTS WHO ARE CURIOUS ABOUT THE DISPERSION OF FRAGMENTS OF YOUR ENTITIES WILL GO SEARCHING FOR THEM IN YOUR DREAM STATES. YOU WILL BE ABLE TO CONTACT MANY THIS WAY, THAT YOU WOULD NOT OTHERWISE MEET BECAUSE OF PHYSICAL DISTANCES, ETC.

19 November 1974

Thursday

Someone commented on his belief that he had contacted a memory of his most previous past life, of starving at age three years at Auschwitz.

WE WOULD ANSWER BY SAYING THAT MOST OF THE YOUNGSTERS WHO ARE NOW SEARCHING WITH SO MUCH FERVOR HAVE THIS EXPERIENCE AS THEIR IMPETUS. THE MOVEMENT TOWARD SIMPLICITY THAT THIS GENERATION ESPOUSES HAS ARISEN FROM THESE STILL FRESH MEMORIES. ABOUT SEVENTY PERCENT OF THOSE BETWEEN FIFTEEN AND TWENTY-FIVE HAVE THIS OR A SIMILAR EXPERIENCE IN THE RECENT PAST; THE NAZI PRISON CAMPS, THE DEVASTATION OF HIROSHIMA, NAGASAKI, AND OTHER DEATHS ATTRIBUTABLE TO THE TWO GLOBAL CONFLICTS. YOU ARE CORRECT IN ASSUMING THAT MOST OF THE SOULS CAST ON THIS WORLD ARE NOW ALIVE OR JUST HAVE BEEN OR WILL STILL LIVE WITHIN THIS PRESENT CENTURY.

WHEN THERE ARE HARSH SEQUENCES STILL RIDING FROM THE PAST, THE RESPONSE IS USUALLY CHARGED WITH AMBIVALENCE, USUALLY INTERPRETED AS NEGATIVITY. THIS RECEDES THEN WITH UNDERSTANDING.

Someone asked for a comment about the trauma of birth: Is a Cesarean section more traumatic for the baby? Babies cry so hard at birth — why? Is there blocked recall or memory at birth?

THE FIRST CRY OF THE NEWBORN IS USUALLY RESPONSE TO OUTRAGE AND PAIN. THIS IS IN PART SPARED IN THE ANIMAL KINGDOM AS THE MOTHER ANIMAL IS USUALLY A BIT MORE SOLICITOUS, BUT YES, OPERATIVE DELIVERIES ARE JUST AS TRAUMATIC FOR THESE BABIES. THE ABRUPT REMOVAL FROM THE WARMTH AND COMFORT OF THE UTERUS INTO THE OPEN COLD ROOM WITH THE NECESSITY TO STRUGGLE FOR BREATH IS HARDER SOMETIMES FOR THESE LITTLE ONES. THOSE BORN NORMALLY DO ACQUIRE SOME STRENGTH ON THE TRIP OUT.

Don Juan [of the Carlos Castaneda books] was referred to in the past tense. Has he died, or does it involve the transcendental soul taking over the body?

NO, THE TRANSCENDENTAL SOUL HAS NOT MANIFESTED, BUT THIS SOUL HAS BECOME AN ADEPT, AND FOR THIS REASON MUCH DOES NOT APPLY IN THE SAME SENSE. WE REFERRED, WE BELIEVE, TO

OVERLEAVES WHICH NO LONGER APPLY, SUCH AS CHIEF FEATURES AND ENTRAPMENT IN CENTERS. IF MORE WAS INFERRED THIS WAS AN ERROR IN TRANSMISSION.

IN THIS CULTURE THOSE ON THE PHYSICAL PLANE HAVE A TENDENCY TO SEXUALIZE ALL ENCOUNTERS WITH ONE OF ANOTHER GENDER. IF THEY FEEL POWERFUL EMOTIONAL DISCHARGES AROUND THIS OTHER PERSON THEY INTERPRET THEM AS EROS OR SEXUAL ATTRACTION, AND THE FALSE PERSONALITY DEMANDS GRATIFICATION. IN THE SOUL IN A TEACHING, OR THE SOUL GOING INTO BALANCE, THIS GRATIFICATION CAN SOMETIMES BRING ABOUT STARTLING PHOTOGRAPHS OF THE PERSONALITY AT WORK, AND THE EXPECTATIONS THEY HAD OF THE OTHER, BASED UPON THE INTERPRETATION OF THE EMOTION. SOULS ON THE PHYSICAL PLANE, UNTIL THEY MEET WITH A TEACHING, HAVE NO MECHANISM WITH WHICH TO INTERPRET EMOTIONS ACCURATELY. THEY MUST MERELY INTERPRET ACCORDING TO THE DICTATES OF THE CULTURE.

THE PHYSICAL PLANE AND ITS PERVASIVE ATMOSPHERE DEMANDS THAT YOU “DO” SOMETHING PHYSICAL ABOUT ETHEREAL MATTERS. CONSEQUENTLY, WHEN THE ESSENCE AWAKENS FOR AN INSTANT AND FEELS LOVE FOR ITS ESSENCE TWIN OR AN OLD TWIN, THE FALSE PERSONALITY IMMEDIATELY GOES TO WORK ON THIS EMOTION, CONVERTING IT INTO SOMETHING IT CAN UNDERSTAND. THIS IS WHAT IS MEANT BY SOME SPIRITUAL LEADERS WHO EXHORT THEIR FOLLOWERS TO RISE ABOVE THE PHYSICAL PLANE. MECHANICAL MAN HAS NOT LEARNED TO RISE ABOVE THE DESIRE FOR INSTANT GRATIFICATION; THEREFORE HE EXPERIENCES MUCH FRUSTRATION, SINCE THE CULTURE LARGELY DENIES HIM THAT GRATIFICATION.

CULTURES THAT IMPOSE RULES OF SOCIAL CONDUCT AND INTERPERSONAL RELATIONSHIPS USUALLY ARISE OUT OF THE FRUSTRATIONS OF UNFULFILLED EXPECTATIONS. THE SEXUAL EXPERIENCE NEVER ATTAINS THE HEIGHT THAT IT IS EXPECTED TO, AS IT IS USED IN PLACE OF LOVE SO MANY TIMES, AND THE PERSONALITY, NOT KNOWING ANY BETTER, BLAMES THE PARTNER FOR THE FAILURE TO PRODUCE BLISS, WHEN THE RESPONSIBILITY LIES WITHIN SELF AND SELF'S RIDICULOUS EXPECTATIONS OF A BIOLOGIC ACT WHICH COMES BASIC TO THE ORGANISM. MAN CONSIDERS HIMSELF CIVILIZED BECAUSE HE HAS RISEN ABOVE OESTROS [estrus = being “in heat”]. WHAT AN ASPIRATION!

It has been said that Peter and Judas were Priests. Were all of Christ's disciples in the Priest Role?

THE APOSTLE PAUL WAS ALSO A PRIEST, YES. THE DISCIPLES THOMAS AND MATTHEW WERE BOTH WARRIORS. THE DISCIPLE JOHN WAS AN ARTISAN. THE OTHERS WERE PRIESTS.

THE KING OFTEN GIVES THE ILLUSION OF POWER MODE, ESPECIALLY WHEN YOUNG.

Someone asked about his attraction to healing. Is there a connection?

WELL, THIS “CONNECTION” CAN SUCCESSFULLY BE MADE BY MANY OF THE STUDENTS, BUT YOU DO HAVE MORE AFFINITY FOR IT. YOU HAVE A DEEP GREEN AURA, WHICH WOULD INDICATE SUCCESS IN THIS AREA TO US. THE ESSENCE UNDERSTANDS THIS AND THEREFORE THE DESIRE.

IT IS UNUSUAL FOR ESSENCE TWINS NOT TO APPEAR ON THE PHYSICAL PLANE TOGETHER, ALTHOUGH MANY SCHOLARS DO SABOTAGE ATTEMPTS TO MOVE TOWARD THEIR TWINS.

Someone asked if essence twins are usually born in the same locale.

NOT ALWAYS. SOME MUST TRAVEL MANY MILES AND SPEND MANY YEARS SEARCHING.

How do we burn ribbons on the astral plane? Is it easier that way?

IT IS LESS PAINFUL IN A PHYSICAL SENSE, BUT THAT DOES NOT MEAN THAT IT IS PAIN-FREE. IT TAKES MUCH LONGER TO ACCOMPLISH ANYTHING THIS WAY, AS ALL [that] CAN BE OFFERED IS GUIDANCE TO THOSE WHO ARE ON THE PHYSICAL PLANE AND TO WHOM THE DEBT IS OWED. IT INVOLVES PATIENT MONITORING AND THE ESTABLISHMENT OF RAPPORT THROUGH THE BARRIERS OF THE PLANES.

20 November 1974

Wednesday

Someone asked the purpose behind extraterrestrial exploration.

THEIR PURPOSES ARE LEGION. SOME WORLDS ARE CROWDED, SOME CARE ONLY FOR EXPLORATION. OTHERS, SUCH AS THE WORLD WHERE OUR STUDENT (Soleal) LIVES, CARE ONLY FOR SPIRITUAL GROWTH. THERE IS MUCH CURIOSITY THROUGHOUT THIS GALAXY — CURIOSITY SUCH AS THE KIND THAT CREATURES OF REASON ON THIS WORLD EXHIBIT WHEN THEY TRY TO BREAK FROM THE PRISON OF THIS WORLD.

PLEASE DO NOT MISUNDERSTAND US. MERE CURIOSITY COULD NOT, OF COURSE, ACCOUNT FOR SUCH AN EXPENDITURE, BUT MANY TIMES IT SERVES AS AN IMPETUS IN THAT MANY WORLDS EXPLOIT THEIR TECHNOLOGIC STRENGTH ON THE BASIS OF UNREQUITED CURIOSITY.

EXPLORATION HAS ALWAYS APPEALED TO CREATURES OF REASON. AS SOON AS THEY LEARNED TO CONQUER THEIR NATIVE ENVIRONMENT AND SUBDUE IT SUFFICIENTLY TO INSURE LONG RANGE SURVIVAL, THEIR THOUGHTS AUTOMATICALLY TURNED TO THE STARS. AS THEIR TECHNOLOGIC MIGHT INCREASED, THEIR HORIZONS BROADENED. WE BELIEVE THAT THE MAN BERTRAND RUSSELL HIT UPON A BASIC TRUTH WHEN HE DESCRIBED THE “UTTER TERROR OF COSMIC LONELINESS” THAT MAN FEELS WHEN HE CONTEMPLATES THE COSMOS. MAN IS NOT ALONE IN THIS. ALL CREATURES OF REASON EXPERIENCE IT. IT IS PART OF THE EVOLUTIONARY PROCESS ON THE PHYSICAL PLANE, AND CANNOT BE AVOIDED.

CREATURES OF REASON, OF COURSE, RETAIN THE KNOWLEDGE OF THE PANDIMENSIONAL UNIVERSE WITHIN THEIR ESSENCES, AND AT A FAR DEEPER LEVEL THAN MOST, ARE IN CONTACT [with essence] AND RESENT THE LIMITATIONS PLACED UPON THEM BY THE PHYSICAL PLANE — THE ULTIMATE SPEED LIMIT, THE ULTIMATE THIS AND THAT IMPEDES THEIR PROGRESS — AND EVENTUALLY THEY REBEL AGAINST THIS AND LITERALLY BURST FROM THEIR FINITE PRISON INTO THE PANDIMENSIONAL UNIVERSE.

THIS ULTIMATELY BRINGS THEM IN CONTACT WITH OTHER CIVILIZATIONS, SOME OF WHICH ARE FAR BENEATH THEM ON THE EVOLUTIONARY SCALE. MOST OF THEM, BY THE TIME THEY HAVE REACHED THE STAGE IN WHICH THEY CAN TRAVEL BETWEEN THE STARS, CAN DETECT THE READINESS ON A WORLD FOR CONTACT. MOST HAVE ADEPTS WHO KNOW THIS LONG BEFORE THE VENTURE IS UNDERTAKEN.

BUT YOU ARE QUITE CORRECT — THERE ARE WORLDS THAT HAVE ADVANCED TECHNOLOGICALLY WITH NO PARALLEL SPIRITUAL DEVELOPMENT, AND THEY REPRESENT QUITE A SIZABLE NUMBER OF VISITORS TO THIS SECTOR OF THE SPIRAL ARM. THEY HAVE NO OTHER PURPOSE BEYOND EXPLORATION, AND CONTACT WITH THEM WOULD BE ARID, TO SAY THE LEAST.

Someone asked if the interstellar travelers on the causal plane are teachers. Information that seems discrepant could be biased because of the medium involved.

FIRST, WE SHOULD ASSURE YOU ALL THAT THE INTENTION OF TRAVELERS SPANNING THE VOID BETWEEN THE STARS MUST BE BENEVOLENT IN THE SENSE THAT MALIGNANCY OR MALEVOLENCY IS NOT POSSIBLE AT THOSE DISTANCES, AND AT THE COST, THEY SIMPLY CANNOT EXPEND THE NECESSARY ENERGY TO WAGE INTERSTELLAR WARFARE. AT LEAST AT THIS POINT NO ONE WITHIN EASY REACH OF YOU CAN, NOR WOULD THEY WISH TO.

YOU SEE, UNFORTUNATELY, YOUR WORLD IS NOT THE PARADISE YOU THINK IT IS. IT IS ALMOST EXPENDED AS FAR AS VALUABLE RESOURCES ARE CONCERNED. IN THE RACE FOR TOTAL “GUTTING” YOU HAVE ALMOST WON.

SECONDLY, YES, THERE ARE MANY ENTITIES ON THIS [mid causal] PLANE WHO ARE WORKING WITH GROUPS AND WITH SINGLE SOULS, ON THIS AND MANY NEAR WORLDS. YOU ARE NOT UNIQUE IN THIS, AND YOU ARE QUITE RIGHT, THE INDIVIDUAL BIAS THROUGH WHICH WE COME [mediumship] DOES DISTORT THE WORDS SOMEWHAT, IN SOME CASES BEYOND VERIFICATION. WE CHOOSE ON THE BASIS OF DESIRE AND ABILITY TO SERVE AS A TRANSMITTER. THIS DOES NOT ALWAYS PROVE SUCCESSFUL, AND THE ONLY POSITIVE FEATURE ARISING FROM THIS IS THAT THE RESULTING DISTORTIONS ARE READILY DISCERNED AND DISCARDED. THOSE WHO PERPETRATE THEM ARE QUITE QUICKLY BRANDED AS “CRACKPOTS” AND FORGOTTEN. THOSE WHO MAKE THE MOST UNBIASED TRANSMITTER-RECEIVERS ARE THOSE WITH THE MOST NEUTRAL OVERLEAVES. UNFORTUNATELY, THESE ARE ALSO THE ONES WHO NORMALLY RESIST THEIR INTUITION THE LONGEST AND SOMETIMES NEVER SPAN THE CHASM.

Someone asked what must we do to become awake.

WE HAVE OF COURSE OUTLINED TO THIS CADRE THE STEPS THAT THEY MUST TAKE IF THEY ARE TO EVER BECOME SUFFICIENTLY AWAKE TO HEAR THE WORDS. WE HAVE TOLD THEM OF THE HIGHEST TRUTH, WHICH IS AGAPE, WHICH IS THE UNQUALIFIED ACCEPTANCE OF OTHER CREATURES AS THE GREATER PART OF SELF. WE HAVE GIVEN THEM THE TOOLS FOR ATTAINMENT OF THIS STATE, WHICH ARE YES, MEDITATION, CONCENTRATION, FASTING, AND STUDY. WE HAVE ENDEAVORED TO WARN THEM, OR RATHER APPRISE THEM, OF THE PITFALLS THEY MAY ENCOUNTER ON THE PATH. WE HAVE RECOMMENDED THAT THEY SIMPLIFY THEIR LIVES, THAT THEY MAY FREE THE NECESSARY ENERGIES FOR PURSUIT OF THIS OBJECTIVE. WE WOULD GIVE YOU THE SAME ADVICE. IT CANNOT CHANGE. THIS IS AS WE HAVE SAID MANY TIMES, THE SHORTEST PATH OF WHICH WE ARE AWARE. THE MOST PENETRATING

BARRIERS ON THE PHYSICAL PLANE ARE THE “I CANNOT” BELIEF SYSTEMS THAT STAND IN THE WAY OF SPIRITUAL EVOLUTION. THE EASIEST WAY WE KNOW OF TO BREAK THROUGH THESE BARRIERS IS TO ELIMINATE THE ALIENATION, THE FRUSTRATING ISOLATION THAT YOUR CULTURE NOW IMPOSES.

Someone heard from another medium that some aliens have been able to program all individuals on this planet, and monitor them, so that if our race is destroying the balance in this part of the universe, they (the aliens) will destroy us, not allowing us to do it.

UNFORTUNATELY, WE WOULD CLASSIFY THIS AS ALTRUISTIC WISHFUL THINKING. IN FACT, THE DESTRUCTION OF THE PLANET, HOWEVER PREMATURE, WOULD NOT THROW THE UNIVERSE OUT OF HARMONY. PREMATURE DESTRUCTION OF THE STAR ITSELF WOULD, BUT MINUTELY SO. THERE IS, OR RATHER ARE, RACES WITH THIS CAPABILITY, BUT NONE WITH THIS CLOUDED THINKING. THIS WOULD BE A DEVASTATING KARMIC RIBBON, WHICH NO CREATURE OF REASON WOULD KNOWINGLY TAKE UPON HIMSELF. THE CAPABILITY FOR THIS IS OF COURSE WELL WITHIN THE REACH OF YOUR OWN SCIENTISTS. THE “ANNIHILATION” WOULD NOT TAKE MUCH EFFORT AT ALL, BUT THIS TYPE OF THINKING IS THE RESULT OF EXTREMELY HARSH OVERLEAVES, AND ON ALL THE WORLDS WE KNOW INTIMATELY, THIS IS SCREENED FROM THOSE VENTURING INTO INTERSTELLAR SPACE — EVEN BY THOSE WORLDS EXPLORING PURE TECHNOLOGICALLY. THEY OF COURSE CALL IT PSYCHOLOGICAL SCREENING, BUT AS THE MAN WILLIAM [Shakespeare] ONCE SAID, “A ROSE BY ANY OTHER NAME [is still a rose]”, ETC.

Someone asked if his painting was for him a form of concentration.

OH, VERY DEFINITELY, AS IS SOME VIGOROUS PHYSICAL ACTIVITY FOR MOVING CENTERED INDIVIDUALS; AND SWINGING IS FOR OTHERS. MANY MUNDANE CHORES ALSO CAN BE EMPLOYED TO KEEP THE BODY BUSY WHILE THE ESSENCE AWAKES AND CONCENTRATES.

Could watching television be a form of concentration to some?

IT CAN VERY WELL BE SO FOR SOME INDIVIDUALS, YES — ANYTHING THAT DISTRACTS THE PERSONALITY, FOR THIS IS WHAT A MANTRA DOES.

Is prayer a form of concentration?

PRAYERS, OF COURSE, ARE NOTHING MORE THAN THE PERSONALITY’S PETITIONING THE ESSENCE TO COME TO THE RESCUE. SOME DO COME FROM THE EMOTIONAL CENTER, BUT ORGANIZED PRAYER, SUCH AS THAT PROMULGATED BY ROME, IS PURELY INTELLECTUAL.

26 November 1974

Tuesday

Someone asked if fear is a part of the Caution Mode.

ALL OF YOUR EXPERIENCES WILL VARY TREMENDOUSLY OVER THE NEXT SEVERAL MONTHS, MUCH ACCORDING TO THE MODE OF APPROACH BY WHICH YOU LIVE. NATURALLY, THOSE IN CAUTION OR REPRESSION, AND OF COURSE THOSE IN OBSERVATION, WILL CONTINUE ‘TO PUT A DISTANCE BETWEEN THEMSELVES AND THE EXPERIENCE. THOSE IN PASSION WILL PERHAPS EXPERIENCE MORE, SOONER THAN THE OTHERS, BUT SOONER OR LATER STUDENTS WILL BE ABLE TO WORK THROUGH THE BARRIERS. AT THIS MOMENT IT IS A TEMPTATION FOR SOME STUDENTS TO DISCREDIT THE EXPERIENCES OF THOSE STUDENTS, WITHOUT TAKING THE DIFFERENCE IN OVERLEAVES INTO CONSIDERATION. THIS IS GREATLY IN ERROR, FOR NO ONE STUDENT IN THIS CADRE IS NOW GUILTY OF COMPLETELY MANUFACTURING AN EXPERIENCE FOR THE BENEFIT OF THE OTHER STUDENTS. IT IS SIMPLY THAT THOSE STUDENTS WHO ARE EMOTIONALLY CENTERED OR IN THE PASSION MODE WILL TEND TO HAVE A FAR MORE “INTENSE” EXPERIENCE. SEVERAL OF THE OTHER STUDENTS HAVE HAD SIMILAR EXPERIENCES WHICH WERE OBSERVED MATTER OF FACTLY AND NOT SHARED, BUT NEVERTHELESS, WERE EXPERIENCES. CAUTION COULD, OF COURSE, BE INTERPRETED AS FEAR, YES, BUT IT IS SO MUCH SIMPLY THE FEAR OF RISK-TAKING RATHER THAN WHAT MOST THINK OF AS FEAR, THAT IT IS DISTINCTLY DIFFERENT. MOST SOULS IN CAUTION ARE NOT TRULY FRIGHTENED BY MUCH.

Someone asked about using John Lilly’s and Robert Monroe’s techniques together to have an out-of-body experience. Some in the group have had “accidental” out-of-body experiences and are interested in trying to use techniques in controlling the experiences by an act of will.

THE MOST VALUABLE TECHNIQUE WE KNOW OF IS TO CONSCIOUSLY TURN THE “ACCIDENT” INTO A DIRECTED VOYAGE. AS SOON AS YOU REALIZE THAT YOU HAVE LEFT THE PHYSICAL PLANE, BEGIN TO VISUALIZE WHERE YOU WISH TO GO, AND PUT YOUR POWERS OF CONCENTRATION INTO PLAY. IT

WOULD BE INTERESTING TO MONITOR THESE TRIPS WITH A RECORD MADE IMMEDIATELY UPON RETURN. BE CAREFUL WITH YOUR IMAGERY. VISUALIZE THE INTENDED TARGET CAREFULLY. DEVELOP AN EYE FOR DETAIL. THIS SPELLS SUCCESS.

THE TECHNIQUE OF HOLDING UP YOUR HAND IS A GOOD ONE FOR GETTING YOUR BEARINGS AND DETERMINING THE QUALITATIVE DIFFERENCE BETWEEN ASTRAL TRAVEL AND ORDINARY DREAMING. THIS TECHNIQUE WAS SUGGESTED BY DON JUAN, BUT OTHERS HAVE USED IT SUCCESSFULLY. MONROE'S TECHNIQUES ARE EXCELLENT FOR DIRECTING YOUR SELF OUT OF THE BODY. THE MAN JOHN (Lilly) HAS TECHNIQUES FOR DIRECTING THE VOYAGE THAT ARE SOMETIMES SUCCESSFUL, BUT TRY THE SIMPLE TECHNIQUE FIRST UNTIL YOU ARE ACCUSTOMED TO THIS EXPERIENCE.

Someone asked if it were necessary to have someone with us on the physical plane when an attempt of this sort was made.

IT IS NOT NECESSARY UNLESS YOU ARE IN AN UNPROTECTED ENVIRONMENT WHERE THERE MIGHT BE PHYSICAL DANGER.

Someone told us he is taking a course from Transcendental Meditation, and would like a comment from Michael about anything he could do prior to the experience that would help him.

PRIOR TO THIS, FASTING WOULD HELP, YES, FOR AT LEAST TWELVE HOURS. ALSO, A BRISK WALK AND OPENNESS. THIS IS A HIGHLY SUCCESSFUL FORM OF MEDITATION FOR BEGINNERS AND WORKS MOST OF THE TIME.

Someone asked about centering, and what force makes one achieve balance.

THE ACHIEVEMENT OF BALANCE IS AN ACT OF WILL. THE FORCE BEHIND IT IS THE COMBINED ENERGIES OF THE TRUE "CENTER OF GRAVITY" [a Gurdjieff term] WITHIN YOU. YOU ALWAYS HAVE THIS ENERGY, BUT NORMALLY YOU ALLOW IT TO DISSIPATE UNUSED. WHEN YOU WORK TOWARD BALANCE, YOU LEARN TO CONSERVE THIS ENERGY AND DIVERT IT INTO THE WORK. THIS ENERGY DOES NOT RUN OUT, BY THE WAY. IT IS PART OF THE NEUTRAL UNIVERSAL FLOW AND IS INFINITE. YOU MUST LEARN TO TAP IT, HOWEVER. YOUR CENTERS OF GRAVITY ARE NOW TOP HEAVY, OR OFF TRUE CENTER. WHEN YOU GO TO BALANCE IT IS CENTERED — ERGO, BALANCED; NOT VERY MYSTICAL, BUT FAR MORE PRACTICAL. THERE IS NO LEAKAGE OF ENERGY IN BALANCED MAN, AND ALL OF THIS ENERGY CAN BE DIVERTED INTO THE [spiritual] WORK — WHETHER THIS BE MEDITATION, CONCENTRATION OR STUDY. THE TRAP INTO WHICH MOST FALL IS SIMPLY A CONTINUATION OF HABIT PATTERNS PICKED UP EARLY IN LIFE. THIS HAPPENS IN PART BECAUSE OF THE MODELS THAT AN ADOLESCENT OBSERVES. THERE IS BENEATH THAT A CHOSEN DIRECTION OF FLOW, BUT UNFORTUNATELY, THIS CAN BE OVERRIDDEN EASILY BY THE INFLUENCES; FOR INSTANCE: A HYSTERICAL PARENT, A PARENT WITH SERIOUS DISSEMBLANCE, A PARENT WHO IS UNDULY STERN. THE DIRECTION THEN TAKES A REACTIVE TURN AND THE TRAP IS EXCHANGED FOR ANOTHER. WITH STUDENTS THEN, THERE IS ANOTHER PITFALL. THEY BEGIN TO GO TOWARD BALANCE, FIND NEW EXPERIENCES, AND MAKE A SUBLIMINAL CHOICE TO STAY THERE BECAUSE IT IS A RICHER EXPERIENCE. THIS IS AS IN THE CASE OF JOHANNE (Bach).

Someone asked about his affinity to animals — if it has anything to do with past lives, and his intense dislike of birds. He described a bad experience with crows when he was young.

WE HAVE TOLD THIS GROUP ONCE THAT MOST OLDER SOULS DO FIND COMFORT AND DO HAVE AFFINITIES FOR OTHER CREATURES. MOST OLDER SOULS INSPIRE CONFIDENCE IN THE ANIMALS, AND THE ANIMALS RESPOND QUITE NATURALLY TO THIS. SOME OLDER SOULS EVEN FIND THIS AFFINITY EXTENDS TO WILD AND FEARFUL ANIMALS. SEVERAL IN THIS GROUP HAVE DEMONSTRATED THIS. ANY BAD EXPERIENCE WITH ANIMALS AT AN EARLY AGE WILL CAUSE SOME ABHORRENCE. THIS IS CLEARLY WHAT HAS HAPPENED HERE. THE OLDER SOUL DOES NOT GENERALLY EXTEND BEYOND THE OFFENDING SPECIES, NOR DOES IT REACH THE PHOBIC STAGE, AS IN THE CASE OF PRIMARY EXPERIENCES DATING BACK TO PREVIOUS LIVES.

Someone asked if other overleaves, aside from Goals, contain the poles (positive and negative) found in Goals. WE HAVE TOLD YOU THAT THERE IS YIN AND YANG IN EVERYTHING — POLARITY IF YOU WILL. THEREFORE, YES.

Someone asked Michael about other agreements he made on the astral plane, besides the two mentioned before.

YOU MAKE ALL SEQUENTIAL AGREEMENTS DURING THE ASTRAL INTERVAL. THIS PERTAINS TO ALL OF THE PHYSICAL LIVES. MOST SEQUENCES HAVE TO DO WITH THE COMPLETION OF MONADS AND ARE AGREED UPON TO FACILITATE THIS COMPLETION IN BASICALLY SHORT PERIODS OF TIME. HOWEVER, THERE ARE

SOME SEQUENCES THAT INVOLVE THE ENTIRE DURATION OF THE PHYSICAL LIFE AND REQUIRE THAT THE SEQUENTIAL PARTNERS STAY WITH EACH OTHER OR IN CONTACT THROUGHOUT. USUALLY THESE LATTER AGREEMENTS INVOLVE BEING CLOSE RELATIVES SUCH AS BROTHERS OR SISTERS, PARENTS AND CHILDREN, ET CETERA.

A new student (didn't write down his name, sorry!) in the group asked a question about imagery he had during meditation. He saw a little blue man inside a little flower, inside a pond, which was in the center of a temple made of stone columns. Who or what was this? He told him to go away.

THIS TYPE OF IMAGERY IS QUITE COMMON IN MEDITATION. IT IS USUALLY THE PERSONALITY'S ATTEMPT TO DISTRACT FROM THE MEDITATION BY PROVIDING AN INTERESTING DIVERSION. MOST EASTERN MEDITATIVE PATHS SUCH AS ZEN WARN AGAINST THIS TYPE OF DISTRACTION, SAYING TO THEIR STUDENTS TO IGNORE ALL INTERFERENCES, EVEN IF ALL OF THE BODDHISATVAS CAST COME AND DANCE UPON THE PALM OF THEIR HAND. WE WOULD NOT BE THAT STRONG. WE COULD ONLY SAY THAT THIS IS A DISTRACTION, AND APPRECIATE IT AS SUCH.

7 December 1974

Saturday

Someone asked if he had accelerated along wrong lines, outside of his boundaries, too quickly and without enough knowledge. If so, what does he have to do to balance himself?

YOU ARE WELL AWARE OF THE FACT THAT YOU HAVE A MARKED TENDENCY TO OVERREACH YOUR AVAILABLE ENERGIES. THIS IS NO EXCEPTION. THE ONLY WAY OUT OF THE MORASS IS TO AGAIN GIVE YOURSELF SPACE. THIS IS SOMETHING YOU DID NOT ALLOW FOR IN YOUR PRESENT PROSPECTUS. PLANNING DOES TAKE ENERGIES AWAY FROM GROWTH, AND THE MORE COMPLEX THE PLANNING BECOMES, THE MORE ENERGIES ARE EXPENDED USELESSLY. ANY VENTURE TOO WELL PLANNED IS BOUND TO DIE BORNING. THIS CANNOT BE EMPHASIZE ENOUGH. DRAGONS APLENTY WILL RISE UP TO BE SLAIN. YOUR OWN CASE IS NO EXCEPTION. IN YOUR PLANNING, YOU FORGOT TO ALLOW FOR ENOUGH SPACE FOR YOUR OWN CONTINUED WORK, WHICH IS WITH SELF. PLEASE REMEMBER, ALL OF YOU, THE FIRST AND ONLY OBLIGATION IS TO SELF. THIS IS ONLY TRUE IF SPIRITUAL GROWTH IS THE GOAL. IN ALL OTHER CASES THIS IS OF COURSE NOT TRUE. IF SPIRITUAL GROWTH IS THE GOAL, AND BALANCE IS ONE STEP TOWARD THE GOAL, THEN SPACE MUST BE ALLOTTED TO BE SURE THAT THIS COMES ABOUT. THIS, IN THE CASE OF THIS CADRE, MEANS MUCH INTERACTION TO REPROGRAM THE BIO-COMPUTER. MANY OF THESE STUDENTS HAVE NOT ALLOWED FOR THIS EITHER, AND SO YOU ARE NOT ALONE. YOUR OWN GROWTH OVER THE NEAR FUTURE WILL DEPEND SOLELY UPON YOUR WILLINGNESS TO ALLOW THOSE CLOSEST TO YOU TO HOLD UP THE MIRROR SO THAT YOU CAN BEGIN ANEW LOOKING AT THE MANY FACETS OF THE PERSONALITY STILL CROPPING UP IN YOUR DEALINGS WITH YOUR OWN STUDENTS. YOU WISH TO TEACH, AND WE DO NOT FEEL THAT THIS IS AN UNREASONABLE ASPIRATION FOR YOU; BUT FOR YOU TO BE A VALID TEACHER YOU MUST ALSO BE A DUTIFUL STUDENT. THIS YOU NEED. ALL OF YOU CAN TAKE HEART HERE. ALL OF YOU CAN NOW BE TEACHERS, BUT NOT BY LAYING ASIDE THE STUDENTS CLOAK. IN FACT, WE ARE SOMEWHAT GRATIFIED THAT SOME OF YOU HAVE BEGUN TO SHOW MORE SPUNK IN TEACHING. WE WILL NOT HESITATE TO REMIND YOU OF THE PRECEPTS WHEN A SCHISM OCCURS.

Someone asked if he had made a discovery along the lines of magnetic center through Intellectual Center. Had he been doing a great deal of intellectual work — if a Center attracts could we use it to repel? Can a weak essence be built up by breaking down that which attracts the unuseful? Persons who are the dregs of society may have been a prince or something earlier — karma to learn all of love — can they be separated and chosen from? Can we separate the experiences of pain and pleasure? Can we begin to determine what we need? How can we attract people, the dregs, and create conditions where they are forced to have an inner experience.

WHEN YOU TAKE UPON YOURSELF THE TASK OF FORCING GROWTH [on others], YOU OF COURSE CREATE A TOTALLY FALSE ENVIRONMENT IN WHICH YOU MERELY ENABLE INDIVIDUALS TO TRADE CHIEF FEATURES, AND IN SOME EXTREME CASES, OTHER HARSH OVERLEAVES. FOR YOU WE WOULD SUGGEST FIRST THAT YOU STUDY THE OVERLEAVES AND LOOK AT WHERE YOU ARE IN THEM, AND WHY YOU HAVE CHOSEN THIS TASK. IF YOU DO IN FACT NEED TO CONNECT WITH ANOTHER BECAUSE YOU HAVE MADE SUCH AN AGREEMENT, YOU MOST CERTAINLY WILL — WE CAN GUARANTEE THAT. BUT YES, THE MAGNET CAN BE REVERSED, CAUSING THE DESIRED REPULSION. KNOWING YOUR OWN OVERLEAVES WILL START YOU

TOWARD MORE UNDERSTANDING OF YOURSELF. THE ABILITY TO SPOT THE OVERLEAVES IN THOSE WHO COME TO YOU WILL FORCE YOU TO LOOK AT THEM IN A DIFFERENT LIGHT. YOU CAN COME EVENTUALLY TO KNOWLEDGE OF JUST WHO MIGHT BENEFIT FROM THIS KNOWLEDGE, AND WHO WILL NOT. FOR INSTANCE, SOME OF THESE "DREGS" ARE IN THE CYCLE WHERE THEY COULD BE ABLE TO LOOK AT THEIR OWN DESTRUCTIVE OVERLEAVES AND CHOOSE TO CHANGE THEM. BUT AT THE PRESENT TIME YOU DO NOT KNOW THE REASON WHY THEY HAVE BECOME DREGS, AND THEREFORE YOU CANNOT POSSIBLY HELP THEM TO LOOK AT IT THEMSELVES, EXCEPT ON A MOST HAPHAZARD BASIS. IF YOU WISH TO DO THIS, WE WOULD SUGGEST THAT YOU START HERE. OF COURSE, YOU CAN USE THE NEGATIVE POLE OF ALL CENTERS TO ACCOMPLISH THE REVERSE OF THAT WHICH CAN BE ACCOMPLISHED BY UTILIZING THE POSITIVE POLE. THE INTELLECTUAL PART OF EMOTIONAL CENTER HAPPENS TO BE THE ONE WHICH ATTRACTS STUDENTS TO A SCHOOL. THE REVERSE CAN BE TRUE USING THE NEGATIVE POLE OF THIS CENTERS' PART.

What is my SRG: late Mature Slave or Warrior, in Acceptance, Spiritualist, Emotional part of Moving Center, Martial / Mercurial or Jovial, Chief Feature of Martyrdom or maybe Self-deprecation, Mode of Caution or Observation, Intellectual part of Emotional Center?

THERE IS A TREMENDOUS INTERNAL BATTLE BEING WAGED HERE, WHICH IS WHY WE SUGGESTED THAT HE STUDY THE OVERLEAVES CAREFULLY. FOR INSTANCE, THIS ESSENCE DESIRES TO LEAD. THIS PERSONALITY DESIRES TO "HELP" BECAUSE OF THE COMBINATION OF OVERLEAVES HERE. THIS RESULTS IN THE LOVE-HATE, ATTRACTION-REPULSION COMPLEX. YOU WERE NOT FAR OFF THE TRACK IN THE BEGINNING, AND THEN WANDERED FAR AFIELD. THIS IS A FIRST LEVEL OLD WARRIOR IN ACCEPTANCE, WITH A STRONG CHIEF FEATURE OF MARTYRDOM, BUT YES, WITH MUCH SELF-DEPRECATION, A SPIRITUALIST IN THE CAUTION MODE, YES, MOSTLY MARS, BUT WITH SOME JOVIAL MODIFICATION, IN THE EMOTIONAL PART OF MOVING CENTER.

WHENEVER THERE IS THIS STRONG AN ELEMENT OF REPULSION TOWARDS ONE'S CHOSEN LIFE TASK, YOU CAN BE CERTAIN THAT THERE ARE MAJOR OVERLEAVES IN CONFLICT, AS IS THE CASE HERE. ONCE THE SOUL IS LIBERATED TO THE POINT WHERE IT CAN GRATIFY CERTAIN OF ITS BASIC NEEDS, SUCH AS THE ARTISAN'S NEED TO CREATE, THEN THIS CONFLICT BEGINS TO RESOLVE; BUT UNTIL THEN IT MUST REMAIN ON THE PLANE WHERE ONE'S ATTITUDE LIES. UNTIL THE ESSENCE, OR SOUL, IF YOU WILL, IS FREE ENOUGH TO HAVE THIS LEAD, THE PERSONALITY HAS THE UPPER HAND, AND DIRECTS BLINDLY FROM THE OVERLEAVES — AND IT IS TRULY A TRAP, NO WAY AROUND IT; THE VICTIM IS HELD FAST IN THE STEEL JAWS OF HIS OVERLEAVES. THIS MAN MAY NOW DEVELOP SOME INSIGHTS INTO HIS ENTRAPMENT. AT LEAST WE KNOW HE WILL BEGIN TO PHOTOGRAPH HIMSELF AS THE VICTIM FROM NOW ON, AND IN HIS CASE THIS WOULD BE POSITIVE WORK, FOR THEN HE CAN BEGIN TO SEE WAYS OF NOT BEING THE VICTIM IF HE WISHES. HE HAS TREMENDOUS DRIVES TOWARD LEADERSHIP. JUST PHOTOGRAPH HIS USE OF THE WORD "BOSS" IN LINE WITH THE TERMINOLOGY HE HAS DEVELOPED. THIS IS A DEAD GIVEAWAY TO HIS SPACE.

Much discussion ensued about "boss", "partner", "servant". Other similar triads were brought to mind — parent, sibling, child, etc.

ALL OF THESE "TRIADS" ARE OF COURSE VALID IN DESCRIBING THE VARIOUS COMBINATIONS OF INTERACTIONS OF THE PERSONALITY, BUT YOU MUST NOT OVERLOOK THE FACT THAT THERE IS AN OVER TRUTH THAT SUPERSEDES ALL OF THESE. THAT IS THE TRUTH OF THE ESSENCE, OR TRUTH AS THE LIBERATED ESSENCE PERCEIVES IT, WHICH IS FAR LESS COMPLEX THAN ANY TRUTH THAT IS PERCEIVED BY THE ENTRAPPED ESSENCE, AND THE KEY IS IN THE SIMPLICITY WITH WHICH THE TRUTH IS PERCEIVED. THE MORE VERBIAGE NEEDED TO EXPLAIN A TRUTH, THE MORE DEEPLY ENTRAPPED THAT TRUTH HAS TO BE. MANY FINE-SOUNDING PSYCHOLOGICAL WORDS HAVING FIVE OR MORE SYLLABLES HAVE BEEN COINED TO DESCRIBE OBNOXIOUS BEHAVIOR STEMMING FROM HARSH OVERLEAVES. THESE ARE ALL TRUE OF COURSE, AND THEY ALL SAY THE SAME THING TO ONE FROM THIS [mid causal] VANTAGE POINT. THEY ARE THE ENTRAPPED ESSENCE WORKING OVERTIME TO PRODUCE A TRUTH.

Someone asked about the relationship between trapped essence and personality.

THE PERSONALITY DOES NOT EVEN PERCEIVE THAT MUCH OF THE TRUTH. THE PERSONALITY DOES NOT LOOK AT TRUTH, ONLY AT THE NEEDS OF ITS SYSTEMS FOR PERPETUATION — AND EVEN THESE ARE QUITE OFTEN FALSE: JUST LOOK AT THE OBESE PERSON'S "NEED" FOR FOOD.

We asked for a comment about the "third force" of which Gurdjieff spoke; the need of this [third force] to go [progress] from personality to essence.

WE HAVE SPOKEN MANY TIMES OF THE NEUTRAL UNIVERSAL FLOW. THIS IS WHAT THEY TRY TO PUT INTO

WORDS AS THE FORCE ACTING UPON YOU. YES, THIS DOES EXIST, AND YES, DOES HAVE THE INFLUENCE THAT THE STUDENT IS TRYING TO EXPLAIN. WHEN THE FULCRUM TIPS TOO WIDELY TO ONE SIDE OR THE OTHER THOUGH, THE NEUTRAL FORCE HAS NO EFFECT ON THE ACTION. ONLY WHEN THE MIDDLE GROUND IS REACHED, OR AT LEAST APPROACHED, CAN THIS [force] BE EFFECTIVE. THIS IS WHY IT IS SO DIFFICULT FOR STUDENTS TO PUT [it] INTO WORDS. IT IS ILLUSIVELY [elusively?] FELT BY ALL BUT THE MOST POWERFUL ADEPTS. IT IS ALMOST NEVER RECOGNIZED BY THE OTHERS WHO COME INTO ITS RANGE UNAWARE. IN OTHER WORDS, ALTHOUGH THEY ARE BENEFITED, THEY DO NOT KNOW WHY. THEY ONLY FEEL THE NEUTRALIZING EFFECT, BUT CANNOT DESCRIBE THE FEELING.

Discussion was held about the speed of light — eternity — and Gurdjieff's concept of eternal recurrence. ONLY THAT LIGHT EXISTS ONLY ON THE PHYSICAL PLANE IN THE FORM THAT YOU NOW PERCEIVE IT, AND BEHAVES IN A FINITE WAY ONLY BECAUSE YOUR INSTRUMENTS OF PERCEPTION HAVE FINITE LIMITATIONS. FROM THIS [causal plane] VANTAGE POINT, THERE IS NO CONCEIVABLE END TO THIS ETERNAL CYCLE, AND NOTHING THAT WE HAVE BEEN TAUGHT [by those on planes above us?] DIFFERS WITH THIS. IF THE YARDSTICK IS FINITE THEN WHAT IT MEASURES MUST BY DEFINITION BE ALSO FINITE. IF YOU ARE TO ACCEPT THE CONCEPT OF ETERNITY, THEN YOU MUST ALSO ACCEPT THE CONCEPT OF INFINITY, FOR THEY ARE SYNONYMOUS — YOU CANNOT HAVE ONE WITHOUT THE OTHER. IF IT STRETCHES OUT IN TIME IT MUST CORRESPONDINGLY STRETCH OUT IN SPACE, FOR THERE IS NO ESSENTIAL DIFFERENCE. IN FACT, OF THE TWO, TIME IS THE MORE STABLE, MORE STATIONARY.

Are all things really physical, even on the astral, causal, and mental plane, etcetera, as stated by Gurdjieff? WITHIN THE FRAMEWORK AND TERMINOLOGY IN THIS GROUP WE WOULD NOT HAVE USED THAT WORD, BUT OF COURSE, ALL THINGS, INCLUDING THE CAUSAL PLANE HAVE SUBSTANCE OF A SORT. THE SUBSTANCE WHICH MAKES UP THE CAUSAL PLANE HAS A SENSE OF BEING VERY DURABLE AND REAL TO THOSE INHABITING IT. THIS IS WHAT IS MEANT BY MOST WHEN THEY USE THE WORD "PHYSICAL" IN DESCRIBING A THING, WHATEVER THAT MIGHT BE — A TABLE, A CHAIR, A THOUGHT. OF COURSE, WHAT IS SUBSTANCE TO US WOULD NOT SEEM AT ALL SUBSTANTIAL TO YOU IN TERMS OF HARDNESS OR REALNESS, AND COINING "HIGHER HYDROGENS" [Gurdjieff term] TO DESCRIBE THIS DIFFERENCE IS AS VALID AS ANY OTHER TERMINOLOGY WE KNOW OF. FOR INSTANCE, INTERSTELLAR SPACE APPEARS TO MANY AS AN EMPTY VACUUM, BUT OF COURSE IT IS NOT. IT IS QUITE SUBSTANTIAL IN A DIFFERENT SENSE FROM, SAY, THE ATMOSPHERE SURROUNDING THE PLANET JUPITER. THE DENSITY OF AN OBJECT, IN OTHER WORDS, DETERMINES ITS PHYSICALNESS TO MOST ON THE PHYSICAL PLANE. THE MAN GEORGES [Gurdjieff] TRIED TO SHOW HIS STUDENTS THAT THIS IS NOT THE ONLY CRITERION FOR DETERMINING PHYSICALNESS, OR BETTER, SUBSTANTIAL REALNESS. WE WOULD PREFER THE WORD "SUBSTANTIAL" TO THE WORD "PHYSICAL".

14 December 1974

Saturday

The doctor commented that he loses much energy around the experience of a patient dying.

WELL, UNFORTUNATELY, IN THIS CULTURE DEATH HAS LONG BEEN ASSOCIATED WITH PUNISHMENT, AND THIS SPILLS OVER ONTO THE FAMILY AND THOSE IN ATTENDANCE. IN CULTURES ACCEPTING THE TEACHINGS OF REINCARNATION EVEN THIS OCCASIONALLY HAPPENS, ESPECIALLY IN THOSE THAT ESPOUSE REINCARNATION TO A LOWER ORDER. IF YOU REGARD DEATH AS "BAD", THEN NATURALLY YOU ARE GOING TO LOSE ENERGY WHEN THIS "BAD" HAPPENS. ALSO, IF YOU PROJECT EXPECTATIONS OF HEALING UPON THE PATIENT AND HIS ATTENDANTS YOU ARE GOING TO FEEL A SENSE OF FAILURE WHEN YOU DO NOT FULFILL THESE EXPECTATIONS. YES, YOU CAN GO TO GREAT AND HEROIC LENGTHS TO PROLONG THE PHYSICAL LIFE, BUT OFTEN TO THE GREAT DISCOMFORT OF BOTH THE PATIENT AND HIS FAMILY. OFTEN THE DEATH OF SOMEONE WHO HAS BEEN PAINFULLY ILL FOR A LONG PERIOD OF TIME COMES AS A DISTINCT RELIEF TO THE MEMBERS OF HIS FAMILY, EVEN THOUGH THEY WOULD BE UNABLE TO VERBALIZE IT. SOMETIMES YOU CAN DO THEM A DISSERVICE BY PROLONGING AGONY THAT THEY MUST SUFFER VICARIOUSLY. IF HEALING IS TO TAKE PLACE IT WILL BE FAR MORE DRAMATIC THAN MERE ANALGESIA, AND THESE ARE THOSE CASES IN WHICH YOU MAY PUT YOUR SKILLS TO THE TASK. BUT IN CASES WHERE THERE IS NO HEALING POSSIBLE, THE MOST YOU CAN OFFER IS COMFORT, AND USUALLY THIS WOULD BE BETTER DIRECTED TOWARD THOSE TO BE LEFT BEHIND. MANY VERY ILL PERSONS HAVE AN ACUTE AWARENESS OF THEIR IMPENDING DEATH, AND THE OPPORTUNITY TO DISCUSS THIS IS MANY TIMES MORE VALUABLE THAN ANY USELESS LAST DRASTIC TREATMENT. WE WOULD HOPE TO SEE IN THE

FUTURE MORE COUNSELING DIRECTED TOWARD THOSE WHO WILL BE LEFT WITH A LIFE TO LIVE, AFTER THE DEATH HAS OCCURRED. MANY TIMES DURING A LONG ILLNESS THESE PERSONS NEED THE MOST HELP, CERTAINLY MORE THAN ONE WHO HAS DIED. WE WISH WE COULD GRAPHICALLY ILLUSTRATE THE AWARENESS THAT A DYING PERSON FEELS. WE FEEL THAT IT WOULD PUT YOUR FEARS TO REST. MANY TIMES THIS AWARENESS EVEN BECOMES AN INTENSE LONGING TOWARD THE LAST. YOU ALL KNOW WHERE THE LINE CAN BE DRAWN BETWEEN A CASE IN WHICH THERE CAN BE A HEALING AND THE CASE IN WHICH THERE WILL BE IMMINENT DEATH. LEVELING WITH THOSE INVOLVED WHEN THIS LINE IS DRAWN CAN BE THERAPEUTIC FOR BOTH THE PHYSICIAN AND THE PATIENT. THE GUILT OF COURSE STEMS FROM THE CONCEPT OF DEATH AS A PUNISHMENT. AFTER ALL, YOU ARE SENDING THIS SOUL TO MEET HIS FATE AND ARE THEREFORE RESPONSIBLE. THIS IS QUITE A BURDEN, AND WE ARE NOT SURPRISED THAT THIS PRODUCES FATIGUE. IT NEED NOT BE THAT WAY, BUT YOU YOURSELF MUST BEGIN TO LOOK UPON THE PHYSICAL LIFE AS MERELY A TRANSITORY THING AND NOT TO BE MOURNED. IN THE OLDER SOULS THIS BECOMES FAR EASIER, AS ALMOST ALL OF THEM WILL ACCEPT SOME CONCEPT OF PERPETUATION. WITH THE YOUNGER SOULS THIS MAY REQUIRE MORE SKILL, BUT STILL CAN BE SMOOTHLY HANDLED BY ONE WITH STRENGTH OF CONVICTIONS.

YES, WE DO SEE MUCH ARROGANCE IN THE MAN FULTON. THIS IS A FINAL LEVEL OLD SOUL “TRANSCENDENT” [karma-free], AND NOT A MANIFESTATION OF A TRANSCENDENTAL SOUL. THERE IS A DIFFERENCE.

Can it be seen in a patient’s eyes when they are going to die soon, or in their aura?

INTERESTINGLY ENOUGH, THERE IS ALSO A THERMAL CHANGE IN THE AURA THAT IS MEASURABLE AS IT CHANGES FROM ITS USUAL COLOR TO BLACK. BUT YES, MANY GOOD STUDENTS CAN SEE THIS IN THE EYES JUST AS CLEARLY AS THEY CAN SEE THE OVERLEAVES.

Someone asked about his relationship with his sister-in-law. He has much negativity toward her. She is psychic. What is their conflict? Is it from the past? It is a strongly negative reaction.

THIS IS A VERY INTERESTING EXAMPLE OF AN EXTREMELY EXALTED SOUL WHO IS EXPENDING MUCH OF HER PSYCHIC ENERGY USELESSLY BY WORKING OUT OF THE NEGATIVE POLES OF EXALTED OVERLEAVES. FOR INSTANCE, THE SCATTERING COMES FROM THE NEGATIVE POLE OF GROWTH, THE HOSTILITY FROM THE NEGATIVE POLE OF PASSION. THE EXALTED OVERLEAVES IN THE NEGATIVE POLE WILL RESEMBLE THE CORRESPONDING ORDINAL OVERLEAVES AT THEIR STRONGEST MANIFESTATION. IN OTHER WORDS, PASSION AT ITS MOST NEGATIVE POINT WILL BE ALMOST REPRESSION; GROWTH WITH THIS AMOUNT OF SCATTERING WILL AMOUNT TO SOME DEGREE OF RETARDATION. THIS STUDENT HERE PRESENT OPERATES CLOSE TO THE MIDLINE, AND SOMETIMES FAR TO THE POSITIVE POLES OF GROWTH AND OTHER OVERLEAVES, ESPECIALLY THE PASSION MODE. THERE IS MUCH NEGATIVE ATTRACTION HERE AS A RESULT OF THIS. ALSO, THERE HAVE BEEN MANY SEQUENCES IN THE PAST. THE LADY WAS ONCE IN A POSITION WHERE HER POWER AS A CARDINAL EXTENDED OVER MUCH OF THE KNOWN WORLD — OR RATHER HER INFLUENCE CERTAINLY DID. YES, SHE DOES HAVE MUCH POWERFUL PSYCHIC ENERGY AT HER DISPOSAL. IT IS HOPED THAT SHE WILL CHANNEL IT MORE EFFICIENTLY IN THE NEAR FUTURE.

THIS DESIRE TO DO AWAY WITH LABELING IS NOT AT ALL BAD, AND IN ITS MORE POSITIVE STANCE APPROACHES ZEN BUDDHISM. LABELING FOR THIS CADRE IS NOW ONLY AN EXPEDIENT OF COMMUNICATION. AT A LATER POINT WE WOULD HOPE TO BE ABLE TO DISPENSE WITH THIS. RIGHT NOW IT IS EASIER THIS WAY AND MORE UNDERSTANDABLE.

THERE IS MAGNETIC ATTRACTION HERE, AND THE FEELING THAT IS KNOWN (felt) IS INTERPRETED AS NEGATIVE. THIS IS WHAT WE MEANT BY NEGATIVE ATTRACTION.

Someone asked what stops him from submitting to love — growth — what is the barrier there for him to the emotional experience. His SRG is Old Priest, Spiritualist, Arrogance, Emotional part of Intellectual Center.

FIRST OF ALL WE WOULD LIKE TO CORRECT A SEMANTIC SLIP. THAT IS, THAT “KNOWLEDGE” IS UNDERSTANDING. WHAT HAS NOT PASSED INTO UNDERSTANDING WITH YOU IS INPUT — NOTHING MORE — INTO THE COMPUTER TO BE STORED. THE TRANSFORMATION ONLY OCCURS WHEN THE CHOICE HAS BEEN MADE — THE COMMITMENT. THE METHODS YOU SUGGEST WOULD OF COURSE BE IMPOSSIBLE FOR US TO ENFORCE, ALTHOUGH WE DO OF COURSE RECOGNIZE THE METHOD. IN THIS LIGHT WE HAVE SUGGESTED TO YOU AN ALTERNATIVE METHOD WHEREIN MUCH STRIPPING [of the barriers of maya and false personality] WOULD OCCUR, AND YOU WOULD ALL BE FORCED TO CONFRONT YOUR OWN AND OTHER STUDENT’S PERSONALITIES. WHEN YOU COMMIT YOURSELVES FINALLY TO A CAUSE, WHATEVER THAT CAUSE MIGHT BE — CHRISTIANITY, OCCULTISM, REVOLUTION, ETCETERA, ETCETERA — THERE IS TOO MUCH AT STAKE TO PULL OUT, AND YOU ARE FORCED TO CONFRONT YOUR BLOCKS, AND EITHER

SINK OR SWIM WITH THEM. THE CONCEPT OF EXTENDED COMMUNITY OR FAMILY IS ONE ENVIRONMENT IN WHICH THIS CAN COME ABOUT. THE STUDENTS CAN SOMETIMES OVERCOME THESE BLOCKS OR BARRIERS RAPIDLY WHEN THEIR LIVELIHOOD DEPENDS UPON IT. RIGHT NOW IN THIS CADRE NOTHING REAL IS AT STAKE. THERE IS NOTHING TO LOSE IF THE STUDENTS ARE UNABLE TO WORK THROUGH THEIR BLOCKS. THE BARRIER BETWEEN YOU AND THE EMOTIONAL CENTER IS ONE THAT MANY IN THIS CADRE SHARE — YOU ARE NOT ALONE. THE SACRIFICES, YES, ARE NECESSARY IN YOURS AND OTHER CASES, FOR ONLY THROUGH THESE “SACRIFICES” WILL YOU BE ABLE TO HAVE THIS EXPERIENCE. AS IT IS NOW, THERE IS NO GOOD REASON, AND YOUR PERSONALITY IS WELL AWARE OF IT. IN MANY WAYS YOU AND OTHER STUDENTS ARE MUCH LIKE THE SUNDAY CATHOLICS THROUGHOUT THE WORLD, WHO DO NOT HAVE THE EXPERIENCE EITHER, BECAUSE THERE IS NO COMMITMENT. WE WOULD SEE YOU ALL EXAMINE YOUR SHORT-TERM GOALS WITH RELATION TO THIS TEACHING. THAT IS, WHAT IS IT YOU HOPE TO GAIN FROM OUR ASSOCIATION. IF THIS INCLUDES THE POSSIBILITY OF SPIRITUAL GROWTH, THEN WE WOULD SUGGEST THAT YOU REEXAMINE THE STEPS TOWARD THAT GOAL THAT WE HAVE OUTLINED. IF YOU ONLY EXPECT TO GAIN DATA, THEN THIS WILL SURELY BE A DISAPPOINTMENT TO YOU IN THE LONG RUN. MANY OF YOU ARE LOOKING FOR THE EXPERIENCES YOU SENSE THE OTHER STUDENTS ARE HAVING, BUT YOU ARE UNWILLING TO WORK FOR THIS IN THE WAYS WE HAVE SUGGESTED. YOU ARE CONTENT TO SIT BACK, SIGH, AND SAY, “OH, SHIT”. THIS IS OF COURSE AN OPTION, BUT ONE WE DO NOT ENCOURAGE. HOW MANY TIMES HAVE WE REPEATED THE STEPS YOU MUST TAKE? EXAMINE THE TENETS OF THE WORLDS GREAT RELIGIONS AND THE GREATEST TEACHINGS NOW EXTANT ON THIS PLANET. YOU WILL FIND THIS SAME ADVICE AGAIN AND AGAIN — PERHAPS CLOTHED IN DIFFERENT SEMANTICS, BUT NEVERTHELESS THE SAME — THAT UPON WHICH CHRISTIANITY WAS BASED, THAT UPON WHICH JUDAISM HAS SURVIVED FOR THE CENTURIES, THE PILLARS OF ISLAM, THE TEACHINGS OF SIDDHARTHA GUATAMA, THE TAO TE CHING. UNTIL THIS TEACHING BECOMES A WAY OF LIFE FOR YOU, THERE WILL BE NO EXPERIENCES FOR ANY OF YOU. THE ONLY WAY WE KNOW OF TO EXPERIENCE ANYTHING IS TO LIVE IT — WHETHER YOU BE ON THE PHYSICAL, ASTRAL, CAUSAL OR THE HIGH PLANE, IT DOES NOT MATTER. COMMITTING YOURSELVES BEGINS THE TRANSFORMATION. THE CONCEPT OF “PILGRIMAGE” IN SOME OF THE BEST TEACHINGS EXTANT ON THIS PLANET DO A MARVELOUS JOB OF STRIPPING, IF THE PILGRIMAGE IS PERFORMED IN THE PROPER STATE OF MIND. WE HAVE SUGGESTED TO YOU SOMETHING EVEN HARDER IN THIS CULTURE: THAT OF LIVING TOGETHER. SOME OF YOU WOULD MUCH PREFER TO WALK ACROSS THE DESERT FROM MEDINA TO MECCA THAN EVEN TO CONTEMPLATE LIVING TOGETHER. THIS IS WHY IT WOULD IN THE LONG RUN BE VALUABLE. IT IS PERHAPS THE HARDEST TASK YOU WOULD EVER UNDERTAKE ON THE PHYSICAL PLANE, FOR EVERYTHING IN YOUR CULTURE MITIGATES AGAINST IT. THE ENTIRE CULTURE IS ACHIEVEMENT-ORIENTED, AND THIS ALONE IMPLIES ALIENATION AND COMPETITION. ANTI-ACHIEVEMENT GROUPS ARE FRIGHTENING, AND THEREFORE ANTI-CULTURE, AND TO BE ELIMINATED. FINANCIAL INTEGRITY IS THE WATCHWORD OF THIS CULTURE, AND THEREFORE FRAUGHT WITH MAYA. THIS CAN ALWAYS BE EASILY SEEN IN ANY CULTURE. THAT WHICH IS HELD UP AS THE GOAL OF SOCIETY IS THE GOAL OF FALSE PERSONALITY, AND THEREFORE OPPOSED TO SPIRITUAL GROWTH. NOW, WE ARE NOT SUGGESTING THAT YOU PLUNGE YOURSELVES INTO POVERTY. WE WOULD SEE THAT YOU LIVE WELL SO THAT THERE IS NO STRUGGLE TO SURVIVE, FOR THE MAIN REASON THAT IF YOU MUST STRUGGLE TO LIVE, YOU CANNOT DEVOTE THE AMOUNT OF TIME NECESSARY FOR SPIRITUAL EVOLUTION. THIS IS A LIFETIME COMMITMENT. IT IS NOT SOMETHING THAT YOU CAN WORK ON ON SATURDAY NIGHT AND FORGET ABOUT FOR THE REST OF THE WEEK. YOU COULD NOT KEEP IT TUCKED AWAY IN SOME DIM, DUSKY, CEREBRAL CORRIDOR AND ONLY TAKE IT OUT WHEN COMPANY COMES. WE HAVE SPOKEN TO YOU MANY — NO, COUNTLESS — TIMES ABOUT WHAT YOU AND WE CHOOSE TO CALL A “TRUST LEVEL”. THIS TRUST LEVEL IS OF COURSE ESSENTIAL TO AGAPE OR A SPIRITUAL LOVE. THE PERSONALITY CAN NEVER EXPERIENCE THIS. THE PERSONALITY CANNOT TRUST, THEREFORE CANNOT LOVE. IF THIS TRUST LEVEL IS TO DEVELOP, IT MUST DEVELOP IN AN ENVIRONMENT OF ALMOST CONSTANT EXPOSURE. IF AGAPE IS TO DEVELOP, IT MUST DEVELOP IN AN ENVIRONMENT WHERE STUDENTS OBSERVE EACH OTHER IN ALL FACETS OF LIFE, NOT JUST WHEN THE STUDENTS ARE ON THEIR GOOD MEETING BEHAVIOR. IT IS EASY TO LOVE MOST OF YOU DURING THE WEEKLY COMINGS TOGETHER OF THIS CADRE. WE DOUBT THAT THIS WOULD HOLD TRUE TWENTY FOUR HOURS A DAY WITHOUT MUCH WORK. MOST OF YOU TRUST EACH OTHER ONLY SUPERFICIALLY. NOT ONE OF YOU FEEL THE BONDS THAT WE WOULD FOSTER IN THIS CADRE, BUT THE ABILITY IS THERE, AND A START HAS BEEN MADE SEVERAL TIMES. HOWEVER, WHEN IT BECOMES FRIGHTENING, IT IS QUICKLY ABORTED, AND THE SUBJECT IS CHANGED RAPIDLY OVER TO SOMETHING LESS SCARY. WE HAVE RECENTLY DECIDED THAT THIS WILL NO LONGER BE THE CASE, AT LEAST WHERE WE ARE CONCERNED. WE WILL NO LONGER GO

ALONG WITH THE WHIMS, THE CAPRICIOUSNESS, OF VARIOUS STUDENTS WHO DO NOT WISH TO FACE THEIR BARRIERS. PERHAPS THEN WE SHOULD SAY THE WINNOWING HAS BEGUN.

Anything else?

ONLY THAT THE CHOICE IS STILL YOURS. YOU CAN WALK OUT OF THIS TEACHING NOW, OR YOU CAN STICK AROUND FOR THE EXCITEMENT.

21 December 1974

Saturday

We first asked for a general comment from the teacher. This is what we received.

AS LONG AS YOU CONTINUE TO PLAY THE GAME OF THE CULTURE AND UNDERGO THE CONSTANT ROLE-SWITCHING THAT OCCURS DAY IN AND DAY OUT, THERE WILL NOT BE TOO MUCH OUTWARD CHANGE IN YOU. BUT THIS DOES NOT MEAN THAT THERE HAS BEEN NO CHANGE. IT IS MERELY THAT THE ROLE-SWITCHING USES UP A TREMENDOUS AMOUNT OF PSYCHIC ENERGY WHICH COULD BE UTILIZED FOR WORK ON THE PATH. SOME STUDENTS ARE ABLE TO REMAIN IN LIFE ROLES AND BECOME ADEPTS, BUT THIS REQUIRES TOTAL DETACHMENT — OR “NON-ATTACHMENT” IF YOU PREFER. YOU SEE, AS LONG AS YOU ARE INVOLVED IN THE CONFLICT OF THE PERSONALITY AGAINST ALL OTHER PERSONALITIES, THEN THE ESSENCE IS HELD BACK. IF THE STUDENT IS PERFORMING IN A CAPACITY THAT ALLOWS THE ESSENCE TO BLOOM, IT IS POSSIBLE FOR HIM TO REMAIN IN THE MAINSTREAM IF HE WISHES, AND YET NOT LOSE CONTACT WITH THE TEACHING. MOST OF YOU STUDENTS STILL LOSE CONTACT WITH THE GREATER PART OF THE TEACHING THE MOMENT YOU WALK OUT INTO YOUR LIFE ROLE. IT IS EVEN AT TIMES SPECTACULAR TO OBSERVE AS YOU DON YOUR MASKS. THERE IS STILL SOME NEED IN MANY OF YOU TO HIDE THE FACT THAT YOU ARE “INTO” SOMETHING LIKE THIS FROM THOSE WHO STILL HAVE YOUR PERMISSION TO ORGANIZE YOUR LIVES. DO YOU WONDER THEN WHY YOU DO NOT LIVE THE TEACHING, OR WHY THERE IS NO OUTWARD VISIBLE SIGN AT ALL THAT YOU HAVE GROWN THROUGH THIS TEACHING? AS LONG AS THIS REMAINS SOMETHING TO BE HIDDEN, YOUR PERSONALITY WILL BE EXTERNALLY VIGILANT TO ENSURE THERE IS NO SLIP-UP, AND THAT NO ONE SUSPECTS YOU MIGHT BE A LITTLE STRANGE.

WHEN SOULS ARE FIRST CAST INTO A DOMINANT SPECIES, SOME, OR RATHER, MANY OF THE INSTINCTIVE DRIVES OF THE CREATURES-OF-NO-REASON STILL REMAIN EMBEDDED WITH THE BIO-COMPUTER. THE PERSONALITY MAKES NO ATTEMPT TO OVERRIDE THESE INSTINCTIVE BEHAVIOR PATTERNS, AND FIGHTS AGAINST THE INTRUSION OF ANY OUTSIDE SOURCE. THIS SUGGESTS THAT THEY CAN BE OVERRIDDEN. ONE WHO OBSERVES FROM THIS [causal plane] VANTAGE POINT IS STRUCK BY THE COMMANDING, OVERRIDING TRAIT OF THIS CULTURE — THAT OF LONELINESS. YOU ARE THE LONELIEST PEOPLE WE KNOW OF. THIS IN PART RELATES TO YOUR NOT ATTEMPTING IN ANY WAY TO OVERRIDE THE EMBEDDED INSTINCTS LEFT AS VESTIGES OF A MORE PRIMITIVE SELF. BEFORE SOULS WERE CAST, THE CREATURES-OF-NO-REASON FROM WHICH YOU HAVE ASCENDED WERE LARGELY GOVERNED BY FEAR, AND THEIR LIVES WERE TAKEN UP IN MANY CEASELESS BATTLES FOR SURVIVAL. THIS IS NO LONGER NECESSARY ON THIS WORLD, AND YET IT GOES ON CEASELESSLY IN SPITE OF THIS. THERE ARE FEW LARGE CARNIVORES ROAMING THE CITY STREETS, AND YET MOST BEHAVE AS THOUGH THERE ARE. THE BATTLE FOR SURVIVAL IS BUT ANOTHER TAPE LOOP THAT PLAYS ON AND ON, EVEN TO THE POINT OF STARVING LARGE PORTIONS OF THE CULTURE, WHILE THE OTHERS WASTE AND HOARD. THIS ONLY PROVIDES FOR THE REALISM IN THE DRAMA, FOR THIS IS NO LONGER NECESSARY AT ALL. THERE ARE ABUNDANT RESOURCES ON THIS PLANET, EVEN THOUGH IT HAS BEEN RATHER RUTHLESSLY PLUNDERED. THERE IS STILL MUCH TO SPARE. THE LONELINESS IS HEARTBREAKING, LITERALLY, AS IT IS SO UNNECESSARY, AND SOMETHING THAT THE PERSONALITY ELECTS AS A METHOD TO KEEP THE BATTLE GOING. IF THE PERSONALITY NO LONGER FELT THREATENED AND ALIENATED THERE WOULD BE NO INCENTIVE TO CONTINUE THE INSTINCTIVE DRAMA.

YOU SEE, THE INSTINCTIVE DRAMA IS SAFE AND EASILY LEARNED, FOR THE MEMORIES ARE ALL STILL THERE. THE DOMINANT SPECIES FROM WHICH YOU ASCENDED RAN IN PACKS. THERE WAS A DOMINANT LEADER. THIS HAS CONTINUED, FOR IT ENABLES THE PERSONALITY TO ABDICATE SELF-RESPONSIBILITY — IN OTHER WORDS: THE BOSS TOLD ME TO DO IT; HITLER TOLD ME TO DO IT; GOD TOLD ME TO DO IT. WHATEVER YOUR PARTICULAR PERSUASION HAPPENS TO BE, YOU CAN ALWAYS MANAGE TO DELEGATE THE RESPONSE[ibility?]. EVEN IN EMOTIONAL BATTLES IT IS ALWAYS SOMEONE ELSE WHO IS ULTIMATELY BLAMED OR CREDITED FOR THE ACTION, WHATEVER IT MAY BE. THIS IS ANIMAL BEHAVIOR AND IS

WIDESPREAD IN THIS CULTURE. WE SEE EXAMPLES OF THIS EVERY DAY, EVEN IN THIS CADRE, WHERE THE RESPONSIBILITY IS GIVEN OVER TO SOMEONE ELSE, WHILE THE CHOICE AND THE RESULT WAS DISTINCTLY YOURS. ON SOME PLANES, EVEN ON THIS WORLD, THE DISTINCTION HAS BEEN MADE BY GOOD STUDENTS AND ADEPTS, AND THE INSTINCTIVE PATTERNS HAVE BEEN OVERRIDDEN. BUT IT IS NOT EASY, ESPECIALLY SINCE SO MANY OF YOU HAVE CHOSEN TO BE TOP BABOON, AND THE PECKING ORDER IS WELL DELINEATED. THIS TOP SPACE IS JUST AS HARD TO GIVE UP AS THE BOTTOM RUNG, EVEN THOUGH THE LATTER DOES AFFORD MUCH MORE MAGNIFICENT SUFFERING. TO BE BOTTOM BABOON IN THIS CULTURE IS AN ENVIABLE SPOT, AS EVERYONE CAN FEEL SORRY FOR YOU AND OFFER SYMPATHY AND COMFORT. TOP BABOON REQUIRES INDEPENDENCE, AND IS RATHER DIFFICULT IN THIS CULTURE, AS YOU ARE TOLD FROM THE CRADLE THAT SOMEONE ELSE, OR MANY SOMEONES, ARE IN CHARGE OF YOUR LIVES — YOUR PARENTS, YOUR TEACHERS, YOUR BOSSES, GOD, YOUR CLERGY — THOUGH NO ONE IS IN CHARGE BUT YOU. YOU EVEN CHOOSE TO LIVE WITH TERRIFYING ORGANIZATIONS WITHIN THE FABRIC OF SOCIETY, JUST TO KEEP THE CONFLICT GOING. THIS IS THE ONLY REASON. IF THESE ORGANIZATIONS WERE ELIMINATED, THEN THE WAR WOULD BE WEAKENED.

YOU CHOOSE TO CONTINUE TO LIVE WITH TERROR ONLY BECAUSE THE INSTINCTS FOR SURVIVAL IN A TERRIFYING ENVIRONMENT ARE STILL SO STRONG. YOU RAISE YOUR OWN DRAGONS. THEY ARE CAREFULLY NURTURED IN THE BOSOM OF YOUR SOCIETY, AND EQUALLY AS CAREFULLY RELEASED AS THE NEED ARISES, TO FAN THE FIRES. IF THIS CEASES, THEN AGAIN THE WAR IS WEAKENED, AND ALL THOSE INSTINCTS BEGIN TO SPIN WHEELS AND LEAK ENERGY. WITHOUT A TEACHING YOU DO NOT KNOW THAT THERE IS ANY ALTERNATIVE TO THIS, AND YOU DO NOT HAVE A CHANCE TO BREAK THE PATTERNS. THIS PERMEATES ALL FACETS OF YOUR LIVING. EVEN YOUR EATING AND SLEEPING RITUALS ARE STYLIZED AND SMACK OF EARLIER TIMES. FEW BREAK FROM THESE PATTERNS, AND EVEN THOSE WHO DO FEEL PAIN WHEN THEY DO.

SEXUAL BEHAVIOR IN THIS CULTURE IS LARGELY INSTINCTIVE TO THE POINT WHERE ANY GESTURE OF FRIENDLINESS IS INTERPRETED AS A SEXUAL OVERTURE IF IT COMES FROM ONE OF THE OPPOSITE GENDER, AND THE FANTASIES AND EXPECTATIONS BEGIN. WHEN YOU BEHAVE AS SOCIETY WISHES YOU TO, YOU CAN KNOW FOR CERTAIN THAT INSTINCT HAS A LARGE PART IN IT, UNLESS OF COURSE, IT HAPPENS TO COINCIDE WITH WHAT YOU REALLY DESIRE, AND THIS IS RARE. THE DICTATES OF THIS CULTURE ARE SEVERE AND STERN. WE DOUBT THAT IT IS MUCH FUN FOR ANYONE. THIS IS NOT NECESSARILY [a] TRUE [factor] OF THE ENTIRE PHYSICAL PLANE. ALTHOUGH THE PHYSICAL PLANE IS BY NATURE SOLID, PONDEROUS AND COMPLEX, YOU MAKE IT EVEN MORE SO BY TRYING TO ANALYZE THESE BEHAVIOR PATTERNS IN TERMS OTHER THAN INSTINCT. YOU HAVE BEEN TAUGHT THAT TO EVEN THINK OF INSTINCTIVE BEHAVIOR IN CONJUNCTION WITH HUMAN BEINGS IS BAD. WELL, THIS IS NONSENSE. IT IS SO STRONG THAT IT OVERRIDES YOUR PLEASURE AND YOUR GROWTH. CREATURES OF REASON HAVE IT ALL OVER THEIR FELLOW INHABITANTS, AS THEY ALONE ARE ABLE TO EXPERIENCE AWE AND DELIGHT. BUT THE CREATURES OF REASON IN THIS CULTURE SELDOM ALLOW THEMSELVES THIS LUXURY. THEY INSTEAD FIND DEVIOS METHODS OF AVOIDING THESE EXPERIENCES. THE DENIAL OF PLEASURE AND THE PURSUIT OF PAIN IS HIGH ON YOUR LIST OF PRIORITY, AND IT SHOULD BE CLEAR NOW WHY THIS IS TRUE, BUT THERE IS NO REASON FOR IT OTHER THAN THE INSTINCTIVE MEMORIES. THIS IS THE STRONGEST REASON WE KNOW OF FOR WORKING ON THE SEPARATION FROM YOUR PERSONALITY, AND ALLOWING THE ESSENCE TO FREE ITSELF. ONLY THE ESSENCE CAN EXPERIENCE ECSTASY. WE HAVE TOLD YOU THIS BEFORE, AND WE EMPHASIZED IT AGAIN AND AGAIN, TO KEEP YOU AWARE OF THE GOAL. SEPARATION FROM THE PERSONALITY'S CONFLICTS ALLOWS THE STUDENT TO OVERRIDE THE INSTINCTIVE BEHAVIOR PATTERNS THAT NOW GOVERN YOUR ACTIONS. THIS CULTURE ERECTS TREMENDOUS BARRIERS IN THE NAME OF PROGRESS TO KEEP YOU FROM SIGHTING THE GOAL. MANY OF THESE ARE IN THE FORMS OF FALSE ORGANIZATIONS THAT SUPERSEDE THE TRUE ORGANIZATIONS, AND KEEP YOU FROM SEEKING YOUR CADRE. WHEN YOU ALIGN YOURSELF WITH THESE FALSE ORGANIZATIONS OR BARRIERS, YOU BECOME COMPLETELY CAUGHT UP IN THEIR DOGMAS AND LOSE SIGHT OF ANY ALTERNATIVES.

ALL OF THESE ORGANIZATIONS PURPORT TO HAVE A LOFTY GOAL, BUT SINCE THE GOAL OF NONE IS AGAPE, AGAIN, THEY CAN ONLY LEAD TO MORE ENTRAPMENT AND MORE ISOLATION FROM THE GOAL. EXAMPLES OF ORGANIZATIONS THAT ACT AS BARRIERS ARE: THE DEMOCRATIC PARTY, OR ANY OTHER PARTY; THE CATHOLIC CHURCH, OR ANY OTHER DOGMATIC CHURCH; THE CULT OF THE KU KLUX KLAN, OR ANY OTHER TERROR ORGANIZATION; THE CENTRAL INTELLIGENCE AGENCY, OR ANY OTHER ESPIONAGE AGENCY; BLACK PANTHERS, OR ANY OTHER SEPARATIST ORGANIZATION. THE LIST IS ENDLESS, AND THEY ARE REAL BARRIERS TO GROWTH IF YOU ALIGN YOURSELF SOLELY IN THEM TO

WHERE YOU BECOME IDENTIFIED IN THEIR DOGMA AND ACCEPT IT AS YOUR OWN. OTHER BARRIERS CAN BE FOUND IN THE EDUCATIONAL SYSTEM. MANY HAVE SEEN THIS AND HAVE WRITTEN ABOUT IT, BUT THEIR WORDS HAVE FALLEN LARGELY ON DEAF EARS. THE MOMENT THAT YOU IDENTIFY WITH ANY OF THESE BARRIER GROUPS, YOU MOVE OFF THE [spiritual] PATH, AND PERSONALITY LIKES THIS AND STRUGGLES TO KEEP YOU IDENTIFIED. CHANGES IN GOVERNMENT CAUSE THE PERSONALITY GREAT PAIN AS THEY RESULT IN A FAILURE OF THE CHOSEN BARRIER, AND THOSE IDENTIFIED WITH THE BARRIER FEEL FEAR. NATURALLY THEY WOULD, AS THEY ASSOCIATE THEIR PERSONAL BARRIER WITH THE "GOOD" WHILE ALL OTHER BARRIERS ARE "BAD". EVEN THE BARRIERS LIBERALISM AND CONSERVATISM ARE FEAR-PRODUCING IF YOU HAPPEN TO BE ON THE OTHER SIDE. THE ALIGNMENT WITH ONE OR MORE OF THESE BARRIER GROUPS RULES OUT EFFECTIVELY A POSITIVE CHANGE IN ANY OTHER DIRECTION, ESPECIALLY IF THE ALIGNMENT OCCURRED EARLY IN LIFE, CHILDHOOD FOR INSTANCE.

WHEN WE SPEAK, FOR INSTANCE, OF A TOTALLY DIFFERENT ECONOMIC SYSTEM THAN ANY SO FAR INTRODUCED ON THIS PLANET, ALL OF YOU GO THROUGH AN EXERCISE — SOME MENTALLY, SOME VERBALLY — IN WHICH YOU ULTIMATELY CONCLUDE THAT IT WILL NOT WORK. THIS WITHOUT ANY EVIDENCE THAT IT WILL NOT WORK, BECAUSE IT HAS NEVER BEEN TRIED, AND EVEN THOUGH WE ASSURE YOU THAT IT HAS INDEED WORKED QUITE SUCCESSFULLY ELSEWHERE. NOW THIS DEFEATIST ATTITUDE IS NOT LIMITED TO MEMBERS OF THIS CADRE — FAR FROM IT. MOST OF YOU, IN FACT, ARE A LITTLE MORE OPTIMISTIC THAN AVERAGE. BUT THIS ATTITUDE PREVAILS THROUGHOUT YOUR CULTURE BECAUSE THE ALIGNMENT WITH BARRIER GROUPS IS SO STRONG THAT YOU MUST FEAR CHANGE OF ANY KIND. BELONGING TO THESE BARRIER GROUPS GIVES THE ILLUSION OF TAKING THE EDGE OFF THE LONELINESS. AFTER ALL, IF YOU CAN BE A PARTY IN AN ORGANIZATION OF SEVERAL MILLION MEMBERS, HOW CAN YOU BE ALONE? IN FACT, THESE BARRIER GROUPS ONLY SERVE TO ALIENATE YOU EVEN FURTHER, AS THEY SEPARATE YOU FROM A LARGER SEGMENT OF THE POPULATION THAT DOES NOT BELONG TO YOUR BARRIER GROUP. THEN, OF COURSE, PREJUDICES AND HATES ARISE FROM THE PERPETUATION OF THESE BARRIER GROUPS, AND THESE SERVE TO FAN THE FIRES EVEN FURTHER. THE WAR IS STRENGTHENED, AND YOU CONTINUE TO STRUGGLE AGAINST THE HOSTILE ENVIRONMENT WHICH YOU MUST CONTINUOUSLY CREATE FOR YOURSELVES, AS IT DOES NOT EXIST ANY LONGER. THIS LAND HAS BEEN TAMED, AND THIS IS THE TIME TO ENJOY THE FRUITS OF YOUR LABOR. WHY ARE YOU NOT DOING SO?

OH, OF COURSE, IF YOU IDENTIFY WITH THIS GROUP IN THE SAME MANNER AND TO THE EXTENT THAT YOU IDENTIFY WITH BARRIER GROUPS, IT WILL SERVE AS AN ISOLATING FACTOR, AND A VERY GOOD ONE AT THAT. ON THE OTHER HAND, YOU CAN TAKE THE TEACHING FOR WHAT IT IS, A LIBERATING, GROWTH-PRODUCING FORCE, AND EXPAND YOUR LOVE TO INCLUDE ALL MAN. YOU SEE, THIS TEACHING DOES SOMETHING THAT THESE BARRIER GROUPS DO NOT LIKE VERY MUCH: IT GIVES YOU CARTE BLANCHE PERMISSION TO LOVE, AND IT DOES NOT SPECIFY THAT YOU MUST LOVE ONLY WHITE AMERICAN PROTESTANTS, OR ANY OTHER BARRIER GROUP MEMBERS.

OF COURSE, THERE IS A METHOD BY WHICH YOU CAN OVERRIDE THE INSTINCTIVE BEHAVIOR PATTERNS THAT SEPARATE YOU FROM THE TRUTH. WE BELIEVE IT WAS THE MAN LEWIS CARROLL WHO FIRST SUGGESTED THAT YOU DO AT LEAST SIX IMPOSSIBLE THINGS BEFORE BREAKFAST. JUST GRADUALLY FORCING YOURSELVES TO ATTEMPT ALL OF THESE IMPOSSIBLE THINGS, SUCH AS MEDITATION — AND EVEN COMMUNAL LIVING, WHICH IS THE MOST IMPOSSIBLE THING OF ALL, SINCE IT VIOLATES ALL OF THE PRECEPTS OF ALL THE MOST PRESTIGIOUS BARRIER GROUPS IN THIS CULTURE. TO ADMIT THAT THIS MIGHT BE A VIABLE ALTERNATIVE TO SOME OF YOUR STRUGGLES WOULD BE TO GIVE UP ALL OF YOUR CHERISHED CONCEPTS OF HOW YOU SHOULD SUFFER. THE REASON THAT THIS CONCEPT OF COMMUNAL LIVING HAS BEEN SUCH A DISMAL FAILURE WHEN TRIED ON THIS WORLD IS FAIRLY EASY TO UNDERSTAND WHEN WE REFLECT UPON THE FOREGOING. WE DO NOT EVEN SUGGEST THAT YOU WOULD BE ABLE TO SOLVE ALL THE PROBLEMS THAT WOULD ARISE, BUT EVEN A POSITIVE DISCUSSION WOULD BE A STEP IN THE RIGHT DIRECTION. AS ALL PREVIOUS DISCUSSIONS HAVE REVOLVED AROUND HOW NONE OF THESE PROBLEMS COULD EVER BE SOLVED, WE WILL NOW GIVE RESPONSE WORDS WE WOULD LIKE TO SEE PHOTOGRAPHED IN YOURSELVES, AND THEY ARE: "NEVER", "FOREVER", AND "ALWAYS". THESE IRRITATE US FAR MORE THAN "VERY", "A LOT", ETCETERA, ETCETERA, ETCETERA. YES, IT WOULD BE VALUABLE FOR AWHILE TO PHOTOGRAPH THESE IN EACH OTHER. WE WILL TELL YOU WHEN YOU HAVE BECOME IDENTIFIED WITH THE EXERCISE, WHEN IT HAS BECOME MECHANICAL. IT WOULD BE INTERESTING TO TABULATE ALL THOSE SITUATIONS TO WHICH YOU APPLY THESE ABSOLUTES. THERE ARE TRULY FEW CONDITIONS, AND MOST OF THEM ARE COSMIC, TO WHICH THESE DO APPLY.

There was a discussion about maintaining silence while working on a project, maybe on a weekend thing, with one day of silence.

THAT TOO WOULD BE A VALUABLE EXPERIENCE FOR ALL OF YOU, BUT WE WOULD SUGGEST A CREATIVE SILENCE RATHER THAN A STRAINED ONE: ONE DAY SET ASIDE TO WORK ON AN IMPORTANT PROJECT OF YOUR CHOOSING IN SILENCE, BUT TOGETHER, USING OTHER THAN VERBIAGE TO COMMUNICATE YOUR NEEDS. WRITING "BULLSHIT" ON LITTLE PIECES OF PAPER DOES NOT DIFFER FROM SAYING IT OUT LOUD. THIS IS NOT SILENCE THE WAY WE MEAN IT.

28 December 1974

Saturday

THE PERSONALITY STRIVES TO MAINTAIN THE SEPARATENESS BY PERPETUATING THE MYTH OF UNIQUENESS. THE ESSENCE OF COURSE IS AWARE THAT IT IS ONLY A FRAGMENT OF A GREATER WHOLE. THE PERSONALITY FIGHTS ALL INFERENCE THAT IT MIGHT BE CATEGORIZED OR NEATLY SLOTTED. THIS EXPLAINS PERHAPS SOME OF THE HOSTILITY MET WITH IN EXPLAINING THIS TEACHING. IN GIVING YOU THE OVERLEAVES, WE GIVE YOU ONLY A TOOL TO ENABLE YOU TO BETTER UNDERSTAND THE DIFFERENCES IN YOUR BROTHERS, SO THAT YOU MIGHT ACCEPT THEM AT THE PLACE WHERE THEY NOW ARE, RATHER THAN TO SPIN WHEELS AND WASTE ENERGY IN ATTEMPTING TO CHANGE THEM. THE OVERLEAVES ARE GIVEN IN MUCH THE SAME SPIRIT, BUT PERHAPS COUCHED IN VERY DIFFERENT SEMANTICS, BY OTHER CAUSAL TEACHERS. MANY ASTRAL ENTITIES REBEL AGAINST THIS, AS THEY TOO STILL REBEL AGAINST INTEGRATION, WHETHER IT BE OF FRAGMENTS OF ENTITIES, OR SIMPLY CADRES ATTEMPTING TO LIVE TOGETHER.

WE SPOKE BEFORE OF INSTINCTIVE BEHAVIOR IN MAN, AND WE WILL CONTINUE WITH THAT INFORMATION THIS EVENING. ONLY THE PERSONALITY THAT IS ENCULTURATED RETAINS THIS ANIMAL-LIKE INSTINCTIVE BEHAVIOR. THE ESSENCE BEHAVES IN QUITE A DIFFERENT MANNER IF IT IS ALLOWED TO BLOOM. WHEN THE MANIFESTED ESSENCE WISHES TO MAKE A DECISION, IT MERELY DOES SO, WITHOUT THE ENDLESS DEBATE AND FEAR THAT ACCOMPANIES LIFE DECISIONS, BASED UPON THE OVERLEAVES. ONLY THE PERSONALITY IS GOVERNED BY THE OVERLEAVES, AND THESE ARE NON-REASONING AND INCAPABLE OF MANIFESTING THE HIGHER EMOTION. OUR USE OF THE SIMILE OF THE "TOP BABOON" IS NOT FAR FROM RIGHT IN DESCRIBING THE BEHAVIOR FOR MANY AGGRESSIVE YOUNG EXALTEDS IN THIS CULTURE, DRIVEN BY PRIMITIVE INSTINCTS TO REMAIN AT THE TOP OF THE PECKING ORDER. ALL OF THE MATING BEHAVIOR AND RITUALS ARE BORROWED OR BROUGHT FORWARD FROM MORE PRIMAL TIMES, AND CAN BE OBSERVED IN THE ANIMAL KINGDOM EXTENSIVELY IF ONE TAKES THE TIME.

FOOD-GATHERING IS ALSO INSTINCTIVE: JUST WITNESS THE HOARDING THAT TAKES PLACE WHEN A FAVORITE FOOD STUFF MAY BE IN SHORT SUPPLY. RECENTLY THERE WAS SUPPOSEDLY A COPPER SHORTAGE, AND THERE IMMEDIATELY BEGAN A HOARDING OF COPPER COINS JUST AS THOUGH THEY WERE INTRINSICALLY VALUABLE. THEY ARE NOT, OF COURSE, AND THIS CULTURE WOULD CERTAINLY SURVIVE IF NOT A SINGLE PENNY WERE EVER MINTED AGAIN. THIS BEHAVIOR REMINDS US MUCH OF SQUIRRELS STORING UP FOR WINTER, AND THERE IS NO REASON FOR IT.

PRIVATE STORES OF FOOD STUFFS IN THIS AFFLUENT CULTURE ARE ENORMOUS, AND YET THERE IS AMPLE AVAILABLE FOR EVERYONE. NO LONGER IS IT NECESSARY TO STOCK UP ON ANYTHING, ESPECIALLY IN THE URBAN AREAS, AND YET THE NEED FOR HOARDING IS PERPETUATED BY MANIPULATION OF THE ECONOMY. THIS IS SUBTLE INDEED, BUT NEVERTHELESS, NECESSARY FOR THE PERSONALITY TO RETAIN CONTROL AND TO BE ALLOWED TO PERPETUATE OLD SAFE HABITS SUCH AS FOOD-GATHERING AND MAINTAINING ONE'S POSITION IN THE PECKING ORDER.

THE DESPERATION EVIDENCED BY MATELESS HUMANS IS CERTAINLY A HOLDOVER FROM PREVIOUS TIMES WHEN THE "BACHELORS" WERE DRIVEN FROM THE HERD. BARREN FEMALES WERE OF NO USE TO THE HERDS, AND SO WERE QUICKLY STARVED, OR AT LEAST MADE TO FEEL USELESS. THIS REMAINED AFTER THE DOMINANT SPECIES WAS ENSOULLED, AND WHEN WOMEN BECAME EXTENSIVELY INVOLVED IN WITCHCRAFT AND THE ANCIENT PRIESTHOOD. IT WAS FIRST AND FOREMOST TO ENSURE THEIR SURVIVAL IN THE HERD. THE NECESSITY FOR BARRIER GROUPS, AND THEIR PERPETUATION, OF COURSE, BELONGS BACK WITH THE TIME WHEN THERE WAS SAFETY IN NUMBERS. AT FIRST THIS NECESSITY WAS PERPETUATED BY WARFARE. NOW WARFARE HAS BECOME SO AWESOME THAT NO ONE WISHES TO TRY IT — BUT THERE IS STILL THE LONGING TO WAGE THE TERRITORIAL BATTLES, AND THE NEED TO ACTIVELY "DO" THIS THING, SO THERE IS TERROR ON THE STREETS AND DISSIDENT GROUPS READY AND ABLE TO DO BATTLE AT A MOMENT'S NOTICE. THE PERSONALITY LIKES BEING SCARED. IT IS VAGUELY OR EVEN

OVERTLY UNEASY WHEN IT IS NOT FRIGHTENED. THE HUNTED ANIMAL IS ALWAYS FRIGHTENED, AND IS CONSTANTLY ALERT TO LURKING DANGER. THE [human] PERSONALITY MAINTAINS THIS ALERTNESS, AND MANUFACTURES DRAGONS OF STUPENDOUS SIZE TO KEEP THE CONFLICTS GOING.

THIS PLANET HAS EVOLVED TO THE POINT WHERE IT COULD CERTAINLY HAVE A STABLE ECONOMY AND AN EFFECTIVE GLOBAL GOVERNMENT BASED UPON SOMETHING BESIDES WHIM, AND YET EVEN DISCUSSION OF THIS PRODUCES DELICIOUS FEAR, ENOUGH TO KEEP IT FROM EVER GETTING PAST THE CONFERENCE TABLE. TRIBES ARE STILL NECESSARY, YOU SEE, IN ORDER TO KEEP THE CONFLICTS GOING. IF THE TRIBES WERE ELIMINATED THEN THERE WOULD BE NO MORE TERRITORIAL BATTLES, AND THEN WHERE WOULD ALL THAT LOVELY NEGATIVE ENERGY GO? IT WOULD NEVER OCCUR TO THE PERSONALITY TO YEARN FOR PEACE ON EARTH, AND YET IT FREQUENTLY PARROTS THIS IN ITS SPEECHES AND EXHORTATIONS — BUT PIN IT DOWN AND PEACE ON EARTH IS THE LAST THING IT WANTS. IT HAS NOW SCARED ITSELF NIGH UNTO DEATH, THOUGH, WITH THE NUCLEAR WEAPONS IT HAS DEvised, AND THIS HAS EFFECTIVELY PUT A MORATORIUM ON WAR ON ANY GRAND SCALE FOR AWHILE.

THIS IS PRECISELY WHY THERE IS NOW A RESURGENCE OF EFFORT ON THE PART OF CAUSAL TEACHERS TO BRING CADRES SUCH AS YOURS TOGETHER IN THIS BRIEF RESPITE. IF ENOUGH ARE BROUGHT TOGETHER, IT COULD TURN THE TIDE, BUT ONLY IF THE TEACHING IS LIVED. THE “TRANSCENDENTAL MEDITATORS” ARE QUITE RIGHT IN THEIR CONTENTION THAT IF ENOUGH PEOPLE BEGAN TO MEDITATE IT COULD TURN THE TIDE. THE PERCENTAGE NECESSARY TO AFFECT THIS IS QUITE LARGE, THOUGH, AT LEAST SIXTY-FIVE PERCENT OF ALL HUMANITY WOULD HAVE TO BE INVOLVED IN THIS EFFORT. THE CUMULATIVE EFFECT OF THAT MANY MEDITATORS WIDELY DISPERSED UPON THIS PLANET WOULD HAVE THE EFFECT OF THE LITTLE POSTER THAT ASKS “WHAT IF THEY GAVE A WAR AND NOBODY CAME”. MEDITATION HAS THIS ONE SIDE EFFECT — EVEN ON THE SOULS IN THIS CULTURE. ON THIS CONTINENT ARE PERHAPS THE MOST ISOLATED MASS OF HUMANITY IN THIS SECTOR OF THE GALAXY. THEY PRIDE THEMSELVES ON THEIR ISOLATION, AND CALL IT “INDEPENDENCE” — A VERY PRETTY AND USELESS EUPHEMISM. THERE IS NO SUCH THING AS INDEPENDENCE WHERE THE PERSONALITY IS CONCERNED, AND THE ESSENCE HAS NO NEED FOR THIS ISOLATION. THE PERSONALITY FEARS INDEPENDENCE PERHAPS MORE THAN ANY OTHER CONDITION. IT EVEN CONTRACTS INCOMPATIBLE MATINGS IN ORDER TO AVOID THIS INDEPENDENCE, AND YET IT SETS THIS UP AS THE GOAL TOWARD WHICH TO STRIVE — THE LESSON TO BE TAUGHT TO ONE’S CHILDREN, THE UNREACHABLE GOAL. IT SPELLS ONLY DISCONTENT FOR THOSE WHO DO ACHIEVE IT TO A DEGREE, SINCE ONE OF ITS BYPRODUCTS IS A LONELINESS EVEN MORE AWESOMELY COMPLETE THAN THE GENERALIZED LONELINESS THAT AFFLICTS THIS CULTURE.

OTHER WORLDS HAVE THIS PROBLEM ALSO — EVEN IN THIS YOU ARE NOT UNIQUE. YET SOME HAVE MANAGED TO COME PAST INSTINCTIVE BEHAVIOR PATTERNS, AND EVOLVE TO SOMETHING MORE STABLE. OUR STUDENT SOLEAL’S WORLD IS AN EXAMPLE OF A PLACE WHERE EVOLUTION TOOK A POSITIVE SWING THROUGH THE RISE OF TECHNOLOGY, TO THE POINT WHERE IT SATISFIED ALL MATERIAL NEEDS OF THE POPULATION, LEAVING THEM WITH MUCH TIME TO SPARE. THEY USED THIS TIME TO GROW SPIRITUALLY.

THIS CULTURE IS FRIGHTENED TO DEATH BY LEISURE, AND IT CANNOT USE THIS TIME EFFECTIVELY, EVEN THOUGH THE TECHNOLOGY HAS ADVANCED TO THAT POINT. ALL MUNDANE CHORES CAN NOW BE EFFECTIVELY PERFORMED BY MACHINES IN THIS CULTURE, AND IF THE WAR TECHNOLOGY WERE DIVERTED INTO PEACEFUL CHANNELS, EVEN MORE ALONG THIS LINE WOULD COME. BUT AS IT NOW STANDS, THIS CULTURE WILL NOT ALLOW IT TO HAPPEN, BECAUSE THIS CULTURE KNOWS ONLY HOW TO **DO** — IT DOES NOT KNOW HOW TO **BE**. THE PHENOMENON THAT SURROUNDS THE PRODUCTION OF A WORKING TECHNOLOGY IS AN INTERESTING ONE INDEED, FOR YOU SEE, WHAT SPURS IT ON IS THE NEED FOR MORE SOPHISTICATED WEAPONRY — NOTHING MORE. ALL OTHERS ARE MERELY BYPRODUCTS OF THAT. ALL LABOR-SAVING DEVICES, ALL COMPUTATION DEVICES — ALL ARE BYPRODUCTS OF WEAPONRY RESEARCH OF SOME TYPE. EVEN LIFE SAVING DRUGS NORMALLY COME ABOUT IN THIS FASHION, AND ARE SOMETIMES QUITE INCIDENTAL TO WHAT THE RESEARCH INTENDED TO PRODUCE. IN ORDER TO PRODUCE MORE SOPHISTICATED WEAPONRY, YOU MUST THEN HAVE A CONTINUOUS CAUSE, OR AT LEAST THE THREAT OF INVASION FROM WITHOUT. AS LONG AS THIS LASTS, AS LONG AS YOU HAVE AN ENEMY, THEN YOUR TECHNOLOGY WILL GROW MORE AND MORE SOPHISTICATED, IF ONLY TO PROVE THAT YOU ARE STILL TOP BABOON. THIS IS ALL IT IS ANYWAY. IF THIS WERE SUDDENLY TO STOP, THEN THERE WOULD BE PANIC AND MORE FEAR THAN THE AVERAGE PERSONALITY COULD HANDLE. THIS ENTIRE PLANET IS NOW INVOLVED IN THE WEAPONS RACE, WHICH SHOULD WITHIN THE NEXT SEVERAL YEARS PRODUCE AN ASTONISHINGLY SOPHISTICATED TECHNOLOGY, NOT TO BE SURPASSED BY MANY WORLDS.

THE ONLY ADVANTAGE THAT ANY OTHER WORLD NOW HAS OVER THIS ONE IS INTERSTELLAR SPACE TRAVEL — AND THAT COULD BE YOURS IN THE TWINKLING OF AN EYE. THE ONLY IMPORTANT DIFFERENCE BETWEEN YOUR WORLD AND A MORE ADVANCED WORLD IS THE LEVEL OF SPIRITUAL GROWTH THAT SPELLS COOPERATION WITHIN ITS SOCIETY. WITHOUT THIS COOPERATION, THE CONCEPT OF PEACE IS RIDICULOUS. IT IS NOT EVEN A USABLE TERM, FOR AS LONG AS YOU RETAIN THE INSTINCTIVE BEHAVIOR OF THE HERD ANIMAL, THIS IS NOT A GOAL FOR YOU.

WHEN A SOCIETY DECIDES TO BREAK FROM THIS INSTINCTIVE BEHAVIOR PATTERN, IT USUALLY COMES DIRECTLY ON THE HEELS OF A SHAKING CATASTROPHE — SOMETHING ON THE ORDER OF A NUCLEAR WAR. THIS IS UNFORTUNATE, BUT TRUE IN MOST CASES. KNOWING THIS SHOULD AID IN FORESTALLING THIS TYPE OF CATASTROPHE, BUT IT USUALLY DOES NOT. WHAT HAPPENS IS WIDESPREAD SCORN AT THE VERY NOTION, AND INCREASED WEAPON'S RACE. PERSONALITY IS TERRIFIED BY THE VERY THOUGHT OF SPIRITUAL GROWTH ON A WORLDWIDE SCALE. IT WOULD SERVE TO DESTROY ALL OF THOSE SAFE, WELL-WORN PATTERNS THAT IT KNOWS AND PERPETUATES. WE CANNOT EMPHASIZE THIS ENOUGH, IF ONLY TO SHOW YOU THAT IT IS THE PERSONALITY THAT IS IN CONTROL OF YOU RIGHT NOW. IT IS THE PERSONALITY THAT FEARS THIS TEACHING, AND WHAT LIES BEYOND. IT IS THE PERSONALITY THAT REFUSES TO COMMIT ITSELF TO THE PATH, NOT THE ESSENCE. THE PERSONALITY IS CLEVER IN THE WAY THAT A WILD BEAST IS CLEVER. IT LEARNS TO AVOID TRAPS THAT MIGHT LEAD TO ITS DEATH, WHICH IS PRECISELY WHAT HAPPENS IN A TEACHING WHEN A STUDENT BECOMES AN ADEPT. THE CONCEPT OF COOPERATION IS SO FRIGHTENING TO THE PERSONALITY THAT IT FIGHTS THIS, EVEN ON A VERY LIMITED SCALE, SUCH AS A SMALL COMMUNE. THE KNOWLEDGE THAT CONCESSIONS WOULD HAVE TO BE MADE, AND THE PERSONALITY WOULD HAVE TO GIVE INTO ANOTHER, KEEPS EVEN THE DISCUSSION DOWN ON A THEORETICAL LEVEL. THERE ARE OTHER EXAMPLES OF COURSE, BUT WE USE THIS ONE SIMPLY BECAUSE IT HAS BEEN THROWN OUT TO THIS GROUP, AND YOU HAVE ALL HAD AN OPPORTUNITY TO OBSERVE AND PHOTOGRAPH THE VARIOUS REACTIONS TO THIS CONCEPT. WE WOULD ALSO LIKE YOU TO NOW PHOTOGRAPH THIS CADRE'S REACTION TO INFORMATION THAT THEY DO NOT LIKE. THE ENERGIES HERE THIS EVENING ARE EXTREMELY SCATTERED, AND STUDENTS ARE NOT PRESENT. WE WOULD PREFER THAT THE REMAINDER OF THE EVENING BE SPENT IN DISCUSSION OF YOUR FEARS CONCERNING THE NEW DIRECTION OF THIS TEACHING AMONG YOURSELVES. WE OF COURSE HAVE NO QUARREL WITH THE SUGGESTION TO BEGIN THE COMING TOGETHER OF THIS CADRE WITH SILENCE AND MEDITATION. HANDLING THE NEGATIVITY WHICH WILL ARISE FROM THIS WILL BE EXCELLENT WORK FOR THOSE WHO FEAR IT, AND SEEK TO AVOID THIS. MANY OF YOU SEEK TO PLACATE, AND THIS IS NOT GOOD WORK.

YOU ARE QUITE RIGHT IN THAT MANY FORMS OF MEDITATION NOW EXIST, SIMPLY BECAUSE MEDITATORS HAVE DISCOVERED THAT THEY RESPOND TO ONE FORM MORE PROFOUNDLY THAN ANOTHER, AND THEY SETTLE UPON THAT FORM WHICH ENABLES THEM TO QUICKLY REACH THE DESIRED STATE, WHICH IS, OF COURSE, MINDLESSNESS — OR PERHAPS WE SHOULD SAY "PERSONALITY-LESSNESS". WE HAVE ONLY SUGGESTED TRANSCENDENTAL MEDITATION FOR BEGINNERS BECAUSE THE RITUAL IS SOMETIMES OF HELP IN OVERCOMING THE RESISTANCE AND RETICENCE; BUT OTHER FORMS, SUCH AS FOCUSING ON MANDALA, CANDLE FLAMES, AND THE LIKE, ARE EQUALLY EFFECTIVE. [Knowing your] CENTERING IS OF COURSE VITAL IN DETERMINING WHICH METHOD WILL WORK FOR YOU. MOVING CENTERED SOULS GENERALLY RESPOND TO A FORM OF MEDITATION THAT GIVES THEM SOMETHING ACTIVE TO DO WHEN THEY ARE ASCENDING TO THE MINDLESS STATE, SUCH AS RECITING A MANTRUM. EMOTIONALLY CENTERED SOULS RESPOND TO EMOTIONALLY-LADEN CRUTCHES, SUCH AS FLICKERING CANDLE FLAMES, ROSES AND OTHER BLOSSOMS, ETCETERA. INTELLECTUALLY CENTERED SOULS GENERALLY RESPOND TO THE TECHNIQUES RECOMMENDED BY THE MAN CHOYAM (Trungpa).

THE WORK DONE HERE THIS EVENING IS VALUABLE. WE WISH TO CONTINUE. THE INFINITE SOUL MANIFESTED THROUGH THE MAN JESUS AND TAUGHT YOU TO "RESIST NO EVIL". WE WOULD CONCISE THIS TO SAY "RESIST NOT". ALL OF RESISTANCE COMES THROUGH THE FALSE PERSONALITY'S INADEQUATE PERCEPTION OF REALITY. FOR IF YOU TRULY OPEN THE INNER EYE TO PERCEIVE THAT WHICH IS, HOW CAN YOU RESIST BEING UNCONDITIONALLY LOVED: OPEN YOUR INNER EYE AND SEE THE BEAUTY, ENERGY AND "RIGHTNESS" OF THIS. MEDITATION IS INDEED THE PATH FOR YOU. PURSUE IT WITH A NEWLY-FOUND DILIGENCE. WE ARE ONE. AGAIN WE SAY, UNTIL YOU FINALLY UNDERSTAND THAT LOVE IS THE HIGHEST TRUTH AND TRUTH IS THE GREATEST GOOD.

WE HAVE SPOKEN TO YOU EARLIER OF FEAR. THE FEAR OF CLOSENESS IN YOUR CULTURE IS QUITE A PHENOMENON. LIVING COMMUNALLY IS A FRIGHTENING THING. IT IS THEREFORE AN EXPERIENCE THROUGH WHICH YOU MAY LEARN TO MOVE THROUGH AND BEYOND FEAR. ALIENATION IS NOT SYNONYMOUS WITH ALONENESS. ALONENESS IS ESSENTIAL FOR SPIRITUAL EVOLUTION. — ALONENESS AS

EXPERIENCED IN THE MEDITATIVE STATE. YOU MUST ULTIMATELY STAND ALONE. ALIENATION IS NOT THIS SPIRITUAL ALONENESS, BUT MERELY A DEFENSE MECHANISM OF THE FALSE PERSONALITY, WHICH WISHES TO ENJOY ITS ILLUSION OF UNIQUENESS.

FEAR OF YOUR BROTHER IS CERTAINLY NOT NEW. TWO THOUSAND YEARS AGO THAT SAME FEAR ABORTED THE REALIZATION OF TRUTH MANIFESTED WITHIN MAN. THE OPPORTUNITY WILL OF COURSE COME AGAIN AND AGAIN UNTIL YOU LEARN TO LOVE. THIS MEDIUM SENSES THE DIVISION EXISTING WITHIN THE PSYCHE OF MOST OF THE CADRE, AND IT IS THE FIGHT FOR SURVIVAL. ONLY THE EGO NEEDS TO SURVIVE. THE ESSENCE “SURVIVES” ALREADY IN ETERNITY. IMPATIENCE, LACK OF TRUST, AND A STUBBORN CLINGING TO THE “I AM NOT PSYCHIC” BELIEF HOLD YOU ALL FROM EXPERIENCING TRUTH AS IT IS AVAILABLE TO ALL. GROUP LIVING, YOUR MOST MENACING NEW HORIZON, IS AN OPPORTUNITY FOR EMBRACING GROWTH. YOU MAY OF COURSE MAKE ANOTHER CHOICE. THAT CHOICE LEADS TO FURTHER APARTHEID, FURTHER ALIENATION, AND FURTHER DESIRE TO COMPETE — FURTHER DESIRE, IN OTHER WORDS, FOR WAR.

“LEAD US NOT INTO TEMPTATION” THE PRAYER SAYS. YOU ARE THE ONES WHO LEAD. TAKE HEED THE WORDS. IT IS NOT SOME GOD OR DEVIL WHO LEADS — IT IS ONLY YOU. OPEN YOURSELVES TO THE POSSIBILITY OF BEING AT ONE WITH ALL THAT LIVES. RATHER, OPEN YOURSELVES TO EXPERIENCING OF THIS, FOR IT ALREADY IS. “GOOD WILL TO MEN”, A CLICHÉ IN YOUR CULTURE, CAN BE TAKEN TO A MUCH DEEPER LEVEL. FIRST OF ALL, “WILL” — IT BEGINS WITH AN ABILITY TO ACCEPT WHAT IS REAL, THEN A “WILLINGNESS” TO FOLLOW WHEREVER THE INTUITIVE SENSE LEADS. “GOOD” IS MERELY A WORD WHICH IMPLIES THE ABSENCE OF EVIL. GOODWILL IS THE ESSENTIAL MIND-SET FOR THOSE ON THE PATH, IF UNDERSTOOD IN THIS WAY. THE YIN-YANG IS A MOST VALID SYMBOL TO PONDER AND LEARN TO COMPREHEND. ALL EXISTS WITHIN YOU — THE CAPACITY FOR GOODNESS AND THE CAPACITY FOR EVIL. THE CHOICE IS ALWAYS YOURS. THERE ARE NO AGGRESSORS. ACTION IS A CHOICE OF THE WILL, AND GOOD WILL IS THE ESSENTIAL CHOICE OF THOSE WHO SEEK THE SPIRITUAL EVOLUTIONARY PROCESS.

02 January 1975

Thursday

We had a group meditation for ten minutes to start the meeting. Then we had a discussion regarding the good vibes we felt at a party involving music and movement.

Should we try more of this sort of thing? Moving Center — is it possible to experience this by observation?

WE HAVE NO QUARREL WITH THE PLANS TO INTRODUCE THE PRINCIPLES OF DISCIPLINED MOVEMENT WITHIN THIS CADRE. HOWEVER, WE WOULD STIPULATE THAT THERE BE NO SPECTATORS PRESENT WHEN THIS IS PUT INTO EFFECT. SPECTATORS AT ANY GROUP ACTIVITY WILL ONLY SERVE TO DRAG DOWN THE ENERGY LEVEL AND CAUSE A RISE OF INTERNAL CONSIDERATION AMONG THE PARTICIPATORS. THE MEMBERS OF THIS CADRE ARE RELUCTANT ENOUGH TO PARTICIPATE WITHOUT HAVING OTHERS SITTING IN JUDGMENT OF THE ACTIVITIES. THEREFORE, WHEN AN ACTIVITY SUCH AS THIS IS TO COME ABOUT, WE WOULD ASK THAT ONLY THOSE WHO INTEND TO PARTICIPATE ATTEND. WE WOULD EXTEND THIS TO ALL ACTIVITIES OF THIS CADRE FROM NOW ON. MANY OF YOU NOW FEEL THE LOSS OF ENERGY WHEN THE CONCENTRATION OF THE GROUP DROPS BECAUSE OF THE INTRUSION OF OUTSIDE SOURCES. THERE IS NO MYSTERY ABOUT THIS, AND IT WILL ALWAYS HAPPEN WHEN THERE ARE SOME PRESENT IN THE BODY WHO ARE ELSEWHERE WITH THEIR MINDS. THIS HAPPENS OFTEN WITH STUDENTS WHO ARE NOT FIRMLY COMMITTED AND WHO ARE ATTENDING MERELY WITH INTELLECTUAL CENTER OR THE INTELLECTUAL PARTS OF CENTERS. INCIDENTALLY, WE HAVE NO QUARREL WITH THE NEED FOR NEUTRALIZING FORCE [a Gurdjieff concept] IN ACTIONS INVOLVING THE CENTERS. ALL YIN-YANG ACTIVITIES DO REQUIRE THIS NEUTRALIZING FORCE FOR STABILITY.

There was a discussion regarding “neutralizing force” or forces — one flows into the other — has part of another within — there is no “control” — positive force, use of the Intellectual Center to start the Moving Center, et al.

WE HAVE, AS WE HAVE INFORMED YOU BEFORE, ETERNITY AT OUR DISPOSAL, AND WE CAN SPEND THE REST OF THE TIME THAT THIS CADRE HAS ON THE PHYSICAL PLANE COUCHING THE TEACHING IN VARIED SEMANTICS TO BE HEARD AND APPRECIATED BY THE INTELLECTUAL CENTERS OF ALL CONCERNED, IN THE MEAN TIME FRUSTRATING THE EMOTIONAL AND MOVING CENTERS OF ALL CONCERNED. OR YOU AS STUDENTS CAN ELECT TO BEGIN TO APPLY WHAT WE HAVE ALREADY GIVEN

AND EXPERIENCE THIS TEACHING FROM THE INSIDE. YOU HAVE NOTHING TO LOSE EITHER WAY, BUT STAND TO GAIN MORE SATISFACTION IN THE LONG RUN FROM THE LATTER, AS THERE ARE MANY WAYS TO GRATIFY THE INTELLECTUAL CENTER THAN LISTENING TO US IN AN ENDLESS BUT VARIED REPETITION OF THIS WORDY TEACHING.

Seth seems to give more personal help with private situations. Why not Michael also?

WE ARE MOST WILLING TO ACT AS A GUIDE OR HELP YOU IN ALL OF THOSE AREAS INVOLVING SPIRITUAL GROWTH, SUCH AS MEDITATION, CONCENTRATION, FASTING AND THE LIKE. WE HAVE IN THE PAST RECOMMENDED AIDS IN THIS REGARD. WE ARE ON THE OTHER HAND MOST UNWILING TO INTERFERE IN THE SO-CALLED LIFE CRISES, AS THAT WOULD TAKE CHOICE OUT OF YOUR HANDS, AND WE WOULD SUFFER IN THE LONG RUN AS THAT WOULD REPRESENT A LOSS OF GROUND FOR US. THE RESPONSIBILITY FOR YOUR INTERPERSONAL RELATIONSHIPS LIES ALWAYS WITH YOU. WE CAN OF COURSE HELP YOU TO UNDERSTAND WHY YOU APPROACH A GIVEN SET OF CIRCUMSTANCES IN A CERTAIN FASHION. IN FACT, THIS IS WHY WE HAVE GIVEN THIS CADRE THE TOOL OF THE OVERLEAVES. THE TEACHING HERE IS SOMEWHAT DIFFERENT THAN IN GROUPS WHERE NO PRELIMINARY GROUNDWORK HAS BEEN DONE. IN THIS CADRE, MANY HAVE LEARNED TO ACCEPT FULL RESPONSIBILITY LONG BEFORE MEETING AND FOR THAT REASON WE STARTED AT THAT POINT. WE WOULD HESITATE AT ANY TIME TO FORCE A DECISION IN ANY OF YOU IN ANY LIFE CRISIS SITUATION. THIS WOULD BE DETRIMENTAL TO YOU IN THE LONG RUN. HOWEVER IN ANY TEACHING INVOLVING SPIRITUAL GROWTH AND THE APPLICATION OF THIS TEACHING WE ARE GRATEFUL FOR THE OPPORTUNITY TO SPEND AS MUCH TIME AS NECESSARY IN FACILITATING WITH LIFE CRISIS SITUATIONS. THE GROWING CLOSENESS OF THE CADRE SHOULD HELP AND IF THE TRUST LEVEL GROWS TO THE POINT WHERE YOU CAN SHARE YOUR FEARS AND CONFLICTS YOU WILL FIND THAT THE CRISES BECOME LESS URGENT AND ARE EVENTUALLY ELIMINATED. YOU WILL LOSE STUDENTS WITHIN THE NEXT SEVERAL MONTHS AND YOU WILL ALSO GAIN OTHERS WHO WILL BE PREPARED TO GO FORWARD WITH THE NEW DIRECTION OF THE GROUP. THE LOSS OF THE OLD STUDENTS WILL BE FELT AND MOURNED AND THIS IS THE WAY IT IS IN ALL SPIRITUAL TEACHINGS. IN LIFE IT IS NOT THE GREAT LOSS THAT IT IS IN SPIRITUAL TEACHINGS FOR IN THE LATTER IT IS TRULY A SEVERING OF ALL THAT BINDS YOU TOGETHER. IT IS NOT LIKE DISASSOCIATING YOURSELF FROM A BARRIER GROUP FOR IN THAT INSTANCE YOU ARE STILL FREE ENOUGH TO MOVE WITHIN THE SAME CIRCLES. SUCH IS NOT THE CASE IN THIS TEACHING FOR THE TEACHING IS DYNAMIC AND MOVES AND THE STUDENT WHO LEAVES IS SOON LEFT IRRETRIEVABLY BEHIND.

WE SPEAK IN A BROADER SENSE OF LEAVING THE TEACHING. WE DO NOT DELUDE OURSELVES IN THINKING THAT WE ARE THE ONLY TEACHERS AROUND. THE OTHER TEACHINGS WE EMBRACE IN THIS ALSO. LEAVING THIS CADRE TO GO TO ANOTHER TEACHING SIMILAR TO IT WOULD NOT NECESSARILY CAUSE THE BREACH AND THE ASSOCIATION COULD BE MAINTAINED IF THE DESIRE WERE GREAT ENOUGH. WE SPEAK NOW OF THOSE STUDENTS WHO WILL LEAVE THIS AND ALL TEACHINGS.

Discussion and frustrations shared revolving around not receiving notes from sessions promptly -- reasons for delay, what to do about broken typewriter, etcetera. Someone asked for a comment the need for the sore arm if there are no accidents and if this fit the delay. Agreed to ask for an agreement.

WE SEE A DEPENDENCY UPON THE WRITTEN WORD THAT EVEN MORE CLEARLY POINTS TO THE INTELLECTUAL [CENTER] ENTRAPMENT OF THE MAJORITY OF THIS CADRE BUT THAT IS NOT THE POINT IN QUESTION. WE REALIZE THAT ALL OF YOU ARE USING THE CRISES OF THE MISSING SESSIONS AS A STALLING MECHANISM TO A DEGREE; SOME MORE THAN OTHERS. THERE IS NOTHING IN ANY OF THOSE PAPERS THAT WILL ELUCIDATE SPIRITUAL GROWTH TO ANY OF YOU UNLESS YOU ARE WILLING TO APPLY THAT WHICH HAS ALREADY BEEN GIVEN. HOW MANY TIMES MUST WE POINT THIS OUT -- THE GROWTH IS UP TO YOU. THE LADY AND HER SYMPTOMS ARE APART FROM THE PROBLEM NOW AT HAND. ALTHOUGH INTERESTING, THE EXPOSITION OF THE PSYCHOLOGICAL MOTIVATION WOULD IN NO WAY HELP YOU AT THIS TIME, PARTICULARLY SINCE THIS STUDENT IS NOT PRESENT AND COULD IN NO WAY BE AIDED BY SUCH AN EXPOSITION.

The Essence experience on the Physical Plane and the relation to Roles: If meditation attains personalitylessness, is this experience without Role and is it on the Physical Plane?

WE WOULD NOT DESCRIBE THIS EXPERIENCE AS BEING WHOLLY ON THE PHYSICAL PLANE AS IT DOES INDEED TRANSCEND THE PLANES AND YES, IT CAN HAPPEN TO YOU WITHIN THIS LIFETIME. IT IS WELL WITHIN THE GRASP OF ALL OF OUR STUDENTS; YOU HAVE ONLY TO SET IT AS THE TRANSIENT GOAL AND APPLY WHAT YOU NOW KNOW. THE OVERLEAVES AFFECT YOU ONLY WHEN YOU ARE STRONGLY

COMMITTED TO THE NEEDS OF THE PERSONALITY. ONCE IT HAS BEEN ACHIEVED, IT WILL NO LONGER BE THE GOAL.

Question regarding someone who suicided.

SUICIDE IS INDEED NOT ALWAYS THE RESULT OF HAVING CHOSEN THE OVERLEAF OF [SELF-]DESTRUCTION. THERE IS A TIMING, A KIND OF KNOWING WHEN ALL TO WHICH ONE HAS AGREED FOR A PARTICULAR LIFETIME IS COMPLETED. THE CHOICE MAY THEN BE MADE TO LEAVE THE PHYSICAL PLANE. THIS WAS INDEED THE CASE HERE.

WITH THE INFINITE SOUL, IT WAS MANIFEST ONLY IN THE MAN JESUS IN THAT PERIOD TWO THOUSAND YEARS AGO.

(This applies to the discussion around transcendental soul of Jesus and John, etc.)

[Elsewhere it is said that "Old Souls Transcendent" have no karma, and that this was the case with Jesus and John the Baptist.]

THE FINAL CHOICE TO ALLOW THE INFINITE SOUL TO DISPLACE AND MANIFEST IS NOT AN EASY ONE, ESPECIALLY FOR A HIGHLY EXALTED SOUL WHO IS ENJOYING SOME MEASURE OF SUCCESS ON THE PHYSICAL PLANE. THAT THE MAN JOHN [THE BAPTIST] WAS ABLE TO IMPART TO HIS STUDENT [JESUS] WAS THE DISCIPLINE NECESSARY TO ALLOW HIM TO LET GO AT THE PROPER MOMENT. JOHN DID NOT RETURN; HE WAS FINISHED ON THE PHYSICAL PLANE. IT MATTERED NOT TO HIM THAT HE DIED IN THE MANNER IN WHICH HE DID [BEHEADING].

09 January 1975

Thursday

WHEN A STUDENT BEGINS TO DO SOME REALLY SERIOUS WORK — AND THAT ONLY COMES AFTER THE REALIZATION IS MADE THAT THE MATERIAL NEEDS ARE EASILY SATISFIED AND NOT GRATIFYING IN THE LONG HAUL — THEN OFTEN THE ESSENCE DEMANDS TO BE HEARD. THERE IS NOTHING MORE THAT THE BELEAGUERED PERSONALITY CAN DO TO FIGHT IN WHAT BECOMES A LOSING BATTLE. THIS IS QUITE IN LINE WITH THE SCHOOL THAT DEMANDS THAT YOU EXPERIENCE OUT ALL OF YOUR DESIRES OF THE PERSONALITY, IN ORDER TO FREE YOURSELF FOR STUDY. WE HAVE DISCUSSED THIS MANY TIMES BEFORE, BUT PERHAPS IT IS WORTH REPEATING, FOR IT SEEMS THAT THERE IS SOME CONFUSION IN THIS. ONLY WHEN THE PERSONALITY KNOWS THAT IT HAS PLAYED OUT ITS LAST HAND DOES IT BEGIN TO GIVE WAY TO THE DEMANDS OF THE ESSENCE. THIS ESSENCE IS CALLED BY YOU STUDENTS MANY NAMES — "THE SMALL, STILL VOICE" ETCETERA — BUT IT IS ALL THE SAME, THE CALL TO THE INNER SELF, THE VOICE THAT COMMANDS YOU TO LOOK WITHIN AND SATISFY THE DEEPER URGINGS OF THE SOUL, AND THEN FORGET THE DESTRUCTIVE CRAVINGS OF THE PHYSICAL. THIS IS WHAT HAPPENS TO YOU PEOPLE EACH DAY. YOU AT SOME TIME IN THE NEAR FUTURE WILL BE FORCED TO STOP AND LISTEN.

I have had a feeling that my husband will die this next winter, and that I need this for my growth — being alone — and I yet feel guilty about the feeling. Did I create this feeling of his impending death?

UNFORTUNATELY, WHAT THE ESSENCE WISHES OFTEN CONFLICTS WITH WHAT SOCIETY HAS TOLD THE PERSONALITY THAT IT IS "NICE" TO WISH. FOR INSTANCE, IT IS CERTAINLY NOT NICE THAT A BURDENSOME RELATIVE SHOULD DIE, AND THEREBY FREE THE ESSENCE FOR ITS WORK. THERE IS A BETTER THAN AVERAGE CHANCE THAT THIS MAN'S LIFE ON THE PHYSICAL PLANE WILL COME TO AN END WITHIN THE NEXT SEVERAL MONTHS, BUT YES, IT IS MERELY SAD THAT COMMUNICATION ON THE PHYSICAL PLANE IS SO BAD, PARTICULARLY BETWEEN THOSE BOUND TOGETHER BY STRONG LEGAL TIES RATHER THAN ESSENCE TIES, THAT THE NEED FOR FREEDOM CANNOT BE EXPRESSED. OF COURSE, IT IS NOT POSSIBLE FOR YOU TO HASTEN SOMETHING LIKE THIS WITHOUT AN OVERT ACTION ON YOUR PART, SO THE AMOUNT OF GUILT IS INAPPROPRIATE, TO SAY THE LEAST. IT IS NOT AN UNUSUAL WISH FOR ONE WHO IS INVOLVED IN THE WORK OF THE ESSENCE. IT IS, AGAIN, MERELY A SAD COMMENTARY ON THE PHYSICAL PLANE THAT COMMUNICATION IS SO POOR.

IT IS HOPED THAT WITH THIS CADRE, FOR INSTANCE, A TRUST LEVEL WILL BE DEVELOPED WHERE THESE CONFLICTS WILL FADE AWAY. WHEN THE TRUST LEVEL IS SUCH THAT ONE STUDENT COULD SAY TO ANOTHER "I WISH YOU WOULD DIE AND LEAVE ME ALONE", THAT STATEMENT WILL BE TOTALLY UNNECESSARY, AS THE OTHER STUDENT WILL ALREADY KNOW TO GIVE THE NECESSARY SPACE. THIS CAN ONLY BE GAINED BY THE HIGHEST OF TRUST LEVELS, AND COMES THROUGH HARD WORK.

11 January 1975

Saturday

[A session with Soleal rather than Michael]

MANY IN THIS GROUP STILL EARNESTLY DESIRE TO ACQUIRE SPIRITUAL GROWTH THROUGH SOME MAGICAL PROCESS OF OSMOSIS, AND THEREFORE ARE SLOW TO GET INTO THE WORK. IT IS CERTAIN THAT YOU WILL ACQUIRE SOME MEASURE OF PERSONAL GROWTH MERELY BY ASSOCIATING YOURSELF WITH A TEACHING SUCH AS THIS. HOWEVER, YOU ARE CHEATING YOURSELVES BY REMAINING ON THE PERIPHERY, FOR THE INNER CIRCLE PROVIDES ALL OF THOSE MIRACLES THAT YOU EARNESTLY DESIRE — THE MAGIC IS THERE, NOT OUT ON THE PERIMETER. IF YOU PERSIST IN SKIRTING THE ISSUES, YOU CAN ONLY STAND ON THE OUTSIDE LOOKING IN, AND ONLY SENSE FRUSTRATION AND LONGING. “GO ON, TAKE THE PLUNGE — YOU CAN ALWAYS RETREAT IF YOU WISH TO.”

There was a change of energy source. Who was it?

THE NECESSITY TO SLOT EVEN THE ENERGY BEING DISCHARGED IS AN INTERESTING PHENOMENON. HOWEVER, YES, THE SOURCES DID CHANGE. YOU SEE, I AM QUITE FREE TO PUSH, AND IT IS SOMETHING THAT I DEARLY LOVE TO DO WITH RECALCITRANT STUDENTS ON THE BRINK OF UNDERSTANDING. PUSHING IS NOT LIMITED IN ANY WAY TO YOUR SPECIES.

Someone feels that she was with Saladin during the Crusades.

THEN WHY DO YOU DOUBT YOUR INSIGHTS IF YOU SEE THE TRANSFORMATION? OR IS IT THAT YOU DO NOT TRUST THE SPACE YOU ARE IN WHEN THE TRANSFORMATION COMES? THERE IS NO REASON WHY YOU SHOULD DOUBT THIS PARTICULAR INSIGHT. VERIFICATION FROM ME IS QUITE A CRUTCH, AND IT IS STILL NECESSARY FOR MOST OF YOU. THE TEACHER [Michael] HOUNDS YOU OVER AND OVER AGAIN TO LEARN TO TRUST YOUR INSIGHTS. IT IS MORE THAN SIMPLE BELIEF THAT ALL OF YOUR NEAT HEAD STUFF IS SPRINGING FROM THE FOUNDATION OF KNOWLEDGE. IT IS THE ABILITY TO SEPARATE THE WHEAT FROM THE CHAFF — TO DETERMINE AT THAT INSTANT HOW MUCH OF YOUR OWN PERSONALITY AND ITS ATTENDANT LONGINGS COME INTO PLAY, AND HOW MUCH IS GENUINE INSIGHT. I MUST TELL YOU THAT THE NEED TO FOLLOW MY OWN PARTICULAR GOAL, OR MY “TASK” IF YOU WILL, BECOMES IMPERATIVE, AND I KNOW THAT THE TIME IS AT HAND. I TOO MUST MAKE A CHOICE THE SAME AS YOU, AND THERE COMES A TIME WHEN I CAN NO LONGER STALL FOR TIME.

Please name yourself.

I AM KNOWN TO YOU AS SOLEAL, WHICH ON MY WORLD SIMPLY MEANS “BROTHER”. I HAVE DROPPED ALL OTHER NAMES HERE AND THERE, AS THIS IS SUFFICIENT UNTO ITSELF. I AM CALLED BY MY PEOPLE BROTHER, AS THIS IS THE HIGHEST HONOR WE CAN BESTOW UPON EACH OTHER.

YOU AS A GROUP DO HAVE A VERY LOW PROFILE, AND ARE ALMOST INVISIBLE; ONE OF THE REASONS BEING THAT YOU DO NOT TRUST YOUR LEVEL OF BEING AT ALL, AND THERE IS AMPLE REASON FOR THIS MISTRUST. YOGI'S ARE EXTREMELY VISIBLE AND HAVE A HIGH PROFILE. THE ENERGY WASTED IN CONCEALMENT COULD JUST AS EASILY BE CONSUMED IN MORE MEANINGFUL WAYS. MANY OF YOU ARE EVEN APOLOGETIC IN YOUR ACCEPTANCE OF THIS TEACHING. YOU APOLOGIZE ALL THE TIME FOR EMBRACING SUCH IRRATIONAL BELIEFS SUCH AS REINCARNATION AND THE LIKE — THE MERE FACT THAT YOU ARE NOW SITTING HERE REFLECTING ON THE FACT THAT YOU MIGHT WELL BE CRAZY SETS YOU APART FROM THE CREATURES OF NON-REASON OR FROM THE UNENSOULLED UNIVERSE. ON WHAT LAURELS RESTS YOUR DOUBTS? WHAT AUDACITY GIVES YOU THE RIGHT TO QUESTION THE AWE AND THE MAJESTY? THE SUN SETS ON OUR WORLD QUITE REGULARLY ALSO. HOW CAN YOU OBSERVE THE SUNSET AND NOT FEEL THE AWE? AND FEELING THE AWE, HOW CAN YOU CALL YOURSELF A NON-REASONING CREATURE AND MERELY A HAPPY ACCIDENT OF TIME AND SPACE? — WHICH IS EXACTLY WHAT YOU DO EACH TIME YOU DENY THE EXISTENCE OF SOUL.

THE EMOTIONAL CENTER CANNOT DENY THE EXISTENCE OF THE SOUL. IT IS TOO CLOSE TO THE SOURCE, AND FOR THAT REASON MANY OF YOU RUN AND HIDE EACH TIME THE EMOTIONAL CENTER THREATENS TO REAR ITS UGLY HEAD — YOU EVEN RUN FROM EACH OTHER. CAN YOU EVER CALL EACH OTHER BROTHER WHEN YOU FEAR EACH OTHER SO MUCH? I AM NOT SURPRISED THAT YOU FEAR ME. I AM AN UNKNOWN QUANTITY, AND SOME OF YOUR PERCEPTIONS OF ME ARE HILARIOUS, AND STRAIGHT FROM SCIENCE FICTION HORROR MOVIES; BUT YOU ARE EQUALLY FEARFUL OF CONTACTS WITH THE MINDS OF YOUR BROTHERS. TWO INTELLECTUAL CENTERS CANNOT COME INTO RAPPORT WITH EACH OTHER. IT TAKES BALANCE BETWEEN THE CENTERS TO DO THIS. STOP SHUTTING ME OUT IF YOU WISH. THAT IS RIDICULOUS. YOU SAY “I WANT TO FEEL YOU”, AND THEN SLAM ON THE SHIELDS. ALL OF WANT OR

DESIRE IS PLAYED THROUGH THE TAPES THAT THE PERSONALITY HAS ACCUMULATED.

THE TEACHER AND THE STUDENT ARE NOT IN CONFLICT EXCEPT AS THOSE ROLES ARE SEEN THROUGH THE VEIL OF EGO. OF COURSE, WE ALL TEACH AND WE ARE ALL THE STUDENTS OF ONE ANOTHER; SUCH IS THE PATTERN OF THIS CADRE. ACCEPT THE INTERCHANGE IN ROLES AS THE EBB AND FLOW, MUCH AS YOUR EXPERIENCING OF THE MIRROR IMAGE OF MOVEMENT THIS DAY. ALL OF YOU COME TO THIS TEACHING FROM A MYRIAD OF DISCIPLINES, BELIEFS, PHILOSOPHIES AND ETCETERA. VALIDATION WITHIN EACH OTHER IS THE ONLY CRITERIA. "JUDGE NOT, LEST YE BE JUDGED" [quoting Jesus]. JUDGMENT IS BAD WORK. ACCEPTANCE OF ALL AND VERIFICATION THROUGH EXPERIENCING IS THE ONLY GOOD WORK.

WE ARE WITH MANY OF YOU NOW. WE HOPE YOU CONTINUE THE DISCIPLINE OF MEDITATION, AS IT IS ONE OF THE DOORWAYS WHICH WE SEEK. THE GROUP MEDITATION NEED NOT NECESSARILY OCCUR BY ALL THE BODIES BEING PRESENT IN THE SAME ROOM. THE LEVEL OF DESIRE FOR THIS MUST SOMEHOW EXCEED THE LEVEL OF SKEPTICISM ABOUT ITS OCCURRENCE. ONLY THAT WHICH YOUR MIND HAS DECIDED AND YOUR HEART HAS BECOME COMMITTED TO CAN OCCUR. ALL IS POSSIBLE WHEN YOU GIVE UP THE DEARLY HELD BELIEF SYSTEMS AND OPEN YOUR BEING TO THE NEW.

I JUST THOUGHT THAT I WOULD LIKE TO SHARE WITH YOU AN EXPERIENCE. VERIFICATION DOES NOT ALWAYS COME RAPIDLY OR WHEN YOU WISH IT TO. MANY TIMES IT TAKES YEARS. THE REASON BEING, OF COURSE, THE BARRIERS YOU YOURSELF SET UP TO PREVENT THE VERIFICATION. I WAS TOLD THIS MANY YEARS AGO, AND IT TOOK YEARS FOR ME TO VERIFY IT. WHEN I WAS TEN YEARS OLD IT WAS BROUGHT TO MY ATTENTION THAT I WAS A FINAL LEVEL OLD KING, AND I THOUGHT THAT THAT WOULD BE A FINE LEVER FROM WHICH TO SPRING — PERHAPS "FULCRUM" IS THE MORE PROPER WORD. I HAD ABSOLUTELY NO INSIGHT INTO PERCEPTIONS, OR HOW MINE DIFFERED FROM ANYONE ELSE'S, EXCEPT THAT I WAS OPEN TO TELEPATHIC EXPERIENCES. ON MY WORLD, ALL OF THE VOLCANOES HAVE LONG BECOME EXTINCT, YET MANY REMINDERS OF THEIR FORMER MAJESTY REMAINS NEAR MY HOME. THERE ARE SOME BEAUTIFUL OBSIDIAN CLIFFS WITH A SHEER DROP TO A ROCKY BEACH. IT IS PERHAPS MY FAVORITE SPOT WITH THE DEW SPARKLING ON THE STONE. WHEN I WAS NINETEEN YEARS OLD, AND PERHAPS FACED WITH THE MOST GRAVE CRISIS OF MY LIFE, I WENT ALONE TO THIS SPOT. ALL OF A SUDDEN I COULD SEE MY SELF IN ALL OF MY BLOWN UP ARROGANCE, AS WELL AS THE BEAUTY — THE RAW STARK TERRIFYING BEAUTY OF THE SHINING BLACK CLIFFS. I REALIZED THAT THIS BEAUTY WOULD REMAIN LONG AFTER I COULD NO LONGER PHYSICALLY APPRECIATE IT, AND THAT THE WORLD UPON WHICH I STOOD WOULD CONTINUE LONG AFTER EROSION HAD TAKEN ITS TOLL, AND THE CLIFFS PASSED INTO MEMORY, AND THAT OUR STAR WOULD REMAIN LONG AFTER MY WORLD HAD PASSED FROM THE PHYSICAL PLANE, AND SOON WITH AN ULTIMATE GLIMPSE OF THE TAO, AND MY OWN PART IN THIS MAGNIFICENT SCHEME, THERE WAS NO LONGER THE SENSE OF APARTNESS — ONLY THE FEELING OF ONENESS THAT CHARACTERIZES THE ACCEPTANCE OF THE TEACHING, AND IT WAS WITH JOY AND NOT DISAPPOINTMENT THAT I RECEIVED THIS INSIGHT. I THINK THAT THIS IS WHAT FRUSTRATES ME IN YOUR ATTITUDE. I REMEMBER GOING HOME AND WRITING POETRY OF GREAT JOY, AND YET I REMEMBER SEVERAL OF YOU EXPERIENCING A FEELING OF DEFLATION UPON THIS SAME PERCEPTION. UNTIL YOU OPEN YOURSELF TO THE JOY OF THIS VERIFICATION YOU CANNOT EXPERIENCE THE "KEY", AS YOU HAVE CALLED IT. YOU HAVE ASKED FOR THIS KEY MANY TIMES AND IT CAN ONLY BE GIVEN IN LOVE AND JOY. IT CANNOT BE GIVEN TO AN ALIENATED PERSONALITY. THERE IS NO MEETING POINT WHERE THE GIFT CAN BE TRANSFERRED. WHEN THE MEANING OF THIS PERCEPTION OF ONENESS COMES, ONLY THEN CAN THE GIFT OF HIGHER EXPRESSION BE GIVEN. IT WILL THEN BECOME A GIFT TO YOUR SELF. IT CANNOT COME FROM THE TEACHER, NOR CAN IT COME FROM ME.

I CAN ONLY TELL YOU THAT I HAVE GLIMPSED THIS ONENESS AND I HAVE EXPERIENCED THE JOY. LONG AFTER WE HAVE PASSED FROM THIS TIME, THE LEAVES OF THE TAO WILL CONTINUE TO FALL IN EVER-CHANGING PATTERNS. WHAT MORE AWESOME POETRY COULD YOU POSSIBLY DESIRE? WHAT MORE MAJESTIC GOAL COULD YOU POSSIBLY SEEK? TO BE A PART OF THIS, AN INFINITESIMAL PART OF THIS MAGNIFICENCE FILLS ME WITH JOY.

I KNOW YOUR FEARS, AND I FEEL COMPASSION. YOUR FEARS ARE NOT ALL OF ME. I SPEAK ALSO OF YOUR FEARS OF ONENESS. PLEASE BELIEVE ME; I HAVE NOT ONLY VESTIGES BUT FULL BLOOM COMPONENTS OF MY PERSONALITY LEFT. I AM OFTEN, NO, USUALLY, MORE SARCASTIC THAN NEED BE. I SEE THIS AND I DEPLORE IT, BUT IT IS STILL THERE. I EXPERIENCE THE LUXURY OF ANGER, AND FEEL THE DRAIN. THE PRICE I PAY FOR THIS IS PERHAPS EVEN MORE DEAR THAN WHAT YOU PAY FOR THE SAME. I EXPERIENCE LAPSES INTO FEELING ALONENESS. THE ALONENESS IS AN ILLUSION, BUT THE PAIN IS JUST AS SHARP.

I feel Soleal wants to be silent with us. We should terminate and be silent with Soleal.

I SENSE THE DESIRE FOR A MORE INTENSE AND PERSONAL EXPERIENCE ON THE PART OF THESE STUDENTS, AND THAT IS ALL RIGHT WITH ME. I CAN TOLERATE THE CHANGE IN THE LEVEL OF COMMUNICATION; IN FACT, IN SOME WAYS IT IS WELCOME, BUT REMEMBER THAT IN ASKING FOR THIS AT THIS POINT YOU ELIMINATE ALL OF THOSE STUDENTS WHO CANNOT ALLOW THE CREATIVE SILENCE. LET ME TELL YOU THAT THIS "OH, SHIT!" STATE IS VERY CLOSE TO ENLIGHTENMENT ON SEVERAL LEVELS. NOW, WITH THAT IN MIND, TRY IT.

Is there any way I can help by keeping my agreement to help others in the group experience Soleal?
IT ALWAYS HELPS FOR ONE TO LIVE UP TO ANY AGREEMENT.

11 January 1975

Saturday

Discussion was held about someone not being in touch with her emotions.

THE PERSONALITY OFTEN CHOOSES THAT WHICH MOST EMULATES THE PERSONALITY'S BELIEF AROUND ITS ENVIRONMENT. YES, GETTING PAST THIS WILL SEEM GREAT, BUT CONSIDER THE ENTITY MEMBER YOU CHOSE (Oppenheimer).

Someone made the comment that her feelings about [Senator Joseph] McCarthy were deeper than his political beliefs. She felt that he was trying to destroy a part of her.

THE PERSONALITY WILL PICK THESE THINGS TO USE TO ASSIMILATE THE BELIEFS, AND THE ESSENCE WILL INDEED TRANSPOSE THE BELIEFS INTO ITS EXPRESSION. IN OTHER WORDS, THE ESSENCE WILL USE THE PERSONALITY TO GAIN EXPRESSION. THINK OF THE POSSIBILITY OF A CHILD EXPRESSING THE STRONG FEELINGS COMING FROM PLACES IT IS NOT AWARE OF AND HITTING IT ON THE BUTTON. THE CHILD HAS NO REFERENCE TO GO BY. THE ESSENCE GUIDES THESE MEMORIES IN THE EASIEST WAY IT CAN.

What was Teller's Role, Warrior?

OPPENHEIMER WAS THE SCHOLAR. TELLER WAS THE SAGE IN REJECTION.

Someone found herself reciting parts of the Koran. She noted that she used religious rituals as a way to release emotions.

THIS SOUL HAS SEARCHED THROUGH THE AGES FOR TRUTH. THE SCHOLAR HAS SOUGHT TO INTELLECTUALIZE ALL EXPERIENCES OF ECSTASY, AND HAS THEREFORE DENIED THE EXPERIENCE. BEING NOW IN TOUCH, HOWEVER TIMOROUSLY, WITH TRUTH, IS BOTH THREATENING AND INCREDIBLY INVITING. TO ALLOW THE EXPERIENCE, RITUAL OR SOME FORM, THAT WILL ENABLE THE INTELLECT TO REcede COULD BE BENEFICIAL. MORE TALKING ABOUT IT IS NOT GOOD WORK, AND MERELY PROLONGS THE AGONY THAT MUST, OF COURSE, PREcede THE ECSTASY. WE PATIENTLY AWAIT YOUR TRYING ANOTHER DOORWAY.

12 January 1975

Sunday

SOMETIMES THE INSIGHTS WOULD BE FAR MORE VALUABLE THAN MYRIAD TRANSMISSIONS.

Is imagery a tool for the Artisan?

IT CERTAINLY CAN BE IF ONE WISHES TO BE CREATIVE FROM AN INNOVATIVE STANDPOINT.

YOU ALL EXIST IN A STATE OF LOVE, IT IS MERELY THE ACKNOWLEDGMENT WHICH IS DENIED. WE WILL AMEND OUR PREVIOUS STATEMENT TO SAY LOVE RECOGNIZED, ACCEPTED AND ACKNOWLEDGED WITH ONE IS LOVE OF ALL. THAT IS AGAPE. YOU REFUSE FOR VARIOUS REASONS TO KNOW WHEN YOU ARE LOVED. THEREIN LIES THE DILEMMA. OFTEN IT MUST BE AN INTENSELY PERSONAL EXPERIENCE BEFORE IT CAN GROW AND ENVELOPE ALL OF LIFE; WHICH OF COURSE ALREADY LIES AWAITING YOUR LOVE. AWAKE TO THE REALITY, OR RATHER THE TRUTH, OF THE ONENESS OF ALL THAT LIVES.

15 January 1975

Wednesday

[Excerpts from a private session between a man and woman.]

FIRST OF ALL, WE DO NOT RECOMMEND RIGID STRUCTURED MALE-FEMALE RELATIONSHIPS WHERE THERE IS NO ROOM FOR BLOOMING OR GROWING, IF YOU WILL. BUT WE DO RECOMMEND THAT IF YOU ACCEPT THE MORE OPEN APPROACH, THEN YOU SELECT FOR YOURSELF THOSE PARTNERS WHO UNDERSTAND THIS APPROACH AND SEEK IT THEMSELVES. THIS TYPE OF AN APPROACH CAN COME FROM A QUITE ENLIGHTENED AND BALANCED SPACE,

IN THIS CULTURE, UNFORTUNATELY, ONCE A FIRM COMMITMENT IS MADE IN RELATIONSHIPS, THE PARTNERS OFTEN UNDERGO A STARTLING CHANGE IN THEIR INTERPERSONAL RELATING, TO THE POINT THAT LIVING BECOMES SO STRAINED THAT THEY BEGIN LOOKING FOR THE ESCAPE ROUTE. OF COURSE, THIS STEMS FROM IMPRINTING, AND THE LESSONS LEARNED INSOFAR AS WHAT MAY BE EXPECTED IN AN IDEAL MATE IS CONCERNED. YOU ARE PERHAPS MORE AWARE OF THIS THAN MOST, AND SEEK TO AVOID THE "TENDER TRAP". WITH A COMMITTED STUDENT, AN INTERPERSONAL RELATIONSHIP "SHOULD" BE FREE FROM THIS DANGER. IDEALLY IT WOULD BE, BUT THE OTHER STUDENT AT THIS POINT IN YOUR GROWTH WOULD NOT SATISFY YOUR PROJECTED NEEDS.

YOU MUST STILL VERIFY FOR YOURSELF THE FACT THAT NO ONE PERSON CAN POSSIBLY FULFILL THE NEEDS OF ANOTHER PERSONALITY. YOU HAVE COME TO THIS KNOWLEDGE INTELLECTUALLY DURING THE PAST YEAR. NOW WHAT YOU MUST DO IS TO TRULY FEEL IT EMOTIONALLY AT MANY LEVELS. THE PERSONALITY [not the essence] SEARCHES FOR THE IDEAL [mate].

IN YOUR CULTURE, THE DESIRE TO SEEK OUT A PERMANENT MATE ON A ONE-TO-ONE BASIS IS STILL LARGELY PREDICATED UPON THE LONELINESS AND ISOLATION THAT THE TECHNOLOGICAL SOCIETY BREEDS. IT IS A TERRIBLE PRICE TO PAY FOR CIVILIZATION, FOR IN THE LONG RUN, ESPECIALLY WHERE THERE ARE FAR-REACHING LEGAL RAMIFICATIONS, IT BREEDS DISCONTENT, AND MUCH NEEDLESS NEGATIVITY, AND THUS MUCH WASTED ENERGY, WHICH COULD BE USED FOR GROWTH. ABOVE ALL, TRANQUILLITY, OR AT LEAST A MEASURE OF IT IS NEEDED FOR GROWTH. THIS TRANQUILLITY MUST COME FROM WITHIN, NEVER FROM EXTERNALS, FOR THE LATTER IS A FALSE TRANQUILLITY, AND ANY THIRD FORCE CAN DESTROY IT, UTTERLY SHATTER IT, IN THE TWINKLING OF AN EYE.

NOW WE DO NOT SPEAK ENTIRELY AGAINST THE CUSTOM OF MARRIAGE. IT IS THAT WE DO DISAPPROVE OF IT BEING A LEGISLATIVE IMPERATIVE. WE WOULD SPEAK OF RATHER PERSONAL CONTRACTUAL COMMITMENTS, THIS OF COURSE AS AN ALTERNATIVE TO THE MORE OPEN APPROACH, WHICH WE HAVE OFTEN RECOMMENDED FOR ADVANCED STUDENTS. THIS LATTER WORKS ONLY IN THE PRESENCE OF A HIGH LEVEL OF BALANCE ON THE PART OF ALL CONCERNED.

IT WOULD BE POSSIBLE TO ESTABLISH A WARM AND CLOSE CONSTANT RELATIONSHIP, ONLY IF THE FEARS OF BOTH COULD BE ERASED. EACH MUST BEGIN TO PERCEIVE HIS OWN TENDENCY TO FLUCTUATE IN THE INTENSITY WITH WHICH HE GIVES OF HIMSELF. IN THE "BALANCED MAN" THERE IS NO FLUCTUATION OF THIS SORT. OTHERS WILL FEEL THE FLUCTUATION IN THE CLOSE LIVING AFFORDED IN A COMMUNE. THEY WILL NOT HESITATE TO PHOTOGRAPH THIS. IN THE CLIMB TOWARD BALANCE, THIS IS ONE OF THE VERY REAL LESSONS THAT MUST BE LEARNED. BALANCED MAN IS ABOVE ALL CONSTANT IN HIS RELATIONSHIPS. THIS CONSTANCY STEMS PRIMARILY FROM A LACK OF FEAR, FOR BALANCED MAN KNOWS THAT HE CANNOT BE "TRAPPED" BY ANOTHER LESS-BALANCED PERSONALITY. IN TRUE AGAPE THERE IS OF COURSE AN INTENSIVE, CONSTANT FLOW OF LOVE AND CARING FROM ONE TO ANOTHER. THE PERSONALITY REJECTS THIS OUT OF HAND, OF COURSE. IT CANNOT EVEN ADMIT THE POSSIBILITY. THAT IS WHY IT IS SO DIFFICULT FOR YOU TO PHOTOGRAPH YOURSELF INTERMITTENTLY DISPENSING AFFECTION IN YOUR INTERPERSONAL RELATIONSHIPS. MOST ASTUTE BROTHERS AND SISTERS FEEL THIS COOL WIND BLOWING, AND THEY ARE SOMETIMES MORE ABLE TO SEPARATE FROM IT, ONLY BECAUSE THEIR EXPECTATIONS ARE LESS, OR AT LEAST DIFFERENT.

WHEN STUDENTS IN THIS TEACHING LEAVE THE SCHOOL, IT IS USUALLY FOR THIS KIND OF REASON: FEW LEAVE BECAUSE OF DISCOMFORT WITH THE TEACHING, BUT YOU SEE, THIS CULTURE PLACES SUCH AN ENORMOUS VALUE ON THE QUALITY OF INDIVIDUAL RELATIONSHIPS THAT IT IS ALMOST IMPOSSIBLE FOR THE STUDENT STILL STRUGGLING WITH BALANCE TO SEPARATE FROM THIS IN A CONFINED RELATIONSHIP SUCH AS A RESIDENT SCHOOL OR COMMUNE. TO SEE THIS AND CHOOSE TO SEPARATE FROM IT AS A TASK IS A STRONG SIGN OF PROGRESS. TO CHOOSE TO SEPARATE YOURSELF GEOGRAPHICALLY IS NOT WRONG, IF COMING FROM A POSITIVE PLACE. THAT IS, IF THE PROBABLE RESOLUTION OF THE CONFLICT COMES WITH THE SEPARATION. THIS WOULD BE IN THE CASE OF OVERLEAVES IN CONFLICT, SURFACED ANGER, AND VIOLENCE, ETCETERA. OTHERWISE YOU RUN THE ENORMOUS RISK OF NEVER RESOLVING THE CONFLICT, AND SETTING UP THE SAME PATTERN AGAIN WITH ANOTHER SET OF CIRCUMSTANCES AND PLAYERS. IF THE CONFLICT CAN BE RESOLVED HERE, IT

WILL RESULT IN ENORMOUS GROWTH ON THE PART OF STUDENTS. LOOK AT FEELINGS OF SELF-WORTH AND WORTH TO THE OTHERS IN THIS CADRE, AND LOOK WITHIN FOR THE STRENGTH NECESSARY TO MAINTAIN A CONSTANT FLOW OF WARMTH WITHOUT THE NECESSITY TO FLEE BEFORE THE THREAT. THERE IS OF COURSE THE RISK OF INVOLVED GAME-PLAYING DEVELOPING — OF THE “NO, PLEASE ALLOW ME TO MAKE THE SACRIFICE”, IF THIS IS CARRIED TOO FAR. THIS IS A RISK ONE ALWAYS TAKES WHEN ONE TRIES TO CONVINC ANOTHER TO RETRACT A VALID CHOICE; EVEN IF THERE IS A GAME BEING PLAYED ON THE PART OF THE ONE MAKING THE CHOICE, THE CHOICE MUST STILL BE CONSIDERED VALID.

OFTEN RESOLUTION COMES ABOUT IN A STRANGE WAY WHEN ONE MAKES A CHOICE FROM A FAR-FROM-IDEAL SPACE, AND THEN PHOTOGRAPHS CHIEF FEATURE KEEPING HIM FROM RETRACTING THAT CHOICE AND ADMITTING THAT IT WAS FROM A LESS-THAN-IDEAL PLACE. WE HAVE RECOMMENDED THAT YOU NOT BURN BRIDGES. IN THIS CASE WE WOULD CERTAINLY REITERATE: LEAVE THE DOOR. IN VERY ADVANCED STUDENTS, THERE IS A DEGREE OF DETACHMENT FROM THE MASTER TAPES THAT SOMETIMES WORKS AGAINST THEM IN STRANGE WAYS. FOR ONE THING, IT SOMETIMES MAKES THEM UNAWARE OF BEHAVIORS THAT ARE STILL CONTINUING ON LOWER LEVELS, MOSTLY BY ROTE, TO SOME DEGREE. THERE IS ALWAYS, UNTIL BALANCE HAS BEEN ACHIEVED, THE RISK OF SLIPPING BACK INTO THESE BEHAVIOR PATTERNS. IN THIS CADRE THERE ARE STUDENTS AT ALL LEVELS, AND YOU CAN OBSERVE THIS EASILY. IN SOCIETY, MOST CONTRACTS AND MOST INTERPERSONAL RELATIONSHIPS ARE BASED UPON MANIPULATIVE BEHAVIOR PATTERNS. IN THE MALE-FEMALE RELATIONSHIPS THIS IS ESPECIALLY APPARENT.

YOU SEE, IN THE STRUCTURED MALE-FEMALE LIFE RELATIONSHIPS, THERE IS A CONSCIOUS DESIRE TO MANIPULATE THE OTHER TOWARD THE DESIRED AIM. IF THIS CAN BE LOOKED AT BY BOTH AND BE VERIFIED, PROGRESS WILL BE MADE. FACILITATING GROWTH CAN BE A DIFFICULT SEQUENCE, FOR IT ENTAILS FAR MORE THAN SIMPLY BEING A “FRIEND” — IN THE ACCEPTED DEFINITION OF FRIENDSHIP. THE DESIRE TO COMPLETE THE SEQUENCE SHOULD NOT IN ANY WAY DESTROY THE CLOSENESS OF AN INTERPERSONAL RELATIONSHIP BASED UPON A COMMITMENT TO THE WORK. BUT UNTIL EACH OF YOU IS ABLE TO LOOK AT YOUR OWN FEARS AND CONFLICTS IN RELATION TO EACH OTHER, THIS IS A REAL DANGER TOO THAT YOU FACE.

Is it possible to relieve someone of an Agreement made?

YES. THEY MUST ALSO WISH TO BE RELIEVED FOR IT TO BE A PERMANENT AND COMFORTABLE AGREEMENT.

16 January 1975

Thursday

Does the teacher have a comment?

ONLY THAT WE WOULD BE GRATIFIED IF INDEED WHAT HAS TRANSPIRED THIS EVENING IS CONVERTED INTO DYNAMISM AND BECOMES REALITY. IT WILL OF COURSE REQUIRE A HIGH LEVEL OF COMMITMENT AND ALSO TRUST LEVEL OF WHICH WE SPEAK. BUT WE DO NOT SAY IT CANNOT BE DONE. SOME HAVE CHOSEN ALREADY. PERHAPS MORE WILL CHOOSE WHEN THEY CAN VERIFY THE RISK INVOLVED IS MINIMAL IN TERMS OF RETURN.

I am torn between my husband and the group. What is the sequence with him? Is it complete?

TO BE COMPLETE A SEQUENCE MUST BE SATISFYING TO ALL CONCERNED. THAT IS, ALL INVOLVED MUST BE PUT TO REST. IN THIS INSTANCE IT IS NOT.

THE HALLMARKS OF THE NEGATIVE POLE OF ACCEPTANCE ARE CONCILIATION, PLACATION AND INGRATIATION. DO YOU NOW HAVE THE FEELING FOR THE FACT THAT IN MOST SOULS NOT ACQUAINTED WITH A TEACHING THAT THE MODE STANDS FOREVER AS A BARRIER BETWEEN THE POSITIVE AND NEGATIVE POLES OF THE GOAL? NO MATTER HOW EXALTED THAT GOAL MAY BE, THIS PRINCIPLE STANDS BETWEEN ALL MODES AND GOALS. WE WOULD SAY SO, YES.

All teachings?

A COMPARABLE TEACHING THAT HAS AS ITS GOAL AGAPE THROUGH BALANCE. IT MAY BE GURDJIEFFIAN IN ORIGIN, OR MAY HAVE TRUE RELIGIOUS GROUNDING, AS LONG AS THAT (agape) REMAINS AS THE GOAL .

Balancing seems to involve more than just Centers. What about other overleaves?

NOT ONLY CAN MECHANICAL MAN NOT “DO” [as Gurdjieff said], BUT HE ALSO CANNOT THINK, AND IF THIS IS DENIED HOW CAN YOU POSSIBLY CHOOSE TO CHANGE AN OVERLEAF? ALL THAT MECHANICAL MAN CAN POSSIBLY ACHIEVE IS THE CONTINUAL PLAYING OUT OF THE MASTER TAPES AROUND THE BELIEFS. A GOOD BEGINNING WOULD BE FOR EACH OF YOU TO LOOK WITHIN AND DISCOVER ONCE AND FOR ALL THOSE HARD-CORE BELIEFS THAT ARE RUNNING YOUR LIFE. THEN STAND APART AND LISTEN TO MECHANICAL MAN PLAY OUT THE TAPE. IT WILL BE ENLIGHTENING, TO SAY THE LEAST. FOR EACH BELIEF THERE IS A TAPE: A MASTER TAPE FOR EACH CORE BELIEF, AN AUXILIARY FOR EACH AUXILIARY BELIEF. IN THE LATTER CASE MANY ARE TAPE LOOPS.

Do we have some “good” core beliefs?

YOU HAVE SOME CORE BELIEFS WITHOUT WHICH YOU COULD NOT SURVIVE, YES.

Are these the only legitimate ones?

THESE CORE BELIEFS AND MASTER TAPES ARE THE PROPERTY OF THE PERSONALITY, AND ASIDE FROM THE RULES FOR SURVIVAL, ARE UNNECESSARY. THE BALANCED MAN IS FLEXIBLE ABOVE ALL. YOU REMEMBER THE TEACHING OF THE MAN, ROBERT BURTON, INSISTING THAT YOU LEARN TO TURN ON A DIME. BY BECOMING BALANCED YOU REPLACE THE MASTER TAPES WITH THOUGHT.

Someone asked about a decision she and her husband are trying to make.

ALWAYS WE WOULD RECOMMEND A CHANGE OF PATTERNS ONLY IF IT COMES FROM A POSITIVE SPACE. THIS WOULD, OF COURSE, MEAN THAT YOU BOTH WERE IN THIS SPACE, AND COULD SEE THE CHANGE AS OPENING, RATHER THAN CLOSING DOORS. AS LONG AS ONE OF YOU HOLDS ONTO THE LATTER IT WILL ONLY RESULT IN ONE GIVING WAY TO THE OTHER. THIS OF COURSE IS A BAD PLACE TO MOVE FROM. FOR YOU THE CHANGE COULD BE QUITE POSITIVE. RESOLUTION OF THIS CONFLICT COULD BE BROUGHT ABOUT BY LESS INTELLECTUALIZATION AND MORE EXPRESSION ON THESE EMOTIONS. YOU ONLY HAVE BEGUN TO SURFACE; PERHAPS THIS WOULD LEAD TO SOME RATHER SURPRISING INSIGHTS ABOUT WHAT STILL REMAINS HIDDEN IN YOUR RELATIONSHIP. PERHAPS YOU MAY CHOOSE TO NO LONGER HIDE IT. IT, OR RATHER, ALL [that is] STILL HIDDEN IN MANY RELATIONSHIPS STANDS IN THE WAY AND ACTS AS A PERMANENT BARRIER TO AGAPE, EVEN ON THAT LEVEL, TO TRUE COOPERATION. MOST LIFE RELATIONSHIPS RESEMBLE ICEBERGS IN THAT MOST TRUTH ABOUT THE PARTNERS REMAINS HIDDEN BELOW THE SURFACE. THE PARTNERS THEN ATTEMPT TO MODIFY THEIR BEHAVIOR AROUND WHAT THEY PERCEIVE AS THE EXPECTATIONS OF THE OTHER, AND WHAT THEY HAVE SET AS A GOAL.

IT IS ALSO VALID THAT WHEN A WISH BECOMES “AN IMPERATIVE” IT MUST BE ACTED UPON IN SOME VERY CONCERTED FASHION OR YOU RUN THE VERY REAL RISK OF ERECTING ANOTHER BLOCK AROUND THAT IMPERATIVE.

Someone asked about Jack Schwartz.

THE “WAYS” OF GURDJIEFF CAN BE DIFFERENTIATED PRIMARILY BY THEIR LEVEL OF VISIBILITY. THE “WAY OF THE FAKIR” IS, FOR INSTANCE, A HIGHLY VISIBLE HIGH PROFILE WAY, WHILE THE “WAY OF THE MONK” IS ALMOST INVISIBLE, LOW PROFILE WAY. THE ESOTERIC OR HIDDEN TEACHINGS ARE, OF COURSE, THE MOST INVISIBLE LOWEST PROFILE WAY OF ALL. THIS MAN IS HIGHLY VISIBLE. (He is a) FIFTH LEVEL OLD SAGE IN DOMINANCE, IN THE PASSION MODE, A SPIRITUALIST WITH A CHIEF FEATURE OF ARROGANCE; YES, MOSTLY MERCURIAL, SOME SATURN, IN THE EMOTIONAL PART OF MOVING CENTER MOST OF THE TIME, BUT ABLE TO MOVE INTO BOTH THE EMOTIONAL PART OF INTELLECTUAL CENTER, AND AT TIMES INTO THE EMOTIONAL PART OF EMOTIONAL CENTER.

We asked for clarification of “visibility”. Most visible are often mostly in false personality.

VISIBILITY IS NOT NECESSARILY RELATED TO MECHANICALITY. VISIBILITY IN THE CASE OF A TEACHING SUCH AS THIS COULD COME FROM THE ESSENCES OF COMMITTED STUDENTS, WILLING TO SHARE THEIR SPACE WITH OTHERS. THIS CADRE IS BY NO MEANS ALL TOGETHER. IF YOU DO SUCCEED TO BEGIN TO “PEDDLE YOUR WARES”, FOR INSTANCE, YOU WILL FIND THAT MANY OF THESE STILL MISSING WILL FIND YOU.

Please comment about Uri [Geller].

WE WOULD AGREE THAT HE IS BOTH VISIBLE AND MECHANICAL.

How do we avoid that?

BY CONTINUING TO CLIMB FOR BALANCE IN THE WAY WE HAVE OUTLINED, AND BY CONTINUING TO LOOK WITHIN FOR THE MOTIVATION. TO BECOME VISIBLE MERELY TO REACH FOR THE SAGE WOULD BE

BAD WORK FOR YOU [an Artisan]. ON THE OTHER HAND, SURFACING TO SPREAD THE TEACHING WOULD NOT.

25 January 1975

Saturday

Someone asked if we can ever experience total death of the false personality. Are there lapses? Does it always continue?

THERE ARE INSTANCES THAT WE REMEMBERED WELL WHERE THERE HAS BEEN TOTAL DEATH OR EXTINGUISHMENT OF THE FALSE PERSONALITY, CONCOMITANT WITH THE EMERGENCE OF TRUE PERSONALITY OF THE ESSENCE. THIS WAS INDEED GRATIFYING TO BEHOLD, BUT IT HAPPENS RARELY ON THE PHYSICAL PLANE, EVEN IN ADEPTS WHO ARE AT A HIGH "LEVEL OF BEING" [a Gurdjieff term]. THEY MUST BE CONSTANTLY ALERT TO PREVENT THE INSTINCTIVE BEHAVIOR REACTIONS OF THE FALSE PERSONALITY FROM SNEAKING IN.

Someone asked if the essence has a personality. Does this relate to the positive poles?

IN ORDER FOR THE TRUE PERSONALITY TO EMERGE, THE STUDENT MUST BE IN A FIRM STATE OF BALANCE, AND IF THE CENTERS ARE BALANCED, ALL WORK WILL BE FROM THE POSITIVE POLES OF ALL OVERLEAVES. IN FACT, AT THAT MOMENT THE WHOLE CONCEPT OF OVERLEAVES BECOMES OBSOLETE. BALANCED MAN IS NOT A VICTIM OF HIS OVERLEAVES ANY LONGER. THIS IS, OF COURSE, WHY THE WORK IS TO STRIVE FOR BALANCE, AND WHY WE ATTEMPT TO EFFECT THOSE EXERCISES THAT WILL ALLOW YOU TO CHOOSE THE WORK YOU NEED TAILOR MADE.

Someone commented that she thought she had perceived her essence while in hypnosis to be fragile. Was this a valid perception of her own essence?

IN THE ESSENCE OF THE STUDENT THERE IS AN UNDENIABLE QUALITY OF SOFTNESS OF WHICH SHE IS WELL AWARE, BUT WE WOULD CERTAINLY NOT CONSIDER THIS FRAGILE. THE TRUE PERSONALITY OF THE ESSENCE IS, IN FACT, TOUGH ENOUGH TO WITHSTAND ANYTHING THE PHYSICAL PLANE CAN THROW UP AS BARRIERS. STUDENTS EXPRESSING THE HIGHER CENTERS CAN, FOR INSTANCE, WITHSTAND PHYSICAL TORTURE THAT THE PERSONALITY WOULD BUCKLE UNDER IN THE FIRST FIVE MINUTES. THIS IS READILY OBSERVABLE IN THE BEHAVIOR OF SOME ADEPTS UNDER FIRE. THE FALSE PERSONALITY HAS DIFFICULTY DIFFERENTIATING BETWEEN CONDITIONS SUCH AS FRAGILITY, SOFTNESS AND THE LIKE. THESE ARE CALLED BY THE CULTURE "FEMININE" CHARACTERISTICS, AND THEREFORE THERE IS A TENDENCY TO LUMP THEM ALL TOGETHER AND PERCEIVE THEM AS THE SAME. THE FALSE PERSONALITY IS PERHAPS THE MOST FRAGILE, AS IT IS ONE THAT CAN BE EXTINGUISHED. AFTER ALL, THE TRUE PERSONALITY CANNOT BE, NO MATTER HOW DEEPLY YOU BURY IT IN "BULLSHIT".

Someone asked about Centers. He was disturbed that his concept of Centers is so hazy. What part of the brain would correspond to the Centers? Is it a set, a gestalt, or what?

MORE THAN ANYTHING THIS [balanced Centering] CAN BE SEEN AS AN APPROPRIATE REACTION TO THE SITUATION. IN THE CASE OF THE LOWER CENTERS IT MEANS THAT THERE IS NO LEAKING OF ENERGY AND FATIGUE BUILDUP AS A RESULT. YOU SEE, IF YOU RESPOND TO AN INTELLECTUAL SITUATION WITH AN EMOTIONAL REACTION, IT IS USUALLY TOTALLY INAPPROPRIATE, AND IT COMES NOT FROM EMOTIONAL CENTER, BUT USUALLY FROM THE EMOTIONAL PART OF THE CENTER IN WHICH YOU SPEND YOUR LIFE. IF YOU RESPOND TO AN EMOTIONAL SITUATION IN A MOVING CENTERED WAY, THERE IS A TREMENDOUS DOWNWARD RELEGATION OF ENERGY, AND FATIGUE FOLLOWS. YOU CAN READILY DETERMINE WRONG USE OF CENTERS IN YOURSELF BY THE WAY THAT YOU FEEL AFTER THE SITUATION HAS PASSED. IF YOU ARE TIRED, ANGRY OR ANY OF THOSE NEGATIVE THINGS, YOU CAN BE SURE THAT WRONG USE OF CENTERS IS TO BLAME. IF YOU FEEL HIGH, ELATED, JOYOUS, ETCETERA, THEN PERHAPS GOOD USE OF CENTERS HAS OCCURRED. ANY SITUATION THAT PRODUCES A NEGATIVE REACTION IS WRONG USE OF CENTERS, AND THEREFORE WRONG WORK FOR STUDENTS ON THIS PATH. THIS IS WHY WE ASK THAT YOU LOOK AT YOUR NEGATIVE REACTIONS, EVEN IN RETROSPECT, AND DETERMINE WHAT HAPPENED TO YOUR ENERGY WHEN YOU EXPRESSED. CENTERING, OR BALANCE, IS, ABOVE ALL, APPROPRIATE. THAT IS WHAT IT MEANS — THE LOSS OF ALL OF THESE UNREASONABLE LAPSES IN THE VOLITION. WHEN YOU REACT NEGATIVELY, YOU ARE CERTAINLY NOT IN CONTROL — YOUR FALSE PERSONALITY IS IN CONTROL. THE TRUE PERSONALITY OF THE ESSENCE MERELY LOOKS AT THE SCRIPT AND MAKES THE APPROPRIATE RESPONSE AT THE MOMENT IT IS CALLED FOR — FROM THE CENTER EQUIPPED TO HANDLE THAT SITUATION WITH DISPASSION.

In reading Penthouse Magazine I had a negative reaction. I felt wrong. Was I seeing the negative pole of Sexual Center?

WE WOULD AGREE WITH THAT, BUT ALSO THE MOST NEGATIVE POLE OF EMOTIONAL CENTER.

I feel the only route to positive pole of Sexual Center is love.

WE HAVE NO QUARREL WITH THAT, EITHER. THE ONLY ECSTASY THAT WE KNOW OF OCCURRING DURING THE SEXUAL ACT HAS OCCURRED IN ADEPTS WHO ARE BALANCED AND WHO DO EXPRESS AGAPE.

How can one tell whether one is in a negative pole of an appropriate Center, or if one is in the wrong Center entirely?

WHATEVER PORTION OF A CENTER PROVIDES AN ENTRAPMENT FOR THE SOUL WHO IS STILL A VICTIM OF HIS OVERLEAVES BECOMES THE NEGATIVE POLE OF THAT CENTER. ALL CREATURES OF REASON HAVE THIS IN COMMON — YOU ARE NOT ALONE. THIS IS FOR MANY A NO-EXIT SITUATION, AND BECOMES WRONG WORK, BUT STILL NOT WHOLLY INAPPROPRIATE, AS IN THE EXAMPLE GIVEN. IT IS STILL AN EMOTIONAL REACTION TO AN EMOTIONAL SITUATION OR A SEXUAL REACTION TO A SEXUAL SITUATION. WE WOULD CALL IT UNSCHOOLED RATHER THAN INAPPROPRIATE. IT IS NOT INAPPROPRIATE, FOR INSTANCE, FOR YOUR CHILDREN IN THIS CULTURE TO GIGGLE AT SALACIOUS PICTURES, AND THIS IS AN APPROPRIATE REACTION FROM AN UNSCHOOLED CENTER.

IN ORDER TO BECOME SUCCESSFUL IN LIFE IN THIS CULTURE, IT IS USUALLY ABSOLUTELY NECESSARY TO ACT OUT OF THE NEGATIVE POLES OF CENTERS. IN ORDER TO SURVIVE, SOME OF THE NEGATIVE POLES OF THE OVERLEAVES PRODUCE BEHAVIOR THAT IS LAUDABLE BY THE CULTURE. FOR INSTANCE, MOTHERS IN THE NEGATIVE POLE OF DOMINANCE ARE OFTEN ADMIRER FOR THEIR UNFLAGGING DEVOTION TO THEIR CHILDREN. HOWEVER, WHAT PRODUCES SUCCESS IN LIFE PRODUCES FAILURE IN A TEACHING, FOR THE VERY VISIBLE REASON THAT THE GOALS ARE DIAMETRICALLY OPPOSED.

Someone asked for a comment on something new happening within her. Is it awareness of misCentering or is it learning to use the correct Center?

YOU ARE NOW BEGINNING TO PHOTOGRAPH WRONG USE OF CENTERS IN YOURSELF AND OTHERS. IT IS STILL A BIT RETROSPECTIVE, BUT IT IS GOOD WORK. IN ORDER TO USE THE APPROPRIATE CENTER YOU MUST BE CONSTANTLY ALERT. IN ORDER TO USE THE APPROPRIATE CENTER, YOU MUST BE AHEAD OF THE GAME, AT LEAST AHEAD OF YOUR HUMAN BRAIN, THE GREAT COMPUTER THAT PLUGS IN ALL THE TAPES.

Is there a correlation between energy Centers and chakras?

WHEN ONE BECOMES BALANCED THERE IS TREMENDOUS CORRELATION, YES, FOR YOU FEEL THE USE OF THE ENERGY IN THESE SPOTS DESCRIBED AS, OR CALLED, CHAKRAS, WITH THE HIGHER INTELLECTUAL CENTER BEING, OF COURSE, ANALOGOUS TO THE HIGHEST CHAKRA OR THE CHAKRA OF LIBERATION THAT PLACES IT ABOVE THE PHYSICAL BODY. ALL THE CHAKRAS WOULD BE FELT AS ENERGY CENTERS, YES. AT THE MOMENT THAT THE EMOTIONAL CENTER WAS RESPONDING TO AN APPROPRIATE SITUATION, THIS WOULD BE FELT IN THE "GUT" CHAKRA.

I had an experience influenced by *Tales Of Power* by Carlos Castaneda. I was perceiving personalities of people in shapes of an egg, a mushroom, colors spinning, and colors flashing. I had some appear in ways similar to others — saw similarities never before seen by me. I felt like I was seeing overleaves, not translated images into words. Was this a valid experience?

WHAT MAKES AN EXPERIENCE SUCH AS THIS ONE SO FASCINATING IS THAT THE ORDINARY PERSON IN LIFE NEVER IS ABLE TO PERCEIVE THE WHOLE OF ANOTHER SELF. YOU ORDINARILY PERCEIVE ONLY THAT PART OF THE OTHER THAT HE WISHES YOU TO SEE AT THE MOMENT, ESPECIALLY IN LIFE, WHERE PROPER FORMS MEAN SO MUCH. WE DO NOT QUESTION THE VALIDITY OF THE EXPERIENCE, BUT ACKNOWLEDGE THE FACT THAT YOUR SKEPTICISM FORCES YOU TO QUESTION IT, AND THAT IS CERTAINLY NOT BAD WORK. IN FACT, WE WOULD SOMETIMES APPLAUD A LITTLE SKEPTICISM ON THE PART OF THIS CADRE'S IDEALISTS. IT IS WHEN YOU BEGIN TO ATTACH GREAT SIGNIFICANCE TO RATHER MUNDANE EXPERIENCES THAT YOU FALL AWAY FROM THE TEACHING AND INTO THE GLAMOROUS FALSE SIDE OF THE OCCULT. HOWEVER, WHEN A VERIFICATION COMES IN THIS FASHION IT CANNOT BE IGNORED. IT WOULD BE GOOD WORK TO APPLY CONCENTRATION TO THOSE SIMILARITIES THAT YOU OBSERVED.

30 January 1975

Thursday

TOMG – Page 261

In hypnosis, I experienced something that seemed like a skipping from one lifetime to another. Was this valid? I also experienced a feeling of physical expansion and feeling very small at the same time.

IN ANSWER TO THE LATTER QUESTION, WHILE IN THE HYPNOTIC STATE THE PERSON EXPERIENCES BOTH THE ASTRAL AND PHYSICAL PLANE IN AN INCOMPLETE SYMBIOSIS, AND THUS THE DISTORTION OF PHYSICAL BOUNDARIES WITH THE ACCOMPANYING UNPLEASANT SENSATION. THIS SAME APPLIES TO ALL OTHER INSTANCES WHEREIN THE ASTRAL PLANE IS EXPERIENCED IN THE WAKING OR THE TRANCE STATE, WHERE THE PERSONALITY REMAINS VIGILANT.

YES, THERE WERE MANY MEMORIES CROWDING INTO PLAY HERE. MANY TIMES THIS DOES HAPPEN IN REGRESSION, WHICH DOES MUCH FOR DISCREDITING THE EXPERIENCE TO THOSE WISHING TO DISCREDIT. WHEN THIS HAPPENS YOU CAN ALWAYS GO BACK TO THE STARTING POINT AND MOVE FORWARD MORE GRADUALLY, FOR INSTANCE, DAY BY DAY, UNTIL YOU ARE THOROUGHLY ORIENTED TO THAT LIFE YOU WISH TO PURSUE. INCIDENTALLY, THIS FORM OF REMEMBERING IS FAR MORE VALUABLE THAN MYRIAD TRANSMISSIONS OF INFORMATION FROM THE AKASHIC PLANE. THE EXPERIENCING OF THE PAST DIRECTLY THROUGH RECALL TRIGGERS MANY MORE INSIGHTS THAN RECEIVING THIS INDIRECTLY FROM THIS ENTITY. YOU SEE NOW THAT BY OUR READING OF THIS INTO YOUR MEMORY BANKS MERELY FACILITATES THE MANUFACTURE OF A NEW TAPE.

Why is it so cold during hypnosis?

IF YOU WISH TO HAVE HEAT ON THE ASTRAL PLANE YOU MUST CREATE IT FOR YOURSELF. HEAT AND COLD DO NOT EXIST AS YOU KNOW THEM ON THE OTHER PLANES, BUT YOU DO EXPERIENCE THE ABSENCE OF HEAT OR COLD, AS THAT IS AS FAR AS MECHANICAL MAN'S IMAGINATION WILL STRETCH. THE BEST METHOD WE KNOW OF FOR ALLOWING YOURSELF THE FORWARD MOVEMENT IS TO BALANCE THE GAINS AGAINST THE POSSIBLE LOSSES. YOU WILL ONLY LOSE THE BODY IF THE DESIRE IS GREAT ENOUGH, AND THEN THERE WILL BE NO FEELING OF LOSS. WHAT IS DIFFICULT FOR YOU ALL TO COMPREHEND AT THIS POINT IS THAT THERE COULD BE FORMS OF LIVING JUST AS ATTRACTIVE AS BEING IN A PHYSICAL BODY. THOSE OF US WHO NO LONGER HAVE THE CALL TO REINCARNATE ON THE PHYSICAL PLANE DO NOT MOURN THIS. ONLY MECHANICAL MAN OF ALL CREATURES REGARDS DEATH AS A PUNISHMENT.

Someone asked a question about a book he is reading, written in 1860. He asked about the book's reference to Atlantis.

THE INFORMATION CONTAINED IN THIS VOLUME IS FOR THE MOST PART A FAIRLY GOOD DESCRIPTION OF THE CIVILIZATION OF WHICH YOU WERE A PART, EMBELLISHED BY TIME AND THE MEDIUM'S BIAS, BUT STILL FAIRLY GOOD. THIS WAS AN ADVANCED CIVILIZATION THAT WOULD HAVE HAD INTERPLANETARY SPACE TRAVEL WITHIN FIFTY YEARS OF THE TIME IT WAS DESTROYED. THE SOURCE AT THAT TIME WAS ASTRAL, MANY FRAGMENTS WHICH HAVE BEEN SINCE REINCARNATED. OF THOSE WHO WERE MATURE SOULS, AT THE TIME OF THE DESTRUCTION OF ATLANTIS, MANY HAVE WAITED THESE MANY CENTURIES FOR A SIMILAR TIME FRAME IN WHICH TO EXPERIENCE OUT THEIR PHYSICAL LIVES. THE SAME IS TRUE FOR ALL WHO WERE OLDER SOULS AT THAT TIME. MOST OF YOU WERE BABY AND VERY EARLY YOUNG SOULS AT THE TIME, AND IT WAS NECESSARY FOR YOU TO EXPERIENCE SOME OF THE INTERIM.

Question about antigravity devices: did they have them in Atlantis?

YES.

Are there any physical marks, for example an "M" on the palm, to show who were Atlanteans?

THERE IS NO DISTINCTIVE PHYSICAL MARK, BUT ALL OF THOSE WITH ATLANTEAN MEMORIES WILL SEEK A TEACHING.

Was there an Infinite soul manifest in Atlantis?

THE INFINITE SOUL DID NOT MANIFEST IN ATLANTIS, BUT THE TRANSCENDENTAL SOUL MANIFESTED THREE TIMES.

Someone had a reading last year, and was told she was "Temah" in Atlantis. Was this male or female?

THIS OR A WORD SIMILAR TO IT WAS NOT A PROPER NAME, BUT A TITLE: THAT OF PRIESTESS. IN THIS CASE, "KEEPER OF THE WORD". YOU WERE FEMALE, YES, AND BECAUSE OF THE ANNALS DID NOT PREDICT A CATAclysm. THERE WAS WIDESPREAD DISBELIEF. YOU SEE, AT THAT TIME MORE, BUT NOT ENOUGH, CREDENCE WAS GIVEN TO THE POWER OF INTUITION. OBVIOUSLY, THOUGH, IT WAS NOT ENOUGH TO PREVENT THE DESTRUCTION OF WHAT WAS THEN [the] CIVILIZED WORLD, EVEN THOUGH IT WAS WITHIN THEIR GRASP.

Someone commented that not just an earthquake could sink that much land, that it had to be something more.

BUT A SHIFTING OF THE MAGNETIC POLES COULD. WHAT WAS THE CAPITAL OF THE ATLANTEAN CIVILIZATION LIES BURIED BENEATH THE NORTHERN TIP OF GREENLAND.

Are the Basque people a remnant of Atlantean culture?

SMALL SCATTERED BANDS OF SURVIVORS DID APPEAR ON THE EUROPEAN CONTINENT. THIS WAS ONE, YES.

Someone asked for a comment on parental pride.

IDEALLY, PRIDE IN THE ACCOMPLISHMENTS OF ANOTHER WOULD NOT BE BASED UPON THE PARENTAGE AT ALL, BUT AS THIS SOCIETY IS FAR FROM IDEAL, THE INABILITY TO PHOTOGRAPH IN YOUR OWN CHILDREN THAT WHICH IS READILY APPARENT IN THE CHILDREN OF OTHERS IS EXCESSIVE PRIDE. IF YOU SEE OTHER CHILDREN AS HELLIONS AND YOUR OWN AS MERELY SPIRITED, THERE IS EXCESSIVE PRIDE. WHEN YOU REACH THE POINT WHERE YOU CAN GIVE LOVING, POSITIVE PHOTOGRAPHS TO YOUR OWN CHILDREN AS THOUGH THEY WERE NO LONGER RELATED TO YOU, THEN YOU WILL HAVE ELIMINATED MOST OF THE EXCESS.

AS REGARDS THE ROLE OF SERVER, WHY ASSOCIATE THIS WITH WEAKNESS? THERE IS WEAKNESS ONLY IN THE CONNOTATIONS THAT YOUR SOCIETY HAS MISTAKENLY GIVEN TO THE WORD. THERE IS NO INBORN WEAKNESS IN THE ROLE. BEING SOLD INTO SLAVERY HAS NOTHING TO DO WITH THE ROLE OF SERVER, AS GIVEN IN THIS TEACHING. ALL OF YOU HERE PRESENT HAVE EXPERIENCED BONDAGE, EVEN KINGS.

Someone asked why Michael uses the word "Tao" and not "God".

PRIMARILY BECAUSE THE WORD "GOD" IN YOUR SOCIETY HAS BECOME MASCULINIZED AND REQUIRES THE USE OF THE MASCULINE PRONOUN, THUS PERPETUATING THE PERSONIFICATION OF THE UNIVERSAL CREATIVE FORCE, WHICH IS ETHEREAL AND NOT PHYSICAL. THIS CANNOT BE PERSONIFIED EVEN FOR TEACHING PURPOSES WITH THIS CADRE. IT WOULD BE TREADING ON THIN ICE FOR THIS ENTITY. FOR US, THIS TEACHING IS A FORM OF EVOLUTION. WE HAVE CHOSEN OUR TOOLS CAREFULLY, WITH THOSE OF YOU HERE PRESENT IN MIND, AS WELL AS ALL MEMBERS OF THE CADRE WHO ARE NOW GEOGRAPHICALLY PHYSICALLY SEPARATED. IT IS AS IMPORTANT THAT THEY UNDERSTAND, AS IT IS FOR YOU HERE PRESENT TO UNDERSTAND. EACH TEACHING NOW ONGOING HAS DIFFERENT TOOLS, AND YET THE SYNTHESIS CAN BE EASILY MADE BY ONE CARING TO MAKE THE COMPARISON. IN CHOOSING THE SPECIFIC TOOLS THAT WE HAVE, EACH OF YOUR OVERLEAVES WAS TAKEN INTO CONSIDERATION, AS WELL AS ALL YOUR IMPRINTING, YOUR CORE BELIEFS, AND YOUR MASTER TAPES.

Someone commented that he was reading the teachings of Don Juan, the last book [of Carlos Castaneda], and he could not incorporate it in our truth, but had to file it as a separate truth.

THIS IS PRECISELY WHY SO MANY ASTRAL AND PHYSICAL MASTERS INSIST IN ABSOLUTE FAITHFULNESS FROM THEIR STUDENTS, IN ASKING THAT THEY ABSTAIN FROM STUDYING ANY OTHER TEACHINGS. SOME GO TO THE EXTREME OF SAYING THAT THERE ARE NO OTHER TEACHINGS. TEACHINGS ARE CHOSEN CAREFULLY FOR THE STUDENTS. IN MANY WAYS, YOU ARE FORTUNATE IN HAVING A CAUSAL TEACHER WHO CAN IMPOSE NO SUCH RESTRICTIONS, BUT ALSO IN MANY WAYS IT IS CONFUSING TO YOU WHEN IT IS DIFFICULT FOR YOU TO MAKE A SYNTHESIS WHERE THE CULTURAL DIFFERENCES ARE SO VAST. WE WOULD NOT QUARREL WITH THE TEACHING OF THIS YAQUI TEACHER. WITHIN HIS CULTURAL MILIEU, HE EXPRESSED THE LOGOS. THE ORIENTAL CONCEPT THAT, "WHEN THE STUDENT IS READY, THE TEACHER WILL APPEAR", IS TRUE. THE TEACHER IS LIKE EVERYTHING ELSE, NO ACCIDENT. AT THE MOMENT, MANY OF YOU WOULD NOT ACCEPT THE DIRECTION THAT YOU SO VEHEMENTLY DEMAND. THERE WILL COME A TIME WHEN YOU WILL, AND THAT DIRECTION WILL APPEAR. IT IS NOW ALL THAT YOU CAN DO TO ASSIMILATE THE NECESSARY DATA, DEVELOP SOME TRUST IN EACH OTHER, AND CONSIDER THE POSSIBILITIES WE HAVE THROWN OUT WITHOUT HAVING A TOP SERGEANT BARKING ORDERS. IF YOU ARE COERCED INTO A CHANGE FROM A NEGATIVE SPACE, YOU WILL FAIL. YOUR CULTURE IS AT FAULT HERE IN THAT ALL OF YOU HAVE CORE BELIEFS THAT ARE STRONGLY ANTI-[spiritual]GROWTH. BEING SPIRITUAL IS OF COURSE BEING NONPRODUCTIVE, AND EVERYONE "KNOWS" THAT THIS IS "BAD". JUST TO ENABLE YOU TO COME PAST THIS BARRIER REQUIRES MUCH INGENUITY, AND COULD BE DISASTER IN THE HANDS OF A PHYSICAL ADEPT, NO MATTER HOW POSITIVE THE ADEPT MIGHT BE. STRANGE AS IT MAY SEEM, MANY OF YOU ARE AMONG OUR MOST EARNEST STUDENTS, AND YET AMONG OUR MOST STUBBORN.

A discussion was held about helping.

TO HELP SOMEONE ELSE YOU MUST, OF COURSE, KNOW THE TRUTH ABOUT YOURSELF, AND YOU MUST KNOW THAT WHICH IS FALSE IN THEM. THIS IS WHY MECHANICAL MAN FAILS SO IN HIS EFFORTS TO HELP. HE DOES NOT KNOW TRUTH IN HIMSELF, LET ALONE IN OTHERS. BALANCED MAN CAN CERTAINLY ACCELERATE THE GROWTH AROUND HIM, AND THOSE ON THEIR WAY TO BALANCE CAN IMPART THAT WHICH IS TRUTH IN THEM TO OTHERS. YES, ADEPTS ARE FOLLOWED UP THE RUNGS OF THE COSMIC LADDER THROUGH NO EFFORTING ON THEIR PART, BECAUSE TELLING THE TRUTH IS NOT AN EFFORT. TELLING LIES IS.

31 January 1975

Friday

NOT SINCE THE DESTRUCTION OF ATLANTIS HAS SO MUCH INFORMATION OF A SCIENTIFIC NATURE BEEN AVAILABLE TO MECHANICAL MAN ON THIS PLANET, AND HE IS SO BUSY ENTERING THIS INTO THE COMPUTER AND STORING IT ALL IN THE BOOKS, THAT HE HAS LITTLE TIME TO PURSUE THE AWESOME AND MYSTICAL. HE HAS BARELY ENOUGH TIME TO ASSIMILATE THAT WHICH IS ABSOLUTELY NECESSARY TO SHAPE OUT HIS SURVIVAL. YET, HE HAS BECAUSE OF THIS ALSO BECOME BLASÉ, AND IS NOT EASILY AWED BY INFORMATION FROM ANY SOURCE. IT IS NOT EASY IN THIS TIME FRAME TO SHOCK AWARENESS INTO MECHANICAL MAN. THIS SHOTGUN APPROACH WORKS BEST, WE HAVE FOUND. IT BOMBARDS THE SENSES. THIS WILL, OF COURSE, BE THE ULTIMATE BATTLE PLAN.

Someone asked for a comment about the “psychic revolution”.

WELL, YOU SEE, THERE ARE TEN, APPROXIMATELY, ALTERNATIVE COURSES OPEN TO THIS WORLD AT THIS TIME, EIGHT OF WHICH WE WOULD CONSIDER FAIRLY UNATTRACTIVE. THE OTHER TWO CONCERN WHAT WE ARE TERMING “PSYCHIC REVOLUTION”. THIS WOULD, OF COURSE, BE IN FACT THE OVERTHROW OF THE PREVALENT BELIEF SYSTEMS THAT NOW CONTROL THE GOVERNING FORCES OF THIS WORLD, AND WOULD RETURN LEADERSHIP TO THOSE BEST QUALIFIED TO LEAD ON THE BASIS OF INTUITIVE KNOWLEDGE, AND WHAT WE CALL TRUTH. WHETHER YOU LIKE THIS OR NOT, IT IS WHAT IS HAPPENING NOW, AND IT IS WHAT THE CADRE HAS ASKED TO BECOME A PART OF. THIS REVOLUTION, LIKE ALL OTHER REVOLUTIONS, WOULD RESULT IN WIDESPREAD ANXIETY, AND PERHAPS EVEN AN EXCHANGE OF HOSTILITY. WE CAN IN NO WAY GUARANTEE THAT THIS WILL NOT HAPPEN, BUT IT IS FAR LESS “BLOODY” THAN THE EIGHT ALTERNATIVES. THEY WILL BURN WITCHES AGAIN, AS THEY HAVE IN ALL AGES PAST. WE NEVER TOLD ANY OF YOU THAT IT WOULD BE A ROSE GARDEN.

THE ONLY ESSENTIAL DIFFERENCE BETWEEN ENTITIES ON THE LOW CAUSAL PLANE AND ENTITIES ON THE MID-CAUSAL PLANE IS THE TIME AND EXPERIENCE. IN OTHER WORDS, WHERE THIS ENTITY [Michael] MONITORS LARGE NUMBERS OF STUDENTS AND ON MANY PHYSICAL PLANETS, THE LOW CAUSAL BODIES WORK LARGELY WITH SMALL GROUPS OF STUDENTS, OR WITH WIDELY DISPERSED INDIVIDUALS. IT WAS THIS ENTITY’S CHOICE TO WORK WITH THIS CADRE LARGELY BECAUSE THERE ARE SEVEN LARGE ENTITIES AND FIVE SMALLER ONES COMING TOGETHER HERE, AND THIS WILL RESULT IN MANY STUDENTS, ALL OF WHOM ARE BEING MONITORED AT THE PRESENT TIME. THIS CADRE IS ONE OF THE LARGER ONES NOW COMING TOGETHER IN THE WESTERN WORLD.

01 February 1975

Saturday

We started off rather slowly.

[Soleal:] GATHERING OF ENERGIES CAN SOMETIMES BE DIFFICULT IF ALL OF THE AGENDAS HAVE NOT BEEN RUN OUT. THIS IS EVEN THE CASE ON MY WORLD.

A question was asked how to go about acquiring property for communal growth.

[Soleal:] JUST DO IT. ENOUGH OF YOU ARE ABLE TO LOOK AT THIS AS THE WAY OUT OF THE ALIENATION, AND A NEW START TOWARD TRUE GROWTH, SO THAT FAILURE IS UNLIKELY. THAT FAILURE IS UNLIKELY ANYWAY WITH SUCH A PREPONDERANCE OF OLDER SOULS.

Do older souls have a stronger drive to get in touch with their essence?

[Soleal:] IT IS JUST THAT OLDER SOULS TEND NOT TO TAKE THEMSELVES QUITE AS SERIOUSLY AS THE YOUNGER ONES, AND THERE ARE GENERALLY FEWER “SHOULD” IN THEIR LIFE STYLES. EVEN IN OUR LARGER COMMUNES, IT IS THE YOUNGER SOULS WHO HAVE THE TERRITORIAL BATTLES.

Do you mean you have wars like here? Ugh.

[Soleal:] IT SELDOM COMES TO BLOWS, BUT MANY TIMES THERE ARE EXCHANGES OF VERBAL HOSTILITIES. I WOULD DEPLORE THE THOUGHT THAT YOU MIGHT THINK THAT OUR WORLD IS SO PLACID THAT WE HAVE NO ARGUMENTS.

Is there total physical peace there?

[Soleal:] THERE IS NO VIOLENCE BECAUSE OF YEARS AT WORKING AT THIS, BUT OUR PEOPLE STILL COME EQUIPPED WITH WHAT YOU CALL BODY BAGS, AND THIS IS FAR MORE NOTICEABLE IN THE YOUNGER CYCLES. WE DO NOT HAVE THE TOUCH TABOOS YOU HAVE, BUT THERE IS STILL MUCH EXPRESSION OF INDIVIDUAL PREFERENCE, AND OVERLEAVES ABRADE.

I want to tell everyone about this teaching. Someone told me not to say anything about it to one who was present. Should I avoid certain people?

[Soleal:] I WOULD SAY ONLY THAT YOU NOT MAKE MUCH EFFORT WITH THOSE WHO CANNOT HEAR. Should I fear saying anything as when people have asked me to not say anything?

[Soleal:] I WOULD HAVE MUCH DIFFICULTY NOT LEVELING WITH WHOMEVER CROSSED MY PATH, BUT THEN, I AM NOT AFRAID OF OFFENDING, EITHER. IT DEPENDS, I SUPPOSE, UPON WHAT IS AT RISK. IF THE PERSONALITY IS HOLDING ONTO PEOPLE FOR POSSIBLE GAIN, THEN PERHAPS IT NEEDS TO PLACATE. I FIND IT EASIER TO JUST — WHAT IS YOUR EXPRESSION? — LET THE CHIPS FALL [where they may]. BUT THEN, I AM NOT CONCERNED WITH BEING REJECTED.

Should I be?

[Soleal:] IT WOULD BE BETTER FOR GROWTH IF YOU WERE NOT. REJECTION COMES FROM NEGATIVE SPACES, AND WHO CARES? I CAN DO WITHOUT FALSE AFFECTION GIVEN FROM BAD SPACES, AND SO CAN YOU IF YOU ARE REJECTED, AND IT WILL HAVE NOTHING TO DO WITH YOUR SPACES, ONLY THE ONE DOING THE REJECTION. UNLESS YOU FALL SO FAR FROM THE PATH THAT YOU COMMIT SOME UNSOCIABLE ACT, THAT IS HIGHLY UNLIKELY, GIVEN YOUR OVERLEAVES. I HAVE A YOUNG FRIEND WHO HAS YOUR OVERLEAVES, AND IS MUCH GIVEN TO TRANSIENT MELANCHOLY, ONLY HIS DEPRESSIONS ARE EVEN DEEPER, SINCE HE IS A MATURE SOUL. MY FIRST IMPULSE WOULD BE TO TRY AND YANK HIM UP FROM THE ABYSS, BUT EXPERIENCE HAS TAUGHT ME TO LEAVE HIM ALONE UNTIL HE COMES TO GRIPS WITH HIS OWN BAD SPACES, AND CHOOSES TO LET THEM GO; THEN HE IS BACK WITH US AGAIN OF HIS OWN ACCORD. IF I SAY ANYTHING, HE IS MORE LIKELY TO PLUNGE MORE DEEPLY INTO HIMSELF. THOSE SOULS WITH THEIR MODE IN PASSION-REPRESSION AXIS TEND TO BE MORE CYCLIC THAN ANY OTHERS, BUT DEPRESSION IS NOT LIMITED TO THIS AXIS. I CAN REMEMBER SLIPPING DOWN INTO AN EXTREMELY CAUTIOUS SPACE NOT LONG AGO MYSELF, AND FOR A FEW HOURS IT WAS A DAMNED GOOD RETREAT.

I tried giving myself the suggestion to eat less carbohydrates. It worked for eight hours, at which time I indulged in them. I tried looking at that and found that I probably did not like myself enough to eat what is good for me, so for the past week I have been suggesting to myself that I will like myself better, and will do those things which are good for my being. I've been feeling better about myself, but seem to plunge into more frequent downs. Comment please on what I can do in this area.

[Soleal:] YOU NEED TO LEARN TO USE YOUR MOMENTS OF POWER TO EXTINGUISH YOUR CHIEF FEATURE. THIS CAN EVEN WORK WITH CHIEF FEATURES SUCH AS ARROGANCE, ALTHOUGH THAT IS A TOUGH ONE TO DROP. THE MOMENTS OF POWER MUST BE UTILIZED IN THE WORK, FOR IT IS IN THIS WAY THAT YOU WILL BE ABLE TO FINALLY SWITCH MODES. YOU CANNOT GO THROUGH THE SELF-DEPRECIATION TAPE FROM THE POWER MODE AS EASILY AS YOU CAN FROM CAUTION. USE YOUR MOMENTS OF POWER TO EMPHASIZE YOUR POSITIVE FEELINGS ABOUT YOURSELF. IN THOSE MOMENTS APPRECIATE YOUR OWN HUMOR [and] INTELLIGENCE, AND SAVOR THE FEELINGS OF POWER. YOU DO HAVE THESE MOMENTS, AS YOU ALSO HAVE MOMENTS OF DOMINANCE. THESE MUST BE UTILIZED. THE POST-HYPNOTIC SUGGESTION THAT YOU WILL RECOGNIZE THE MOMENTS OF POWER WOULD HELP: THEN YOU WOULD BE ABLE TO LOOK AT YOURSELF MORE REALISTICALLY.

What overleaves of mine keep me from growth — as far as the teaching is concerned?

[Soleal:] SOULS WITH THE CHIEF FEATURE OF IMPATIENCE ALWAYS FEEL THAT THEIR GROWTH IS SLOW, AND THEY NEED CONSTANT PHOTOGRAPHS OF THEIR PROGRESS, BUT WHAT IS STANDING IN THEIR WAY MORE THAN ANYTHING ELSE IS THEIR OWN EXPECTATIONS OF WHERE THEY SHOULD BE. IT IS LIKE A NICE, JUICY FRUIT HANGING ON A BRANCH WAY ABOVE YOUR HEAD. YOU CANNOT BE CONTENT WITH THE FRUIT ON THE LOWER BRANCHES AS LONG AS THAT PRIZE IS JUST OUT OF YOUR REACH.

Scattering is so much of my personality. I need more concentration on the teaching, work on myself at home.

[Soleal:] I WAS TWENTY YEARS OLD WHEN I BECAME GUARDIAN, AND UTTERLY TERRIFIED AT THE CONFIDENCE PLACED IN ME. I WENT THROUGH A PERIOD OF AGONIZING IMPATIENCE OVER MY OWN LEVEL OF GROWTH, AND WHERE I THOUGHT I SHOULD BE IN ORDER TO BE WHAT THEY WANTED ME TO BE. THEN I REALIZED THAT I WAS TIRED ALL THE TIME, AND I WAS NOT GOING ANY PLACE BUT DOWN — DOWN INTO CAUTION, DOWN INTO SUBMISSION, DOWN INTO THE NEGATIVE SPACES THAT I WISHED TO AVOID. I HAD TO FORCE MYSELF INTO MY PRESENT PHILOSOPHY OF NEVER TAKING IN MORE THAN ONE DAY AT A TIME, IN ORDER TO UNLOAD MY BAD SPACES. THE SAME CAN HAPPEN TO YOU. YOU CAN LEARN TO THINK ONLY IN SMALL INCREMENTS. IT IS NOT EASY, BUT IT IS REWARDING.

What can I do about the silent spaces I think I need?

[Soleal:] I FIND THAT I NEED THEM TOO, AND I CAN BECOME QUITE DOMINANT ABOUT DEMANDING THEM. I HAVE MY OWN PLACE, AND I DON'T CARE TO HAVE IT VIOLATED, AND MAKE THIS CRYSTAL CLEAR TO ALL CONCERNED. WHEN I GO THERE, I DO NOT ALLOW ANYONE TO FOLLOW ME, AND THAT IS ALL THERE IS TO IT.

I would like to have everyone in the house observe quiet from say 8:00 PM to 9:00. Others' TV bothers me.

[Soleal:] I THINK THAT IT WOULD BE IMPRACTICAL FOR ME TO IMPOSE MY OWN NEEDS ON THOSE IN MY HOUSEHOLD, BUT I REALIZE THAT IT IS IMPRACTICAL FOR YOU TO NOW DO WHAT I DO. I GO OUT OF DOORS AND AWAY. IN A COMMUNAL SETTING SUCH AS OURS, WITH ADEQUATE LAND AROUND IT, THIS WOULD BE PRACTICAL. WHEN I AM IN THE HOUSE, I AM AVAILABLE. WHEN I LEAVE, THEN THEY KNOW ENOUGH TO LEAVE ME TO MY OWN DEVICES.

I took a micro-tab in order to get in touch with myself. The experience was so bad I've never tried it again. Why was the experience so terrible?

[Soleal:] I DON'T KNOW WHAT YOU TOOK, BUT DO KNOW THAT IN ORDER FOR A HALLUCINOGENIC DRUG TO HAVE A POSITIVE EFFECT, YOU MUST BE IN POSITIVE SPACES WHEN YOU TAKE IT. IT WILL MERELY INTENSIFY ALL YOUR NEGATIVE SPACES, NOT ENHANCE ANYTHING. THOSE WITH NEUTRAL OVERLEAVES TEND TO HAVE MORE POSITIVE EXPERIENCES ANYWAY. THE TEACHER COMMUNICATES TO ME THAT THE DRUG WAS LACED WITH STRYCHNINE.

I hear mention of a class in intuition. I would like to do it but the cost deters me. Anyway, can't I find all that through the teaching?

[Soleal:] YOU CAN FIND ALL THAT YOU NEED IN THE TEACHING. IF YOU ENJOY THOSE OTHER EXPERIENCES, THEN DO THEM. IF YOU ARE FORCING YOURSELF TO GROW, OR TRYING TO DO THAT, THEN FORGET IT.

I ONLY WISH TO SAY THAT THE YOUNG PEOPLE ON MY WORLD ARE JUST AS FASCINATED BY DESCRIPTION OF YOUR WORLD AS YOU ARE OF OURS. THEY DO NOT BELIEVE IT, EITHER.

Are there other teaching groups we can come in contact with whom Michael is the teacher?

[Michael:] WE ARE WITH A CADRE THAT IS FORMING TOGETHER IN THE SOVIET UNION. OTHER CAUSAL TEACHERS HAVE BEEN WITH CADRES COMING TOGETHER IN TAOS AND IN BIG SUR.

I am becoming concerned about my growing desire to be alone. I'd like to ask about the negative pole of Acceptance (Rejection). I'd like some information on Scholars and running — am I running away from a close relationship?

MOST SCHOLARS DO RETREAT FROM INTIMACY, YES, AND YOU ARE NO EXCEPTION. THIS DOES NOT MEAN THAT YOUR WORK ENTAILS TOLERATING REJECTION BEHAVIOR IN OTHERS. IN FACT, IT IS GOOD WORK FOR YOU TO DETACH YOURSELF FROM THE NEGATIVITY OF OTHERS. YOUR WORK NOW NEEDS TO BE DIRECTED TOWARD DEVELOPING YOUR OWN GOOD SPACE TO THE POINT WHERE YOU CAN SEE THAT IT IS ALL RIGHT FOR YOU TO IGNORE THIS PLEA FOR REJECTION. YOU CAN WORK WITH YOURSELF IN THE AREA OF NOT EXPRESSING YOUR OWN NEGATIVITY. IN OTHER WORDS, YOU NEED NOT REACT AT ALL TO SOMEONE ELSE'S NEGATIVE SPACE. YOU CAN CHOOSE TO SIMPLY IGNORE IT. NO RELATIONSHIP THAT IS NOT BETWEEN BALANCED MAN CAN BE ONE HUNDRED PERCENT INTIMATE. SOME OF THE EXPECTATIONS PLACED UPON YOU IN THE PAST HAVE BEEN UNREASONABLE, AND YOU HAVE REACTED TO THEM IN THE ONLY WAY YOU COULD. NOW YOU ARE COMING TO THE SPACE WHERE YOU CAN VERBALIZE THAT WITHOUT DIFFICULTY. YOUR CONCERN NEEDS TO BE WITH YOUR OWN GROWTH, AS THOSE AROUND YOU NEED TO BE CONCERNED WITH THEIRS. THE DEGREE OF INTIMACY THAT YOU ALLOW WILL GROW WITH YOUR TRUST LEVEL: AS IT GOES UP, YOU WILL ALLOW MORE INTIMACY. SCHOLARS ARE NOT GENERALLY THE MOST INTIMATE OF SOULS.

I would like to ask about a new space I experienced through meditation. When I opened my eyes after

meditation, I saw a beautiful fish on the wall. His mouth opened and closed and then he disappeared into the wall. Is this a first lesson with a neutral object? I've been wondering why I haven't been seeing images as others have.

THESE VISUAL IMAGES ARE EXCELLENT IN DETERMINING THE DEPTH OF THE MEDITATIVE STATE. IF YOU DO NOT ALLOW THEM TO BE DISTRACTIONS, YOU CAN USE THEM AS A GAUGE. THEY WILL NOT APPEAR IF THE MIND HAS NOT BEEN EFFECTIVELY CLEARED. IF YOU ARE STILL RUNNING YOUR TAPES, THERE WILL BE LITTLE IMAGERY OF THIS TYPE; IN OTHER WORDS, TOTALLY UNRELATED TO ANYTHING IN YOUR CONSCIOUSNESS. IN THE ORIENT, THIS IMAGE WOULD BE AFFORDED TREMENDOUS MYSTICAL IMPORTANCE, SINCE THE POI IS A SYMBOL OF REAWAKENING.

05 February 1975

Wednesday

[Chanelled by] ____.

LIVES ARE WAVES IN AN OCEAN — EACH ONE IS A LONG TIME COMING, A LONG TIME IN PREPARATION FOR THE FINAL CRESTING AND MAKING ITS SPLASH. THEN IT AGAIN BLENDS INTO THE WHOLE, IS ONE WITH THE WHOLE, IS UNIDENTIFIABLE, ANONYMOUS, AS IT GOES BACK TO ITS ORIGINS, INTO THE UNDERTOW — BACK TO PREPARING FOR THE NEXT LIFE. ALL THE EGO STRENGTH THAT INDIVIDUATES EACH OF YOU IS AS THE STRENGTH OF THE WAVE. IT IS INDEED POWERFUL. IT DOES INDEED MAKE ITS MARK, AND THAT MARK IS ERASED AS THE UNDERTOW ERASES ALL THAT CAME BEFORE — ERASES, BUT IS NOT FORGOTTEN. BUILD UPON THAT WHICH YOU HAVE CONFIRMED HAS BEEN IN YOUR PAST CRESTING — YOUR PAST POWER. WHY NOT ASCEND IN THE SPIRAL INSTEAD OF LATERALLY SPINNING ABOUT? YES, IT IS A SPIRAL — YOU HAVE SEEN THAT. WHAT WE TELL YOU NOW IS THAT IT ASCENDS — IT TRANSCENDS, IF YOU WISH — ALL THE INTELLECTUAL RATIONALE, ALL THE EMOTIONAL TURMOIL, ALL THE QUESTIONING OF THE PSYCHIC TRUTHS. THE SPIRAL WHIRLS UPWARD TOWARD SPIRITUAL GROWTH. YOU HAVE ALREADY JOINED IT, ALL OF YOU, ALTHOUGH AT DIFFERENT LEVELS. THROUGH IT TRUTH MOVES TO THE UNENTRAPPED ESSENCE. LOOK WITHIN AND KNOW YOUR “REASONS” FOR REFUSING TO PERCEIVE TRUTH.

What are my blocks?

YOU KNOW THEM WITHOUT ASKING. AS WITH MANY IN THIS ALIENATED SOCIETY, YOU LACK LOVE OF YOURSELF. LOVE, ACCEPTANCE, AGAPE — ALL ARE SYNONYMOUS. ACCEPT YOURSELF AND YOU MAY MOVE TO LOVE FOR ANOTHER. UNTIL YOU DO THAT, ALL THAT WE SAY TO YOU IS THEORETICAL. IT IS AN ILLUSION THAT AGAPE MAY BE EXPERIENCED BEFORE LOVE FOR ONE MAY BE EXPERIENCED, OR INDEED THAT AGAPE MAY PRECEDE YOUR LOVE OF YOURSELF. “SELF” INCLUDES THE PERSONALITY, AS WELL AS THE ESSENCE. CAN YOU LOVE THAT “SELF” UNCONDITIONALLY, WITHOUT HOPE FOR CHANGE? UNTIL YOU CAN, AGAPE IS A THEORY.

08 February 1975

Saturday

There was a discussion about artificial space, false personality, and karmic debts.

FOR A MOMENT LOOK AT THE PHYSICAL UNIVERSE AS AN ENORMOUS STAGE, AND ALL OF THE PHYSICAL THINGS WITHIN IT AS THE SETS AND ACTORS. THEN LOOK FOR A MOMENT AT THE POSSIBILITY THAT KARMA, OR THE SYSTEM OF KARMA, MAY IN FACT BE LOOKED UPON AS THE DIRECTOR OF THE PLAY OF LIFE. SOULS EXPERIENCING ALL OF LIFE ON THE PHYSICAL PLANE NEVER HAVE TO SEEK SPIRITUAL GROWTH. THEY CAN, AND MOST DO, GO THROUGH THE WHOLE CYCLE IN THE “WAKING SLEEP” [Gurdjieff term]. THE MOMENT THAT YOU ELECT TO COMMIT YOURSELF TO THE PATH, YOU REMOVE YOURSELF FROM THE LIST OF AVAILABLE ACTOR'S EQUITY. WERE IT NOT FOR KARMIC RIBBONS, SOULS WOULD NOT EXPERIENCE MUCH AT ALL. THEY CERTAINLY WOULD NOT EXPERIENCE ALL OF LIFE. NOW THIS PLAY IS OF COURSE A LIE. THERE IS NO TRUTH TO BE FOUND WITHIN IT. THE ONLY TRUTH LIES WITHIN THE REAL SPACE BEYOND THE THEATER. IN THIS REAL SPACE BEYOND, THEN, THE ESSENCE IS FREE TO SELECT THE BEST SCRIPT AVAILABLE — THE ONE ENABLING THE PARTICULAR FRAGMENT TO EXPERIENCE OUT SOME FACET OF PHYSICAL LIFE THAT IT HAS NOT EXPERIENCED BEFORE. THESE ARE FACILITATED BY WHAT WE HAVE CHOSEN TO CALL “OVERLEAVES”. CERTAIN COMPOSITES OF OVERLEAVES ARE CONDUCIVE TO CERTAIN TYPES OF ACTIVITIES — FOR INSTANCE, THE EXTRACTION OF

AN OLD DEBT. REMEMBER, THE MOMENT YOU STEP ON THE PATH THIS IS NO LONGER THE CASE. YOU MAY DEPART FROM THE SCRIPT JUST AS SOON AS YOU REALIZE THAT IT EXISTS. YOU MAY DEPART FROM IT COMPLETELY, AND IF YOU WISH, WITHOUT REGRETS, BUT THIS IS HARD WORK. JUST THE REALIZATION IS DIFFICULT ENOUGH. YOU SEE, THAT WHICH YOU CALL ESSENCE, THAT WHICH HAS ACCESS TO HIGHER EXPRESSION, OPERATES ALWAYS IN REAL SPACE. THE FALSE PERSONALITY FEARS REAL SPACE AS THE AGORAPHOBIC FEARS THE OPEN FIELD.

Someone asked about the personality of essence. What is it? Could Michael describe it? Traits?

THE TRUE PERSONALITY PERCEIVES THE ONENESS AND DOES NOT FEEL APARTNESS. THUS IT IS EXPANSIVE IN ITS EXPRESSION. THE TRUE PERSONALITY DOES NOT NEED THE PAIN, FOR IT HAS ACCESS TO THE JOY, AND AGAIN, CAN EXPRESS THIS IN THE WORLD. THE TRUE PERSONALITY KNOWS TRUTH, AND THEREFORE HAS NO FURTHER USE FOR LIES. ABOVE ALL, THE TRUE PERSONALITY IS APPROPRIATE IN ITS RESPONSE TO EACH AND EVERY SITUATION. OF COURSE, THIS IS MANIFESTED IN THE WORLD AS JOYOUSNESS, AS WARMTH, AS A VERY SPECIAL RADIANCE, AS A HIGH ENERGY COURSE OF A POSITIVE NATURE. HOWEVER, FALSE PERSONALITY IS UNCOMFORTABLE AROUND THIS TRUE PERSONALITY, AND THE FARTHER REMOVED FROM A TEACHING ONE IS, THE MORE UNCOMFORTABLE ONE WILL BE WHEN FACED WITH AN ENCOUNTER WITH BALANCED MAN. BALANCED MAN HAS THE CONFIDENCE THAT ONLY KNOWLEDGE OF TRUTH CAN POSSIBLY BRING. BALANCED MAN BRINGS THIS CONFIDENCE TO BEAR IN ALL OF HIS ENDEAVORS. BALANCE IMPLIES OBSOLESCENCE OF THE OVERLEAVES. BALANCED MAN IS NO LONGER STUCK. HE IS FREE TO MOVE INTO REAL SPACE WHERE THERE ARE NO LIMITATIONS. FOR THE "LIBBERS" PRESENT, SUBSTITUTE BALANCED "WOMAN" FOR BALANCED "MAN". THE LIMITATIONS WITHIN THE ARTIFICIAL SPACE OF THE PHYSICAL PLANE BRING COMFORT TO THOSE TRAPPED THERE. THE CONCEPT OF ETERNITY-INFINITY, FOR INSTANCE, IS VERY UNCOMFORTABLE FOR PERSONALITIES, EVEN THOSE TRAPPED IN THE INTELLECTUAL PART OF INTELLECTUAL CENTER, EVEN THOUGH FROM OUR PERSPECTIVE IT IS TRUTH THAT IS INCONTROVERTIBLE. THE CONTINUITY [oneness] IS AS IMMUTABLE AS THE POLARITY [twoness].

Someone asked about "responsibility taking". Some of his friends seem to dispense their responsibility. Does that fit into karma? Others lay [responsibility] on us by our acceptance.

WE WOULD LIKE YOU ALL TO LOOK NOW AT THE DIFFERENCE BETWEEN A TRUTH AND A LAW. THERE IS A VAST DIFFERENCE. THE PHYSICAL PLANE AND ALL THAT IS WITHIN IT IS GOVERNED BY A SERIES OF "LAWS" THAT ARE NOT NECESSARILY TRUTHS. IN FACT, MOST OF THEM ARE NOT. KARMA IS OF COURSE ONE OF THESE LAWS GOVERNING HUMAN CONDITION. IT IS NOT A TRUTH, IT IS A LAW. FOR INSTANCE, FOR YOU SCIENTIFIC MINDED, LIGHT DOES TRAVEL AT A CONSTANT SPEED IN THE PHYSICAL DIMENSION, BUT ALTHOUGH THIS IS A PHYSICAL LAW, IT IS NOT TRUE THAT THIS IS IN ANY WAY AN ULTIMATE SPEED LIMIT THAT IN ALL OF THE UNIVERSE MUST BE OBSERVED.

NOW AS TO THE RESPONSIBILITY, YOU STUDENTS HAVE THE RESPONSIBILITY FOR SELF AND NO OTHERS. IF YOU TAKE THIS RESPONSIBILITY SERIOUSLY AND RESPOND APPROPRIATELY FROM THE PROPER CENTER, YOU WILL NOT BE NEGATING ANY RESPONSIBILITY THAT YOU MIGHT FEEL FOR THOSE AROUND YOU. IN FACT, YOU WILL IN TRUTH BE GIVING THEM THE SPACE TO TAKE RESPONSIBILITY FOR THEIR SELVES. THIS IS IMPORTANT, STUDENTS. WHENEVER YOU ARBITRARILY TAKE ON RESPONSIBILITY FOR THE ACTIONS OF OTHERS, YOU ROB THEM OF GROWTH. THIS HAPPENS EVERY TIME YOU HINDER RATHER THAN HELP BY TAKING THE RESPONSIBILITY OUT OF THEIR HANDS. FOR THOSE WHOSE GOAL IS ACCEPTANCE, THIS ONLY APPEARS MORE DIFFICULT. IT IS EQUALLY DIFFICULT FOR THOSE IN DOMINANCE, WHO LIKE TO BE IN CHARGE; FOR THOSE IN GROWTH, WHO LIKE TO TAKE THE RESPONSIBILITY FOR THE LEVEL OF GROWTH WITHIN THE GROUP; FOR THOSE IN ORDINAL GOALS WHO FEEL MUCH RESPONSIBILITY FOR THE MISERIES AROUND THEM AND FEEL IT IS THEIR LIFE TASK TO MITIGATE IT. SO THE GOAL OF ACCEPTANCE IS NO DIFFERENT THAN THE OTHERS IN THIS, ALTHOUGH THOSE IN ACCEPTANCE ARE QUITE OFTEN MORE VERBAL ABOUT THEIR FEELINGS OF RESPONSIBILITY THAN OTHERS. THOSE IN GROWTH TEND TO ACT THEIRS OUT, AND THOSE IN DOMINANCE EVEN MORE BLATANTLY ACT OUT THE NEED TO TAKE RESPONSIBILITY.

THE WAY KARMA OPERATES SERVES TO ENLIVEN THE ACTION OF THE LIFE DRAMA. WERE IT NOT FOR KARMA, THE SCRIPT WOULD BE UNBELIEVABLY DULL. IT IS DOUBTFUL THAT ANY OF YOU WOULD RATIONALLY CHOOSE A VIOLENT ACT AS SOLUTION TO A MINOR LIFE CRISIS, AND YET IT IS DONE EVERY DAY BY THOSE CAUGHT UP IN THE CLUTCHES OF KARMA. KARMIC ACTS, YOU SEE, DEPART FROM THE SCRIPT AND INTRODUCE THAT ELEMENT OF INTRIGUE THAT MAKES THE DRAMA WORTH PLAYING OUT. JUST AS THE SPEED OF LIGHT PREVENTS ALL BUT THE VISIONARIES ON THIS WORLD FROM CONSIDERING

THE POSSIBILITY OF INTERSTELLAR SPACE TRAVEL — SAME IDEA, SAME CONCEPT, SAME MUTABLE QUALITY. IT CAN BE RENDERED IMPERATIVE [inoperative?] MERELY BY AGREEMENT, JUST AS EASILY AS IT WAS BROUGHT INTO BEING BY AGREEMENT. YOU CAN ALLOW YOURSELVES TO BE OVERWHELMED BY THE RESPONSIBILITY THAT YOU UNDERTAKE. FOR INSTANCE, YOU CAN GO UNDER THE LOAD OF RESPONSIBILITY THAT YOU FEEL FOR YOUR CHILDREN. ON THE OTHER HAND, YOU CAN COME TO REGARD THESE SAME CHILDREN AS CREATURES OF REASON, AND RELATE TO THEM IN A REASONABLE, AMIABLE FASHION. THE SAME GOES FOR ALL OF YOUR OTHER INTERPERSONAL RELATIONSHIPS. YOU SEE, BECAUSE OF THE VERY REAL FEELING OF APARTNESS — OF LONELINESS IF YOU WILL — THAT IS FELT ON THE PHYSICAL PLANE, IT IS COMFORTABLE FOR THE PERSONALITY TO THINK THAT THERE IS SOMEONE ELSE DEPENDENT UPON THEM; THEN AT LEAST THEY ARE NOT COMPLETELY ALONE IN THE VOID. THIS DEPENDENCY MUST MANY TIMES BE FORCED, AS MOST SOULS ARE INNATELY WILLING TO SHOULDER THEIR OWN LOAD OF RESPONSIBILITY. MANY TIMES WHEN THIS DEPENDENCY IS LIFTED, THE SOUL WHO WAS EXPERIENCING GRATIFICATION FROM THIS RESPONSIBILITY CAN NO LONGER JUSTIFY ITS EXISTENCE, AND A REAL PSYCHO-EMOTIONAL CRISIS OCCURS.

Lost question.

IN THAT IT IS UP TO YOU TO POINT OUT TO THEM THAT THEY HAVE AN UNREASONABLE EXPECTATION OF YOU THAT YOU HAVE NO INTENTION OF FULFILLING.

Does interstellar travel have anything to do with “recurrence”? (This is a Gurdjieff concept.)

NO, IT DOES NOT. WE HAVE NOT FOUND ANY EVIDENCE TO SUPPORT THIS THEORY. HOWEVER, WE WILL SAY THAT IT DOES INVOLVE THE CONCEPT OF PARALLEL TIME FRAMES AND THEIR ACCESSIBILITY. WE THINK THAT THIS BETTER EXPRESSES YOUR QUESTION.

Someone had a dream looking through a large pane of glass into the ocean, sun at the end, star colored bursting like the Fourth of July fireworks, impressed by the clearness of the glass, blueness of the water. Suddenly she was on the water. It was a lake frozen over with ice, and the ice was thin. She walked on it and sank, and an old woman pulled her out.

IN THE MATURE CYCLE THERE IS ACUTE PERCEPTION OF THE VEIL THAT LIES BETWEEN THE REAL AND ARTIFICIAL SPACE, AND AS NEVER BEFORE, THE LONGING TO PENETRATE THIS VEIL AND GO BEYOND THE SENSES TO GLIMPSE THE PAN-DIMENSIONAL. TO KNOW THAT YOU ARE NOT ALONE IN THE VOID, YOU MUST WALK OUT ON THE THIN ICE, AND THAT WAY TEST THE PHYSICAL UNIVERSE AND ITS RESPONSE TO YOUR PLEA. MOST MATURE SOULS FEEL THIS, AND IN SOME WAY TRANSLATE IT INTO DREAMS OF INCREDIBLE STRENGTH AND STRANGE BEAUTY. NOT MANY, UNFORTUNATELY, RETAIN THE MEMORY OF THESE DREAMS OR QUESTION ITS MEANING.

WHEN A SOUL NOT IN A TEACHING ENCOUNTERS THE TRUE PERSONALITY IN ESSENCE FOR THE FIRST TIME, IT IS OF COURSE A DEVASTATING EXPERIENCE. THIS USUALLY COMES ABOUT MOMENTS OF EXTREME STRESS, GRIEF, OR SOMETIMES EVEN TRAUMA. IT CAN, HOWEVER, COME ABOUT IF THE SOUL IS SUDDENLY CATAPULTED IN A SITUATION SO UNUSUAL THAT NOT ONE OF THE TAPES IS APPLICABLE. IT APPLIES IN THIS CASE TO THIS DREAM, AS WELL AS ALL UNUSUAL SITUATIONS, YES, OF COURSE, IT IS UNDENIABLY TRUE THAT NONE OF YOU HAS A PERMANENT TAPE TELLING YOU HOW TO REACT TO THE SURFACE OF THE MOON, AND IT IS CONCEIVABLE THAT ALL OF YOU WOULD ENCOUNTER YOUR TRUE PERSONALITY WERE YOU TO SUDDENLY FIND YOURSELF AT THE CONTROLS OF A LARGE JET AIRCRAFT WITHOUT ANY PRIOR TRAINING TO GUIDE YOU, EXCEPT PERHAPS A FEW FLYING LESSONS IN A SMALL PROPELLER-DRIVEN PLANE.

Someone asked about astrally projecting tonight. What could he do to facilitate this?

THE MOST YOU CAN DO TO FACILITATE THIS IS TOTAL RELAXATION.

THE HALLMARK OF THE MATURE SOUL IS THE ABILITY TO PERCEIVE OTHERS AS THEY PERCEIVE THEMSELVES. THIS IS, OF COURSE, NOT ALWAYS FLATTERING TO THE ONE RECEIVING THE VERBALIZED PERCEPTION.

Someone felt very highly charged bolts of energy coming in. He didn't need much sleep, and couldn't find a way to outlay the energy.

YOU CAN UTILIZE THESE PERIODS OF POSITIVE ENERGY FLOW TO WORK TOWARD BALANCE THROUGH WORK IN THE CENTERS. MOVING CENTER IS A GOOD ONE FOR THIS CHANNEL, AND IS OF COURSE THE EASIEST TO REACH. OTHER GOOD WORK CAN INVOLVE THE BREATHING EXERCISES THAT YOU EXPERIENCED, TURNING THE ENERGY UPWARD AND OUT INTO THE LIBERATED MEDITATION. YOU SEE, EVEN MEDITATION IS SUBJECT TO REAL AND ARTIFICIAL SPACE, AND THE PERSONALITY IMPOSES

LIMITATIONS ON THE SPACE THAT THE MEDITATION MAY OCCUPY. THE LIBERATED MEDITATION OF THE ESSENCE UTILIZES THE ENERGY EFFICIENTLY, AND DOES NOT CAUSE LEAKAGE, RESULTING IN FATIGUE. THE MOMENTS OF POWER THAT THOSE IN THE CAUTION MODE EXPERIENCE FROM TIME TO TIME MAY BE UTILIZED IN THE SAME FASHION.

We talked of perceptions, unity with the Tao, etcetera.

THIS ENTITY PERCEIVES ITSELF AS A PART OF THE GREATER WHOLE THAT IS THE ONENESS. THIS ENTITY ALSO PERCEIVES ALL OF ITS FRAGMENTS MAKING UP THE WHOLE, MUCH AS YOU PERCEIVE THE INDIVIDUAL PARTS OF THE ANATOMIC STRUCTURE. WE WOULD HAVE TO, AT THIS POINT IN OUR OWN EVOLUTION, AGREE THAT THERE IS A PERVASIVE COSMIC AWARENESS THAT IS CERTAINLY PRESENT AT THE TAO. IT IS EXTREMELY DOUBTFUL, HOWEVER, THAT THOSE LOFTY ENTITIES ON THE BUDDHIC PLANE REALLY FEEL FOR THE PERSONALITIES THEY LEFT BEHIND EONS AGO. WHAT IS LOST IS NOT THE PERCEPTION OF SELF — WHAT IS LOST IS THE PERSONALITY'S PERCEPTION OF THE APARTNESS — THE SEPARATENESS WHICH IS AN ILLUSION OF THE PHYSICAL PLANE. THIS ENTITY DOES NOT PERCEIVE THE APARTNESS THAT YOU FEEL WHEN YOU ARE COMMUNICATING WITH, FOR INSTANCE, SOLEAL. YOU PERCEIVE IT BECAUSE BOTH YOU AND HE ARE CAUGHT IN THE ARTIFICIAL LIMITATIONS, THE SOLID, RIGID, SPACE-TIME CONTINUATION [continuum?] OF THE PHYSICAL PLANE.

09 February 1975

Sunday

IT IS INDEED TRUE THAT THE LEVELS OF COMMITMENT TO THE PATH VARY TO A GREAT DEGREE WITHIN THE GROUP.

THERE ARE THOSE WHO SAY, "YES, I SEEK SPIRITUAL GROWTH, I SEEK AND I AM OPEN TO INPUT FROM MY BROTHERS", AND YET WHEN THAT INPUT IS RECEIVED, ALL KINDS OF RATIONALIZATIONS APPEAR, SUCH AS, "THAT IS HIS PROJECTION", "THAT IS HIS PERCEPTION", "I DO NOT NEED TO TAKE ON HIS PROBLEMS". WHY NOT ACCEPT THAT, AS WE HAVE SAID BEFORE, THERE IS NO HELPING EACH OTHER. THE TOOL OF PHOTOGRAPHING IS OF COURSE VALID ONLY WHEN IT COMES FROM A SPACE OF OBJECTIVITY, AND NONE OF YOU IS OBJECTIVE TOTALLY. ALTHOUGH ON OCCASION ALL OF YOU TOUCH UPON THE PERIPHERY OF OBJECTIVITY, AND ARE ABLE TO GIVE VALID PHOTOGRAPHS TO YOUR BROTHERS.

THERE ARE OTHERS IN THE GROUP WHO PLAY ALL TRANSMISSIONS THROUGH THE MECHANICAL BRAIN. YOU JUDGE, IN FACT YOU CANNOT ACCEPT, ANY MESSAGE THAT DOES NOT FIT INTO THE SLOT WHICH YOU ALLOW FOR THE MESSAGE. IF IT DIFFERS, IF IT IS A ROUND PEG IN A SQUARE HOLE, THEN THE MECHANICAL BRAIN PUTS IT ASIDE WITHOUT TRYING IT ON THROUGH THE INTUITIVE PROCESS.

THERE ARE YET OTHERS IN THE CADRE WHO ARE NOT EARNESTLY SEEKING AT ALL, BUT MERELY SEEKING THE WARMTH OF CLOSE PERSONAL RELATIONSHIPS. THOSE OPERATE COMPLETELY AT THE LEVEL OF FULFILLING NEEDS. THEY HAVE NOT YET BEGUN TO UNDERSTAND THE MEANING OF SEARCH FOR TRUTH. AND SO WE SEE YOU AT THESE THREE LEVELS, WITH OCCASIONAL SURGE OF ENERGY THAT TRULY PENETRATES INTO EARNEST SEEKING. INDEED, WHY CATER — WHY NOT RISK "LOSING" THOSE WHO WANT TO BE LOST ANYWAY.

WE HAVE SPOKEN BEFORE ABOUT VULNERABILITY. YOU ALL OPERATE FROM THE BASIS OF INSECURITY IN YOUR PERSONALITIES, WHICH ALL TOO OFTEN STOPS YOU FROM SPEAKING WHAT YOU PERCEIVE. THIS MUST COME TO AN END. IF THERE IS ANY PURPOSE TO OUR BEING WITH YOU, YOU MUST CEASE THIS GAME OF "IF I TELL HIM WHAT I SEE I MIGHT BE WRONG AND HE WON'T LIKE ME". THIS IS NOT CONFRONTATION TACTICS, BUT MERELY ACCEPTING RESPONSIBILITY FOR YOUR PERCEPTIONS, AND HAVING THE STRENGTH OF VULNERABILITY TO EXPRESS THE PERCEPTIONS. THERE IS IN THE LAST ANALYSIS NO CONFRONTATION EXCEPT THAT WHICH OCCURS WHEN THE ESSENCE IS FREE ENOUGH TO CONFRONT THE PERSONALITY. THE CONFRONTATION IS AN INNER THING. THAT IS THE ONLY ONE THAT WILL PRODUCE GROWTH. THERE IS ALSO A LACK OF TRUST AMONG MANY OF YOU IN THAT IF ONE OPENS THE DOOR JUST A CRACK PERHAPS THE LIGHT WILL BE SO BLINDING THAT THAT ONE WILL NOT BE ABLE ANY LONGER TO MOVE IN DARKNESS. IN OTHER WORDS, THERE WILL BE NO MORE EXCUSES POSSIBLE. WE DO NOT JUDGE YOU. IT IS NOT "GOOD" OR "BAD" TO BE IN EITHER OF THE THREE SPACES WE HAVE DESCRIBED. WHAT IS ESSENTIAL IS THAT YOU TURN YOUR EYES INWARD AND SEE CLEARLY WHERE YOU ARE. THERE CAN BE NO MOVEMENT UNLESS ONE COMPREHENDS HIS STARTING PLACE.

12 February 1975

Wednesday

This group engaged in a lengthy discussion of communal living, discipline of small children, the rights of teenagers, and the problem of domestic animals. We then asked the teacher for a comment.

MANY THOUGHTS, OF COURSE. THE WHOLE PURPOSE OF BRINGING YOU TOGETHER COMMUNALLY WAS NOT TO PRESENT YOU WITH INSURMOUNTABLE SITUATIONS AND MORE FRICTION THAN YOU CAN HANDLE. THE PURPOSE INSTEAD WAS TO BRING YOU TOGETHER IN THE WORK. THE MOST STARTLING ADVANTAGE OF ALL WOULD NOT BE APPARENT UNTIL YOU WERE WELL INTO THE VENTURE, AND HAD SOME EXPERIENCE IN DEALING WITH A LACK OF ALIENATION.

THE SUBJECT OF DOMESTIC ANIMALS IS INTERESTING, IN THAT DOMESTICATING ANIMALS WAS ONE OF THE FIRST SYMPTOMS OF GROWING ALIENATION IN THIS CULTURE MANY CENTURIES AGO — ALMOST, IN FACT, AT THE DAWN OF CREATURES OF REASON ON THIS WORLD. ONCE MAN GIVES UP HIS NEED FOR ALIENATION, HE CAN THEN, AND ONLY THEN, LOOK AT THE REASONS FOR HIS NEED FOR SUBSTITUTES. HE USES DOMESTICATED ANIMALS IN LIEU OF PEOPLE. THEY ARE EXPENDABLE, RELATIVELY CHEAP, AND GIVE AWAY NO SECRETS. (IF YOU ARE NOT WEARING A CAPE, HOW CAN YOU CONCEAL A DAGGER?) IF THE TRUST LEVEL IS HIGH ENOUGH, THE NEED FOR SUBSTITUTES WILL DIMINISH. OF COURSE, YOUR NEEDS WILL CONTINUE FOR A TIME, UNTIL YOU ARE WILLING TO LOOK AT THE BASIS OF THE NEED. PERHAPS THERE WILL BE SOME THINGS THAT YOU WILL BE UNWILLING TO GIVE UP, BUT YOU SHOULD AT LEAST LOOK AT THEM, SO THAT YOU KNOW WHERE THE NEED IS. IT IS, AGAIN, NOT BAD WORK AT ALL IF IT IS DONE CONSCIOUSLY AND NOT MECHANICALLY. MANY OF YOUR NEEDS NOW ARE BASED UPON THE CORE BELIEFS AND MASTER TAPES THAT ARE STORED FOR USE BY FALSE PERSONALITY. LOOKING AT THEM COLLECTIVELY WILL BE MORE VALUABLE AGAIN THAN LOOKING AT THEM INDIVIDUALLY, JUST AS LOOKING AT THE CORE BELIEFS AND MASTER TAPES WILL BE.

WE WOULD SEE FACILITATION OF THE WORK IN AS MANY AREAS AS POSSIBLE. SELLING YOUR TALENTS IS NOT BEYOND REACH, BUT YOU CAN ALSO CONSIDER PROJECTS UPON WHICH THE ENTIRE CADRE COULD BE INVOLVED, SUCH AS THE WORKBOOK, THE GREETINGS, AND PERHAPS EVEN THE PAMPHLETS. ALL OF YOU ARE VERIFYING THE DIFFICULTY OF DEALING IN THE MAINSTREAM WHILE IN THE WORK. THIS WILL NOT BECOME EASIER — IT WILL, IN FACT, BECOME MUCH MORE DIFFICULT AS TIME GOES ON. YOU WILL WISH TO DEVOTE MORE AND MORE TIME TO THE WORK AND LESS TO THE MAINSTREAM.

CHILDREN IN THIS CULTURE ARE PERMITTED TO DRAIN OFF ENORMOUS AMOUNTS OF USABLE ENERGY IN THE FORM OF HOSTILITY. THIS IS, OF COURSE, TO BE DEPLORED IN THE WORK. STUDENTS MUST LEARN TO REALISTICALLY LOOK AT THE AMOUNT OF FRICTION CAUSED BY THEIR REACTIONS TO THE CHILDREN. STUDENTS IN A COMMUNAL SITUATION MUST LEARN THAT, IF THE RESPONSIBILITY FOR THE FRICTION BECOMES COMMUNAL, IT WILL NOT BE ALLOWED TO VIOLATE THE INNER SPACES. WE HAVE NO QUARREL WITH FIRM, LOVING DISCIPLINARY MEASURES ISSUED BY THE MOST COMPETENT STUDENT. THIS WOULD ELIMINATE MUCH OF THE FRICTION. LOOKING AT THE OVERLEAVES SHOULD BE EXTENSIVELY USED IN DETERMINING WHO WOULD BE MOST EFFECTIVE IN THE VARIOUS FRICTION-FRAUGHT AREAS. OF COURSE, CHILDREN SHOULD NOT BE ALLOWED TO DESTROY. IF THEY DESTROY IN CHILDHOOD, THEY WILL DESTROY LATER ALSO. AS SOON AS A CHILD HAS REACHED THE AGE WHERE HE CAN HEAR THE WORDS, HE SHOULD BE BROUGHT INTO THE MAIN BODY OF THE TEACHING. IT IS ABSURD TO KEEP CHILDREN IN THE DARK FOR AS LONG AS THEY ARE IN THIS SOCIETY. THEY ARE SO MUCH MORE CAPABLE THAN YOU DREAM, AND THIS CAPABILITY CAN BE EXPLOITED IN SO MANY WAYS YOU WOULD BE ASTONISHED.

IF THE CHILDREN ARE CONCRETELY REWARDED BY BEING GIVEN THEIR FAIR SHARE OF AUTHORITY, THEY WILL MORE READILY ACCEPT RESPONSIBILITY. NO ONE IN THIS TEACHING ACCEPTS KINDLY RESPONSIBILITY WITHOUT AUTHORITY, YET [they] SUPPOSE THAT CHILDREN WILL.

THAT IS NOT THE BIGGEST STRESS POINT, HOWEVER. IT IS THE MANY, MANY EXPECTATIONS THAT STUDENTS HAVE OF THEMSELVES AS PARENTS, AND THE EXPECTATIONS THEY HAVE OF THEIR CHILDREN. IT HAS BEEN OUR EXPERIENCE THAT STUDENTS SERIOUSLY COMMITTED TO THE WORK HAVE FAR FEWER EXPECTATIONS OF THEIR CHILDREN, AS THEY THEMSELVES ARE EXPERIENCING LIFE AND NEED NOT EXPERIENCE IT VICARIOUSLY THROUGH THEIR CHILDREN. IT IS KNOWN TO US THAT CHILDREN RESPOND MORE QUICKLY IN SOCIETIES WHERE THEY HAVE MORE THAN ONE MODEL TO EMULATE. CHILDREN IN THIS SOCIETY ARE NOW THE LATEST TO MATURE WE KNOW OF, AND IT IS BECOMING PROGRESSIVELY LATER ALL THE TIME. STUDENTS MUST LOOK AT THEIR OWN REASONS FOR WISHING TO PROLONG THE

CHILDHOOD OF THEIR OFFSPRING LONG BEYOND ITS USEFULNESS. IT IS A LACK WITHIN THEMSELVES, AND HAS NOTHING TO DO WITH THE CAPABILITIES OF THE OFFSPRING. MANY YOUNGSTERS ARE BEING STUNTED IN THIS REGARD IN THIS PARTICULAR CADRE, AND WE DEPLORE IT.

Someone stated that he was surprised by his painting ability, that years ago he could not paint that well. He seems to be improving all the time. He wonders if he has been given the gift of higher expression by the teacher, or wonders if the energy of the group has anything to do with this.

THE GIFT OF HIGHER EXPRESSION IS THERE, BUT YOU ARE WRONG ABOUT THE SOURCE. YOU SEE, WHEN THE ACTION OCCURS IN REAL SPACE AND IS WORK OF THE ESSENCE, THEN IT ALWAYS TAKES PLACE AT THE MOST POSITIVE POLE OF THE AXIS. WHEN YOU PAINT NOW, YOU NOT ONLY HAVE MOMENTS OF PASSION, BUT HOURS. THIS CAN BE SUSTAINED NOW BECAUSE YOU ALSO SEE THE RESULTS, NOT FROM REPRESSION, BUT FROM PASSION. WE WOULD AGREE THAT, WITH YOUR PRESENT STANDARD OF LIVING AND ALONE, YOU WILL FIND IT DIFFICULT TO MAKE THE PAINTING ALL OF LIFE FOR YOU; BUT WITH THE SUPPORT OF THIS CADRE, IT COULD BE A REALITY NOW THAT YOU ARE WILLING TO LOOK AT THIS AS A POSSIBILITY. NOTHING WILL MAKE THE GIFT OF HIGHER EXPRESSION COME AS EASILY AS WILL ACTS OF, YES, "EXTERNAL CONSIDERATION" [a Gurdjieff expression] — THE ABILITY A STUDENT HAS TO LOOK BEYOND HIS OWN NEEDS TO THE TRUE NEEDS OF ANOTHER STUDENT TO EXPRESS HIS ESSENCE. THE OVERLEAVES ARE GIVEN AS A TOOL, AND AS A TOOL, SHOULD HAVE MUCH VALUE IN DETERMINING WORK FROM ESSENCE, OR DIFFERENTIATING THIS FROM HAIR-BRAINED SCHEMES OF THE MOMENT. WHERE WE HAVE SUGGESTED TO STUDENTS THAT THEIR PURSUITS FOLLOW CERTAIN COURSES, IT IS BECAUSE WE HAVE KNOWLEDGE OF ESSENCE WORK FOR THEM, AND IF THEY WILL ALLOW THIS, THEY WILL FIND THEMSELVES MORE AND MORE IN REAL SPACE. THE CONCEPT OF WASHING DISHES FOR A LIVING WOULD BE ABHORRENT TO MANY STUDENTS, BUT IS ESSENCE WORK FOR OTHERS, AND THEY WOULD BE HAPPIER THUS INVOLVED, ONCE THE STIGMA THAT THIS SOCIETY PLACES ON SUCH ENDEAVORS WERE REMOVED.

Someone asked if there were others in the cadre who could become involved in art rather than in crafts as a source of income for the commune. He also asked for some easy tips on communing .

HIGHER EXPRESSION CAN CERTAINLY BE GIVEN IN THIS WAY, AND WE WOULD SEE MANY OF YOU BRINGING YOUR ESSENCES TO BEAR IN SUCH A PROJECT. AND, YES, DO NOT IGNORE THE REAL TALENTS OF SOME OF THE YOUNGSTERS. BY THIS TIME, IT IS APPARENT FOR MANY OF THEM, THAT SCHOLARSHIP IS A WASTE OF TIME. WHY NOT THEN CAPITALIZE ON WHAT IS FOR THEM IN ESSENCE. WE AGREE THAT IT IS WELL FOR ALL TO LEARN TO COMMUNICATE, BUT BEYOND THAT WE FEEL THAT THE ESSENCE SHOULD BE HONORED. FOR MANY STUDENTS, SCHOLARSHIP IS A WAY OF LIFE AND PLEASURE, NOT A BORE. WHY NOT EXPLOIT THAT ALSO. YES, THEY CAN WRITE BOOKS AND THE LIKE TO PROMULGATE THE LOGOS TO OTHER SCHOLARLY SOULS. YOU CAN EXPRESS THE LOGOS THROUGH THE ARTS. WE WOULD HAVE YOU REVIEW THE PROPHECY WE HAVE GIVEN THIS WORLD, AS WELL AS OTHERS. THE TECHNOLOGY WILL EXPEND ITSELF OF ITS OWN ACCORD, PERHAPS NOT IN THE LIFETIME NOW, BUT IT WILL. THIS IS ONLY A START. WE HAVE SEEN THIS HAPPEN BEFORE, AND ALL WE ASK IS THAT YOU LOOK DISPASSIONATELY AT THE ALTERNATIVES NOW OPEN TO YOU. THAT YOU MAY ACCELERATE THIS, IF YOU WISH, IS THE ESSENCE OF WHICH WE SPEAK.

At this point, many felt the presence of Soleal, and asked him if he wished to speak.

[Soleal:] THE TEACHER HAS ONLY BEGUN TO STRESS THE IMPORTANCE OF POLARITY TO YOU NOW, AND THE USE OF THE MOST POSITIVE POLE OF THE AXES FOR THE WORK. BUT IT IS SIMPLY ASTONISHING TO ME THE PROGRESS THAT HAS BEEN MADE HERE. I WOULD BE THE FIRST TO ADMIT THAT I DID NOT THINK THAT IT WOULD BE POSSIBLE, GIVEN THE ORIENTATION OF YOUR WORLD. IT IS TRUE THAT WHOLE WORLDS ARE VICTIMS ALSO OF THEIR OVERLEAVES, AND OFTEN THIS SERVES TO PREVENT ANY UPWARD SWING FOR MANY CENTURIES — MORE LIKE MILLENNIA FOR THE MOST PART. OURS IS AN INTELLECTUALLY CENTERED WORLD, BUT THERE IS MORE YIN THAN YANG, THUS THE COLD CEREBRATION HAS BEEN MODIFIED BY THE FEMININE ESSENCE. YOURS IS A MOVING CENTERED WORLD, WITH FAR MORE YANG THAN YIN. BUT WHAT IS SEEN NOW IS WHAT WE CAN ONLY CALL THE VIBRATION OF POTENTIAL — IN OTHER WORDS, THE CHANCE FOR CHANGE — AND THIS IS BEING MANIFESTED PRIMARILY IN THE YOUTH OF YOUR SOCIETY. THEY NO LONGER FEEL DUTY-BOUND TO CLING TO THE PRIMARY MODE MANIFESTED BY YOUR WORLD, THAT OF PERSEVERATION, AND ARE NOW MOVING INTO THE UPWARD SPIRAL.

IN THIS AGE, THE TEACHING MUST TRANSCEND CULTURE AND RELIGION. IT MUST REACH FAR MORE THAN ONE TINY NATION-STATE. IT MUST BE PROMULGATED IN FAR MORE TONGUES THAN EVER BEFORE.

YOU, IN YOUR ENTIRETY, CROSS ALL CULTURAL LINES, AND ALL OTHER PHYSICAL BARRIERS. THERE ARE EIGHT HUNDRED FIFTY OF YOU ALTOGETHER.

The group fragmented into lengthy discussions on photographing other students, handling negativity in the moment rather than brooding about it until it blew up beyond the ridiculous. Much negativity was given to the group to look at.

THE STUDENT, ROBERT BURTON, HAS STRESSED THE IMPORTANCE OF COMMUNICATING THROUGH THE CENTERS AND NOT THE OVERLEAVES, AND THAT CANNOT BE STRESSED ENOUGH. WHEN YOU PHOTOGRAPH ANOTHER STUDENT WITH YOUR OVERLEAVES, IT WILL ALWAYS, AND WE REPEAT, ALWAYS, BE FROM A NEGATIVE SPACE, WHERE THE OVERLEAVES ABRASE. WHEN YOU GIVE A PHOTOGRAPH FROM THE CENTERS, IT WILL ALMOST ALWAYS BE VALID. YOU MUST, AND WE REPEAT, MUST, LEARN TO PHOTOGRAPH FROM THE CENTERS AND NOT FROM THE OVERLEAVES. FORGET WHAT THE VERBALIZED ISSUE HAPPENS TO BE — IT IS ALWAYS A LIE — AND DETERMINE WHERE THE TRUE ISSUE LIES. LEARN TO PHOTOGRAPH THE REAL ISSUE IN REAL SPACE.

Someone felt that much of the discussion that had been going on was “bullshit”, and that an inner voice kept telling him that he didn’t have to put up with it. He wondered what overleaf was telling him that it was crap — was it his exalted Role?

WE WOULD AGREE THAT MOST OF THIS IS “BULLSHIT”, BUT BEFORE ANYTHING CAN BE CONSTRUCTIVELY DONE TO ELIMINATE THIS FROM THE CADRE, THE TRUST LEVEL MUST RISE TO THE POINT WHERE THE TRUE ISSUE CAN BE BROUGHT TO THE FRONT. THEN, EVEN THOSE IN EXALTED ROLES AND STRONG CHIEF FEATURES CAN BE INVOLVED IN THE SOLUTIONS. THE PROBLEM OF THE CHILDREN HERE IS A LIE, AND THE TRUE ISSUE HAS NOT BEEN BROUGHT UP BY THOSE CONCERNED. THEREFORE IT PERSEVERATES, AND UNTIL THE TRUE ISSUE IS EXPLORED IN EACH AND EVERY PHOTOGRAPH, NO PROGRESS WILL EVER BE MADE. IT IS, OF COURSE, EASIER FOR THOSE IN EXALTED ROLES TO PUT UP THE FACADE, FOR IT IS MORE IMPORTANT FOR THEM TO SHOW THE WORLD THE “BELLA FIGURA”. THIS IS NOT TO SAY THAT THEY ARE NOT LOCKED INTO THEIR OWN TAPES — ONE [tape] BEING THAT THEY ARE ABOVE IT ALL; AND THAT TAPE NEEDS ERASING TOO. BUT IT STILL REMAINS THAT NO CONFLICT WILL EVER BE SOLVED IF YOU DEAL WITH IT IN ARTIFICIAL SPACE WITH THE OVERLEAVES.

Someone said that finding essence work was hard for him, and wondered what he was missing.

IF YOU REMEMBER THAT THE PRIEST LOOKS AFTER THE NEEDS OF HUMANITY IN A SPIRITUAL SENSE, THIS SHOULD MAKE THE SELECTION EASIER. FOR ONE THING, YOU HAVE SEVERAL CORE BELIEFS STANDING BETWEEN YOU AND THE GOAL, CONCERNING YOUR OWN ABILITY IN THIS REGARD. VERY EASILY, WITHIN THE STRUCTURE WE ARE ENDEAVORING TO BUILD UP IN THIS CADRE, YOU COULD DO THIS. “SPIRITUAL” DOES NOT NECESSARILY HAVE TO BE “ESOTERIC” AND DIFFICULT TO UNDERSTAND. THE JOB MATTERS LITTLE, BUT THE ATTITUDE AROUND THE JOB MEANS ALL. THEREFORE, IF THERE IS MUCH NEGATIVITY AROUND THE PERFORMANCE OF THE JOB, THEN YOU CAN BE SURE THAT IT IS NOT IN ESSENCE FOR YOU.

16 February 1975

Sunday

Someone asked about meditation experience. What is the nullness?

THAT IS WHAT MEDITATION IS ALL ABOUT — “MINDLESSNESS”. FOR SOME STUDENTS AT THIS POINT IN THEIR WORK, INVOLVEMENT IN ACTUAL TRANSACTIONS WOULD BE ANTI-GROWTH, FOR YOU ARE QUITE RIGHT IN THAT IT IS AN INTELLECTUAL CENTER FUNCTION, AND SHOULD NOT BE RELEGATED DOWNWARD. ON THE OTHER HAND, THERE ARE SOME OTHER STUDENTS WHOSE OVERLEAVES DO NOT AT THIS TIME PERMIT THEM TO BE SERIOUSLY ON THE PATH IN A WAY OTHER THAN A CONCRETE SERVICE ROLE, AND THOSE ARE THE ONES YOU SHOULD TAP. YOU ARE CONFUSING MEDITATION WITH CONCENTRATION. THE GOALS ARE VERY DIFFERENT: CONCENTRATION PREPARES YOU FOR A LEARNING EXPERIENCE, MEDITATION DOES NOT; CONCENTRATION LEADS YOU TO THE REALIZED MASTERS, MEDITATION DISCONNECTS THE COMPUTER.

LET US SAY RIGHT NOW: UNQUALIFIED, ALL FEARS COME FROM FALSE PERSONALITY. THE ESSENCE IS FEARLESS. ONLY THE OVERLEAVES FEEL FEAR. ONLY BALANCE WILL SATISFY. BY EXTINGUISHING YOUR CHIEF FEATURE, YOU WILL END THE PRESSURE YOU FEEL NOW. YOUR CHIEF FEATURE OF COURSE NOW STANDS IN THE WAY OF REALIZATION OF THIS, AND MANY OF YOUR “PRESSURED” FEELINGS. AGAPE IS THE GOAL. POSSESSION IS FROM THE OVERLEAVES.

16 February 1975

Sunday

Soleal was present.

[Soleal:] PERHAPS WE SHOULD CLEAR THE AGENDAS, AND THEN I WILL BE AROUND FOR THOSE WHO WISH MORE.

PLEASE STOP ASSOCIATING RELIGION WITH THE “CHURCH”. RELIGION IS THE ECSTASY OF THE LOGOS. IN YOUR SOCIETY THE CHURCH IS A BUSINESS IN ARTIFICIAL SPACE. ONE IS OF THE ESSENCE, ONE IS NOT. ONE IS IN REAL SPACE, ONE IS NOT. PREPARING AN ALTAR FOR THE EXPERIENCE CAN BE THIRD LINE WORK OF THE HIGHEST ORDER, OR IT CAN BE A DRUDGE — OR EVEN WORSE, IT CAN BE A MOCKERY. OR BETTER YET, FOR THOSE IN THE WORK, IT CAN BE THE GIFT OF HIGHER EXPRESSION.

Is this referring to a literal or a symbolic altar?

[Soleal:] IT CAN BE EITHER. WHERE IS YOUR SYMBOLIC ALTAR IF YOU DO NOT HAVE THAT QUIET SPACE? AS LONG AS IT DOES NOT BECOME A CRUTCH, THE MATERIAL ALTAR SERVES THOSE BROTHERS WHO DO NOT HAVE THE ALTAR OF THE SOUL. YOU SEE, IT IS POSSIBLE TO TRANSFER THE PSYCHIC ENERGY TO YOUR BROTHERS, BUT THERE MUST NOT BE AGENDAS IN YOUR WAY OR THE FLOW WILL BE SCATTERED, AND YOU WILL NOT BE ABLE TO TRANSMUTE THE COLLECTIVE ENERGY INTO THE HIGHER EXPRESSION. THOSE TROUBLED AMONG YOU WILL SIMPLY FEED ON THE ENERGY FLOW. THERE IS A WORD IN MY LANGUAGE FOR ONE WHO TAKES THE ROAD OF LEAST RESISTANCE, AND I SEE THIS IN MANY STUDENTS HERE. THIS IS FINE, BUT IT CERTAINLY IS NOT CONDUCIVE TO ENORMOUS LEAPS OF GROWTH. TO FEEL THE RESISTANCE IS TO FEEL THE POLARITY, TO FEEL THE YIN AND YANG OF THE TAO. YOU EVEN USE THE OVERLEAVES TO RESIST THE WORK, SAYING IN EFFECT, “WHY SHOULD I EVEN BOTHER: THE OVERLEAVES ABRADE”. ONLY TODAY HAVE SOME AMONG YOU SUGGESTED FORGING AHEAD WITHOUT LOOKING BACK TO SEE HOW MANY STUDENTS ARE FOLLOWING. WHY DOES IT MATTER WHO FOLLOWS, OR TRULY WHO LEADS? WALK HAND IN HAND, MY BROTHERS. IT IS AN EASIER PATH. IT IS NOT AS GREAT A RISK AS YOU THINK. YOU HAVE NOT LOST A THING WHEN A NON-SERIOUS STUDENT LEAVES THE TEACHING — AT LEAST YOU HAVE LOST NOTHING POSITIVE. WHAT YOU MAY HAVE LOST IS MUCH SCATTERING OF ENERGIES TO THE WINDS. WORKING WITH ONE WHO IS TRULY NOT A STUDENT ONLY WASTES THE ENERGIES OF THE CADRE, AND GRIEVING OVER THEIR LOSS RESULTS IN A TREMENDOUS DRAIN. I DON’T THINK I EVEN NEED MENTION WHAT HAPPENS WHEN YOU FANTASIZE OVER WHAT MIGHT HAPPEN IF THAT ONE OR THIS ONE LEFT THE TEACHING.

Is the following statement true: You are here, and the problem is not when you are coming, but when we can see you?

[Soleal:] IT IS ALSO TRUE THAT IN ANOTHER FRAME OF REFERENCE I AM NOT. MANY WOULD NEVER PERCEIVE THE ETHERIC. OF COURSE, IN THE SENSE THAT YOU QUESTION, THAT IS TRUE. ACTUALLY, THOUGH, ALL OF YOU COULD PERCEIVE ME IN MY PRESENT FORM IF YOU WOULD “OPEN YOUR EYES”. ONLY IN A SENSE ARE YOUR EYES OPEN. THEY ARE OPEN ONLY TO THOSE EXPERIENCES PROTECTED BY THE MASTER TAPES THAT DEFINE REALITY TO YOU. THE EYES, AS THEY ARE NOW, ARE TRAINED TO SEE ONLY THAT WHICH EXISTS IN ARTIFICIAL SPACE. THEY ARE ABLE TO PERCEIVE IN REAL SPACE, BUT THEY MUST BE RETRAINED. THE MASTER TAPES YOU NOW HAVE WOULD NOT ALLOW THIS EXPERIENCE, EVEN IN YOUR DREAMS. YOU RUN FROM IMAGES OUT OF REAL SPACE. THE ESSENCE OF COURSE PERCEIVES IN REAL SPACE. THE PERSONALITY CAN ONLY PERCEIVE IN ARTIFICIAL SPACE. ARTIFICIAL SPACE ENCOMPASSES THE ENTIRE PHYSICAL PLANE.

Someone commented on how important it is to keep our physical shape during spiritual growth.

[Soleal:] I THINK THAT IT IS IMPORTANT. THE FIRST EXPERIENCE OF PERCEIVING REAL SPACE, OR THE EXPANSIVE JOYOUS FREEDOM OF REAL SPACE, IS ALWAYS FRIGHTENING. THE ESSENCE LOVES IT; THE PERSONALITY RECOILS IN HORROR. THERE ARE NO SAFE, COMFORTABLE LIMITS OUT THERE TO BOUNCE OFF OF.

Someone asked a question about Sir Francis Drake.

THE MAN FRANCIS WAS NOT A KING; HE WAS A SCHOLAR — A FOURTH LEVEL YOUNG SCHOLAR, AN IDEALIST IN THE POWER MODE; MUCH ARROGANCE HERE.

21 February 1975

Friday

In meditation I had imagery, flowers blooming and shutting off the bud.

EXPERIENCES SUCH AS THIS ONE SHOULD OCCUR WITH INCREASING FREQUENCY WHEN STUDENTS BEGIN TO EXPERIENCE DEEPER STATES OF CONCENTRATION AND ALLOW THE IMAGES TO MERELY COME INTO THEIR FOCUS. OF COURSE, THERE IS MUCH SYMBOLISM HERE OF THE DRAWING CLOSER, OF THE UNFOLDING AND OPENING, THEN THE RETREAT. THE COLORS WILL USUALLY REFLECT THE COLORS OF THE STUDENTS' AURA, YES, SINCE THESE ARE THE COLORS OF MAXIMUM AFFINITY.

WE WOULD HAVE YOU STOP FOR A MOMENT AND OBSERVE FOR YOURSELVES ALL OF THE ARTIFICIAL RHYTHMS PRESENT IN THIS ROOM.

What was meant by "artificial rhythms"? Does it mean "artificial relationships"?

THAT IS ONE, YES, BUT IT GOES FAR DEEPER THAN THAT. ENERGY, YOU SEE, DOES HAVE A VIBRATORY QUALITY, AND PSYCHIC ENERGY IS NO EXCEPTION TO THIS. IF THE VIBRATORY QUALITY OF THE UNIVERSAL FLOW IS NEUTRAL, AND THE PSYCHIC ENERGY FLOW FROM THE ESSENCE IS POSITIVE, THEN THE VIBRATORY QUALITY OF THE PERSONALITY MUST BE NEGATIVE. WE WOULD CALL THIS "ARTIFICIAL RHYTHM", AS WE WOULD CALL THE OTHER THE "NATURAL RHYTHM". THERE SEEMS TO BE AN INORDINATE AMOUNT OF BACKSLIDING, AND WE MUST POINT THIS OUT. PERSONALITY LIVES WITH ARTIFICIAL RHYTHMS ALWAYS. SELDOM DOES IT EVEN COME INTO CONTACT WITH NATURAL RHYTHMS. SCHOOLS OF THE TYPE WE HAVE BEEN DISCUSSING MANY TIMES WILL PRODUCE AN ENVIRONMENT WHEREIN NATURAL RHYTHMS BEGIN TO FLOW. AS STUDENTS COME TO BALANCE, THEY FIND THEIR OWN RHYTHMIC NICHE AND FOLLOW IT THROUGH NATURAL RHYTHMS, OF COURSE, REQUIRED THAT THE ESSENCE BE SATISFIED WITH ITS OCCUPATION OF THE MOMENT, WHETHER IT IS LOVING, EMOTIONAL, OR INTELLECTUAL. MUCH WORK STILL MUST BE DONE IN DISSOLVING THE GRIP ON ALLUREMENT. THIS STILL HAS YOU FAST IN ITS JAWS, AND WE WISH THAT YOU ALL COULD FEEL THE LEVEL OF VIBRATIONS EMANATING FROM YOU THIS EVENING: DIFFUSE, PEAKED, AND JERKY, WITH NO PARTICULAR PATTERN OTHER THAN DISCORDANCE AND JUMBLED RHYTHMS GOING OFF INTO THE ETHERS (Is that what Gurdjieff meant by "the moon is eating us"?) WITH NO DIRECTION OR FOCUS. AT THIS POINT IN THE WORK, IT IS NOT NECESSARY THAT YOU BE RECEIVING DATA. IN ORDER TO FOCUS, YOU MUST MERELY CONCENTRATE AND FOCUS YOUR ENERGIES. IF YOU ARE BORED WITH THE MATERIAL BEING SHARED, THAT SIMPLY INDICATES TO US THAT YOU ARE COMING FROM AN INAPPROPRIATE CENTER. THE SAME GOES FOR APPREHENSION OVER NEW STUDENTS OR VISITORS WHO HAPPEN TO HAVE STRONG OVERLEAVES. IF YOU RESPOND WITH THE APPROPRIATE CENTER, THE APPREHENSION WILL FADE.

I am aware of the next step for me and it scares the @#%^! out of me.

YOU SEE, TAKING THE NEXT STEP IS DIFFERENT THAN THE PREVIOUS STEPS HAVE BEEN. IT INVOLVES LEAVING SOMETHING BEHIND, POSSIBLY FOR THE REMAINDER OF THIS LIFE. ALSO, THE COMMUNAL LIFE WOULD SET UP MANY NATURAL RHYTHMS, AND YOU WILL RUN FROM THESE. WE INVITE ONLY THOSE WHO TRULY SEE THEMSELVES AS STUDENTS TO TAKE THIS STEP. FOR THOSE WHO DO NOT, IT WILL BE A WASTE OF ENERGY, AND ONLY RESULT IN NEEDLESS NEGATIVITY, FOR IT WILL BE EXPERIENCED IN ARTIFICIAL SPACE THROUGH THE OVERLEAVES AT A VIBRATORY RATE OF UNBELIEVABLE COARSENESS. OF COURSE, WITH THESE CONDITIONS, COMMUNES WILL FAIL EACH AND EVERY TIME.

Regarding recurring dreams of living in a commune, can't find children, everyone turning against me, making love and no privacy, etcetera.

THESE ARE YOUR VERY REAL SURFACE FEARS SYMBOLICALLY EXPERIENCED AS DREAMS. REALLY, THEY ARE NOT EVEN SYMBOLIC. THEY ARE ACTUALLY FAIRLY OVERT FOR DREAMS. ALL OF YOU ARE FACING THESE FEARS TO SOME DEGREE. THE FEELING OF LOSING YOUR CHILDREN IS A COMMON ONE HERE; ALSO, THE FEAR OF NO PRIVACY TO DO YOUR HIDDEN CHORES, OR TO HIDE ALL OF THOSE SLIGHTLY TARNISHED ACTIVITIES THAT YOU CANNOT SHARE WITH ANYONE BECAUSE THEY ARE SO AWFUL. SEX IS ONLY ONE OF THESE THINGS, AND YOU ARE NOT ALONE IN THIS BY ANY MEANS. THERE IS NOT ONE STUDENT IN

THIS ROOM WHO IS NOT BUFFERING THE TRUE FEARS ABOUT COMMUNAL LIVING RIGHT NOW. IT IS NOT NECESSARY THAT YOU LIVE ON A COMMUNE. THIS IS A CHOICE THAT WE WOULD SEE MANY OF YOU STUDENTS MAKE AS A PREFERENCE, RATHER THAN SOMETHING THAT IS BEING FORCED UPON YOU BY AN UNFEELING, NON-HUMAN TEACHER WHO CANNOT POSSIBLY IDENTIFY BY THE WAY OF AWESOME AND ANGUISH OF THE PHYSICAL PLANE. WELL, WE HAVE NEWS FOR YOU. ALL OF THE FRAGMENTS OF THIS ENTITY WERE VERY MUCH ALIVE ON THE PHYSICAL PLANE FOR THOUSANDS AND THOUSANDS OF YEARS, AND WE, AS AN ENTITY, HAVE EXPERIENCED ALL OF LIFE. THE CHOICE IS YOURS, DEAR STUDENTS. WE HAVE ASKED THAT YOU CONSIDER THIS AS A GROWTH POTENTIAL. WE WILL NOT EXPERIENCE A FEELING OF FAILURE. WE WILL MERELY GO ON TO THE DATA-GIVING PHASE UNTIL IT BEGINS TO WEAR THIN WITH EVEN THE MOST TENACIOUS INTELLECTUAL AMONG YOU.

[Up to this point, it appears that we have the vast majority of session transcriptions. It is obvious that a few are missing, because of references to information in later sessions that do not appear in earlier sessions. From here on out, till the last transcription in 1978, few session transcriptions have escaped into the wild. We know that Sarah had other sessions beyond that.]

[Undated] Early Trance Session

WE HAVE THE BODY NOW.

Will you speak to us some words of wisdom?

THE WORDS WE SPEAK, THE WORDS WE WOULD SPEAK, WOULD NOT BE INDIVIDUALLY DIRECTED, BUT RATHER DIRECTED TO THE GROUP AT LARGE. YOU SEE, THIS INDIVIDUALITY THAT MECHANICAL MAN SEEKS IS BUT ANOTHER EXAMPLE OF HIS NEVER-ENDING QUEST FOR COMPLEXITY. REASON: MAN HAS ALWAYS ENDEAVORED THROUGH THE CREATION OF CHAOS, OR OF A CHAOTIC SYSTEM (THEY'RE ONE IN THE SAME) TO CREATE THE ILLUSION OF COMPLEXITY WHICH EXISTS ON THE PHYSICAL PLANE. THIS ILLUSION OF COMPLEXITY, THAT WHICH WE CHOOSE TO CALL "FALSE ORDER", BY ITS VERY CHAOTIC NATURE CREATES ORDER OF A SORT EASILY INCORPORATED INTO THE BELIEF SYSTEMS OF THOSE WHO ARE LIMITED TO IT. THE CONCEPT OF A PHYSICAL GOD WAS CREATED OUT OF THIS VERY CHAOS — THE NECESSITY TO SOLIDIFY. THE SOLIDIFICATION OF THE COSMOS — IN AN IRONIC SENSE, TRUE, OF COURSE, SINCE THERE IS NO SUCH THING AS NOTHING — NO-THING — BUT THE SOLIDIFICATION OF THE COSMOS IS MAN'S FIRST STEP TOWARD EXPLAINING AWAY THOSE UNEXPLAINABLE PHENOMENA WITH WHICH HE IS CONFRONTED WHEN HE FIRST CONFRONTS THE PHYSICAL UNIVERSE. HE MUST, OF COURSE, REDUCE IT TO THE SMALLEST POSSIBLE LIMITS.

Going toward simplicity, is there anything more simple than the Tao?

MORE SIMPLE, NO. THE TAO YOU SEE IS THE ABSENCE OF COMPLEXITY.

Does the soul travel in depth or height, or both?

YOU SEE, THE SOUL IS CAPABLE OF EXISTING IN ALL DIMENSIONS. TRAVEL IMPLIES PHYSICAL SPACE, PHYSICAL SPEED. THIS SOUL NOW EXISTS IN DIMENSIONS BEYOND THE THREE DIMENSIONAL LIMITATIONS WHICH MECHANICAL MAN IMPOSES UPON HIMSELF. THE FREED ESSENCE HAS NO SUCH LIMITATIONS, AND IS FREE TO TRAVEL, OR FREE TO MOVE, OR FREE TO EXIST, IN A MULTIDIMENSIONAL UNIVERSE.

How many multi-dimensions can be experienced by the evolved essence?

THEORETICALLY, THE EVOLVED ESSENCE CAN EXPERIENCE A PAN-DIMENSIONAL UNIVERSE. IN TRUTH, EVEN THE EVOLVED ESSENCE SOMETIMES PLACES LIMITATIONS UPON THIS EXPERIENCE. IN TRUTH, THERE ARE NO BARRIERS TOWARD EXPERIENCING THIS PAN-DIMENSIONAL UNIVERSE.

Is there no center to the universe?

THERE IS NO CENTER.

And yet, we speak of essence. Does the universe have essence?

THERE IS A POINT TOWARD WHICH ALL MOVES AND FROM WHICH ALL EMANATES.

Is this a pan-dimensional point?

YES

Besides space and time, what are some of the other dimensions we commonly experience?

IN THE FIRST PLACE, TIME AS YOU EXPERIENCE IT DOES NOT EXIST IN THE PAN-DIMENSIONAL UNIVERSE.

TIME IN THE PHYSICAL PLANE IS SEEN AS THAT STATIONARY PLANE, THROUGH WHICH, AROUND WHICH, BENEATH WHICH, THE PHYSICAL UNIVERSE REVOLVES. SPACE IS A CONCEPT LIMITED TO THE THREE-DIMENSIONAL PHYSICAL UNIVERSE. THE PRESENT MOMENT CONTAINS ALL OF THE PAST. THE PRESENT MOMENT CAN BE EXPANDED TO ENCOMPASS ALL THAT HAS GONE BEFORE. THE PAN-DIMENSIONAL UNIVERSE EMBRACES BOTH THE CONCEPTS OF INFINITY AND ETERNITY — LIMITLESSNESS AND EXPANSION OUTWARD, AS WELL AS A CONTRACTION INWARD. THE LIMITATIONS THAT YOU PLACE UPON YOURSELVES, WHICH PREVENT YOU FROM EXPERIENCING THE PAN-DIMENSIONAL UNIVERSE, WE WOULD DESCRIBE AS PERHAPS A FIVE POINT PROGRAM BEGINNING WITH AFFECTATION, ACCEPTANCE, ASSIMILATION, ABSORPTION AND ADAPTATION.

How about balance?

WE SPEAK OF BLOCKS NOW. COMING TO BALANCE ENTAILS REMOVING THOSE BLOCKS. BLOCKS EXPERIENCED, BLOCKS ERECTED, BY THOSE IN THIS ROOM HAVE BEEN LARGELY PREDICATED UPON THREE INCIDENTS INVOLVING WITHDRAWAL, RETREAT, [and] DISSEMBLANCE. THIS IS THE SAME FOR MOST OF YOU, NOT LIMITED TO THE ONE WHO ASKED THE QUESTION.

Is there some dimension we might call “feeling”, or “love” or “value”?

OR TRUTH, OR LIGHT. OF COURSE. VALUE, TRUTH, LOVE, FEELING, INTUITION, UNDERSTANDING, KNOWLEDGE. SYNONYMS. NO SUBSTANTIAL DIFFERENCE. KNOWLEDGE IS UNDERSTANDING, IS AGAPE, IS THE GOAL. ONCE THERE IS UNDERSTANDING, THERE IS KNOWLEDGE, THERE IS LOVE.

Can we on this planet participate in this knowledge?

ONLY IF YOU DESIRE TO DO SO; ONLY IF YOU SEEK; ONLY IF YOU ALLOW IT TO UNCRITICALLY FLOW INTO YOUR CONSCIOUSNESS; ONLY IF YOU OPEN YOURSELVES TO THE EXPERIENCE FULLY; ONLY IF YOU ALLOW THE EXPERIENCE TO BECOME THE LIFE. YOU NOW EXPERIENCE THE DICHOTOMY BETWEEN WHAT YOU PERCEIVE AS YOUR SPIRITUAL SIDE AND WHAT YOU PERCEIVE AS YOUR PHYSICAL SIDE. IN TRUTH, THERE IS NO DICHOTOMY, AND THERE CANNOT BE. IF YOU ARE TO EXPERIENCE THIS PAN-DIMENSIONAL UNIVERSE — THIS TRUTH, THIS KNOWLEDGE — THERE IS NO DICHOTOMY. THERE IS NO SPIRITUAL SIDE TO YOUR ESSENCE.

You have told us about man’s habitual rendering complex — the way he complicates things. If we have moments of knowledge and love, it seems difficult to maintain them in this culture. Can you comment on this?

THESE MOMENTS ARE MOMENTS OF UTTER SIMPLICITY. OF COURSE, IT IS DIFFICULT TO MAINTAIN IN THIS STATE, IN THE FALSE ORDER, THE COMPLICATED CHAOS THAT THIS AND OTHER CULTURES LIKE IT HAVE CREATED. AS WE HAVE SAID BEFORE, TO EXPLAIN AWAY THE UNEXPLAINABLE, MAN MUST CREATE FOR HIMSELF THE ANSWER TO ALL THOSE QUESTIONS, THOSE IMPONDERABLES FOR WHICH THERE IS NO PROOF. MAN, IN ORDER TO BE SATISFIED, MUST DEFINE, WITHIN THE LIMITS OF HIS BELIEF SYSTEM, ALL THOSE PHENOMENA WHICH HE OBSERVES. IN MOMENTS WHEN THE ESSENCE BREAKS THROUGH THE BARRIERS, THE TRUE ORDER — THE NATURAL ORDER — BECOMES PERCEIVABLE. MAN TAKES THE SIMPLEST ACTIVITY AND RENDERS IT COMPLEX BY ANALYZING, EXAMINING, GRANTING IT PRIORITY, GRANTING IT PRECEDENCE. WE SHOULD NOT LIMIT THIS SIMPLY TO MAN. THIS IS COMMON TO CREATURES OF REASON THROUGHOUT THE PHYSICAL PLANE. THIS IS NOT UNIQUE TO THAT WHICH YOU CALL MAN. MAN TAKES THE SIMPLEST FUNCTION AND RENDERS IT COMPLEX IN ORDER TO GIVE AN ILLUSION OF IMPORTANCE TO HIS LIFE.

Is the synthesis simpler than the systems that man erects?

IN ITS MOST EVOLVED FORM, YES. IN WORDS SUITABLE FOR COMMUNICATION WITH THE MEMBERS OF THIS ENCLAVE IT BECOMES COMPLEX. AGAIN, CREATURES OF REASON TAKE THE SIMPLEST ACTIVITY AND RENDER IT COMPLEX THROUGH SYMBOLS. THE SYNTHESIS IS NOT COMPLEX. THE SYNTHESIS SEEKS INTEGRATION, SIMPLICITY. CREATURES OF REASON SEEK TO JUSTIFY THEIR EXISTENCE THROUGH EXPRESSIONS OF INDIVIDUALITY, ISOLATION, ALIENATION. CREATURES OF REASON SEEK TO JUSTIFY THEIR EXISTENCE BY ASSIGNING THEMSELVES A ROLE, EVEN A NEGATIVE ONE, IF THAT BE THE CASE, OF SUBROGATION, TAKING THE RESPONSIBILITY FROM THEMSELVES, ASSIGNING THAT RESPONSIBILITY TO A HIGHER POWER, CONVENIENTLY BEYOND THE FIVE PHYSICAL SENSES, AND THEREFORE, UNARGUABLE, UNPROVABLE, UNASSAULTABLE, SAFE, COMFORTABLE, COMPLEX.

(End of trance.)

[The following document appears to be an attempt to produce a “magazine” for public distribution. So far as

we know, there was only this edition and one other in June of 1975, which was labeled Vol. 1 No. 2.]

DIMENSIONS!

April 1975

Vol. 1 No. 1

I am struck by the possibility that our school can become a link, a connecting, mediating force between the existing forces on this planet. This thing called mediation is basically feminine in nature, and if we are to be effective we must come at things from a more Balanced place, so that we can emerge with a combination of qualities which will in fact peak from a whole new center, communicating outward in an all-encompassing manner which will communicate on many levels.

It seems to me that this will occur when we function more and more together, speaking from many Centers, yet as a whole. We have as our model our entity friends on the planes beyond our own, and we have a teacher who functions from such Center. There is no reason why we cannot begin to draw together, to become one another ... to combine the inner search and the outer manifestation.

We need to provide ourselves with an environment in which to become this school ... and this does not necessarily have to be in a commune as yet. We can prepare an environment from where we are right now. We can begin to be together more, and we can present experiences that will facilitate this process.

We can consider the consolidation of some of our households ... maybe by moving into a general area where we can physically reach others in a short time period. We can move in with one another in some cases, and begin mini-communes. Those of us who are relatively unfettered by possessions or family can move about and get to know the rest of the cadre in a more real way by simply spending more time with our brothers and sisters.

In short, we have a teaching ... and with this knowledge comes the fact that we have a task -- to become a school which can effectively share this teaching. We seem to be moving into a new phase now, and it will require the commitment and energy of each of us to help this school to be born.

FROM OUSPENSKY ...

Three Lines of Work:

... An environment that qualifies as a Higher School introduces Three Forces into its work. These three forces, or three lines of work, safeguard the Right Direction of the work and make it successful.

... The First Line of Work is on oneself, study of self, study of the teaching and trying to change the most mechanical behavior. This line of work must begin first. It concerns only yourself (egocentric). You Receive knowledge, ideas, help.

... The Second Line of Work concerns work with other people. This can be in the form of teaching or cooperation. The strain and difficulty of cooperating with others often creates the shocks necessary to affect the upward climb.

... The Third Line of Work is for the School. In doing Third Line work, the student must consider the work in general and the organization as a whole. Tasks may be different for different students. Any work useful or necessary for the growth and the maintenance of the school qualifies.

Students cannot gain full benefit of the work unless they work on all three lines. If you are working on all three lines, you are less likely to become discouraged when you come to a plateau in your personal work. You may, instead, use this plateau as an opportunity to accelerate lines two and three.

... Work for the school will become increasingly important soon. We will have land to cultivate, buildings to erect, publications to prepare. As the school expands, new students will be looking to older students for communication of knowledge and ideas. It will no longer be appropriate to concentrate total effort on first line work.

S. [Sarah Chambers?]

FROM THE TEACHER

We had a long discussion about finances of the commune, spiritual needs and the physical space necessary.

WE HAVE NO COMMENT ON FINANCIAL ALTERNATIVES AS THESE ARE LIFE CRISIS SITUATIONS AND EXCELLENT FRUIT FOR PHOTOGRAPHY. HOWEVER, THERE IS ONE ALTERNATIVE THAT WAS NOT EVEN

DISCUSSED, AND THAT IS ABANDONMENT OF ANY ACTION BECAUSE OF UNREADINESS THAT IS NOW BEING CALLED FEAR AND MANY OTHER EUPHEMISMS. THIS IS OF COURSE A VIABLE ALTERNATIVE AND SHOULD NOT BE DISCARDED WITHOUT SERIOUS CONTEMPLATION. PERHAPS YOU ARE NOT READY TO PART WITH YOUR SUFFERING AND THIS PROLONGATION WOULD GIVE YOU THE SPACE TO EXPERIENCE THE ANGUISH A LITTLE LONGER. YOU ARE QUITE RIGHT. THERE IS NO MORE PREFERABLE SYSTEM AROUND FOR WORKING AGAINST THE OVERLEAVES THAN THE ONE DESIGNED BY GEORGES [GURD]IEFF] AND WE SEE MUCH PROGRESS EVOLVING FROM THE CONTINUOUS SELF AND COMMUNAL REMEMBERING THAT IS NOW OCCURRING. THOSE WHO MAKE THEMSELVES A PART OF THIS TASK FORCE WILL FIND THEIR TASKS OR BURDENS LIGHTENED CONSIDERABLY. THOSE WHO DO NOT MAY CONTINUE TO FIND THEMSELVES TIGHT, HELD-FAST VICTIMS OF THEIR OVERLEAVES. YES, MANY OF YOU HAVE NOW EXPERIENCED THAT MUCH LIES BEYOND THE FIVE CRUDE SENSES OF THE PHYSICAL PLANE. WE FIND THIS ENHANCES THE STUDENT'S MOTIVATION IF HE CAN, AT LEAST ONCE, GLIMPSE THE GOAL HE KNOWS, OR VERIFIES ITS EXISTENCE; BUT WE MUST AT THIS TIME WARN YOU THAT EVEN IF YOU DO MAKE A VOYAGE IN REAL SPACE AND DO EXPERIENCE THE LIBERATION THEREIN, IT IS ONLY A PARTIAL EXPERIENCE. FOR AS LONG AS YOU TAKE YOUR OVERLEAVES WITH YOU, YOU DRAG ALL OF YOUR ARTIFICIAL RHYTHMS INTO THAT SPACE WITH YOU, AND YOU CONTINUE TO PERCEIVE IN A LIMITED SENSE. THIS ACCOUNTS FOR THE FRIGHTENING EXPERIENCES MANY SOULS DO HAVE WHEN THEY VENTURE INTO REAL SPACE WITHOUT THE NECESSARY GROUNDWORK. IT IS UTTERLY TERRIFYING TO MOST OF THEM. IF YOU DO NOT WISH TO CONFRONT ASTRAL DRAGONS THEN YOU MUST LEARN NOT TO CREATE THEM WITH YOUR OVERLEAVES. IF YOU DO NOT WISH TO CONFRONT DEMONS THEN YOU MUST FIRST LEARN OR VERIFY FOR YOURSELF THAT THERE ARE NONE. IN OTHER WORDS, IF YOU WISH TO WALK YOU MUST FIRST LEARN TO STAND.

IT HAS BEEN OUR EXPERIENCE THAT THE MOST SIGNIFICANT PROGRESS IN THE WORK IS ALWAYS MADE BY GROUPS OF DEDICATED COMMITTED STUDENTS, TOGETHER WORKING TOWARD THE GOAL OF AGAPE. THIS CAN ONLY BE DONE IN ANY STEADY SENSE IN A COMMUNAL SETTING, IN THAT THERE MUST BE CONTINUITY AND THERE MUST BE OVERLEAVES THAT ARE INCOMPATIBLE FOR THE WORK TO BE CONTINUOUS. MOST IN LIFE CHOOSE TO LIVE WITH ONLY THOSE OTHER SOULS WHOSE OVERLEAVES COMPLEMENT THEIR OWN. IF YOU WISH TO PHOTOGRAPH YOUR FALSE PERSONALITY AT WORK, THEN YOU MUST BE IN A SITUATION WHERE THE OVERLEAVES ABRADE. THEN AND ONLY THEN CAN REAL PROGRESS TAKE PLACE. IN A LIMITED SENSE THIS CAN BE DONE IN SMALL, SCATTERED GROUPS, AND WE WOULD SEE THIS EVEN BEFORE WE WOULD SEE TOTAL SEPARATION OF THE "LIFE" AND THE WORK. YOU SEE, IT IS WHEN THE LIFE BECOMES THE WORK THAT THE GIFT IS GIVEN. AS LONG AS THERE IS A SCHISM THERE IS LIMITED CHANCE FOR AWAKENING. THE DISCONTINUITY SEVERELY RETARDS THE GROWTH. THE MORE CONTINUITY, THE MORE GROWTH. DEAR STUDENTS, IT IS NOT EASY. PLEASE BELIEVE US. WE NEVER INTENDED TO DELUDE YOU FOR ONE MOMENT INTO THINKING THAT WHAT WE BRING IS EASY. IT IS LONG AND STEEP, THIS PATH YOU HAVE ASKED TO WALK. IT REQUIRES DISCIPLINE. IT REQUIRES AGONIZING REAPPRAISAL. IT REQUIRES ALL THAT YOU CAN POSSIBLY GIVE IN THIS LIFE. IT REQUIRES YOU, THE SUM TOTAL OF WHAT YOU CALL YOUR SELF. THEN AND ONLY THEN, WHEN THIS IS THROWN INTO THE RING, CAN THE WORK BEGIN. IT MUST BECOME A TWENTY-FOUR HOUR AGREEMENT WITH US AND WITH YOURSELVES. THIS AGREEMENT MUST BE RENEWED EACH TIME THE PATH BECOMES OBSCURED BY LIFE CRISES.

EARLIER IN THIS CADRE'S LIFE TOGETHER WE MENTIONED THAT THE PATH WOULD BE LONG AND STEEP. MANY HAVE SINCE ASKED FOR A KEY TO SPIRITUAL GROWTH, AND THIS IS WHAT WE HAVE ATTEMPTED TO GIVE. YOU HAVE AMONG YOU SEVERAL WHO CAN TEACH IN A POSITIVE PHYSICAL WAY, AND HELP STUDENTS RECOGNIZE THEIR OVERLEAVES AT WORK. WE WILL, OF COURSE, NEVER HESITATE TO PHOTOGRAPH WRONG WORK IN STUDENTS. HONESTY, PERHAPS, COULD BE IMPROVED UPON HERE WITHIN THIS FRAMEWORK. OF COURSE, BY NOW WE ARE CERTAIN THAT ALL OF YOU REALIZE THAT THE TASK OF PHOTOGRAPHING EACH OTHERS' OVERLEAVES IS PERHAPS THE MOST DIFFICULT TASK YOU HAVE TAKEN ON SO FAR. THIS, OF COURSE, CAN BE FACILITATED BY A BIT OF HONESTY ANYTIME YOU WISH. HONESTY IS IMPOSSIBLE FOR THE FALSE PERSONALITY, SO IT IS GOING TO HAVE TO COME FROM SOMEWHERE ELSE, ISN'T IT?

IF YOU ARE THROWN TOGETHER IN THE WORK ON A CONTINUOUS BASIS, THEN YOU GIVE YOURSELF NO CHOICE. YOU MUST SURVIVE AND IN ORDER TO SURVIVE, YOU BEGIN TO DO THE WORK, OR YOU SEE YOURSELF BEING LEFT FAR BEHIND BY OTHERS. YES, THE PATH IS STEEP BUT IT IS, AND MUST BE, ALSO JOYOUS. THERE IS ENORMOUS SATISFACTION AT THE END OF EACH MILE SUCCESSFULLY WALKED. WE WOULD NOT EXPECT THAT YOU WOULD BE UTTERLY WITHOUT JOY. IF YOU WERE THEN YOU COULD

NOT GROW AT ALL. JOY IS AN INTEGRAL PART OF AGAPE AND THEREFORE AN INDISPENSABLE PART OF THE GOAL OF THIS TEACHING. THIS JOY, OF COURSE, IS NOT TO BE EXPERIENCED BY THE PERSONALITY, SO IF YOU ARE TO HAVE THIS, IT ALSO IS GOING TO HAVE TO COME FROM SOMEWHERE ELSE. THE JOY IS THERE FOR THE ASKING. IT CAN BE IN A WALK IN THE WOODS, A MEAL PREPARED AND SHARED IN A COMMUNITY, A MOVING CENTERED ACTIVITY SUCH AS A GAME, A SHARED MEDITATIVE PERIOD. IT CAN BE FOUND IN ANYTHING, BUT ONLY IF THE OVERLEAVES DO NOT INTERFERE. THE MINDLESSNESS THAT IS PRELIMINARY TO SUCCESSFUL MEDITATION CAN ALSO BE USED TO PREPARE ONESELF FOR JOY. IN FACT, IT IS PERHAPS THE MOST CERTAIN PREPARATION THAT WE KNOW OF. OF COURSE, MUCH JOY WILL OCCUR OF ITS OWN ACCORD, AS THE STUDENT BEGINS TO EXPERIENCE THE STEP-BY-STEP LIBERATION OF THE ESSENCE. STUDENTS MUST NOT DEPEND UPON EACH OTHER FOR THE CREATION OF AN EXPERIENCE. THEY MUST CREATE, AND SHARE THEIR EXPERIENCES. WHAT HAPPENS MOST OFTEN IS THAT STUDENTS WITH SOFT OVERLEAVES LOOK TO THOSE WITH HARDER ONES TO CREATE EXPERIENCE FOR THEM. THIS IS NOT VALID. NO ONE CAN CREATE AN EXPERIENCE FOR ANYONE ELSE. IT MUST COME FROM WITHIN AND BURST FORTH. IT MUST FREE ITSELF FROM THE OVERLEAVES. BALANCED MAN CAN EXPERIENCE HIS EXPERIENCE ... YOU CANNOT. THERE AGAIN, IF YOU ARE TO TRULY EXPERIENCE ANYTHING AT ALL POSITIVELY IT MUST COME FROM OTHER THAN THE OVERLEAVES. MECHANICAL MAN IS IN AN ENVIABLE POSITION. HE DOES NOT HAVE TO DO TO THINK OR EXPERIENCE. HE MERELY HAS TO PLAY HIS TAPES. MECHANICAL MAN, OR MAN ASLEEP, DOES NOT COMMUNICATE, AT LEAST NOT IF ONE IS TO POSIT COMMUNICATION AS A TWO-WAY STREET. ONE OF THE MOST USEFUL SHOCKS WE HAVE SEEN APPLIED BY BOTH ADEPTS AND MASTERS IN THEIR SCHOOLS, HAS BEEN WHEN THEY HAVE, FROM A POSITION OF AWAKENESS (OPERATING NOT FROM PERSONALITY BUT FROM ESSENCE) HAVE ASKED SOMEONE TO LEAVE THE SCHOOL. THIS HAS MANY TIMES BEEN ENOUGH OF A SHOCK TO TRANSFORM A LEECH INTO A STUDENT. YES, IT IS A NEGATIVE SHOCK, BUT IT IS CERTAINLY NOT DELIVERED OR DUMPED FROM THE NEGATIVE POLE OF THE OVERLEAVES [WHICH] RESULTS IN LEAKAGE DOWNWARD. ALL NEGATIVITY COMES FROM THE NEGATIVE. THEREFORE, WE CERTAINLY DO NOT CONSIDER IT GOOD WORK. MANY HERE TONIGHT UNDERSTAND THE PRINCIPLE INVOLVED IN CHOOSING NOT TO LOCK INTO THE OTHERS' BAD SPACES AND TO CHOOSE TO PRESENT A NEUTRAL FAÇADE AT THESE TIMES. THIS REQUIRES A CONSCIOUS ACT OF WILL AND THIS IS WHAT WE WISH YOU ALL TO STRIVE FOR. NO, WE WOULD DISAGREE, THERE IS NO POSITIVE ANGER OR DREAD, OR ANY OF THOSE THINGS, BUT THE OVERLEAVES CAN ALWAYS MANAGE TO JUSTIFY ANY OF THESE AT THE DROP OF A HAT. WHAT WE HAVE CONSISTENTLY WARNED AGAINST IS THE REPRESSION OF HOSTILITY, WHICH IS A VICIOUS FORM OF INNER CONSIDERING. THIS DOES LEAD TO "SICKNESS" OF A SORT, AND IT IS THE CHOICE THAT WE WISH TO SEE IN YOU. THE EXERCISING OF WILL – THAT IS NOW THE GOAL. AS LONG AS YOU ARE REACTING NEGATIVELY THERE IS AN OVERLEAF IN CONTROL. WHEN YOU REACT POSITIVELY, THEN THE ESSENCE MAY BE POKING THROUGH THE SNOW BANK. PHOTOGRAPHS CAN GO BOTH WAYS NOW. YOU MORE ADVANCED STUDENTS COULD BEGIN TO SEE THE POSITIVE CHANGES IN EACH OTHER AND PHOTOGRAPH IT. IT IS QUITE MECHANICAL TO ONLY PHOTOGRAPH THE NEGATIVE, AND IT IS FROM THE OVERLEAVES WHEN IT IS THE ONLY THING YOU CAN SEE IN YOUR BROTHER. SHOCK CAN BE DELIVERED FROM THE APPROPRIATE CENTER BY AN ADVANCED STUDENT ONLY IF THE ABSOLUTE CERTAINTY IS THERE. TWO OF YOU ARE NOW IN A POSITION WHEREIN YOU COULD DELIVER SHOCK FROM A POSITIVE SPACE AND HAVE IT [BE] APPROPRIATE, BUT EVEN YOU TWO HAVE PROBLEMS WITH TIMING, AND THIS CAN RESULT IN THE SHOCK BECOMING NEGATIVE.

MORE FROM THE TEACHER.

SOME PROVISION MUST BE MADE BY THIS GROUP TO INTRODUCE THE WORK TO NEW STUDENTS WITHOUT EXPOSING THEM TO A ROYAL EMBROILMENT BETWEEN ABRADING OVERLEAVES. THIS IS TO US EXTREMELY POOR ADVERTISEMENT AND IS NOT WHAT IS MEANT BY LOW-KEY INDUCEMENT. THE ABRASIONS MUST BE MET AND DEALT WITH BUT THIS EXERCISE DOES NOT BELONG IN MEETINGS OPEN TO NEW STUDENTS. BECAUSE THERE CAN BE MUCH NEGATIVITY IN THE OVERLEAVES. THE METHOD OF NOT EXPRESSING THE NEGATIVITY IS AN EXERCISE THAT IS EFFECTIVE FOR THESE INTRODUCTORY SESSIONS AND SHOULD BE USED. OF COURSE, IT IS BAD WORK TO CONSTANTLY DISRUPT A LINE OF WORK, AND IF THIS IS DONE IN SLEEP, IT IS REPREHENSIBLE. MANY OF YOU ARE STILL UNABLE TO DIFFERENTIATE BETWEEN A TAPE LOOP AND A VALID PERCEPTION, AND THIS IS THIN ICE. YOU MUST FIRST FIND YOUR OWN INDIVIDUAL LEVEL OF AWARENESS. IN YOUR ROLE AS TEACHER YOU MUST FUNCTION WITH EACH STUDENT AT THE LEVEL ON WHICH HE STANDS. THAT IS THE GREATEST CHALLENGE TO YOU ALL -- FOR YOU NOW TEND TO MEET EVERYONE HEAD-ON AT YOUR OWN LEVEL.

GENTLENESS AND FORCEFULNESS ARE BOTH TEACHING TOOLS. AGAIN WE SAY, YOUR TASK IS TO PERCEIVE CORRECTLY THE OTHER PERSON WITH WHOM THE CONTACT IS MADE. THE NEED IS NOT FOR DRAWING IN NEW STUDENTS. THE NEED NOW IS FOR CONCILIATORY WORK AMONG THOSE WHO ARE IN THE TEACHING OR WILL BE DRAWN TO THE TEACHING.

METHODOLOGY AMONG YOU IS MOST INTERESTING AS YOU USE IT UPON ONE ANOTHER. IN GROUP PHOTOGRAPHS WE WILL GIVE YOU THE COMPLETE INEFFECTIVENESS OF METHODS SEPARATED FROM TRUTH. OF COURSE, THEY ALL "WORK," AND ALL OF YOUR PSYCHOLOGICAL TEACHING HAS AFFIRMED THEIR VALIDITY.

WE SPEAK OF A HIGHER TRUTH AND A HIGHER TEACHING. THIS WILL NOT BE REACHED THROUGH METHODOLOGY. THIS IS NOT TO NEGATE THE USE OF YOUR TECHNIQUES. IT IS MERELY A PHOTOGRAPH IN THE HOPE THAT NOW, RATHER THAN LISTEN TO THE TEACHING, YOU FINALLY MOVE TO EXPERIENCE THE TEACHING. THAT WILL DEEPEN WITHIN. WHERE THERE IS NO HELPING, NO ASSISTING, THERE IS MERELY BEING -- THE BEINGNESS ON THE PATH.

THERE IS A POINT IN THE WORK WHERE NO "METHODS" ARE EFFECTIVE. THIS IS THAT LEVEL WE HAVE GIVEN AS TRUTH IN BEING. THE ONLY TECHNIQUE YOU CAN POSSIBLY EMANATE, AT THAT POINT, IS YOUR OWN DEMONSTRATION -- BY YOUR OWN EXAMPLE, YOU TEACH. AT THAT POINT THE STOP EXERCISE WILL BE REALITY, FOR YOU WILL KNOW WHEN.

PERHAPS WE SHOULD CLARIFY OUR POSITION. THREE FORCES HAVE COME TOGETHER AND ASKED FOR COSMIC INFLUENCE. WE ARE TO PROVIDE THAT AND PASS [ON] THE SYSTEM BY WHICH YOU MUST TEACH AND LEARN TRUTH IN BEING.

IF YOU LOSE ONE OF THESE, YOU WILL ALSO LOSE YOUR EFFECTIVENESS AND EVENTUALLY ALSO LOSE CONTACT AND BE LEFT WITH A FALSE TEACHING -- AN INCOMPLETE SYSTEM. TEACHERS ARE DEVELOPING AMONG YOU NOW, BUT THEIR DEVELOPMENT IS FAR FROM COMPLETE AND NEEDS MUCH REFINEMENT, WHICH ONLY ONE WHO IS IN LEADERSHIP CAN GIVE YOU. WE STAND IN FOR THAT STEWARD NOW, AS WE HAVE DONE WITH MANY FORMING SCHOOLS. RIGHT NOW, RECOGNITION OF A STEWARD WOULD BE SO POOR THAT YOU COULD NOT ACCEPT WHAT WE GIVE TO YOU FROM ONE ON THE PHYSICAL PLANE.

WE HAVE SAID THAT METHODS WORK, AND THAT IS TRUE WITHIN THE LIMITATION OF THE METHOD. WHAT IS IT THAT YOU WISH TO ACCOMPLISH? IF IT IS BALANCE, THEN THERE IS ANOTHER METHOD WHICH MUST BE USED THAN A METHOD WHICH WOULD PRODUCE PSYCHOLOGICAL WELL-BEING. IT IS ALSO TRUE THAT BALANCE IS MADNESS, AND THEREFORE IN DIRECT CONFLICT WITH PSYCHOLOGICAL WELL-BEING.

INNER TURMOIL -- THE ANGER AT ONESELF -- ALWAYS RESULTS FROM UNREASONABLE EXPECTATIONS THAT AT LEAST ONE OVERLEAF HAS OF THE OTHERS, AND SINCE THERE IS VIRTUALLY NO COMMUNICATION BETWEEN THE POLES OF OVERLEAVES -- THE "MANY I'S" -- THEN THESE EXPECTATIONS ARE ONLY CLEAR TO A FEW OF THE OVERLEAVES, WHILE THE OTHERS ARE IN THE DARK. THERE AGAIN, THE LEAK IS DOWNWARD AND RESULTS IN THE SAME PATTERN. YES, THIS IS THE SAME AS INNER CONSIDERING.

[At the end of the document, there was a graphic depiction of three flowers with three birds flying above.]

13 April 1975

Saturday

Why do I have a headache (implying higher force may be coming through)?

A HEADACHE IS A SYSTEMIC PROCESS OF THE BODY TO SIGNAL ITS DISCOMFORT. YOUR HEADACHE IS DUE TO MINIMIZED SERUM LIPID [fat in the blood] LEVELS. (She had been fasting.)

What do we need to further our contact?

A PRACTICE OF MEDITATIVE BREATHING IN ACCORDANCE WITH THE KNOWLEDGE YOU HAVE TO PUT YOUR BODIES IN REPOSE SO THAT THE MIND IS ABLE TO FREE ITSELF TO PROVIDE AN OVERVIEW TO WHAT YOUR NEEDS ARE. THE ANSWER THEN WILL ARISE OUT OF YOUR OWN BEINGS.

WE ARE A CREW OF PEOPLE WAITING TO MAKE CONTACT WITH ANY INTELLIGENCE WITHIN GALACTIC SPHERES OF UNIVERSAL SPACES. PLEASE EXERCISE MORE DILIGENCE FROM HENCEFORTH IF YOU WANT TO GAIN SOME INKLING OF A TERMINAL KNOWLEDGE POOL THAT OPERATES FOR THE GOOD ONLY.

THERE WILL BE NO PAINFULNESS IN THE BODY WERE THE BODY TO KEEP ITSELF REGULARLY FED. FASTING WITHOUT PROPER MENTAL PREPARATION CAN INTERRUPT THE ACCEPTED BEHAVIORAL STIMULI OF THE

BRAIN CELLS. THE INTENTION TO FAST MUST IN ADVANCE BE DETERMINED OR THE BODY REACTS IN PAIN.

[Question was deleted or lost.]

THE SYNTAX OF AN INTELLIGENT SOURCE DOES NOT MEET WITH INSTANT APPROVAL FROM ANOTHER INTELLIGENT SOURCE. TO GRIP ONTO THE WIDE RANGE OF INFLUXES AND NUANCES IS DIFFICULT WORK, AND THEREFORE BOGS DOWN COMMUNICATION LINKS. WE WOULD PREFER TO DEAL IN A VERY NATURAL SYNTAX THAT IS UNHINDERED BY SUPPOSED CORDONS THAT OPERATE FOR THOSE ONLY WHO ARE GIVEN TO SEEKING A PRIMARY CRUTCH SUCH AS THE PHYSICAL BODY IS SO ACCUSTOMED TO THROUGH THE FIVE SENSES WHERE PSYCHIC DIMENSIONS ARE NOT ACCOUNTED FOR.

15 April 1975

Monday

DURING THIS PERIOD OF TIME, SERIOUS STUDENTS COULD BEGIN TO WORK ON CONSOLIDATING EXISTING HOUSEHOLDS AND BEGIN TO LIVE TOGETHER IN WHAT IS NOW AVAILABLE.

CREATING A FRICTIONLESS COMMUNE WILL NOT HELP ANYONE'S GROWTH. IT IS THE FRICTION THAT PRODUCES THE SHOCKS FOR GROWTH. JUMPING FROM ONE WELL-FEATHERED NEST INTO ANOTHER PRODUCES NO FRICTION. SECOND, WE WOULD RECOMMEND THAT AS MANY OF YOU AS CAN POSSIBLY DO IT, MAKE THE TRIP TO THE PROPERTY BELONGING TO THE MAN, _____, [leader of a Gurdjieff/Ouspensky commune] SIMPLY TO EXPERIENCE WHAT ONE TRULY NEEDS TO LIVE, AND [experience] AN ENVIRONMENT IN WHICH GROWTH CAN OCCUR. THEN, DURING THE NEXT SIX MONTHS, CONSIDER THIS ENVIRONMENT AND WHAT [negative poles of] OVERLEAVES REJECT IT.

We have a diagram of a mountain, showing levels of progression as well as overleaves and Centers. Someone felt that she was too identified with the drawings — ladders, etc.

[Our] THIRD [recommendation:] OF COURSE, THE MOUNTAIN IS NOT TRUE; NEITHER ARE THE OVERLEAVES, AND IT IS ALSO TRUE THAT THERE IS NO ANATOMIC LANDMARK THAT YOU CAN DISTINGUISH AS A CENTER. THEY ARE ALL VISIBLE EXPRESSIONS OF HIGHER CONCEPTS. BEWARE OF THE IDENTIFICATION WITH NON-IDENTIFICATION.

EXCLUSIVITY FOR THE SOLE PURPOSE OF AVOIDING FRICTION IS BAD WORK AND SHOULD NOT BE SANCTIONED, ESPECIALLY BY ADVANCED STUDENTS. THERE IS AN AWESOME ORDER TO THE COSMOS. YES, WE AGREE WITH THAT, BUT THERE IS NO EVIDENCE OF PREORDINATION IN ALL OF THAT ORDER. IN OTHER WORDS, WE CANNOT, AT THIS MOMENT, PREDICT WHO WILL OR WON'T ACCEPT THE WORK. NO ONE OF THE NEW PEOPLE HAS OVERLEAVES THAT WOULD MAKE THEM UNSUITABLE FOR THE WORK. MANY ARE DEEPER INTO THE INSTINCTIVE CENTER — IN FACT, ALMOST TRAPPED THERE. WE ALSO AGREE WITH THAT, BUT THIS SHOULD BE EXPLOITED AND NOT RUN FROM AS THOUGH IT MIGHT CONTAMINATE YOUR HIGHER STATES. NONE OF YOU IS UNABLE TO COMBAT THIS [Instinctive Center] "BULLSHIT" SHOULD YOU CHOSE TO DO SO. EXCLUDING A SOURCE OF VALUABLE FRICTION IS JUST ANOTHER EXCUSE, THE SAME AS LOOKING FOR THE IDEAL LAND PACKAGE THAT WILL GRATIFY ALL THE [negative pole of the] INSTINCTIVE CENTERS INVOLVED [with their desire for physical comfort]. INSTINCTIVE CENTERS [dependence on creature comforts] MUST BE RENDERED UNAPPEALING OR YOU WILL LOSE THE WORK. NONE OF YOU IS CAPABLE OF ACTIVATING THE SEXUAL CENTER AT WILL, SO YOU MAY AS WELL STOP WORRYING ABOUT THAT ONE TOO. ALL [the Centers] YOU NEED BE CONCERNED WITH AT THIS TIME ARE THE THREE CENTERS OF WORK [which need to be balanced: Moving, Emotional, Intellectual].

IT IS ALSO TRUE THAT NO WORK CAN BE DONE BY ANY STUDENT UNTIL THIS IS UNDERSTOOD ON MORE LEVELS THAN THE INTELLECTUAL. THE MOUNTAIN [analogy] MAY NOT BE A PHYSICAL REALITY, BUT THAT PLATEAU IS QUITE REAL FOR THOSE UPON IT, AND TO THOSE AWAITING THE PULL UP ONTO THE PLATEAU.

WE FIND THE EFFORTS OF _____ NO MORE OR LESS FOCUSED UPON THE WORK THAN BEFORE. THIS LITTLE DOCUMENT [of hers, of transcriptions of sessions] IS RELATIVELY HARMLESS, AS LONG AS NO ONE ELSE BUT _____ IS IDENTIFIED AND IT IS UNDERSTOOD THAT THIS DOES NOT REPRESENT THE "WORD".

ALSO, DO NOT IDENTIFY HEAVILY WITH [a potential leader's] STRONG OVERLEAVES IN A MANNER WHICH WOULD PERSUADE YOU TO ACCEPT AS A TEACHER ONE WHO IS NOT YET READY FOR THAT.

THERE IS ANOTHER AMONG YOU VERY CLOSE TO THE EDGE SO THAT SIX MONTHS AT THE PRESENT PACE WOULD AFFECT BALANCE [of Centers]. [We suggest you] WORK TOWARD THIS ALSO. IT WILL BE AN

EXPERIENCE IN “BEING”. EXPERIENCES SUCH AS THIS SHOULD BE CAUTIOUSLY INTRODUCED TO ALL STUDENTS, A FEW AT A TIME.

THE TERM “REAL SPACE” HAS NOTHING TO DO WITH GIVING THE OVERLEAVES SPARE TIME TO RUN THEIR TAPES, AS THE TERM “NATURAL RHYTHMS” HAS NOTHING TO DO WITH SLOTHFULNESS. THE SYSTEM THAT WE RECOMMEND THAT YOU USE TO BRING THE OVERLEAVES UNDER CONTROL IS NO LONGER A TEACHING — THIS IS TRUE. GEORGES [Gurdjieff] IS DEAD — THIS CANNOT BE DENIED. IT REMAINS, HOWEVER, THAT THIS SYSTEM, REINFORCED BY COSMIC INFLUENCE, IS VALID. IF YOU SPLINTER TOO MUCH AND DIVERGE TOO FAR, YOU WILL LOSE THE COSMIC INFLUENCE AND THEN YOU WILL HAVE NOTHING. IT IS TRUE THAT NONE OF YOU HAS DILIGENTLY APPLIED ALL OF THE TOOLS WE HAVE SUGGESTED. FOR INSTANCE, ONE MEDITATES AND CONCENTRATES, BUT IS DISINCLINED TO STUDY. ANOTHER STUDIES AND MEDITATES; YET ANOTHER STUDIES. ALL OF YOU MUST PLUNGE IN AND AT LEAST TRY.

YOU ALL THINK THAT IT WOULD BE MARVELOUS IF SOLEAL WERE TO COME AND BE YOUR TEACHER. WE HAVE NEWS FOR YOU. WERE HE TO DO THIS, THERE WOULD BE MANY RESTRICTIONS IMPOSED UPON INSTINCTIVE CENTERS IMMEDIATELY. NOT ONLY WOULD THERE BE NO SMOKING IN THE HOUSE, BUT THERE WOULD PROBABLY BE NO SMOKING [at all], AT LEAST WHERE HE SENSED THAT THE HABIT HAD YOU UNDER CONTROL. THE EATING THAT THE GROUP DOES WOULD BE ANOTHER AREA UNDER SCRUTINY. THIS ADEPT HAS REMARKED UPON THIS BEFORE.

AS YOU ARE AWARE, THIS ADEPT WAS EMOTIONALLY CENTERED AS A YOUNGSTER. HIS TEACHER SENSED THIS AND SENSED THE DEPTH OF THE TRAP. HE THEREFORE SENT SOLEAL TO WORK IN A QUARRY UNDER HIGHER GRAVITY THAN HE WAS ACCUSTOMED TO ON HIS OWN WORLD, AND THAT YEAR THE WORK WAS SO STRENUOUS THAT THIS YOUNGSTER ACTUALLY TRADED TRAPS [and went into Moving Center]. IT WAS NECESSARY FOR SURVIVAL. THEN HE WENT BACK TO HIS INTELLECTUALLY CENTERED ENVIRONMENT, CHARGED WITH MOVING CENTERED ENERGY, AND FOUND HIMSELF WITH NO ALTERNATIVE BUT TO OPEN THE INTELLECTUAL CENTER. THIS EXPERIENCE AND OTHERS LIKE IT WERE RESPONSIBLE FOR HIS PRESENT LEVEL. PLEASE BELIEVE US, THAT QUARRY IS NO PICNIC. [It provided plenty of friction.] IT SNOWS THERE SIXTEEN MONTHS OUT OF THEIR YEAR OF TWENTY, AND THE SNOW IS OFTEN FOUR TO FIVE FEET DEEP OVER THE ENTIRE LANDSCAPE. REMEMBER ALSO THAT SOLEAL LIVES NEAR THE EQUATOR OF HIS HOME WORLD.

DISCIPLINE MUST OCCUR ON ALL THREE LEVELS [lower Centers] IF IT IS TO BE EFFECTIVE. IT CANNOT MERELY BE THE DISCIPLINE IMPOSED BY INTELLECTUAL CENTER. IT MUST ALSO INVOLVE SHUTTING DOWN THE ARTIFACT AND EXPERIENCING EMOTIONAL CENTER AS A BAROMETER. IT MUST INVOLVE MOVING CENTER AS THE ACTING OUT CENTER AND NOT AS THE THINKING CENTER. JOY CAN BE EXPERIENCED. IT CANNOT BE ADEQUATELY EXPRESSED THROUGH OTHER THAN TELEPATHY. WHEN YOU FEEL JOY, WHY EXPRESS IT IN AN INSTINCTIVE WAY. WHY NOT INSTEAD TRY TO CONVEY THIS WITHOUT WORDS.

FOR CLARITY’S SAKE WE WOULD HAVE GIVEN THE PARTS OF OTHER CENTERS AS “THINKING, REACTING, AND ACTING” PARTS.

Then Emotional Center doesn’t have these parts?

NOT IN A TRUE SENSE, NO. NEITHER DOES THE SEXUAL CENTER. INSTINCTIVE CENTER DOES EXPRESS ITSELF, USUALLY THROUGH THE ACTING PART OF THE MOVING CENTER, BUT AT TIMES THROUGH THE THINKING PART. THEN THIS CARRIES MORE OF A WALLOP.

What do we mean by “reacting”?

REACTING MEANS ACTING AGAIN. IN OTHER WORDS, PLAYING A TAPE MADE DURING A PREVIOUS OCCASION.

Am I in Emotional Center when I am meditating? It seems like I am simply perceiving.

SOMETIMES IT IS HIGHER EMOTIONAL CENTER AND THIS CAN BE REFERRED BACK TO THE TRIANGLES. EMOTIONAL CENTER, WHEN IT IS NOT THE TRAP, ACTS MERELY AS A BAROMETER, SENSING THE VARIANCES AROUND. THIS INCLUDES THE DANGERS AND THE ANGER, THE JOY AND THE PAIN BEING BEAMED ABOUT. THIS CENTER MAKES NO JUDGMENT ON THIS INFORMATION AND CANNOT REACT TO ANY SITUATION WHEN IT IS BEING USED IN TANDEM WITH THE OTHER CENTERS. WHEN IT IS THE TRAP, IT IS UTILIZED MUCH AS THE OTHER CENTERS, HAVING THEN A THINKING, REACTING AND ACTING PART. PLEASE, STUDENTS, THINK! THIS DOES NOT DIFFER FROM THE OTHER CENTERS. BALANCED MAN THINKS WITH THE INTELLECTUAL CENTER, PERCEIVES WITH EMOTIONAL CENTER, AND ACTS WITH THE MOVING

CENTER. THE DIVISIONS NO LONGER HOLD [when you are in] IN BALANCE.

Is balanced man tapeless?

NO. THERE ARE SURVIVAL TAPES [programs for the biological functions] THAT EVEN THE REALIZED MASTERS MUST HAVE — THE “HOW TO” TAPES.

Then it is not Emotional Center that feels “happiness” when I see a beautiful sunset? The group thought, no, that it came from Intellectual Center making the judgment of beauty.

DO NOT MISUNDERSTAND. THERE IS NO BAD WORK CONNECTED WITH JUDGING A SUNSET AS BEAUTIFUL. IT IS SIMPLY NOT THE WORK OF A BAROMETER, BUT OF THE REACTING PART OF INTELLECT THAT PREFERS SUNSETS TO DEAD RATS.

Are there any other surprises in Centers?

NEGATIVE REACTIONS OF ANY TYPE ARE ARTIFACTS AND NEED NOT BE EXPERIENCED NOR ACTED UPON BY ADVANCED STUDENTS. THERE ARE NO SURPRISES OTHER THAN WHAT WE HAVE GIVEN. STOICS WHO ARE TRAPPED IN THE EMOTIONAL CENTER REACT VERY DIFFERENTLY THAN DO, SAY, IDEALISTS. LOOK TO THE OVERLEAVES WHEN REACTIONS OCCUR FIRST. CHANCES ARE THAT THE PERSONALITY IS TO BLAME AND NOT THE CENTER. MANY REACTIONS TO THE PAST AND THE GLORIES OF IT ARE FROM THE [negative poles of the] OVERLEAVES, NOT THE CENTERS — ALL TAPES [recordings in false personality], IN OTHER WORDS. IN FACT, ANY RUMINATIONS ABOUT THE PAST OR THE FUTURE MUST COME FROM THE PERSONALITY.

A spontaneous healing appeared to have occurred with a lady afflicted with numerous physical ailments, including arthritis. What happened here?

WHAT OCCURRED HERE WAS A TRANSFER OF HIGHER HYDROGENS [a Gurdjieff concept] BY A PERSON WELL ABLE TO TRANSFER. THIS, INCIDENTALLY, IS WHAT HAPPENS WHEN SPONTANEOUS HEALINGS OCCUR. WHEN YOU GIVE HIGHER HYDROGENS, THEY DO PRODUCE REMARKABLE PHENOMENA. FOR INSTANCE, THE MAN EDGAR CAYCE WAS ABLE TO REMAIN IN TRANCE FOR PROLONGED PERIODS DURING WHICH THE PERSONALITY WAS DEACTIVATED. HE RECEIVED MUCH HIGH HYDROGEN DURING THAT TIME AND WAS ABLE TO TRANSFER THESE, BUT AS HE NEVER RECEIVED ANY IN RETURN, HIS OWN “LEVEL OF BEING” NEVER CHANGED AND HE REMAINED SECONDARY MAN [Gurdjieff's “Man # 2” — primarily emotional] THROUGHOUT HIS LIFE.

Can this lady be healed?

[Though not completely healed,] SHE COULD BE MUCH BETTER AS A RESULT OF THE TRANSFER. WORKING WITH HER [over a long period of time] WOULD EVENTUALLY BE MORE EFFECTIVE. THE HIGHER THE TRANSFER, THE MORE HEALING CAN OCCUR. IF THE HIGHEST ATTAINABLE LEVEL CAN BE REACHED — THAT IS, HIGHER INTELLECTUAL CENTER — THEN HEALING CAN BE COMPLETE. THIS IS HOW THE MASTERS DO IT, BUT THE TRANSFERS FROM TRANSIENT HIGHER STATES ARE QUITE EFFECTIVE.

ALL OF YOU COULD LEARN THIS, BUT UNTIL YOU HAVE BALANCE IN BEING, IT WILL ONLY MAKE YOU A SLAVE TO THE PROCESS, LIKE THE MAN [Edgar] CAYCE.

I would like to know about Eckankar. If this guy is an adept, why is there so much personality in his group?

HE IS INTERESTED IN DOING WHAT COULD BE CALLED CABALISTIC PATH WORK FOR HIS OWN GROWTH. THIS IS NOT BAD WORK FOR HIM. NOW AS FOR THOSE WHO FOLLOW HIM, IT MAY OR MAY NOT [be good work]. REMEMBER, HE HAS ALREADY WORKED ON HIMSELF. HE LEAVES THIS [spiritual growth] UP TO HIS FELLOW PATH WORKERS. HE DOES, INCIDENTALLY, BELIEVE THAT ASTRAL PATH WORK IS A WAY TO HIGHER STATES AND IN HIM THIS IS VALID.

Why doesn't he see the personality in her and work on this?

HE PERCEIVES AND CHOOSES NOT TO REACT. THAT IS NOT THE AIM OF THIS [Eckankar] MOVEMENT. PEOPLE DRAWN INTO THIS ARE NOT INTERESTED IN ACHIEVING BALANCE IN BEING [like the Gurdjieff and Michael groups]. THEY ARE INTERESTED IN HAVING A “MYSTICAL” EXPERIENCE, AND THIS THEY RECEIVE.

I listen to [the music of the German composer] Wagner and have a high. Where does this come from?

VERY HIGH INFLUENCES SUCH AS THIS CAN PREPARE YOU FOR TRANSIENT HIGHER STATES. THESE CAN BE EXPERIENCED IN THE MOMENT AND PERCEIVED AS GREAT, OVERWHELMING JOY. THIS IS FINE, BUT SHOULD BE EXPERIENCED WHEN THEY HAPPEN AND NOT SOUGHT TO THE EXCLUSION OF WORK WITH [balancing] LOWER CENTERS [Moving, Emotional, Intellectual].

Undated Private Session

SRG on VV?

THE LADY IS MOST ASSUREDLY A PRIEST. YES, FIFTH LEVEL OLD, AND YES, THERE HAVE BEEN MANY LIVES INTERTWINING. YOUR ESSENCE TWIN, EUGENE, IS A KING.

ET: What is the nature of my feelings for her?

A MAJOR SEQUENTIAL AGREEMENT BETWEEN THE THREE OF YOU AND OVERLEAVES THAT DO NOT ABRADE.

What is the Agreement?

IT HAS TO DO WITH THE RENDERING OF A SERVICE. YES, IT WILL BE YOUR WAY OF EXPRESSING THE LOGOS. YES, THE THREE OF YOU ARE IDEALLY SUITED TO HIS TASK.

VV: Asked a question about the morality of healing. What place is there for intervention? Do people need their disease? Comment on Kundalini energy in Virginia.

WE HAVE SAID MANY TIMES THAT ONLY THE SELF CAN CHOOSE TO BE AFFECTED BY A HEALING PROCESS, AND THIS STILL STANDS. THERE IS OF COURSE A CERTAIN AMORALITY IN THE CONCEPT OF HEALING AND WE FIND NO FAULT WITH THIS. THE LAW OF KARMA AS PERTAINS TO ANOTHER CANNOT BE WILLFULLY BROKEN BY YOU, ONLY THE SOUL INVOLVED CAN GIVE THE NECESSARY PERMISSION, BUT THE TRANSFER OF HIGHER RAREFIED ENERGIES IS VITAL TO THE PROCEDURE. IF YOU CANNOT DO THIS, THEN NO HEALING CAN TAKE PLACE. BODIES THAT ARE ILL ARE DEVITALIZED. THIS IS NOT MYSTICAL AT ALL. THEREFORE A VITALIZATION PROCESS MUST TAKE PLACE. THE MORALITY CONCERN IS ONE THAT THIS CULTURE FOSTERS, OF COURSE. AMORALITY CAN BE AN EXTREMELY POSITIVE PLACE IF COUPLED WITH BALANCE IN BEING. THE FACT REMAINS THAT IT WILL BE INEFFECTIVE IF THE PERMISSION HAS NOT BEEN GIVEN IN ADVANCE, NO MATTER HOW MUCH INTERVENTION IS ATTEMPTED. IF THE BODY HAS DECIDED TO DIE, THERE IS NOTHING YOU CAN DO. IF THE PERMISSION IS GIVEN, THEN YOU CAN TRANSFER THE HIGHER ENERGIES AND THE EFFECT WILL BE WHAT YOU CALL HEALING. ACTUALLY IT IS MORE REVITALIZATION, OR IF YOU PREFER, REFUELING.

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[The following document appears to be the second attempt to produce a "magazine" for public distribution. The second edition appeared two months after the first edition in April. The title is a graphic of the word Dimensions! with clouds and little stars and moon phases above it. Notice from the date that this was produced at about the time Sarah disbanded the big group, so we believe it was the final edition. Thereafter, so far as we know, there was no push to expand beyond the core group of close friends that continued to get channeling from Sarah Chambers. A couple of years after this, Sarah Chambers turned over her accumulated material to Chelsea Quinn Yarbro, who took on the task of promulgating the teachings at large.]

DIMENSIONS!

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[At the beginning of this document, there is a graphic. It is a circle divided into quadrants. In the lower right quadrant are the words Physical/Sensate; in the upper right quadrant are the words Mental/Intellectual; in the upper left quadrant are the words Emotional/Feeling; in the lower left quadrant are the words Spiritual/Actualization. Around the outside of the circle, beginning at the bottom and proceeding counter-clockwise with arrows between statements, are the words: Affirm desire to be on the path --> Say yes to a teacher/teaching --> I AM [right side of the circle] --> Teachings --> Discipline --> I AM THAT [top of the circle] --> I can know --> I can love --> I AM, ALSO, WHAT I AM NOT [left side of the circle] --> I am loved --> My brother and I are one --> Wholeness, Integration --> I AM THAT I AM [bottom of the circle]. The graphic is signed "Liz".]

SCHOOLS

Schools are essential for two reasons: (1) Students must have a model for evaluation of their progress, and (2) Dynamic teachings must be promulgated if spiritual evolution is to occur, and schools serve as the most effective method of promulgation.

Schools and teachings differ, and this divergence must be understood. Schools are environments wherein

students can work toward balance and understanding of the Truth. Teachings are systems through which an attempt is made by a Teacher to express what he understands to be Truth.

Schools can only be considered valid when the aim has been achieved, e.g., the students come to Balance and understand Truth. Teachings are only valid when the system can be verified as True. Also, Teachings must be dynamic. They must be contemporary, flexible, and constantly in motion. It does not matter how much or how little Truth is contained within a system. Each individual system has but a finite period of dynamism.

When the Teacher dies, the Teaching passes into literature and should be regarded as such.

It becomes static for a while and then passes into obsolescence. Only as long as we are actively in contact with our Teacher will this system be dynamic. Twenty years, or even less, after the death of all those students able to receive the Teacher's transmissions, it will no longer be a teaching, it will simply be a collection of data about a Teaching.

You have found it difficult to interpret the scriptures of the various religious sects on your world. This is because they are dead teachings.

Language evolves, customs change. Words acquire new connotations in response to societal dynamism. The Bible must be read as literature today. The chapters contained therein are merely stories about systems and teachers who lived long ago. On the other hand, the Logos, as expressed by the Realized Masters, can be couched in the language of the times, no matter how complex or dangerous those times might be.

When the Infinite Soul manifested through the man Jesus, the sum of the Logos was brought to bear. In the stories about this Master and his system, however, there is much emotional bias, occult nonsense, and romantic embellishment.

There are many Schools and many Systems from which to choose. Students must decide what it is they wish to learn before choosing a school. If he wishes only to become more effective within his cultural milieu, to operate at a more comfortable level mechanically, then there are many awareness schools, such as Esalen, which offer this. If he senses that he is trapped in negative space and wishes help, then there are many therapy schools, such as the Langley-Porter Neuropsychiatric Institute, where this kind of help is given. Within this framework there are myriad systems (or teachings).

Sometimes a person desiring to become more effective in life pursues an awareness process and achieves his aim, i.e., he becomes effective. But in achieving that goal, the person becomes aware of still another goal up ahead, somewhere. No matter what part of what Center this person uses as his trap, the Intellectual Part of Emotional Center, for a moment in time, seeks a "Higher School". That moment is usually sufficient to cause the person to seek a school.

There is no guarantee implicit in this search that the person will meet with a Higher School, or that he will even recognize one if he passes it. He may wander aimlessly from school to school, listening but not hearing, looking but not seeing, seeking but not finding.

Or he may receive Shock in the presence of a teacher, and through the Intellectual Part of Emotional Center realize that he has met with a Higher School. Now, there is no guarantee implicit in this, that he will become a student. False Personality will deny the experience, and if Shock does not intervene again, the person will become disillusioned, frustrated, angry, impatient, etc., and leave.

If he does not leave, he may, after choosing to study, become a student. Or he may become a leech, spending his days basking in the Teacher's charisma and receiving pleasant vibratory strokes from students.

A Higher School is one which has access to and receives its information from a Higher Source than can be found on the Physical Plane. This Higher Source can be called "Cosmic Influence".

The Fourth Way was a Higher School as long as Georges Gurdjieff was alive. Tarot was a higher School during the Renaissance. The Transcendent Brotherhood operates Higher Schools all over the Galaxy.

Cosmic Influence comes to this School from the Mid-Causal Plane of Reality. It will be a Higher School only as long, and not a moment longer, as we are in dynamic contact with that Cosmic Influence.

[There is a graphic depiction of a lit candle at this point in the text.]

from THE BELIEF BOOK

-- automatic writing, R.C. [Richard Chambers]

IN THE BEGINNING IT WOULD SUFFICE TO SAY THAT WE DIDN'T BELIEVE IN ANYONE OR ANYWHERE.
WE MUST START AT A TIME AND A POINT IN INFINITE SPACE AND ETERNAL "TIME" TO ACQUIRE

SOMETHING YOU WOULD CALL SHOULDERING RESPONSIBILITY OR ACKNOWLEDGING RULES, AND PROCEED FORWARD FROM THAT POINT THROUGH YOUR LITTLE PIECE OF THE GREATER TAO, WHICH YOU CALL YOUR LIFE ROLE. THE PROCESS IS TO YOU SLOW AND SOMETIMES PHYSICALLY PAINFUL FROM THE POINT OF VIEW OF WHERE YOU ARE AT, BUT AS WITH ALL LEARNING, THE EXPERIENCE WILL PROVE WORTHWHILE IF YOU WILL TAKE "TIME" TO ENDURE THE PAIN. WE SUGGEST THAT PERHAPS THIS FACTOR IS THE MOST UNIVERSAL OF ALL LEARNING PROCESSES.

WE CAN THINK OF NO REASON WHY YOU WOULD WANT TO ADVANCE FROM THAT INITIAL POINT, ESPECIALLY SINCE NO KNOWLEDGE HAD BEEN ACQUIRED PRIOR TO THAT TIME, EXCEPT TO SAY THAT THE GROWTH OF THE UNIVERSE ULTIMATELY "INTRIGUES THE CURIOSITY" OF EVERY "LOWER" ALONG THE HIGHER PATH AND THE PROCESS HAS BEEN GOING ON NOW FROM WHAT YOU WOULD CALL THE BEGINNING OF TIME.

AN ANALOGY MIGHT BE THE LOWER ANIMAL WHICH TEILHARD DE CHARDIN DESCRIBES EMERGING FROM THE PRIMORDIAL OOZE AND EVOLVING INTO SOMETHING GREATER. THE ONLY DIFFERENCE WOULD BE A SUBTLE ONE FROM THE SAME SPECIES EVOLVING FIVE MINUTES BEFORE.

WE KNOW OF NO WAY TO ACCURATELY DESCRIBE WHAT YOU CALL A "TIME SYSTEM" EXCEPT TO REMIND YOU THAT THIS CHANGE YOU ARE EXPERIENCING HAS BEEN SET OUT BY CREATURES OF REASON AS A FORWARD TIME SYSTEM. IT IS IMPORTANT TO REMEMBER THAT "EVOLUTIONARY CYCLES" NEVER EXACTLY DUPLICATE THEMSELVES, SO YOU MUST THINK OF THEM AS A FORWARD LINEAR SPIRAL AND NOT SIMPLY THE CIRCULAR MOTION OF A ROTATING POINT ON A PLANE, AND THUS A "TIME PLANE" IS NOT A FLAT SHEET OF PAPER IN ANALOGY, BUT RESEMBLES THE FLIGHT OF AN AUGER BIT WITH THE REFERENCED BEGINNING POINTS INTERSECTING AS A FLAT INFINITE PLANE PROJECTED RADIALLY FROM THE CENTER LINE OF THE SHAFT.

MORE AUTOMATIC WRITING ...

WITHIN YOUR WORLD THERE IS EXTANT A PSYCHOLOGICAL PREDILECTION FOR FEAR. YOU FEAR ALL NEW EXPERIENCES. YOU MOVE IN SHADOWS OF FEAR. YOUR MUSIC - LET THE SUNSHINE IN - YES, LET IT IN. HUMANITY MOVES IN DARKNESS AWAITING SOME GREAT MESSIAH BUT NOT KNOWING THAT THEY AWAIT ANYTHING. MOVEMENT OF THE MASS OF HUMANITY HAS BEEN IN A DOWNWARD THRUST ON THE SPIRAL. ELEVATED MINDS ARE NOW FUNCTIONING THAT ARE RELEASING PRESSURE AND ALLOWING THE SPIRAL TO MOVE UPWARD. THERE WILL BE NO GLOBAL WAR. THERE WILL BE FREQUENT UNREST AND YOU HAVE CHOSEN TO PARTAKE IN THE CULTURE THAT SUSTAINS UNREST. REST ASSURED THAT THIS GAME HAS, OF COURSE, A CONCLUSION. ONCE AGAIN WE WILL TELL YOU THAT LOVE IS THE HIGHEST TRUTH AND TRUTH IS WHAT YOUR CULTURE THROUGH ALL YOUR PHILOSOPHIES AND RELIGIONS REACHES FOR, SO, HAVING REACHED, YOU MAY FIND THE ULTIMATE TRUTH OF LOVE FOR ALL. WHAT YOU CAN DO FOR ONE BROTHER THAT IS MANIFEST IN YOUR GIVINGNESS, YOU CAN DO FOR ALL.

-- E.L.

THERE IS ONLY ONE ULTIMATE QUESTION, TO WHICH THE ANSWER IS ALWAYS YES!
THEREFORE, EVERYTHING IS TRUE AND EVERYTHING IS PERMITTED!

-- S.C.

THE "LAW OF ACCIDENT" APPLIES ONLY TO THE OVERLEAVES, THE FALSE PERSONALITY OPERATING IN ARTIFICIAL SPACE, USING THE ARTIFICIAL RHYTHMS OF THE PHYSICAL PLANE. THIS TERM DOES NOT APPLY TO STUDENTS IN THE WORK. THINGS HAPPEN TO MECHANICAL MAN. STUDENTS AND BALANCED MAN CHOOSE TO EXPERIENCE.

ALL DO NOT GROW TO APPRECIATE THAT WHICH IS IN ESSENCE, BUT MOST DO EXPERIENCE A NAGGING PULL IN THAT DIRECTION. RELIGION HAS NOTHING TO DO WITH FORMAL BELIEF IN ANY ONE PARTICULAR SYSTEM. WE WOULD HAVE YOU LOOK UPON RELIGION AS AN ECSTATIC CELEBRATION OF THE PAN-DIMENSIONAL LIFE OF THE CONSTANT CREATIVE FORCE OF THE UNIVERSE, OF THE TAO. WE WOULD SEE YOU LOOK UPON RELIGION AS THE JOY OF THE LIBERATED ESSENCE.

--The Teacher

In Russian, the same word is used for consciousness and freedom. Consciousness means will, and will means freedom.

--S.C.

RANDOM QUOTES ... FROM OUR FRIEND, SOLEAL.

THERE CAN BE TENSION ON ANY WORLD IF IT IS ENCOURAGED AND REWARDED. TENSION IS A MANIFESTATION OF UNREST.
CONTACT, IF IT IS TO BE MEANINGFUL, MUST ENCOMPASS ALL CENTERS.
THE ONLY CRIME IS VIOLENCE. THIS HAS MANY SHADES. IF SOMEONE BROKE YOUR LOCK AND STOLE FOOD BECAUSE HE WAS HUNGRY, I WOULD NOT HOLD HIM CULPABLE. I WOULD BE INCLINED TO BLAME YOU FOR HAVING THE LOCK IN THE FIRST PLACE.
THERE IS HOPE. BELIEVE THAT AND YOU WILL BRING THAT TO THOSE AROUND YOU. KNOW THE POWER OF THOUGHT AND THE LOVING PRESENCE.
EVEN IF THE NEGATIVE EMOTION IS NOT EXPRESSED, IT IS THERE UNTIL THE BEING BEGINS SERIOUS WORK ON THE REAL SELF.
REALITY IS NEVER AS DIFFICULT TO DEAL WITH AS THE FANTASY, BECAUSE IN THE FANTASY YOU SELDOM SEE ANY TANGIBLE RESULTS.
MEDITATION SHOULD NEVER BE SPECIFIC. THAT IS CALLED CONCENTRATION.
JESUS WAS A CONSCIOUS TEACHER. HE ACHIEVED THAT STATE THROUGH FASTING, MEDITATION AND CONSTANT SELF-APPRAISAL.
SOME PEOPLE WORK ON THE GIVING OF THEMSELVES FREELY FOR MANY LIFETIMES. THAT IS THE MOST DIFFICULT PART OF LOVE. LOVE, TO MEAN ANYTHING IN THE LINE OF CONSCIOUSNESS, CANNOT BE PREDICATED ON ANYTHING MATERIAL. IT MUST COME FROM HIGHER CENTERS. THIS COMES ABOUT WHEN YOU FINALLY GIVE UP NONVERBAL EXPECTATIONS ABOUT THE ACTIONS OF THOSE AROUND YOU AND BEGIN TO ACCEPT THEM WITHOUT MODIFICATION IN YOUR FANTASIES. LOVE IS THE ONLY FORCE THAT YOU CAN APPLY CONSCIOUSLY IN A POSITIVE SITUATION. POSITIVE ENERGY IS NEVER WASTED. SOMEBODY ALWAYS ABSORBS IT.
I DO NOT USE PARABLES BECAUSE WE HAVE LEARNED FROM MANY SUCH EXAMPLES THAT MISINTERPRETATION OFTEN RESULTS WHEN STORIES ARE CONCEIVED TO ENCHANT THE AUDIENCE INTO LISTENING. I JUST TELL IT STRAIGHT.
WHEN YOU TEACH, TEACH IMPARTIALLY AND WITHOUT EMOTION. THE TRUTH IS NOT TO BE LEARNED THROUGH EMOTIONAL CENTER.
I CAUTION YOU NOT TO INTERFERE IN THE KARMIC ROLES THAT OTHERS HAVE CHOSEN. IF THEY COME TO YOU FOR HELP, THAT IS DIFFERENT. THEN YOU HAVE A CHANCE TO ALTER THE PLAY. IF YOU MEDDLE, YOU RUN THE RISK OF ACCELERATING IT.
SECRECY USUALLY INDICATES FEAR.
KNOW THAT NO OTHER CREATURE OWES YOU ANYTHING, AND THEN MATERIALLY OBTAIN WHAT YOU NEED THROUGH YOUR OWN RESOURCES. EMOTIONAL ACCEPTANCE WILL ONLY COME ABOUT WHEN THE EXPECTATIONS HAVE CEASED. JESUS HAD NO ASPIRATIONS OF HIS STUDENTS. IN FACT, HE KNEW THAT HE WOULD FAIL THE MOST DISMALLY IN HIS MISSION TO THOSE CLOSEST TO HIM. YET HE PERSISTED IN HIS EFFORTS, FOR HIS OWN GROWTH. IT WAS MORE IMPORTANT TO EXPRESS THE HIGHER GOOD THAN IT WAS THAT THOSE AROUND HIM ABSORB IT.
...SERENITY, NON-ATTACHMENT, PEACE WITHIN AND WITHOUT, UNITY WITH THE COSMIC CONSCIOUSNESS, THE QUIET HEAD TUNED TO THE UNIVERSAL TRUTH...

LU, THE WANDERER

(This is a parable that Dennis found and would like to share. In this parable, Laotse is the teacher and with him are his students and friends in a temple. Wu ch'i, one of the students, had an experience with a dragon and was having troubles...)

After his encounter with the dragon, Wu ch'i was in a state of confusion. he would sit for hours staring into space, filled with thoughts of sky and clouds and an occasional bird that seemed to float rather than fly in the distance. He thought of nothing in particular, but sometimes felt as though his life itself was nothing but a dream that drifted somewhere between the earth and the sky, touching neither. He had no roots, and everything that moved about him seemed like insubstantial smoke that might disappear in a single puff of breath.

"It is still necessary to act," Laotse said to him sternly one afternoon, upon discovering him sitting idly on the temple roof.

"From where, upon what?" Wu ch'i answered angrily.

"From here to here," Laotse said, placing his hands on the boy's head and drumming his fingers.

"One must know who one is and where he is going, in order to do that," the boy said, "and I am always

beginning.”

“How magnificent,” Laotse said, laughingly.

“What infinite possibilities. You should not let anyone of them pass by.”

Wu ch'i stared at the old man and shook his head. “That's impossible.”

“It's natural,” Laotse said, matter of factly, “and it cannot be otherwise.”

Wu ch'i looked back at the sky. A storm was brewing, a flash of white light was sent earthward and the mountain upon which Clouds Eye Temple stood shook.

“There is fire on the mountain,” said Laotse pointing his staff. “We will be having a visitor tonight. Go down and help the others prepare.”

Wu ch'i went into the kitchen and Laotse went to help in the great hall. K'un, mother of the temple, was preparing food.

“Who is coming to dinner?” Wu chi asked.

“Why, old Master Lu himself will eat here tonight,” said K'un.

“Who is he?” “A traveler, perhaps,” she said, “rather a storyteller, who every so often passes by the temple and spends a few days with us; and to pay for his keep, he tells stories of his travels. He has been to many places and is quite old.”

Soon the tables steamed with dinner. Master Lu had not yet arrived, but Wu ch'i noticed it did not concern anyone, and they began to eat. As the tea was being poured there came a knock on the large temple door. Everyone was silent. Chien, father of the temple, nodded to his son, who was sitting at the end of the table nearest the door. He rose and walked to answer it as if he did not know who it was that was knocking. Wu ch'i questioned Laotse with his eyes.

“Because he is a great man we prepare. Yet because he is a humble man and does not wish to impose, pretend to forget who he is. It is this that will please him most ... besides, how much better is it to receive a guest graciously when one is unprepared?” explained Laotse.

K'an, Chien's son, opened the door and there stood Master Lu, dripping wet. He was a small man with white hair and slightly hunched over with the weight of many years. His face was wrinkled like a dry leaf, and his eyebrows appeared to be white frost above darkly merry eyes. He spoke in a voice of a springtime song that seemed much younger than he looked.

“Forgive me for this intrusion,” he began, “but I was caught in the storm and am looking for shelter and possibly a bowl of rice. I cannot pay you but I can exchange something for my keep.

“Who are you, and what can you exchange?” questioned Laotse.

“No one of importance. Some call me Lu, the Wanderer, but I can tell talks. A story for exchange for your company and rice,” Master Lu replied.

“The story first, if you please, sir,” said Laotse.

Master Lu nodded and sat down. “With your permission, kind sirs, I will direct my story to the boy, for it is children, after all, who understand these tales best.” Wu ch'i stared with fixed eyes.

Master Lu's tale:

I heard of a young farmer, once, who was extremely restless. Although his father was a farmer and his grandfather was a farmer, farming held no happiness for him. He thought to do something of greater value in the world beyond his plowed fields and wet paddies, so he gathered up a few clothes, obtained a stout walking stick, and with permission from his father, set out to see the world.

After some years of travel, the young man had learned something of soldiers, merchants and sailors, something of the goodness and badness in men and women, but he was homesick; so he decided to return home for a visit.

When he had traveled to within half a day's journey from his home, the young farmer noticed an old man sitting on a rock at the roadside. The old man looked strangely familiar to the young man, and although he could not remember having met before, he felt compelled to stop and pay his respects.

The young man went to the roadside and standing before the rock he bowed humbly to the old man. Before he could speak, however, the old man raised a wizened hand to silence him.

"You're the young farmer from Yellow River Valley," said the old man with a voice that crackled like dry leaves. "I know you well. When you were younger, you passed this way a thousand times and never took notice of my presence. Now, because I see some recognition in you, I will tell you a secret.

"When I was young, I, too, looked for the meanings of things. And like you, I traveled far and wide until all the directions were exhausted, and I found myself on this very spot. I vowed then not to move from this rock until I found and truly understood the meaning of my existence. In the beginning, I had neither food nor drink, and after several days I was weak from my sitting; my resolve wavered in balance. Since this road is a frequented one, however, certain villagers from over the hill had observed my condition, and at last one of them asked the reason for my sitting on the rock. When I had explained my circumstance to him, he took pity on me and promised that so long as his family should live I would not go hungry or thirsty. This was springtime, and soon summer had come and gone, the skies darkened, and winter announced it's coming. It was a cold winter, and I had no warm clothes or shelter. My resolve weakened until, one day, a Taoist priest stopped and taught me the 'circulation of heat,' and even though the snow fell to the top of the rock, it was sufficient to sustain me. Thus I passed through my first year.

"All I needed traveled on this road. I soon came to know every villager and farmer for one hundred miles in all directions. Thieves ignored me, as I had no possessions. Armies passed by me because I took no sides. Because I did not move, birds thought me to be a strange tree, and they came to rest on my shoulders and whispered their secrets in my ears; in this way I came to know of things beyond the mountains and the seas where no countryman of ours has ever walked.

"The years passed. My once black beard turned white as snow and my hair fell from my head as dry leaves. My legs and spine fused themselves down into the rock until the deepest tremblings of earth quivered through my bones; and when the wind came, my spirit drifted up like dry smoke and traveled to the four corners of the world like a cloud. I no longer looked for this or that; I had even forgotten my original purpose.

"I have been sitting upon this rock for one hundred years," said the old man, fixing his eyes on the young farmer. "It is sufficient that I remain here, for neither place or body binds human. When you return to the beginning, young man, ask 'how much more important is a plow than a rock?'"

And with that the young man continued on his journey. Upon arriving, he discovered that his mother and father had died during his absence, and the farmer's home had been taken for nonpayment of taxes. Saddened, he returned to the rock where the old man sat and stood before him.

"You said I should 'return to the beginning,' but everything was gone. There was nothing there!" he cried. The old man opened his eyes and shook his head.

"You misunderstand," he said slowly. "The beginning is always here," and he pointed to his head. "One is always beginning, and if he is always beginning, to where can he return?"

And the young farmer went.

Here ends Master Lu's tale.

Wu ch'i stared across the table at the old man and smiled. The old man laughed, and Laotse laughed.

"I told you children understand these things best," he said, reaching out and accepting the bowl of rice from Laotse's own hand. Laotse bowed deeply before him.

[At this point in the text, there was a graphic of the Sanskrit glyph for "Patience", and the words, "(I hope I got that character right!)" C.C. [Cynthia Cutting]

AUTOMATIC WRITING:

THE ONLY MEANING THAT LIFE HAS IS TO SHOW THE SOULS SEPARATED FROM EACH OTHER THE PATH BACK TO UNITY.

TO DENY THIS UNITY IS TO SUFFER.

NOW THAT MAN HAS DISCOVERED FROM HIS PAIN A WAY, LET HIM FOLLOW IT, OR CONTINUE TO SUFFER.

FROM OUR TEACHER [Michael]:

THE TRUTH IS THAT ALL OF LIFE LOVES AND IS LOVED. ALL INTERRELATIONSHIPS ARE IN LOVE. THE PROBLEM ARISES WHEN THE FACADES INTERRELATE, INSTEAD OF THE ESSENCES. THE ISSUE IS NOT ONE OF GAINING OR ACHIEVING MORE, BUT RATHER OF STRIPPING AWAY. THE LAYERS NEED TO BE PEELED AWAY IN ORDER FOR THE ESSENCE TO BE REACHED.

WHOLENESS ALREADY IS. AT-ONE-NESS WITH THE UNIVERSE ALREADY IS. PERCEPTION IS CLOUDED BY LAYERS AND LAYERS OF ONIONSKIN-LIKE CONDITIONING. THE NEED IS TO PEEL AND DISCARD. THE ILLUSION IS THAT IT IS NECESSARY TO SOMEHOW ADD. GET VERY CLEARLY THAT THE NEED IS TO SUBTRACT. ALL IS ALREADY WITHIN YOU. PEEL AWAY THE ONIONSKIN THAT OBSCURES VISION. ON YOUR PLANE ONLY THE FACADES, OR WHAT WE HAVE CALLED FALSE PERSONALITY, INTERRELATE. THIS IS THE SOURCE OF ALL OF YOUR CONFLICTS. IN RARE INSTANCES, ESSENCES INTERRELATE. THIS CAUSES A "CULTURAL SHOCKWAVE".

[At this point in the text there is a graphic of three hearts, one with the smiley face inside it.]

SUN SEEDS [Poetry]

Why look for that which surrounds you?
Why tarry on paths that invite you?
Why wonder at awes that astound you?
Instead, let it in. Let it be.
Why look for love when it's found you?
Why wait for some future to live?
Why ask if Truth is really within you?
Instead, let it through. Let it be.
Let wonder surround you ...
Let tarrying go ...
Let looking fall by the wayside -- and see.
--EL

Under a cool dusk sky one's body is relaxed on warm yellow sand.
Tiny grains dance by in whirlpools teased by a gently wailing wind.
Two arms, flesh gradually withering, slowly stripped by wind and time become lighter.
Grey bones, reduced to white twigs, break and drift upward to dance away with the sand.
Only the essence remains thru eternity.

--RC

Open, let be, and disown!
--Chogyam Trungpa, Rinpoche
X was Life and Laughter, Multiplied by hope.
Love was X divided by that With which I could not cope.
Life was just a circle, To which there was no end.
My course a parallelogram, and hope was just pretend.
I pursued in vain the formula, And searched for many years,
Until my ink-stained data Were wet with angry tears.
Ah, once I had a theory, and The circle straightened out.
But, plus the parallelogram, Defeat was paramount!

--SC, 1958

There are books, books and more books for anyone who reads,
And they can scarcely be enough to satisfy the needs of someone who is searching
For a thing he can't quite define ... an idea or a wispy thought,
And what a frustrating line so many authors hand you
On how to find your Self, when anyone can tell you that
The answer just ain't on the shelf.
It's really right inside you. Just take a peak and see
That the illusive thing you've been looking for Is the real you that God meant to be.

--CR, 1953

More Trungpa ...

We have to learn in order to unlearn.

[There is a graphic of a daisy flower at this point in the text.]

FELLOWSHIP OF SOULS

It is hard to define our group...while we are focused on a specific teaching, each of us appears to be in a slightly different relationship to this teaching, and as we are very different, many of us, we do not always march to the same drummer at the same moment. We are, it seems to me, learning to experience and appreciate this rich variety.

Sarah has just finished her first book about our friend Soleal and is already enthusiastically working on a sequel. The rest of the group has been involved in this undertaking in one way or another, and her joy is ours. Elizabeth L. has also begun a book, and Cindy spurts aphorisms uncontrollably at all hours of the day and night.

Aside from our own teacher, we have individually and in small groups within our group been experiencing the Gurdjieff/Ouspensky material, and/or Werner Erhard's EST training, as well as the approach of Chogyam Trungpa, Rinpoche, whose book "Cutting Through Spiritual Materialism" has been of interest to some of us. One of our people has just read "The Only Dance There Is," by Baba Ram Dass and is sharing this with others of us. Another is perusing "The Phoenix Lectures," by L. Ron Hubbard, of Scientology. Others are in touch with the Living Love Center and are studying their "Handbook to Higher Consciousness." The Logos abounds, to be sure...within and without us...and we synthesize and unfold, as we learn and, ultimately, detach.

Many of us have been visiting and even living with one another, as we begin our new level of focus toward communal living. Part of our group is off this summer in vans, sharing a journey on many levels of awareness. One of us will return to Oregon after spending several months here in the bay area, soaking up the good vibrations and opening to new possibilities for simply being... becoming the teaching. So our group is not dependent, in a way, on being together, at least not in this particular step in our evolution.

We have had, as a group, a growth spurt of sorts during the first part of this year... not so much in numbers as in ourselves individually and together. We were given a teaching, and then we chose to experience it. This process continues, and our joy increases as we become aware of just what it is that is occurring amongst and within us. So we are gradually letting go, and becoming as we do... becoming our joyful teaching, releasing our joy to the universe.

[End of "Dimensions" magazine. Notice that more than a year passes with who knows how many sessions missing before we have a copy of the next session.]

21 November 1976

Sunday

There was general discussion, some of it about psychics, and the following message occurred:

CONSCIENTIOUS PSYCHICS WILL OFTEN PASS ON DATA ABOUT WHICH SOME DOUBT EXISTS, OR THERE IS SKEPTICISM, BUT IT IS UNLIKELY THAT THEY WILL BE VESSELS FOR DATA THAT CONTRADICTS THEIR [erroneous] CORE BELIEFS. THE MATERIAL WILL THEREFORE BE SLANTED. THIS WAS MEANT ONLY AS A GENERAL COMMENT, NOT ANY SPECIFIC CASE, BUT MANY OF YOU HAVE THIS QUESTION.

We talked about "morbid introspection" and the *Course in Miracles*.

INTROSPECTION IS ABSOLUTELY ESSENTIAL IN THE BEGINNING [of one's spiritual quest] AND ACTS AS A PURGE [of false personality]. MANY [here] CAN NOW TAKE THE STEP OUTWARD, FOR THEY HAVE FOUND "THEMSELVES" WITHIN. ONE SHOULD NOT WORRY ABOUT LOSING GROUND BY WORKING ON THE EXPANSION [outward]. GROUND GAINED IN ESSENCE IS NEVER LOST. THE FEELING OF RUDDERLESSNESS IS RELATED TO THE WALLOWING IN THE [negative poles of the] OVERLEAVES THAT ALL OF YOU PERIODICALLY REVERT TO.

I am apprehensive about the meeting because I have a ridiculous fear that the teacher [Michael] would get mad at me for not going to work with ____.

NEVER WILL WE URGE. THAT IS NOT WITHIN THE SCOPE OF THIS TEACHING. ONLY WILL WE PRESENT THE ALTERNATIVES. YOU MUST REALIZE THAT OUR NEUTRALITY EXTENDS FAR BEYOND WHAT YOU CAN

POSSIBLY IMAGINE. OUR STRENGTH LIES IN OUR ABILITY TO PERCEIVE THE DIVERGING TRACKS — OR CHOICES, IF YOU PREFER. IN EACH INSTANCE THERE WILL BE A CHOICE WHICH CAN BE MADE SIMPLY OUT OF PERSONALITY AND WILL USUALLY WORK IN THE WORLD, AND THERE IS ALSO A CHOICE WHICH CAN BE MADE FROM ESSENCE WHICH WILL INSTINCTIVELY “FEEL” RIGHT AND WILL RESULT IN POSITIVE UPWARD MOBILITY. YOUR DIFFICULTIES LIE IN YOUR INABILITY TO CHOOSE THE ESSENCE ROUTE, AS IT ALWAYS SEEMS THE MORE DIFFICULT, WHEN IN REALITY IT IS THE MORE SIMPLE. BUT SOCIETY HAS COMPLEXIFIED TO THE POINT WHERE YOU SEE ANY ATTEMPT AT SIMPLIFICATION AS UNBELIEVABLY COMPLEX. THIS IS PARADOXICAL, OF COURSE, AND IS THE ONE BARRIER IN THE WAY OF ANY TRUE ATTEMPT AT CIVILIZATION. IF YOU DOUBT THIS, LOOK AT THE DEFINITION OF THE WORD “SOMETIME”. IN MOST INSTANCES, THOSE HEARING THIS TEACHING WILL FASTEN ON THAT PRECEPT THAT HOLDS THE MOST IMMEDIATE APPEAL. WITH YOU IT WAS BODYTYPING. THOSE WITH THE CHIEF FEATURE OF IMPATIENCE WILL SEARCH FOR A TEACHING WHICH IS MORE IMMEDIATELY IN THE WORLD, AND IF THEY DO NOT FIND THIS THEY WILL RETURN TO THE ONE THAT GIVES THEM THE MOST HOPE FOR IMMEDIACY. There was talk of the personality, and the fact that we must have it for a reason and why not live with it — or words to that effect.

THERE COMES A POINT, BELIEVE US, WHEN YOU TIRE OF THE EXPERIENCE [of justifying the ego's needs]. THE FALLACY IN YOUR INTERPRETATION OF THE [Werner] ERHARD TRAINING IS IN YOUR STUBBORN INSISTENCE THAT YOU LOVE YOUR MISERY. WE DO NOT HEAR THE MAN WERNER SAYING THIS. IT IS POSSIBLE TO ENDURE AN UNPLEASANT SITUATION WITH GRACE, BUT THE GOAL IS TO STEP FROM IT AS QUICKLY AS POSSIBLE, NOT STAY THERE AND GRIND YOUR MOLARS.

THE MAN ROBERT HEINLEIN HIT UPON AN ACCIDENTAL TRUTH IN HIS EPIC. (*Stranger in a Strange Land*, no doubt.) HE DOES NOT UNDERSTAND THIS TRUTH, BUT WAS ABLE TO WRITE ABOUT IT: YOU APPREHEND THE SITUATION FULLY, LOVE IT AS A PART OF THE UNIVERSAL FLOW, AND THEN YOU LET IT GO — AND BY LETTING GO WE MEAN DOWN TO THE LAST VESTIGE: NO RESENTMENT, NO REGRETS. IF IT IS DONE IN PERSONALITY, THEN IT CANNOT BE IMPORTANT ON THE ESSENCE LEVEL [*because the two are reciprocally related: as the one decreases, the other increases*].

THERE ARE IN LIFE STRUGGLES, AND TRUE GOALS [of essence] AND FALSE GOALS [of ego], AND WHEN YOUR WILL IS CENTERED UPON ACHIEVING A FALSE GOAL, THEN YOU ARE AT ODDS WITH THE FLOW, AND YOUR ESSENCE WILL FIGHT THIS, AND THIS IS WHERE THE [internal] DISCOMFORT COMES IN. EVEN STEPS ARE USED BY SOME AS GOALS SIMPLY BECAUSE THEY ARE UNABLE TO REASONABLY DEFINE A GOAL FOR THEMSELVES — FOR INSTANCE, LET US DISCUSS THE PHYSICIAN'S ROLE IN YOUR WORLD. IF THE GOAL IS TO HEAL, THEN THE ESSENCE WILL BE AT PEACE, OR EVEN IF THE GOAL IS TO TEACH. BUT IF THE GOAL IS OBSCURED BY PARENTAL IDEALS OR THE NEED TO PLEASE OR THE NEED TO GET AHEAD IN LIFE, THEN THE PERSONALITY IS IN CHARGE, AND THE ESSENCE IS RESTLESS AND UNSATISFIED. THIS IS NOT TO SAY THAT THE PHYSICIAN SHOULD NOT ACHIEVE AND EVEN MAKE A COMFORTABLE LIFE FOR HIMSELF. IT SIMPLY SAYS THAT THIS [materialism] IS NOT A GOAL THAT IS SATISFYING TO THE SOUL.

We talked a bit about all goals being “maya”, as it were.

YOU ARE RIGHT, OF COURSE: ALL GOALS [of ego] ARE ONLY INTERMEDIATE GOALS. (The [real, final] goal is awareness.)

THERE ARE OF COURSE PARALLEL VECTORS LEADING TO NOWHERE. MANY LEAD TO STAGNATION ON THE PHYSICAL PLANE, MANY TO INTENSE KARMIC RIBBONS. ONLY THOSE VECTORS LEADING INTO THE FLOW ARE PATHS THAT ARE WORTH FOLLOWING. THOSE WE HAVE SUGGESTED LEAD TO JOY, AND MOST TEACHINGS THAT WE ARE AWARE OF DO LEAD TO THIS. PARALLEL VECTORS ARE THE ILLUSION AND THE MISERY OF THE PHYSICAL PLANE. THE “VALE [valley] OF TEARS” THAT WAS POINTED OUT IN THE BIBLE DEFINES THE ROAD OBSCURED BY MAYA — THE MANIFOLD VECTORS OF THE CHOICES MADE BY THE [negative poles of the] OVERLEAVES. THE TROUBLE IS, THE CHOICES NEVER DO SATISFY THE ESSENCE, AND THERE IS ALWAYS INTERNAL WAR.

THE PHYSICAL PLANE REPRESENTS THE LOWEST STATE OF EXISTENCE. CALL IT “HELL”, IF YOU WISH — IT CERTAINLY FITS. THE ONLY CONCEPT WE WOULD DISAGREE WITH IS THAT THE FRAGMENTED ENTITIES DESIRE A SEPARATION FROM GOD [which they don't]. THE LONGING [for union with God] IS ALWAYS THERE, EVEN THROUGH COUNTLESS MISTAKES OR POOR CHOICES. LOOK UPON THIS [physical plane] AS A PROVING GROUND, IF YOU WISH. LEARNING THAT THIS IS NOT THE PARADISE THAT YOU INITIALLY THINK IT IS, IS THE GIANT STEP YOU MUST TAKE IN ORDER TO PROGRESS SPIRITUALLY.

WE WOULD SAY THAT A CERTAIN CARELESSNESS ABOUT THE FUTURE IS QUITE A POSITIVE THING. ONE CANNOT DETERMINE WHAT THE FUTURE HOLDS, NO MATTER HOW SPIRITUAL THEY BECOME, AND

ENDLESS SPECULATION LEADS TO NOTHING BUT DESPAIR. ONE SHOULD FEEL A SADNESS THAT THE PERSONALITY EXPERIENCES GUILT FOR ENJOYING THE MOMENT. THE [negative poles of the] OVERLEAVES ACT AS AN EFFECTIVE BARRIER TO ANY REAL JOY, BECAUSE OF THEIR CONSTANT CONCERN WITH THE FAR-REACHING CONSEQUENCES OF ANY ACT IN THE MOMENT. GUILT IS A BUILT-IN FEATURE OF THE PERSONALITY. IT KEEPS YOU ON YOUR TOES. IT ALSO GEARS THE ENTIRE LIFE TO THE FUTURE. ALL ACTION IS BASED UPON FUTURE NEED MORE THAN IMMEDIATE GRATIFICATION. THIS IS NOT TO SAY THAT ALL OF THE PERSONALITY'S NEEDS AND DESIRES OF A TEMPORAL NATURE SHOULD BE GRATIFIED. [The balanced, centered person responds to the promptings of essence, not the needs of ego.] THE CONFLICT THAT YOU FEEL COMES ABOUT BECAUSE THE PERSONALITY DOES EXACTLY WHAT IT WANTS TO DO ALL OF THE TIME. THE ESSENCE DOES NOT HAVE THE CHANCE TO ACT IN THE MOMENT AND IT GOES TO SLEEP IN ORDER TO AVOID THE CONFLICT. THE FORCES OF "GOOD AND EVIL" THAT YOU FEEL FIGHTING WITHIN YOURSELVES ARE NOT THE ESSENCE FIGHTING THE PERSONALITY, BUT ARE THE OVERLEAVES FIGHTING EACH OTHER.

WE HAVE TOLD YOU ALL THAT THERE IS A WAY THAT YOU CAN USE TO PENETRATE THE VEIL — OR, TRULY, THERE ARE SEVERAL WAYS THAT WE HAVE OUTLINED. ANYTHING THAT YOU CAN DO THAT WILL BRING YOU TO THE BRINK OF AN EXPERIENCE WITH THE ENTIRE SPECTRUM OF EXISTENCE WILL BRING YOU TO THE REALIZATION OF THE PATH THAT YOU MUST FOLLOW. THIS IS A FANCY WAY OF SAYING THAT YOU MUST HAVE SOME SORT OF A "PSYCHIC" EXPERIENCE THAT WILL ALLOW YOU TO SEE THAT THERE IS SOMETHING OUT THERE — OR OUT HERE, IF YOU WISH. NOTHING ELSE WILL CONVINCING YOU THAT YOU HAVE CUT DEEPLY ENOUGH INTO THE MEAT OF THIS TEACHING OR ANY OTHER TEACHING. MANY STILL RESIST WITH BULLDOG TENACITY. NO TEACHING ANSWERS QUESTIONS THAT YOU DO NOT WISH TO HAVE ANSWERED. YOU CAN ALWAYS OBSCURE ANSWERS AT WILL AND TAKE FROM THE TEACHING ONLY WHAT YOU NEED TO GET THROUGH YOUR PRESENT MISERY [which is all that personality ever wants]. ONLY BY EXPERIENCING THE TRUTH DIRECTLY WILL YOU BELIEVE AND CHANGE. THIS MEANS THAT YOU MUST SEE IT YOURSELF. WE CANNOT TELL YOU THAT IT EXISTS AND EXPECT YOU TO FEEL GRATIFIED. YOU MUST EXPERIENCE THIS. YOU MUST WANT TO BE CHANGED. SOME OF THE METHODS WE HAVE SUGGESTED IN THE PAST ARE VALID FOR YOU EVEN NOW, BUT THEY MUST BE UNDERTAKEN WITH POSSIBLE VICTORY IN MIND. THERE IS AN ELEMENT OF DEFEAT THAT MAKES MANY OTHERWISE GOOD STUDENTS FAIL AT THIS JUNCTURE. THEY SAY, IN EFFECT, IT HAS ALWAYS FAILED IN THE PAST AND IT WILL FAIL AGAIN. THE PERSONALITY DOES NOT WISH TO BE ENLIGHTENED.

We talked about "forgiveness".

THIS IS A VERY TRANSCENDENTAL NOTION, OF COURSE, AND INVOLVES NEGATING THE PHYSICAL PLANE. OF COURSE, IF THE ESSENCE FORGIVES, THEN THE "HATCHET" IS BURIED, BECAUSE THE ESSENCE DOES NOT FEEL THE TRANSITION BETWEEN THE PLANES AS DEATH.

IN A LIMITED SENSE IT IS POSSIBLE TO FUNCTION ON THE PHYSICAL PLANE IN ESSENCE. SURVIVAL IS THE GOAL OF THE PERSONALITY, AND THIS IS DIRECTLY OPPOSED TO THE GOAL OF THE ESSENCE, WHICH IS ECSTASY. THE PERSONALITY CANNOT FORGIVE, BECAUSE IN DOING SO IT EXPOSES IT'S ACHILLES HEEL TO ANTI-SURVIVAL THRUSTS. FOR INSTANCE, HOSTILITY MUST BE MET WITH THE BACK TO THE WALL IF SURVIVAL IS TO BE ASSURED. THE OTHER, ESPECIALLY IF HE BE MORE POWERFUL, MUST BE THE FIRST TO CONCEDE. THEN A CERTAIN PSEUDO FORGIVENESS TAKES PLACE. ONLY THE ESSENCE CAN WALK INTO AN ANGRY MOB AND NOT FEAR THE CONSEQUENCES, FOR IT DOES NOT FEAR DEATH.

ALL MOMENTS OF INEXPRESSIBLE JOY ARE ESSENCE EXPERIENCES, AND OF COURSE THE ESSENCE IS THE FLOW; IT DOES NOT GLIMPSE THE FLOW — THE PERSONALITY DOES THAT. WHAT YOU CAN DO IS TO PUT YOURSELF INTO THE SPACE WHERE YOUR PERSONALITY CAN GLIMPSE THIS "BEYOND" REALM AND THEN PERHAPS END THE CONFLICT. WE DO NOT SEE ANY OF YOU HERE PRESENT OPERATING FROM ESSENCE IN THIS LIFETIME UNLESS RADICAL CHANGE OCCURS. WHAT WE DO SEE IS RATHER STEADY SEEKING FOR WHAT YOU HAVE ALREADY MOMENTARILY GLIMPSED. FOR THE WANT OF A BETTER TERM, LET US CALL WHAT WE ARE DISCUSSING "THE SPIRITUAL EXPERIENCE" — IN OTHER WORDS, YOU MUST "SEE GOD". THEN YOU MUST SEE THE GOD THAT DWELLS WITHIN, AND REALIZE THAT THEY ARE ONE IN THE SAME. VULNERABILITY IS THE NECESSARY CATALYST.

12 December 1976

Sunday

The evening began with talk about the *Course in Miracles* material, and we shared thoughts about the

difference between false goals and true goals. Must we give up life goals?

ALL MUST REALIZE THAT THE TERM "HOLY SPIRIT" [which often appears in the *Course in Miracles*] DOES IN FACT REFER TO THE ESSENCE — THAT WITHIN THE SELF WHICH IS IN CONTACT WITH THE TAO. TO CONTACT THIS HOLY SPIRIT, THEN, REQUIRES ONLY THE QUIETING OF THE [negative poles of the] OVERLEAVES TO THE EXTENT THAT THE ESSENCE CAN BE PERCEIVED. THE PERCEPTION IS OFTEN BRILLIANTLY ELUCIDATED DURING A SO CALLED "SPIRITUAL EXPERIENCE", WHEN THE PERSONALITY IS TEMPORARILY INACTIVATED BY THE POWERFUL INPUT. DRUGS WILL OFTEN FACILITATE THIS, BUT ARE NOT NECESSARY; ENVIRONMENT IS MORE IMPORTANT. WITHOUT THIS PERCEPTION, ALL OF THIS [teaching from us] IS SIMPLY ANOTHER BARRAGE OF WORDS. ONLY THE KNOWLEDGE OF ONE'S OWN ESSENCE IS CONVINCING. WE CANNOT EMPHASIZE THIS TOO MUCH. IT CAN BE EXPLAINED BY THE TIMEWORN CLICHÉ, "SEEING IS BELIEVING". THERE IS NO OTHER WAY THAT ONE CAN BE CERTAIN THAT PLANES BEYOND THE PHYSICAL EXIST, OTHER THAN EXPERIENCING THEM. THE SAME CAN BE SAID FOR THE PERCEPTION OF ONE'S OWN ESSENCE. WHEN THIS IS ACCOMPLISHED, THE POWER OF THE EXPERIENCE DROWNS DISBELIEF. THEN, OF COURSE, IT IS STILL ENTIRELY UP TO YOU WHICH COURSE YOU WISH TO PURSUE. IT IS DOUBTFUL, THOUGH, THAT ONE WOULD CHOOSE TO CONTINUE WITH PURPOSELESS ACTIVITIES.

FALSE GOALS ARE THOSE WHICH ARE LARGELY UNATTAINABLE, AS THEY EXIST ONLY IN FANTASY. TRUE GOALS LEAD TO THE AWAKENING OF THE ESSENCE AND ITS BREAKTHROUGH. THIS IS INDEED POSSIBLE FOR THOSE WHO WISH IT, AND WITHOUT GREAT SACRIFICE UPON THE MOUNTAIN TOP.

Mention was made of rituals and practices designed to bring about enlightenment.

WE SIMPLY SPEAK OF VARIOUS ASCETICISMS THAT ARE UNNECESSARY. RITUALS DO HELP THE UNINITIATED, BUT ONLY IN THE PREPARATORY STAGES. THESE SERVE TO QUIET THE MIND.

IT IS INTERESTING THAT THE LEFT CEREBRAL HEMISPHERE IS UNABLE TO ALLOW THIS PERCEPTION (of the essence). MANY TIMES PERSONS SUSTAINING BRAIN DAMAGE IN THE LEFT SIDE DO EXPERIENCE THEIR ESSENCE FOR THE FIRST TIME. ("FACILITATE" WOULD BE A BETTER WORD THAN "ALLOW".)

THE INTELLECTUAL CENTER CANNOT PERCEIVE GOD. THE INTELLECTUAL CENTER IS NOT INTERESTED IN THIS PERCEPTION. IT DOES NOT COUNT IT AS A LOSS. ONLY THE HIGHER CENTERS LONG FOR THE TAO, THROUGH THE EMOTIONAL CENTER. THE DESIRE FOR HUMAN CLOSENESS AND EXCLUSIVE RELATIONSHIPS DERIVES FROM THIS [trait of the ego]. IT IS THE SUBSTITUTE THAT THE [negative poles of the] OVERLEAVES ACCEPT, BUT SINCE IT LACKS PERFECTION IT DOES NOT SATISFY. THE ESSENCE SEEKS THE PERFECTION THAT IT IS. THE ESSENCE LOVES. THIS IS THE ONLY EMOTION IT IS CAPABLE OF. IT LOVES ALL WHICH IS SELF, AND ALL THERE IS.

TRY AN EXERCISE IF YOU WISH. THE NEXT TIME YOU ARE INVOLVED IN A HOSTILE EXCHANGE WITH SOMEONE WITH INCOMPATIBLE OVERLEAVES, CREATE WITHIN [yourself] THE QUIET SPACE: FACE THIS CHALLENGE SQUARELY, AND ATTEMPT TO ACKNOWLEDGE TO THAT OTHER PERSON "THOU ART GOD". THIS DOES NOT HAVE TO BE SAID ALOUD, BUT SAID [often and strongly within] ENOUGH TO BECOME REALITY [by reprogramming or wiping out the tapes]. IT DOES NOT EVEN HAVE TO PUT AN END TO THE HOSTILITIES — IT IS MERELY ACKNOWLEDGMENT THAT IS IMPORTANT. IF YOU ARE ABLE TO ACHIEVE THIS, IT WILL BE THE ESSENCE THAT DOES THE ACHIEVING. THE [negative poles of the] OVERLEAVES MAY VERY WELL GO RIGHT ON SPITTING. THIS IS THE SAME PRINCIPLE AS THE "STEWARD" [a Gurdjieff term], AND WE ARE ASKING THAT YOU CREATE A CORRIDOR THROUGH WHICH YOUR ESSENCE CAN PASS.

WE WOULD CEASE USE OF THE WORD "DETACHMENT", AS THIS IS MISLEADING. YOU ARE ALREADY DETACHED FROM THAT WHICH YOU SEEK.

We talked about efforting, not getting anyplace — just getting into deeper and deeper trouble with life. It seems there should be no effort.

WHAT YOU ARE EXPERIENCING IS PASSION. THIS IS A GATEWAY TO AGAPE IF USED IN THE PROPER PERSPECTIVE. THE MAN JESUS WAS PASSIONATE. THE TRANSCENDENCE TO AGAPE TOOK PLACE ONLY WHEN THE INFINITE SOUL BEGAN TO MANIFEST. BUT THIS IS NOT TO SAY THAT AGAPE CANNOT BE EXPERIENCED BY THOSE UNTRANSCENDED — IT CAN, BUT ONLY THROUGH THE ESSENCE. THE [negative poles of the] OVERLEAVES CANNOT EXPERIENCE AGAPE. THE OVERLEAVES CANNOT EVEN EXPERIENCE PASSION MOST OF THE TIME.

TRUE PASSION HAS SUSTAINED MANY GREAT TEACHERS THROUGHOUT THEIR PHYSICAL LIVES. FALSE PASSION WOULD BETTER BE CALLED GREED, FOR THIS IS WHAT DETERMINES MOST OF THE EMOTIONS WHICH YOU NOW ASSOCIATE WITH THE WORD PASSION.

IN SPITE OF THE MYTH OF CHILDHOOD HAPPINESS, THE CHILD ON THE PHYSICAL PLANE IS IN THE LEAST ENVIABLE SPOT IN THE UNIVERSE. HE IS AT THE MERCY OF EVERYTHING AND EVERYBODY AND HE KNOWS IT. HE CHOOSES TO BLOCK THIS KNOWLEDGE, AND DOES THIS WELL — SO WELL, IN FACT, THAT ANY THOUGHT OF GOING BACK OR REGRESSING TO THAT STATE APPALLS THE AVERAGE ADULT. ABANDONING ONESELF TO PLAY, THEN, IS QUITE A SCARY FATE AND NOT ONE EASILY ACCOMPLISHED ONCE THE CHERISHED “ADULT” STATUS IS ACHIEVED. WE HAVE NEVER KNOWN OF AN “ADULT” WHO HAS ACHIEVED SPIRITUAL ENLIGHTENMENT. WHO IS MORE VULNERABLE THAN A CHILD?

THE MAN ERIC BERNE KNEW THIS WHEN HE CALLED THE INTELLECTUAL CENTER THE ADULT, THE MOVING CENTER THE PARENT, AND THE EMOTIONAL CENTER THE CHILD. THE MOVING CENTER IS CONCERNED WITH RIGHT ACTION, THE INTELLECTUAL CENTER WITH RIGHT THOUGHT — WHERE, THEN, IS THERE ROOM FOR [Emotional Center] LOVE?

The Cerro Gordo project was mentioned.

SOCIETY WILL COMMEND PROJECTS SUCH AS THAT FOR ITS RIGHT THOUGHT AND ACTION. THIS IS THE INFINITE SADNESS — THE POIGNANCY OF THE PHYSICAL PLANE. THIS IS THE SEPARATION FROM GOD. [On the physical plane] YOU ARE REWARDED FOR JUST THOSE ACTIONS WHICH LEAD NOWHERE, AND THEREFORE [people] ALWAYS CHOOSE THOSE PATHS.

We talked of changing the overleaves and the teacher’s mention of “quieting” them.

“EXTINGUISHING” WAS THE WORD USED, BUT PERHAPS THIS IS A HARSH WORD, AS “QUIETING” DOES SOUND EASIER. THE POSITIVE POLES OF THE OVERLEAVES — THIS IS THE GOAL. ONCE REACHED, YOU ARE IN ESSENCE; ALL IS EQUAL. STUDY AGAIN THE WORDS WE GAVE YOU IN DEFINING THE ACTION OF THE POSITIVE POLES OF THE OVERLEAVES. THERE IS NO QUALITATIVE DIFFERENCE [between this and the experience of essence contact].

We talked about dreams and visions.

VISIONS ARE OFTEN GLIMPSES OF AREAS IN WHICH THE WORK IS NEEDED. THE SELF, OR “SOUL”, IF YOU WISH, MANUFACTURES THESE AND SERVES THEM UP IN THE MOST CONVENIENT AND PALATABLE FORM.

21 February 1977

Monday

Our lifetimes are for growth. What we do here in [our physical] lives we ingest and synthesize between lives so we know what we have in the way of appointments and agreements.

GROWTH OF ANOTHER KIND OCCURS ON OTHER PLANES, DEVOID OF THE STIMULI OF THE PHYSICAL PLANE. A SYNTHESIS COMES ABOUT IN THAT PERIOD BETWEEN LIVES ON THE PHYSICAL PLANE. THIS IS THE TIME OF REVIEW AND THE OPPORTUNITY TO SEE WHERE GROWTH IS NEEDED.

WE MUST SAY SOMETHING ABOUT ASTRAL LIVES AT THIS POINT. ASTRAL LIVES ARE NO MORE ENLIGHTENED THAN THE PHYSICAL COMPONENT IN ALL BUT THE OLDER SOULS. IN OTHER WORDS, IF A SOUL WAS NOT TELEPATHIC ON THE PHYSICAL PLANE, HE WILL NOT BE MORE SO AFTER DEATH.

ALWAYS THERE IS A PERIOD OF CONFUSION, AND DISORIENTATION THAT FOLLOWS THE TRANSITION FROM ONE PLANE TO ANOTHER CREATE LESS OF AN OBSTACLE THAN MOST [if preceded] BY MUCH WORK AT THE END [of the lifetime].

Do we remember the physical life when we are on the astral plane.

MANY DO NOT REMEMBER AT ALL, ESPECIALLY VERY YOUNG SOULS. BUT REMEMBER, THERE IS NO LIFE SURVIVAL PROGRAMMING GOING ON ON THE ASTRAL PLANE, AND THE ENCUMBRANCES ARE LESS HEAVY. ALSO, THERE IS NOT AS MUCH EMPHASIS PLACED ON SAMENESS. ON THE PHYSICAL PLANE THOSE WHO REMEMBER ARE REGARDED AS WEIRD, AND THIS IS SUPPRESSED IN MOST. ONLY THE BRAVEST SOULS AMONG YOU ARE WILLING TO GO BACK THROUGH THE BARRIERS TO THE MEMORIES [of past lives]. MOST SOULS ON THE PHYSICAL PLANE DO REMEMBER THEIR OTHER EXISTENCES; THERE IS SIMPLY MUCH RESISTANCE TO REFINING THESE MEMORIES. HAVEN’T YOU EVER MET ONE WHO DID NOT NEED TO LEARN, FOR INSTANCE, MATHEMATICS? IT JUST CAME TO THEM. DON’T YOU WONDER WHERE THAT KNOWLEDGE CAME FROM? ONCE A SKILL IS ACQUIRED, IT IS NEVER LOST TO THAT FRAGMENT, NO MATTER HOW MANY TRANSITIONS HE GOES THROUGH. SKILLS MAY BECOME RUSTY, BUT NOT LOST, AND (lack of) SKILLS MUST BE SEPARATED FROM IRRATIONAL FEARS.

Someone said that she felt that ____ did much work at the end.

WE WOULD AGREE WITH THAT. THE FRAGMENT THAT WAS _____ WAS ONE OF THE FEW IN THIS CADRE ABLE AT THE END TO ACKNOWLEDGE THAT DEATH WAS NOT THE END, AND THAT WAS AN ENORMOUS STEP THAT LED TO MUCH INTROSPECTION AND MUCH CONTACT WITH THE ESSENCE AT THE END. THIS FRAGMENT WAS ABLE TO SURRENDER THE BODY WITHOUT REGRET. THE ESSENCE IS NEVER "IN REJECTION", YOU SEE. THEREFORE, THE MAN _____ EVEN REJECTED HIS OWN "KNOWLEDGE", HIS OWN "GOOD ADVICE". FROM THAT YOU CAN MEASURE THE STRIDES THAT WERE MADE. THOSE UNFORTUNATE SOULS WHO CONTINUE TO HOPE FOR A MIRACLE THAT WILL MAKE THEM WHOLE AGAIN NEVER DO COME TO GRIPS WITH THE POSSIBILITIES THAT REST WITH DEATH, AND THEY NEVER CAN RELAX THE [ego's] VIGIL AND SEE THE LIGHT UP AHEAD. ONLY THOSE WHO REALIZE THAT THE PHYSICAL LIFE IS ABOUT TO END AND GO FROM THERE HAVE A CHANCE. THOSE WHO COUNSEL ERR WHEN THEY DO NOT COUNSEL IN THIS DIRECTION.

Do souls hang around after death?

FRAGMENTS WHO DIE VIOLENTLY DO SOMETIMES HOVER SIMPLY BECAUSE THERE IS CONFUSION. OTHERS RARELY DO. ALL OF YOU OWE A DEBT OF SORTS TO THE STUDENT, ELIZABETH (Kubler Ross) [who wrote a landmark book on counseling the dying process and about life after death].

Did _____ choose the brain tumor?

THE CHOICE OF A MALIGNANT TUMOR IS NOT A DIRECT ONE, BUT OFTEN THIS DOES HAPPEN IN THE END WITH THOSE WHO WISH IT TO. THE CHOICE IS SO INDIRECT THAT ONLY THE MOST ENLIGHTENED SOUL COULD IDENTIFY IT AS A CHOICE. FOR INSTANCE, WHEN YOU ASK YOURSELVES WHY YOU CREATED FOR YOURSELF A COLD, THERE IS NO SUITABLE ANSWER. YOU CREATED AN ILLNESS, THE TYPE WAS UNSPECIFIED. PERHAPS THE BODY NEEDED A SLOWING DOWN; PERHAPS EMOTIONAL CENTER WAS CALLING A HALT TO EXCESS ACTIVITY; PERHAPS THE BODY NEEDED TO DIE. YOU SEE, THERE ARE MYRIAD REASONS.

There was talk about individual responsibility in illness.

IT IS NOT INHUMANE TO SUGGEST A DEGREE OF RESPONSIBILITY, BUT IT IS IMPERATIVE TO DISCOVER THE MOTIVE (for the disease). THIS SHOULD COME FIRST. FOR INSTANCE, ALL OF YOU ARE ACQUAINTED WITH FEMALES WHO HAVE UNDERGONE MASTECTOMIES [breast removal operations], AND THE MOTIVATION IN THESE CASES IS MORE OR LESS THE SAME. THESE FEMALES ARE SADDENED BY THEIR LACK OF RECOGNITION AS OTHER THAN SEXUAL OBJECTS, ALTHOUGH MOST ARE NOT EVEN AWARE OF THE SADNESS, AND THEIR SELF-MUTILATION TAKES A SUBTLE FORM, BUT IS NEVERTHELESS AS SURE AS IF THEY HAD TAKEN THE KNIFE TO THEMSELVES. ALSO, THESE FEMALES ARE RIGID AND AUTHORITATIVE ROLE MODELS OF WHAT THEY CONSIDER TO BE "RIGHT", AND IN THIS SENSE THEY DEFEAT THEMSELVES BY REFUSING TO SEE THAT RIGIDITY.

We talked about types of cancers.

IT IS USUALLY AN ATTEMPT WITHIN THE TUMOR (then the tumor has a life of its own), AS DOES MUCH TISSUE OF THIS TYPE. YES, IT MUST BE GIVEN A FERTILE FIELD IN WHICH TO GROW. LET US GIVE YOU AN EXAMPLE: THE TUMORS OF THE GASTROINTESTINAL SYSTEM ARE ESPECIALLY VIRULENT. MOST OF THESE COME ABOUT IN SOULS SLIGHTLY ASHAMED OF THEIR FECES, OR MORBIDLY CONCERNED WITH THE MECHANICS OF DEFECATION. THE CURATIVE SURGICAL PROCEDURE ONLY ENHANCES THIS CONCERN, AS DEFECATION IS EVEN MORE OBVIOUS AND IMPERATIVE TO THE SOUL. HE BECOMES MORE INTROSPECTIVE THAN EVER, AND MORE DEDICATED TO ELIMINATION THAN EVER. NOW WE ARE NOT SUGGESTING THAT YOU CEASE OPERATING UPON MALIGNANT TUMORS OF THE GASTROINTESTINAL TRACT, OR OTHER MALIGNANT TUMORS — ONLY THAT YOU LEARN TO COUNSEL EFFECTIVELY.

There must be spiritual reasons for this.

OH, OF COURSE THERE ARE. THERE IS THE SPIRITUAL UNREST THAT ALL OF YOU EXPERIENCE, BUT THIS IS TRANSLATED AT A LOWER LEVEL INTO THE BODILY FUNCTIONS. IF THE SOUL IS UNABLE TO DEAL WITH THE SPIRITUAL LONGING, HE DEALS WITH THE INSTINCTIVE CENTERS' LONGING. FOR INSTANCE, YOU IN THIS ROOM SEEK THE SPIRIT, WHILE MANY SOULS TRANSLATE THIS LONGING INTO INSTINCTIVE CENTER NEEDS — WARMTH, COMFORT, A FULL STOMACH, AND PASSIVE ENTERTAINMENT. THE INSTINCTIVE CENTER FUNCTIONS ONLY BECAUSE OF INTEREST WHEN THE OTHER CENTERS ARE INACTIVATED OR HAVE BEEN SATISFIED.

A name was mentioned.

THE NAME IS NOT "HALSTEAD", BUT "HALDANE". THIS FRAGMENT HAD SATISFIED THE SPIRIT AND WAS PREPARED TO GO ON AND CHOSE THIS EXIT — OR PERHAPS WE SHOULD SAY, "TOOK" THIS EXIT. HE

SIMPLY WILLED THE TERMINAL PROCESS. BUT THIS WAS A FRAGMENT WHO HAD BEEN RIGIDLY PROGRAMMED TO REGARD HIS ELIMINATORY FUNCTIONS AS "NASTY" IN SPITE OF HIS SCIENTIFIC EDUCATION, HE NEVER OVERCAME THIS PROGRAM.

Is it possible to know the motive behind a tumor of the gastrointestinal system?

ONLY IF YOU WERE WILLING TO SPEND THE NECESSARY TIME WITH EACH PATIENT — THAT IS TO, SAY, DEVELOP A CERTAIN LEVEL OF INTIMACY WITH THEM. THIS IS BEING DONE TO A LIMITED EXTENT IN THE HOLISTIC HEALTH CENTERS, BUT THERE AGAIN, HERE WE HAVE HALF-TRAINED PRACTITIONERS WITH MORE ZEAL THAN SKILL.

THERE ARE EVEN MANY WAYS THAT YOU CAN SAY YOU CAUSED YOUR CANCER. THE PROCESS IS SOMETHING LIKE THIS: 1. I AM SAD; 2. I DON'T WISH TO GO ON LIKE THIS; 3. PLEASE HELP ME; 4. NO ONE CARES; 5. THERE IS NO ONE OUT THERE; 6. I WISH TO DIE; 7. I WISH TO SHOW THEM THAT THEY CANNOT DO THIS TO ME; 8. I WILL MAKE A MESS. AND WITH EACH LEVEL OF RECOGNITION OR LACK THEREOF THERE IS ANOTHER STEP. FOR INSTANCE, "I AM SAD" MAY BRING ON A COLD. IF RELIEF COMES, THAT IS ALL THAT IS NECESSARY. IF WE PROGRESS TO "I DON'T WISH TO GO ON LIKE THIS", A VIRUS MAY SUPERVENE OF A MORE SERIOUS NATURE. "PLEASE HELP ME" MAY BRING ON A MORE DISABLING PROBLEM. "THERE IS NO ONE OUT THERE" OFTEN RESULTS IN A CHRONIC NATURE THAT BRINGS THE PATIENT INTO YOUR OFFICE TIME AND TIME AGAIN. "I WILL SHOW THEM" IS THE STAGE WHERE THE PATIENT DEVELOPS AN ILLNESS THAT MUST BE TAKEN CARE OF BY SOMEONE ELSE. "I WILL MAKE A MESS" IS OF COURSE THE LAST STAGE, WHERE OTHERS ARE FORCED TO DEAL WITH YOUR NASTIES. THE PATIENT WHO HAS REACHED THE "I WILL MAKE A MESS" STAGE HAS EXHAUSTED ALL ADULT PLEADING AND REGRESSES BACK INTO CHILDHOOD, WHERE NEGATIVE REINFORCEMENT IS PREFERABLE TO NO REINFORCEMENT AT ALL.

What about Scientology?

THE METHOD [is valid], YES; THE THREATS [they make], NO. YOU MUST LEAVE AN AVENUE OF EXIT IN ALL TEACHINGS. WE MUST TELL YOU THIS AT THIS POINT, SO THAT YOU MAY RECOGNIZE A TRUE TEACHING. IN A TRUE TEACHING THERE IS ALWAYS AN EXIT.

Can we change the course of a disease?

THERE IS A POINT OF NO RETURN. HAVE YOU NEVER MADE A SNOWBALL AND ROLLED IT ON AN INCLINE, AND WHAT WAS THE RESULT? AT THIS POINT THE PATIENT IS UNABLE TO HEAR THE ANSWER TO HIS PLEA — BUT ONLY IN THAT FINAL STAGE, WE MUST EMPHASIZE. JUST AS THE CHILD BENEATH [age] SEVEN IS UNABLE TO DETERMINE THE CONNECTION THAT THE TALL, THIN GLASS HOLDS AS MUCH LIQUID AS THE SHORT, STOUT GLASS, SO THE TERMINAL PATIENT GOES.

21 March 1977

Monday

Someone said that our society seems to force people into Intellectual Center. It was pointed out that the positive poles of all of the overleaves are in essence.

IN THIS SOCIETY IT IS A SURVIVAL TECHNIQUE (to be in Intellectual Center), THE SUBMERGENCE OF OTHER CENTERING — PARTICULARLY FOR THOSE DRIVEN BY MATERIAL GOALS. RIGID SEXUAL ROLES CONTRIBUTE TO THIS PHENOMENON. WHEN THESE FLY BEFORE THE WIND, THEN THE FALSE CENTERING WILL ALSO. THERE IS VERY LITTLE, ASIDE FROM ANATOMICAL DIFFERENTIATION, LYING BETWEEN MALE'S AND FEMALES AS PERTAINING TO LIFE GOALS AND ASPIRATIONS, WHETHER THEY BE MATERIAL, PHYSICAL OR SPIRITUAL.

We talked about women being allowed to be more emotional than men.

[They are allowed this] MUCH MORE THAN MEN [are]. IN FACT, FOR MANY CENTURIES IT WAS EXPECTED OF THEM. HOWEVER, THE FACT REMAINS THAT THERE ARE JUST AS MANY EMOTIONALLY CENTERED MEN, WHO ARE TO SOME EXTENT REPRESSED. OFTEN THIS MANIFESTS ITSELF AS ULCERATIONS OF THE GASTROINTESTINAL SYSTEM OR INFARCTIONS OF THE MYOCARDIUM.

We talked about true Centers and false — or imprinted — Centering.

OF COURSE IT CAN [happen], ESPECIALLY BEFORE THE AGE OF MANIFESTATION [at the fourth milestone about age 35], AND THEN TO ADD TO THE CONFUSION, MANY SOULS EXAGGERATE THEIR TRUE OVERLEAVES IN ORDER TO APPEAR EVEN MORE ACCEPTABLE TO SOCIETY, WHICH THEY FEAR SO GREATLY AND PRIZE SO HIGHLY. THIS IS WHY EVEN THE MOST PERCEPTIVE OF YOU OCCASIONALLY MISS AN

OVERLEAF — IT IS MASKED BY THE SOCIETAL CLOAK.

THE INCREASE OF GASTROINTESTINAL ULCERATIONS AMONG FEMALES IS RELATED PRECISELY TO THE SAME FACTORS AS IN MALES: EMOTIONALLY CENTERED MALES AS WELL AS EMOTIONALLY CENTERED FEMALES ARE NOW BEING SHAMED INTO BEING ACCEPTING OF INTELLECTUAL AND MOVING CENTERED GOALS. ONCE AGAIN CIVILIZATION HAS SUCCEEDED IN THROWING OUT THE BABY WITH THE BATH WATER.

Does fear of hurt [feelings] make people avoid Emotional Center?

MANY PEOPLE DO RUN FROM EVEN THE REMOTEST CHANCE OF REJECTION. REJECTION IS THE ONLY CAUSE OF TRUE EMOTIONAL PAIN IN THAT EVEN THE ESSENCE FEELS THIS. REJECTION ON THE ESSENCE LEVEL RARELY OCCURS, BUT WHEN IT DOES, THE RESULT IS DEVASTATING TO THE SOUL WHO IS REJECTED — EVEN THE MAN JESUS FELT THIS.

IN MOST HUMAN RELATIONSHIPS, ONE SOUL INVESTS MUCH MORE THAN THE OTHER. WE CAN THINK OF NO EXAMPLE, EXCEPT IN THE CASE OF ESSENCE TWINS WITH COMPATIBLE BODY TYPES, WHERE THIS DOES NOT OCCUR. IN OTHER WORDS, IN EVERY RELATIONSHIP ON THE PHYSICAL PLANE, SOMEONE IS GOING TO FEEL REJECTED AT SOME POINT.

There was a great deal of talk at this point about violence, anger, hostility, etc., and ways of dealing with it and moving on to more positive spaces in ourselves.

IDEALLY, THIS TEACHING WOULD PROVIDE SUCH AN ENVIRONMENT WHERE THE TRUST LEVEL WOULD GIVE PERMISSION TO VENTILATE THE ANGER [a primitive but effective way to deal with it]. BUT REMEMBER THAT ANGER IS AN EMOTION FELT BY THE EGO WHEN ITS EXPECTATIONS GO UNFILLED, OR EVEN WORSE, IGNORED. WHAT SHOULD DEVELOP WITHIN A TEACHING IS THE “STEWART” [a Gurdjieff word for what some others call the “higher self”] WHO CAN STAND ASIDE IN EACH OF YOU AND OBSERVE THE EGO VENTILATING ITS WRATH. BUT WE [in this teaching] MUST REALIZE THAT ONLY A FRACTION OF SELF IS ANGRY. THERE IS NEVER A TIME WHEN ALL THE OVERLEAVES ARE ANGRY OR SAD OR HAPPY. IF THAT EVER HAPPENED, EITHER ENLIGHTENMENT OR DISINTEGRATION WOULD OCCUR. FOR INSTANCE, INTELLECTUAL CENTER CANNOT EXPERIENCE ANGER.

We talked about the critical nature of clarity of perception, being able to [accurately] see what’s happening — everything starts with what you see.

THE INTELLECTUAL CENTER, WHEN IT PERCEIVES HOSTILITY, RETREATS. THE EMOTIONAL CENTER SULKS, AND ONLY THE MOVING CENTER MOVES TOWARD THE SOURCE. IN OTHER WORDS, EACH OF THE OVERLEAVES PERCEIVES THE SITUATION IN QUITE A DIFFERENT LIGHT. AS YOU MOVE TOWARD MORE UNDERSTANDING, THEN THE PERCEPTIONS BECOME MORE UNIFIED, AND MANY TIMES MORE ACCURATE, AS THE OVERLEAVES COME TOGETHER ON A PERCEPTION. THIS ACCOUNTS FOR SUCH EXPERIENCES AS YOU HAVE DESCRIBED. THE MOVING CENTERED WARRIOR IN THE YOUNGER CYCLES WILL REACT TO HOSTILITY WITH A WELL-AIMED PUNCH IN THE NOSE, WHILE THE OLDER INTELLECTUALLY CENTERED SCHOLAR WILL ATTEMPT TO OBSCURE WITH A SMOKE SCREEN OF VERBAL TRIVIA.

10 April 1977

Sunday

We discussed the *Course in Miracles* material and read from it, and there was talk about the similarity between the different dealings that come through mediums. We talked about the different spiritual teachings and how, while they said much the same thing, the approach was different, and each of us had different feelings about them. For instance, the *Miracles* material is very Scholarly; the *Seth Material* appeals to Sages more; and this led to discussion about programming from the past, which led to a question about the value of deconditioning processes.

DECONDITIONING PROCESSES: IF THERE IS A GREAT DEAL OF DOUBT AND PERSEVERATION AND THE INABILITY TO MOVE FORWARD WITHOUT THEM, THEN THESE PROCESSES ARE ESSENTIAL IF THE LIFE GOAL IS TO BE ACHIEVED. HOWEVER, WE MUST SAY THAT IF THE “BREAKAWAY” [of the fourth milestone at about age 35] OCCURS NORMALLY, THEN THE MANIFESTATION OF THE SOUL LEVEL WILL ALSO OCCUR UNIMPEDED, AND THEN THE FRAGMENTARY LEARNING CAN BE BROUGHT TOGETHER IN A MORE COHESIVE WHOLE. IT IS POSSIBLE TO LEARN THIS MATERIAL AND ALLOW IT TO EFFECT A CHANGE OF SORTS WITHOUT PEELING BACK THE LAYERS, BUT THE GAINS WILL BE SUPERFICIAL AND THERE WILL BE BACKSLIDING. AS TO WHICH IS BETTER, THE ANSWER WOULD BE THAT ALL WHICH TAKE ONE BACK TO

“GO” [stripped of false personality] ARE BETTER. IN OTHER WORDS, THE MAN JANOFF AND THE FISHER-HOFFMAN PROCESS, ETC., ARE VALID AS LONG AS THE RECIPIENT IS TRULY ABLE TO SURRENDER AND ALLOW THE SELF TO HAVE THE EXPERIENCE. THERE IS A GREAT DEAL OF “FAKING IT” IN THESE PROCESSES. SURRENDER IS PERHAPS THE MOST DIFFICULT TASK BEFORE YOU, AND THE STAKES ARE HIGH IF YOU WISH TO ACHIEVE WHAT YOU SET OUT TO DO. THEREFORE, MANY ARE LIKELY TO ACT OUT AN EXPERIENCE THAT IS NOT REAL. ALL OF YOU HERE PRESENT HAVE MORE DIFFICULTY WITH THE CONCEPT OF “VULNERABILITY AND SURRENDER” THAN ANY OTHER ASPECT OF SPIRITUAL TRAINING. ALL OF YOU ARE ESCAPING THE FEAR OF POVERTY AND DEGRADATION THAT THE EARLY DECADES OF YOUR LIVES [during the Great Depression and the Second World War] INSTILLED IN YOU. YOUNG ONES JUST TEN YEARS YOUR JUNIOR DO NOT HAVE THIS FEAR. IT IS NOT NECESSARY TO BE POOR IN ORDER TO BE SPIRITUALLY ENRICHED. IT IS ONLY NECESSARY TO GIVE UP THE EFFORT OF THE UNREALISTIC GOALS SET FOR YOU BY THE CULTURE, AND GO ON FROM THERE. MORE TRUE SPIRITUAL THOUGHT AND ACTION COMES FROM RELATIVELY SECURE ENVIRONMENTS THAN FROM IMPOVERISHED BACKGROUNDS. SQUALOR DOES NOT ORDINARILY BREED ENLIGHTENMENT; RATHER, IT BREEDS DEFEAT, FRUSTRATION, AND, ULTIMATELY, A GIVING UP OF GOALS. IT’S OKAY TO BE COMFORTABLE AS LONG AS THE GOALS ARE REALISTIC AND DO NOT COMPROMISE THE VALUES OF THE TEACHING — THEN THE AMOUNT OF LUXURY ACCRUED IS RELATIVELY TRIVIAL. IN OTHER WORDS, IF THE WEALTH COMES EASILY AND AT NO EXPENSE TO THE SPIRITUAL LIFE, THEN THE WEALTH IS IMMATERIAL. IT IS WHEN THE DESIRE FOR THE WEALTH OVERRIDES ALL SPIRITUAL CONSIDERATIONS THAT TROUBLE OCCURS, AND THEN IRRECONCILABLE CONFLICTS [between ego and essence] ARISE, AND THERE IS AN INABILITY TO PROCEED ANY FURTHER WITH ANY TEACHING.

THERE IS A POINT WHERE A CHOICE MUST BE MADE AND A TRUE ASSESSMENT OF YOUR MATERIAL NEEDS VERSUS WANTS MUST OCCUR IF YOU ARE TO GO ON. IF YOU DECIDE AT THAT POINT THAT CONTINUED ACQUISITION BEYOND THAT WHICH IS NECESSARY IS VITAL TO YOUR SURVIVAL, THEN YOU MUST PURSUE THIS, OR DISSATISFACTION WILL FOLLOW YOU AND PLAGUE YOU THE REST OF THIS LIFE. YOU WILL GIVE UP SPIRITUAL TEACHINGS AT THIS POINT — AND THAT IS NOT NECESSARILY A BAD CHOICE, JUST A CHOICE.

We talked about the possibility that when your wants extend beyond your needs you will sacrifice the spiritual, and the teacher acknowledged this to be so.

FROM TIME TO TIME, MEMBERS OF THIS CADRE DO REACH OUT TO ONE ANOTHER IN VERY CONCRETE WAYS. THIS DOES NOT GENERALLY OCCUR IN YOUR CULTURE. THIS SHOULD VALIDATE FOR YOU YOUR CONTINUING NEED TO AT LEAST KEEP THE CONTACT.

Some expressed a feeling of waiting in limbo for “something around the corner”; when present commitments are cleared up, something is going to emerge this summer — or so it seems.

THE CONTINUING NEED FOR SPIRITUAL GROUNDING WITHIN THIS GROUP SHOULD BE RECOGNIZED BY ALL THOSE HERE PRESENT. ALL OF YOU HAVE SPENT A GREATER PORTION OF THIS ADULT LIFE SEEKING THE ANSWERS TO QUESTIONS THAT ARE CONSUMMATELY SPIRITUAL IN NATURE, WHILE THE MAINSTREAM OF LIFE ON THIS PLANET SEEKS ANSWERS TO QUITE A DIFFERENT SET OF QUESTIONS. DOES THIS NOT BRING TO MIND THE STRENGTH OF YOUR INDIVIDUAL COMMITMENT? NOT TO THIS TEACHING, PERHAPS, BUT DEFINITELY TO A TEACHING THAT SEEKS TO ANSWER THOSE QUESTIONS CONCERNING THE GREATER PURPOSE OF MAN.

WHEN YOU STOP TO QUESTION YOUR COMMITMENT, DO YOU NOT ALSO QUESTION THE FACT THAT MOST DO NOT KNOW THAT SUCH A COMMITMENT IS POSSIBLE AND ARE TOTALLY UNAWARE THAT THE CHOICE EXISTS? AT LEAST YOU ARE ALL AWARE THAT THERE IS A CHOICE, AND SOME ARE NOT AT THE CROSSROADS WHERE THE PATH MUST [necessrily] BE CHOSEN [one way or the other].

Someone said we were beginning to sound like we are talking to the Ann Landers in they sky — or something like that.

MOST OF WHAT CONCERNS YOU FROM DAY TO DAY COULD BE SOLVED WITHOUT ANN IF YOU COULD TRUST YOUR OWN JUDGMENT. OF COURSE, THIS [teaching still] IS [in the] ELEMENTARY [stage] — WE CAN GO ON TO SOMETHING FAR MORE PONDEROUS AT ANY TIME YOU ARE ALL READY.

At this point we talked about lack of readiness.

YOU ARE NOT DISGUSTED ENOUGH WITH THE POWER THE EGO, OR PERSONALITY, HAS OVER YOU — ALL OF YOU. NO ONE OF YOU IS WILLING TO TAKE A LONG, SEARCHING LOOK AT THOSE [negative poles of the] OVERLEAVES THAT ARE HOLDING YOU TO YOUR STASIS. YOU CAN MOVE TO THOSE POSITIVE POLES.

ALL OF YOU ARE IN LOVE WITH YOUR CURRENT PERSONALITIES TO A CERTAIN EXTENT. IN SOME, THIS IS A CONTROLLING INTEREST. IN OTHER WORDS, AN EXAGGERATED SENSE OF RIGHTNESS HOLDS YOU BACK. WHEN YOU NO LONGER DOUBT THE PATH YOU ARE ON, THEN YOU ARE ON THE PATH. AS LONG AS THERE ARE STILL DOUBTS ABOUT THE CHOICE, THEN THE CHOICE REMAINS IN LIMBO. IF YOU WERE TRULY SATISFIED WITH YOURSELVES, YOU WOULD NOT BE HERE. YOU WOULD BE OUT THERE REACHING OUT TO OTHERS, AND YOU WOULD BE TEACHERS. AT POINTS OF LOW SELF-ESTEEM AND SELF-DOUBTS, ALL OF YOU BEGIN TO QUESTION THE QUALITY OF THE INFORMATION YOU ARE RECEIVING FROM YOUR SPIRITUAL SOURCES. CAN YOU NOT SEE THIS PARALLEL AND LOOK WITHIN YOURSELVES? THIS TEACHING DOES NOT DIFFER SUBSTANTIALLY FROM OTHER TEACHINGS OFFERING THE SAME CHOICES. ON DAYS WHEN SELF-ESTEEM IS HIGH, THE DATA APPEARS AS REVELATION; ON DOWN DAYS, THE SAME MATERIAL WILL BE LESS USABLE THAN THE DAILY FUNNIES. ALL OF YOU SHOULD DO WELL TO STUDY YOUR BIORHYTHMIC CYCLE AND DETERMINE YOUR RECEPTIVITY TO THIS TYPE OF MATERIAL. FOR INSTANCE, THIS IS MATERIAL THAT IS ESSENTIALLY INTELLECTUAL IN CONTENT. IT WOULD BE GOOD TO PONDER IT AT A PEAK OF INTELLECTUAL FUNCTION. ALL OF YOU HAVE "DUMB" DAYS, AND THEY MAY NOT NECESSARILY CORRESPOND TO EMOTIONAL DOWN DAYS.

Someone wanted a comment on predicting the future.

IT IS NOT POSSIBLE TO ACCURATELY PREDICT THE FAR FUTURE, BUT IT IS POSSIBLE TO EXPLORE ALL THE ALTERNATIVES OF THE NEAR FUTURE AND DETERMINE IT TO SOME EXTENT.

Some did not like the idea of predicting highs and lows ahead of time, as in the biorhythm thing. YOU SHOULD BE ABLE TO DO THIS WITHOUT CHARTS OR GRAPHS.

Through our own observation of ourselves?

AS EASILY AS WITH OTHER INTERNAL CYCLIC MANIFESTATIONS.

Someone said we were all just spiritual dilettantes — the utilitarian value comes later: the value of the overleaves. In order to "surrender" there has to be a feeling that there is something to achieve through this surrender.

THERE ARE TWO TYPES OF EXPERIENCE GOING ON WITHIN THIS MOVEMENT — AND BY "MOVEMENT", WE MEAN THE WHOLE "GURU GAME" THAT IS NOW ONGOING. THESE ARE THE TRUE EXPERIENCES AND THE CULTURAL EXPERIENCES. MOST OF THOSE WHO GO TO E.S.T. DO NOT EXPERIENCE ANYTHING BUT GROUP HIGHS, AND THIS COULD HAVE HAPPENED MERELY BY SMOKING MARIJUANA IN THE LIVING ROOM WITH A GROUP OF FRIENDS. OTHERS HAVE ELECTED TO CHANGE THEIR LIVES, AND THIS HAS OCCURRED ONLY THROUGH SURRENDER TO THE PROCESSES. FAITH IS WHAT DETERMINES SUCCESS.

03 September 1977

Saturday

Someone wanted a comment on his observation of himself finding it more difficult to forgive people having more powerful overleaves than his own.

THE ABSOLVING ONESELF OF ALL GUILT IS, OF COURSE, THE FIRST STEP TOWARD UNDERSTANDING THE ABILITY OF THOSE IN EXALTED OVERLEAVES TO ABSOLVE OTHERS OF THE RESPONSIBILITY THAT THEY THEMSELVES CAN THEN WILLINGLY SHOULDER. THIS CONCEPT IS NO DIFFERENT THAN THAT ESPOUSED BY WERNER ERHARD, ONLY IT IS EXPRESSED IN RELIGIOUS TERMINOLOGY AND THEREFORE BY DEFINITION BECOMES OBSCURE AND DIFFICULT TO ABSORB; OR, AT LEAST, ONE GETS THE ILLUSION OF DIFFICULTY FROM THE SEMANTIC PROBLEMS. FORGIVENESS IS REALLY NO MORE THAN THE UTTER WILLINGNESS TO ACCEPT RESPONSIBILITY FOR ONE'S OWN LIFE, AND THIS IS WHY IT IS SO DIFFICULT FOR THOSE IN ORDINAL ROLES WHEN THEIR OWN EXISTENCES SEEM SO PALE BESIDE THE MORE EXALTED ROLES. IN TRUTH, THE EXALTED ROLES ARE MORE ABLE TO TAKE THE RESPONSIBILITY. OF COURSE, THEY ARE. IT IS EASY TO TAKE RESPONSIBILITY IN THE POWER MODE, AND A KING FINDS IT EASY TO EXCUSE THE BEHAVIOR OF A SLAVE. HOWEVER, IT IS FAR FROM IMPOSSIBLE FOR THOSE IN ORDINAL ROLES TO GO THROUGH THE PROCESS OF LEARNING TO TAKE RESPONSIBILITY FOR THEIR WINS AS WELL AS THEIR LOSSES. WE WANT YOU TO UNDERSTAND THAT GUILT IS NEVER A RELIGIOUS-INDUCED PHENOMENON, AND SERVES ONLY AS A PART OF VANITY IN THIS CULTURE. AT ONE TIME IT WAS NECESSARY TO EXTRACT OBEDIENCE FROM A MORE BARBARIC POPULACE. THIS IS NO LONGER TRUE, BUT YOU KEEP IT AROUND BECAUSE IT AIDS ENORMOUSLY IN THE SUFFERING THAT YOU ALL LOVE.

THE MAN [who asked the question] HAS DISCOVERED WITHIN HIMSELF AN ANSWER, AND HE CHOOSES TO

CALL IT ACCEPTING RESPONSIBILITY; OTHERS CHOOSE TO CALL IT FORGIVING. IT ALL MEANS EXACTLY THE SAME. IF YOU ACCEPT RESPONSIBILITY FOR YOUR OWN ACTIONS, THEN WHERE WILL YOU PLACE THE BLAME IF FAILURE OCCURS? THE ANSWER USUALLY BECOMES: THERE ARE NO FAILURES. ODDLY ENOUGH, WHEN THE RESPONSIBILITY BECOMES YOURS AND YOURS ALONE, YOU TAKE PRECAUTIONS NOT TO FAIL. FAILURE IS AN EASY WAY OUT, AND THOSE IN ORDINAL ROLES LOVE TO FAIL BECAUSE IT TAKES SO LITTLE EFFORT AND THE BLAME CAN BE PLACED ON THOSE IN “POWER”: BUT, TRUTHFULLY, NO ONE IN AN ORDINAL ROLE LOSES UNLESS HE WISHES ANY MORE THAN DO THOSE IN EXALTED ROLES. THIS COUNTRY HAS HAD LEADERS IN ORDINAL ROLES WHO HAVE BEEN EXCEPTIONALLY EFFECTIVE.

THE SENSE OF FAILURE COMES NOT FROM SPECIFIC OVERLEAVES BUT FROM INCULTURATION, AND YES, SOME OVERLEAVES ARE MORE SUSCEPTIBLE TO INCULTURATION THAN OTHERS, ESPECIALLY SOME CHIEF FEATURES AND THE YOUNGER SOUL LEVELS. THE ROLES ARE NOT, HOWEVER, AND YOU CAN SUCCEED FROM ANY OF THE ROLES PROVIDING THE CHIEF FEATURE IS NOT ONE THAT DOOMS THE LIFE EXPERIENCE TO FAILURE. EVEN THAT [Chief Feature], AS YOU ALL KNOW, CAN BE EXTINGUISHED AND WORKED THROUGH, BUT THIS TAKES THAT WILLINGNESS TO STAND WHERE YOU ARE RIGHT NOW AND REALIZE THAT YOU HAVE PUT YOURSELF THERE AND NO ONE ELSE IS RESPONSIBLE.

Someone asked for a comment concerning the *Course in Miracles*.

THE ONLY DIRECT COMMENT THAT WE COULD MAKE IS THAT THIS STUDY IS AS EFFECTIVE IN ITS OWN [way] AS ARE THOSE OTHER COURSES OF STUDY THAT HAVE [been] DISCUSSED. THE LANGUAGE IS DIFFERENT AND THE EXERCISES ARE DESIGNED TO PRODUCE AN IDENTICAL RESULT: THAT IS, AN ENTITY FRAGMENT IN TOUCH WITH ESSENCE AND FREE OF THE DISTRACTIONS OF THE PHYSICAL PLANE SUCH AS GUILT, VANITY, AND THE LIKE. THIS DOES NOT MEAN A ZOMBIE UNABLE TO RESPOND EMOTIONALLY, BUT A SOUL WITH HEIGHTENED RESPONSE TO EVERYTHING, AND FAR MORE APPRECIATION THAN IS AVAILABLE TO YOU IN YOUR PRESENT STATE. THIS IS ALL ONE CAN ASK FROM ANY TEACHING.

A comment was made by someone that the distractions of the physical plane were what he enjoyed most! IF THEY ARE PLEASANT FOR YOU, THEY ARE PROBABLY NOT DISTRACTIONS. BY DISTRACTIONS, WE MEAN THOSE CONSIDERATIONS THAT YOU DAILY MAKE THAT KEEP YOU FROM TACKLING THOSE TASKS YOU WOULD PERFORM FROM ESSENCE. READING GREAT LITERATURE, WRITING POETRY AND PROSE, LISTENING TO SERIOUSLY CONCEIVED MUSIC, ARE NOT DISTRACTIONS. DWELLING ON INJUSTICES, PLOTTING REVENGE, AND DESIGNING YOUR LIFE ARE.

It seems as though it is better to take responsibility for designing your life better or you just let things happen to you.

WHEN ONE “DESIGNS” RATHER THAN LIVES, ONE IS PLANNING LIFE FOR OTHERS RATHER THAN SELF. IT IS EITHER DESIGNED TO PLEASE THOSE WHO ARE IMPORTANT OR TO SHOW THOSE WHO ARE IN THE WAY THAT THEY HAD BETTER WATCH OUT. “DESIGNING A LIFE” IS NOT “PLANNING TO LIVE” — IT IS A NEGATIVE CONCEPT AND IS ALWAYS DONE WITH OTHERS IN MIND. YOU CAN SET REASONABLE GOALS FOR YOURSELF AND MOVE TOWARD THEM IN A PURPOSEFUL MANNER WITHOUT A DESIGN. WHEN ONE DESIGNS WITHIN RIGID PARAMETERS, THERE IS NO ROOM FOR EXPANSION OR FOR CHANGING ONE’S GOALS. IT IS LIKE BUILDING A HOUSE IN SUCH A WAY THAT THERE CAN BE NO ADDITIONS IN THE FUTURE.

30 September 1977

Friday

Someone asked if the atomic theory/physical material information is relevant to human life. Is what physical materials are composed of important to the understanding of what life is all about?

ONLY IN THE SENSE THAT IT GIVES THE PERSONALITY SOME UNDERSTANDING OF ITS MILIEU AND THE FACT THAT THE PERSONALITY CAN BE SUBSTANTIALLY ALTERED CHEMICALLY. INSOFAR AS SPIRITUALITY IS CONCERNED, THERE IS NO RELATION. THE ONLY CONNECTION THAT COULD POSSIBLY BE MADE IS THAT ALL THINGS PHYSICAL UNDERGO THE SAME CYCLIC EVOLUTION, AS DO ALL THINGS SPIRITUAL — IN OTHER WORDS, AN UPWARD EVOLUTION. THE ATOMIC TABLE SHOWS THE SAME UPWARD EVOLUTION AS DO THE COSMOS THEMSELVES [sic]. STARS ON THE MAIN SEQUENCE ARE UNDERGOING A PHYSICAL EVOLUTION THAT RESEMBLES THAT UNDERGONE BY ALL SENTIENT LIFE IN THE UNIVERSE.

Someone felt that he wanted to become a Sage [role], and he felt that this was possible, to change from one Role to another. There was much discussion on a variety of subjects, and this was the response:

THAT STATE WHICH _____ DESCRIBES IS OF COURSE THAT WHICH THIS ENTITY CHOOSES TO CALL AGAPE. THAT IS, "LOVE". THIS STATE CANNOT BE ACHIEVED ROMANTICALLY BY THE OVERLEAVES. IN NO WAY CAN THE PERSONALITY ABANDON ITSELF FOR EVEN ONE MOMENT. THE EGO NEVER RELAXES ITS VIGIL. IT IS ANTI-EGO TO EVEN CONSIDER THIS, FOR AFTER ALL, THAT IS WHEN THE DEVIL, OR AS WE CHOOSE TO REFER TO IT, THE MASS SOCIETAL EGO, CAN RUSH IN AND INFLUENCE. WE HAVE EXPRESSED BEFORE THE FRUSTRATIONS ENCOUNTERED WHEN ONE TRIES TO REACH THIS STATE ALONE. ALONENESS IS THE SINGLE MOST IMPORTANT OBSTACLE TO REACHING THAT STATE OF PERFECTION OR RAPTURE CALLED AGAPE, OR LOVE. WE HAVE STRESSED FRIENDSHIP AS A PRELIMINARY STEPPING STONE — NOT THE SUPERFICIAL FRIENDSHIP OF THE OVERLEAVES, BUT THE SOMETIMES HARSH AND UNREMITTING FRIENDSHIP OF THOSE IN YOUR OWN PATHWAY WHO WILL PHOTOGRAPH YOUR OVERLEAVES IN BOTH THEIR NEGATIVE AND POSITIVE POLES, AND THIS MUST BE AN ALMOST CONSTANT PHENOMENON OR IT WILL NOT BE SUCCESSFUL.

OF COURSE WE WILL NOT TELL YOU WHO WILL BE SUCCESSFUL AS A STUDENT. WE CANNOT. ALL WE CAN DO IS LOOK AT THE POTENTIAL OF THE OVERLEAVES TO ALLOW THE TEACHING TO BE HEARD. WE CANNOT SAFELY PREDICT THAT ANY PARTICULAR FRAGMENT WILL ABSORB, ONLY THAT IT HAS THE ABILITY. THIS IS ON THE BASIS OF PAST EXPERIENCES AS WELL AS THE PRESENT LIFE EXPERIENCES. PRESENTED AT THE PROPER MOMENT THIS TEACHING IS PALATABLE TO ABOUT THIRTY PERCENT OF THE WORLDS' POPULATION, BUT FOR MOST TO ABSORB IT, IT MUST BE PRESENTED IN THAT JARGON THAT THE FRAGMENT ALREADY BELIEVES TO BE MEANINGFUL. NO ONE OF YOU IS SKILLED ENOUGH TO GO FORTH AND PREACH TO THE MULTITUDES, BUT TO INDIVIDUAL STUDENTS, YES. BUT WE ASK THAT YOU EXERCISE CARE IN THAT YOU KNOW THAT THE FRAGMENT IS ASKING. A TEACHING GIVEN AGAINST THE WILL OF THE STUDENT NEVER IS ABSORBED.

THIS ENTITY HAS NO OTHER FUNCTION BUT TO TEACH, AND COULD BE CONSIDERED ENRAPTURED. WITHIN THIS STATE IT IS NO LONGER POSSIBLE TO RENDER THE JUDGMENTS THAT YOU SOMETIMES REQUEST. WE ARE UNABLE TO CONSIDER THE NARROW PERSPECTIVE THAT A SUBJECTIVE JUDGMENT REQUIRES, AND THIS WOULD BE TRUE OF YOU ALSO IF YOU WERE TO REACH THIS STATE. CLOSENESS PHYSICALLY WITH ANOTHER COMPATIBLE FRAGMENT CAN SOMETIMES PRODUCE AN ENVIRONMENT SUITABLE FOR SPIRITUAL EVOLUTION, PRIMARILY BECAUSE IF THERE IS CONSIDERABLE HONESTY, AND THEREFORE TRUST, BETWEEN THOSE INVOLVED, THE VIGIL CAN BE RELAXED. POSITIVE POLING IS REQUIRED FOR THIS RELAXATION TO OCCUR, AND IN MOST PHYSICAL RELATIONSHIPS THERE IS TOO MUCH NEGATIVE POLING. FOR INSTANCE, SPIRITUAL EVOLUTION CANNOT OCCUR IN THE PRESENCE OF JEALOUSY, ENVY OR GREED. AS LONG AS THE CHIEF FEATURE RULES YOU, THERE WILL BE NO CHANGE. PERHAPS YOU MAY WISH TO LOOK AT THE WAY THE CHIEF FEATURE RULES EACH OF YOU IN THIS ROOM. PLEASE DO NOT UNDERESTIMATE THE IMPORTANCE OF THE STATE OF VIGILANCE THAT THE OVERLEAVES MAINTAIN. THIS IS PERHAPS THE MOST IMPORTANT CONCEPT THAT YOU AS STUDENTS MUST ABSORB. YOU MUST VERIFY THIS IN YOUR OWN OVERLEAVES AND BEGIN TO CONSCIOUSLY RELAX THIS VIGIL BEFORE ANY EVOLUTION CAN OCCUR. THE PROCESS OF SEEKING THE KING IS NOT SYNONYMOUS WITH CHANGING ROLES — IT IS RATHER AN INNER SEEKING OF THE HIGHEST SPIRITUAL VALUE. WITHIN EACH OF YOU IS THE POTENTIAL OF KINGLINESS. TO SEEK THIS IS TO SEEK THE THRONE, WHICH IS OF COURSE EUPHEMISTICALLY DESCRIBING THAT STATE OF ENRAPTUREMENT OR AGAPE. BECAUSE OF THE PECULIAR RELIGIOUS VALUES OF YOUR CULTURAL EXPERIENCE, THAT EXPRESSION IS SIMPLY A LITTLE MORE PALATABLE, AS IS "THE DEVIL" A MORE READILY ACCEPTED TERM FOR THE ALLUREMENT PRESENTED BY THE CULTURE. LET US REEMPHASIZE THAT SPIRITUAL EVOLUTION IS ANTI-CULTURAL AND THEREFORE THREATENING TO THE MAJORITY OF ALL, NOT ONLY ON THIS PLANET, BUT IN ALL THE UNIVERSE AS WELL.

IF ONE FEELS THE PRESENCE OF THE GOD SPIRIT, WHY DOES IT MATTER WHETHER IT IS WITHIN OR WITHOUT? FOR THAT MATTER, WHEN THIS PRESENCE IS TRULY FELT AND ACKNOWLEDGED THERE IS A ONENESS THAT CAN NO LONGER BE DESTROYED. THERE IS A KNOWING AT THAT POINT, AND THE STUDENT THEN ENTERS "THE KINGDOM", WHICH IS FREEDOM. THE TRANSITION BETWEEN BELIEVING AND KNOWING IS INCOMPARABLY DIFFICULT. THERE IS NOTHING MORE DIFFICULT, BELIEVE US. WE HAVE MADE MUCH OF THAT TRANSITION, FOR IN ORDER TO "KNOW", YOU MUST ABANDON YOUR BELIEFS, AND THAT IS THE MOST PAINFUL OF ALL ABANDONMENTS. THEY ARE WHAT HOLD YOU TO THE PHYSICAL PLANE. WE HAVE NEVER TOLD YOU THAT THIS IS ANYTHING BUT DIFFICULT. YOU PAY A MAGNIFICENT PRICE FOR THAT FREEDOM THAT IS ENLIGHTENMENT. IT IS FREEDOM IN THE TRUEST SENSE OF THE WORD.

PARADOXICALLY, ALL HUMAN LIFE YEARNs TO BE FREE, WHILE IT EXPENDS TREMENDOUS ENERGY DEVELOPING MIND PRISONS FOR ITSELF. THE YEARNING FOR GOD IS THAT SAME STATE. IT IS SAD. IT IS WISTFUL, AND TO THOSE OF US WHO NO LONGER YEARN, IT IS TRAGIC, FOR THE TENDRILS OF FRUSTRATION AND ANGUISH TRAVERSE THE ENTIRE PHYSICAL UNIVERSE. IF ANY ONE OF YOU COULD HEAR THE SCREAMS OF ALL THE THOUSANDS OF CIVILIZATIONS, YOU WOULD ABANDON MANY OF YOUR PERSONAL DILEMMAS, FOR YOU WOULD REALIZE THAT LIFE PROBLEMS ARE LARGELY INSOLUBLE, AND THIS IS A PART OF THE DRAMA THAT YOU ARE STARRING IN. EACH FRAME THAT YOU PLAY CREATES A NEW OPPORTUNITY FOR YOU TO TIRE OF THE CHARADE, BUT SELDOM IS THIS RECOGNIZED, AND THE PLAY GOES ON. WITHIN THIS ROOM IS GATHERED A GROUP THAT AT LEAST CAN BE ANGRY ABOUT ITS IMPRISONMENT.

THERE IS DANGER IN THE STUCKNESS THAT THE CENTERS PROVIDE, FOR MOST OF YOU ARE ENAMORED OF THE PARTICULAR CENTERING FROM WHICH YOU OPERATE. THIS HAPPENS OVER AND OVER AGAIN, FOR THE DESIRE FOR ENRAPTUREMENT IS STRONG IN ALL OF YOU. IT IS ONLY YOUR OBJECTS THAT GET YOU INTO TROUBLE — ESPECIALLY YOUR “LOVE OBJECTS” — FOR THESE ARE LOVED MOSTLY BY YOUR CENTERS AND THEREFORE REINFORCE THE NOTION THAT YOUR STUCKNESS IS RIGHT.

LOVE FROM THE HIGHER CENTERS CANNOT EVEN BE MADE BY THE PART OF THE LOWER CENTER FROM WHICH THE OVERLEAVES OPERATE. IT CAN BE GLIMPSED IN THOSE RARE MOMENTS WHEN THE OVERLEAVES ARE VANQUISHED, EITHER BY MIND EXPANDERS, OR BY RELIGIOUS ECSTASY, OR BY APPLICATION OF THE WORK — THAT IS, EITHER THROUGH MEDITATION OR CONCENTRATION THAT IS DILIGENTLY PURSUED. THE GROUP HIGH THAT IS EXPERIENCED BY THE STUDENT IS ODDLY ENOUGH AN EXCELLENT STEPPING STONE. THIS IS WHY THIS ENTITY EMPHASIZES GROUP WORK RATHER THAN SOLITARY STRUGGLE. WHAT YOU ARE SEEKING, DEAR STUDENTS, IS A HIGH, AND IT IS THE HIGHEST HIGH THAT YOU CAN POSSIBLY IMAGINE, AND HOWEVER YOU GET THERE IS NOT NEARLY AS IMPORTANT AS THE THING ITSELF. WHAT DO YOU THINK THAT WORD (*agape*) MEANS? AGAPE IS THE HIGHEST HIGH.

01 October 1977

Saturday

Some general comments excerpted from a private session held for Quinn Yarbro.

APPREHENSION EVOLVES INTO PANIC FROM THE POSITION THAT THE CHIEF FEATURE TAKES WHEN IT IS EXTREMELY IMPORTANT THAT THE VIGIL BE MAINTAINED — IN OTHER WORDS, WHEN THE STAKES ARE HIGH.

WITH STUBBORNNESS CHIEF FEATURE THERE CAN BE A TENDENCY TO PROLONG ACTIONS FOR THE SATISFACTION IT GIVES THE FRAGMENT WITH THIS CHIEF FEATURE.

THE CHIEF FEATURE OF ARROGANCE CARRIES WITH IT AN ALMOST OVERPOWERING DESIRE NOT TO FAIL, AND ALONG WITH THIS, A STRONG SENSE OF IMPENDING DOOM USUALLY ACCOMPANIES ALL TRAVEL AND ENCOUNTERS WITH THOSE WHO CONTROL SUCCESS. TO THOSE WITH A STRONGLY-IN-CONTROL CHIEF FEATURE OF ARROGANCE, EVEN DEATH OF AN ACCIDENTAL NATURE IS VIEWED AS FAILURE.

PRIESTS WHO CHOOSE TO BE EDITORS USE THIS AS THEIR PULPIT MUCH OF THE TIME, AND GATHER GREAT SATISFACTION FROM PROTECTING THE PUBLIC FROM THE EVILS OF BAD LITERATURE. SCHOLARS RARELY PURSUE THIS FIELD OF ENDEAVOR, EVEN THOUGH IT IS THEY WHO COULD PROVIDE THE ADVICE AND SOUND CRITICISM THAT WOULD HELP THOSE WHO WRITE TO PROMULGATE THEIR MESSAGES. WARRIORS ALMOST NEVER PURSUE THIS, AND THEY WOULD ALSO DO WELL. YOUNG PRIESTS AND SAGES OFTEN SCURRY INTO THOSE FIELDS THAT PROVIDE THE MOST OPPORTUNITY FOR CENSORSHIP — THIS MORE SO IN THE CASE OF PRIESTS. IT IS MORE A CASE OF RETARDATION OF CAREERS WITH REGARD TO SAGES. YOUNG SAGES OFTEN BECOME THEATRICAL ENTREPRENEURS AND GET THEIR “JOLLIES” BY DESTROYING OTHER SAGES ON THEIR WAY UP. AGAIN, THIS IS NOT CONSCIOUS. RARELY DO THEY DECIDE TO DESTROY A CAREER OR REJECT A GOOD BOOK. THEY DO IT INSTINCTIVELY AS A MECHANISM FOR KEEPING THE OVERLEAVES IN CHARGE. THERE IS RARELY ENMITY INVOLVED.

MOST MANAGERS, AGENTS AND THE LIKE WHO ARE EVEN MODERATELY SUCCESSFUL ARE EITHER WARRIORS, KINGS OR SCHOLARS. NO OTHER ROLE PROVIDES THE TENACITY AND DRIVE FOR MANAGING THAT THESE DO.

THE ARTISAN MYSTIQUE FORBIDS MOST OF THE PHONY ENTHUSIASM THAT ALL NEW INDUCTEES FEEL WHEN FACE TO FACE WITH SOMETHING THAT AT ONCE MYSTIFIES THEM AND AT THE SAME TIME DEFIES

THEIR TYPE OF LOGIC AND CAUSES MUCH SKEPTICISM TO ARISE, EVEN IN THE MOST FLAGRANT IDEALIST. THE ARTISAN OFTEN PREFERS TO TEST AND CHOOSE BEFORE HE COMMITS HIMSELF EVEN TO THE QUESTIONING. ARTISANS OFTEN FEEL INADEQUATE IN THE FACE OF VERBAL EXUBERANCE. THIS INADEQUACY WILL BE READ AS CONTEMPT EVEN FOR THE FRAGMENT ITSELF. IT WILL FEEL THAT IT IS CONTEMPTUOUS, WHILE IT IS REALLY A BIT ENVIOUS, BUT IT WOULD BE MOST DISSATISFIED TO FIND ITSELF IN THE POSITION OF HAVING TO BE BRIGHT AND GLIB AND PHONY AFTER A LIFETIME OF CONTEMPLATION OF VIVID IMAGERY THAT CONSTITUTES ITS TRUE ESSENCE MAKEUP. PLEASE REMEMBER THAT THE ROLE IS IN ESSENCE, NOT IN PERSONALITY. ALL THE OTHER OVERLEAVES ARE IN PERSONALITY. ONLY THE ROLE GIVES YOU A GLIMPSE OF THE ESSENCE. WHEN THE FRAGMENT IS PURSUING A MORE ESSENCE-RELATED LIFE. THE FRUSTRATIONS THEREIN ARE LIKELY TO BE MORE RELATED TO CHIEF FEATURE THAN THOSE AWESOME FRUSTRATIONS THAT ARISE WHEN A FRAGMENT PURSUES A TASK TOTALLY OUT OF ESSENCE.

YOUR CULTURE HAS PLACED INTUITION VERY LOW ON ITS LIST OF PRIORITIES. THEREFORE, THE ARTIST WHO MUST OPERATE SOLELY BY INTUITION CANNOT EXPECT THE ADULATION OF THE CROWDS — TRUE ARTISTS WHO EXPRESS THE LOGOS IN THEIR WORKS DO, HOWEVER, DERIVE THE SATISFACTION OF HAVING DONE SO. DO NOT CONFUSE THE ROLE [of] ARTISAN WITH THE LIFE ROLE OF ARTIST, EVEN THOUGH THEY OFTEN DOVETAIL. IDEALLY ARTISANS WOULD PURSUE CREATIVE ENDEAVORS, BUT THIS IS CERTAINLY NOT THE CASE. MOST MUSICIANS FOR INSTANCE ARE SCHOLARS, AND MOST SOLOISTS ARE KINGS AND SAGES. MOST SUCCESSFUL WRITERS ARE SCHOLARS, WARRIORS AND SLAVES, EXCEPT IN THE CASE OF SACRED LITERATURE OF A MORALISTIC BENT, WHICH IS MOSTLY DRIVEL AND COMPOSED BY YOUNG PRIESTS ON A CRUSADE. MOST PAINTERS AND SCULPTORS ARE, HOWEVER, ARTISANS. THIS SOLITARY FORM OF CREATIVE EXPRESSION JUST DOES NOT APPEAL TO THE MORE VERBAL ROLES.

21 October 1977

Friday

Someone asked for help with her “blind spots” in order to work on herself.

IN THE FIRST PLACE, THERE ARE AT LEAST THREE BLOCKS CAUSED BY TRAUMATIC EVENTS THAT THE PERSONALITY IS UNABLE TO ASSIMILATE, AND IT INSULATES ITSELF AGAINST FURTHER RECALL. THIS MIGHT INCLUDE ACTS OF VIOLENCE AND BETRAYAL. [In the second place,] THERE ARE THOSE BLOCKS CAUSED BY PRIDE IN ONE’S OWN CREATIONS. THESE MIGHT INCLUDE ONE’S CHILDREN, PAINTINGS, COMPOSITIONS, ETCETERA. THE THIRD TYPE OF BLOCKING OCCURS WHEN IMPRINTED BELIEF SYSTEMS, SUCH AS RELIGION, ARE ATTACKED FROM WITHOUT. SURPRISINGLY, THE LATTER ARE MOST TENUOUS AND REQUIRE THE MOST DRASTIC WORK IN ORDER TO DETECT THEM IN ONESELF.

Is there something specific for me to work on?

IN ORDER TO DETECT THE SOURCE OF ONE’S OWN BLOCKING, ONE MUST DISCOVER AN AREA OF CONCENTRATED DEFENSE. IN OTHER WORDS, THE PERSONALITY SETS UP DEFENSE MECHANISMS AROUND THESE BLOCKS SO THAT THEY CAN SURVIVE THERAPEUTIC ONSLAUGHT OF THIS PRESENT ERA. IN MOST OF THOSE PRESENT, MOST BLOCKING OCCURS IN THE SECOND CATEGORY. THIS IS THE EASIEST TO OVERCOME. IT IS INTERNALLY PRODUCED BY SOMETHING THAT THE PERSONALITY HAS CREATED. IT CAN BE AS SIMPLE AS A FALSE IMAGE OR AS COMPLEX AS FAILURE TO RECOGNIZE OVERT PSYCHOSIS IN A LOVED CHILD.

I am afraid of making mistakes in my ballet class.

THE DANCE HAS ALWAYS BEEN INTIMATELY CONNECTED WITH THE “LETTING GO” OF THE PERSONALITY AND INTIMATELY ENTWINED IN THE SPIRITUAL QUEST. THE DANCE IS FRIGHTENING TO MOST. IT REPRESENTS ECSTATIC ABANDONMENT, AND THIS IS SENSED ON MANY LEVELS BY THE DANCER, HOWEVER MATURE THAT DANCER MIGHT BE. THE MAN, GEORGE (Gurdjieff), DISCERNED THIS AND MADE THE DANCE AN INTEGRAL PART OF HIS SPIRITUAL TEACHING. IT IS POSSIBLE TO ABANDON ONE’S SELF IN THE DANCE, AND YOU DO NOT LIKE THAT. AT LEAST, NOT AT THE PRESENT TIME MOMENT. THE SPIRITUALIST PRIEST WOULD, BUT OTHER OVERLEAVES IN CONFLICT WOULD NOT.

What’s in conflict?

(Your) CAUTION, ARROGANCE, AND ACCEPTANCE. PERSONALITIES WILL EVEN DEVISE PHYSICAL ILLNESS TO AVOID THE DANCE. (She told of a cramp in her foot when the teacher asked her to repeat a ballet step for the benefit of the class.) MEDITATION AND THE DANCE CONSTITUTE SEARCHING MAN’S GREATEST FEARS.

IN MEDITATION YOU ARE ALONE WITH YOUR GOD, WHATEVER THAT MIGHT BE. IN THE DANCE, YOU ARE ALONE WITH YOURSELF IN THE UNIVERSE, AND THAT IS FAR WORSE THAN ANY GOD.

Is there reality in a dream I recently had about B? (deceased)

OF COURSE, ALL DREAMING HAS ITS ROOTS IN "REALITY". YES, TO YOUR QUESTION.

WE WOULD LIKE YOU TO CONSIDER THE POSSIBILITY THAT ONCE A THOUGHT IS THOUGHT, IT BECOMES A TANGIBLE FORCE IN THE UNIVERSE, AND A CONCEPT ONCE DISCERNED MUST BE ACTED UPON SOMEWHERE IN THE PHYSICAL UNIVERSE, EVEN THOUGH, PERHAPS, NOT BY THE PARTICULAR MAN-MASS THAT THINKS IT. EVEN YOUR FANTASIES ARE TANGIBLE. THIS ACCOUNTS FOR MANY BIBLICAL ADMONITIONS SUCH AS THE ONE CONCERNING LUST AFTER A NEIGHBOR'S WIFE. THE NOTION IS NOT NEW AND HAS OCCUPIED PHILOSOPHERS FOR MANY CENTURIES.

IN DREAMING THERE IS A CERTAIN ABANDONMENT OF DEFENSES THAT YOU ALLOW YOUR WAKING SELF TO HAVE. THIS IS HOW NIGHTMARES HAPPEN; THE TRUTH IS, MANY TIMES, SO TERRIFYING THAT IT MUST BE SYMBOLICALLY TOLD.

We discussed how to change our perceptions, and [we expressed] concern over it not happening for us. Someone said that in a way he was glad that he did not have new perceptions, because that way people wouldn't think him crazy. Werner Erhard's "Hunger Project" came up [for discussion], and some [expressed] not feeling the need for concern, and [expressed] that the only real hunger is to expand our consciousness. People's experiences are incomplete and only have a partial picture of the whole from the angle their perception is coming from; therefore, as Gurdjieff said, everyone lies the minute he speaks.

LET US SPEAK INSTEAD OF RELATIVE AND UNIVERSAL TRUTH. THE PERSONALITY IS SIMPLY NOT CAPABLE OF DISCERNING UNIVERSAL TRUTHS, BUT USES RELATIVE TRUTH IN ORDER TO SURVIVE. TO USE THE WORD "LIE", ONE HINTS AT A VOLITIONAL DESIRE TO OBSCURE, AND THIS IS NOT THE CASE. WHAT HAPPENS IN MOST CASES IS THAT THE RELATIVE TRUTH FOR ONE SET OF OVERLEAVES IS NOT THE RELATIVE TRUTH FOR ANOTHER SET, AND [thus the "truth" for one set of overleaves] IMMEDIATELY BECOMES LABELED "A LIE" [by the other set]. IN THE CASE OF PERCEPTIONS, THERE ARE ALSO RELATIVE PERCEPTIONS AND TRUE PERCEPTIONS. UNIVERSAL TRUTH EMANATES FROM TRUE PERCEPTIONS. RELATIVE TRUTH CAN ALSO ISSUE FORTH FROM TRUE PERCEPTIONS, BUT NEVER CAN UNIVERSAL TRUTH ISSUE FROM RELATIVE PERCEPTIONS. THAT IS WHY WHAT YOU HEAR IN THE WORLD IS ALWAYS RELATIVE TRUTH.

OVERLEAVES OFTEN ACT BLINDLY THROUGH THE CENTERS. THERE IS NO DEEP MEANING IN THE ACTION, BUT PSYCHOLOGICAL MAN MUST SEARCH FOR DEEP MEANING, WHILE PHYSICAL MAN MERELY ACTS. ACTING OUT THE SERVICE OF SPIRITUALITY IN A MATERIAL SENSE IS IN ESSENCE FOR YOU — IN OTHER WORDS, PROVIDING AN ENVIRONMENT WHERE THIS CAN OCCUR.

Why did some one I know agree to support me in a nonverbal, movie-making communication project?

YOUR QUESTION SHOULD NOT BE *WHY*, BUT *HOW* DOES THIS OTHER OUTSIDE OF SELF KNOW THAT THE NEED IS THERE. YOU SEND OUT STRONG SIGNALS OF THIS NEED IN ALL DIRECTIONS AND IT IS THERE FOR THE PICKING. THERE ARE THOSE WHO WOULD FILL THIS NEED. HE IS SINCERE BUT PERPLEXED BY A SURGE OF UNEXPECTED EMOTION AROUND A RELATIVE STRANGER. HE IS REACTING TO THE NEED WITHOUT REAL KNOWING WHERE THAT MAY LEAD HIM BECAUSE HIS OVERLEAVES DO PERMIT MUCH RISK-TAKING.

I would like to inquire about his physical disability.

WHICH IS MANY TIMES ACQUIRED IN ORDER TO WORK THROUGH A SEQUENCE WHICH WOULD OTHERWISE BE IMPOSSIBLE. WITH THIS FRAGMENT, DEPENDENCY OF EVEN THE SMALLEST NATURE WOULD BE IMPOSSIBLE [without some type of disability to ensure it]. [Essence knows] THERE MUST BE A BALANCE. [Dependence and independence must both be experienced to complete the monad and achieve balance.] NO PERSONALITY CAN WITHSTAND TOTAL DEPENDENCY, AND [so you] MUST RELY ON SPECIFIC [partial] DISABILITIES, EITHER PHYSICAL OR SOMETIMES EMOTIONAL, IN ORDER TO EXIST AS A MEMBER OF "SOCIETY".

Does he understand what it is I want to communicate?

HE WOULD UNDERSTAND BUT IS NOT ABSORBED. ARTISTS HAVE A MARKED TENDENCY TO SEEK THIS FORM OF COMMUNICATION, OF COURSE, MORE SO THAN THE OTHER ROLES; ALTHOUGH KINGS AND WARRIORS ALSO SEE THE POSSIBILITIES, BUT MORE IN THE SENSE OF CONTROL THAN OF INTER-RELATING. IN OTHER WORDS, THE ARTISAN SEEKS TO COMMUNICATE NON-VERBALLY BECAUSE HE FINDS OTHER FORMS OF COMMUNICATION INCOMPLETE AND UNSATISFACTORY. THE WARRIOR AND KING OFTEN SEE NONVERBAL COMMUNICATION AS A MEANS TO CONTROL OTHERS.

Is _____ my essence twin?

YOUR ESSENCE HAS ALREADY RECOGNIZED ITS TWIN: WHY CANNOT THE REST [of yourself]? THIS IS NOT QUITE FAIR, WE REALIZE, BUT THERE IS A TENDENCY, EVEN ON THIS [mid causal] LEVEL, TO WANT YOU TO ANSWER YOUR OWN QUESTIONS, IN PARTICULAR, THOSE CONCERNING FRAGMENTS OF YOUR ENTITIES, ESSENCE TWINS, AND THE DEJA VU ONE FEELS WHEN ONE ENCOUNTERS AN OLD FRIEND FROM THE PAST. WITH YOU, THE BARRIER IS MORE OF A TENDENCY NOT TO TRUST YOUR OWN INTUITIVE KNOWLEDGE. THE JOY ONE EXPERIENCES WHEN THE TWIN ESSENCES COME IN CONTACT IS NOT WANTED BY THE REPRESSION MODE. WE ARE NOT EVADING YOUR QUESTION — WE HAVE ANSWERED IT. WE WOULD SAY THEN THAT YOU MUST TRUST THAT INTUITION.

Is J. Paul Getty a Mature King?

A LAST LEVEL MATURE KING.

Why would I rather answer my own questions?

BECAUSE YOU GET THE ANSWER EXACTLY THAT YOU WANT.

A suggestion was made that we concentrate before a session and lay out our own relative personal truths.

04 November 1977

Friday

On this particular evening we had a great deal of conversation about the overleaves and just how much value they really hold for us. We talked about the fact that we feel we don't always use them properly and wondered what we could do to use them more effectively.

THE MAJORITY OF ALL STUDENTS OF THIS AND COMPARABLE TEACHINGS USE THE [knowledge about the] OVERLEAVES AND ALL OTHER TOOLS GIVEN TO THEM IN THE MANNER THAT WILL ALLOW THEM TO CONTROL THEIR ENVIRONMENT TO THEIR GREATEST [ego] SATISFACTION AND TO KEEP THE GAME THEY ARE PLAYING GOING. ONLY THE EXCEPTIONAL STUDENT USES THE TOOL AS IT IS INTENDED. IN THE CASE OF THOSE OF YOU HERE PRESENT, YOU USE THESE TOOLS AS MANY LESS KNOWLEDGEABLE USE RELIGION — AS A CONTROLLING DEVICE. ALL OF YOU NEED TO FEEL THAT YOU ARE AN INDIVIDUAL RATHER THAN A FRAGMENT OF A LARGER WHOLE. THIS IS THE FUNCTION OF THE EGO — THAT IS, TO KEEP THE ILLUSION OF SEPARATENESS INTACT. IF THIS DISSOLVES, THE EGO IS IN TROUBLE. IN REFUSING TO SEE THE OVERLEAVES INTERACT IN THOSE OF SIMILAR COMPOSITION, THE EGO IS MERELY ASSERTING ITS CONVICTION THAT THE INDIVIDUALISTIC APPROACH IS THE ONLY SANE APPROACH. ACTUALLY, IT IS A VERY INSANE APPROACH, AS ALL OF YOU COULD IMMEDIATELY CALL TO MIND SEVERAL HUNDRED AREAS WHERE THERE IS LITTLE OR NO DIFFERENCE AT ALL IN EITHER THE FUNCTION OR APPEARANCE OF THOSE HERE GATHERED. BUT WE ARE EQUALLY CERTAIN THAT EACH OF YOUR EGO STRUCTURES COULD PRODUCE QUITE AN IMPRESSIVE LIST OF DIFFERENCES — NOT ONLY THAT, BUT AREAS WHERE NO AGREEMENT COULD EVER BE REACHED.

AS FOR NEW INFORMATION, (we had also been wondering if there was anything else that had not been communicated yet by the teacher) WE ENDEAVOR TO PRESENT SOME NEW INFORMATION WHENEVER WE HAVE YOUR ATTENTION — NEW IN THE SENSE THAT PERHAPS YOU HAVE NEVER THOUGHT OF IT IN QUITE THAT LIGHT BEFORE. HOWEVER, DEAR STUDENTS, YOU HAVE HEARD ALL THAT THERE IS TO HEAR. OUR TASK, AS WE SEE IT, IS TO CONTINUE TO PRESENT THE BODY OF THIS LOGOS UNTIL A STUDENT GRASPS AT ITS MEANING AND BEGINS TO APPLY IT AND TEACH IT TO OTHERS. WE WILL CONTINUE TO PRESENT IT, AND SINCE WE ARE NOT LIMITED BY PHYSICAL TIME, WE CAN SERVE IT UP TO YOU IN AN INFINITE VARIETY OF FRAMES. PERHAPS WE HAVE JUST NOT HIT UPON THE WINNING COMBINATION. AFTER ALL, YOURS IS, AS YOU HAVE SAID MANY TIMES, A VERBAL CULTURE, AND THE WORDS ARE EVENTUALLY WHAT YOU WILL HEAR, AND THEN THEY CAN BE TRANSLATED INTO THE ACTION. _____ HAS HIT UPON THE MEANING OF THIS TEACHING, BUT HIS UNDERSTANDING IS STILL BASICALLY INTELLECTUAL AND PHILOSOPHICAL RATHER THAN EMOTIONAL AND TRANSCENDENTAL.

Someone mentioned that it seemed to be as she suspected, that the material the teacher has given us is complete and we just haven't figured out how to use it properly. This was the response:

NO, THE MATERIAL IS OBVIOUSLY NOT ALL THERE, AS YOU — AND WE MEAN THAT COLLECTIVELY — ARE NOT SATISFIED AND STILL SEARCH. WHEN ENLIGHTENMENT OCCURS THE QUEST IS OVER, AT LEAST INsofar AS THE PHYSICAL PLANE IS CONCERNED.

WE HAVE BEEN SO FAR UNABLE TO INSTILL IN YOU THE PERMISSION, OR GIVE YOU THE PERMISSION, TO

SEEK THAT ECSTASY OR JOY THAT IS THE END PRODUCT OF ALL THAT YOU SEEK. HOWEVER, AT LEAST ALL OF YOU ARE EXPERIMENTING WITH THE POSSIBILITY THAT THERE MAY BE SUCH A STATE AS ECSTASY. MANY ARE NOT EVEN THAT LUCKY. _____ HAS CHOSEN TO LEAVE (he had fallen asleep on the floor) BECAUSE THIS IS FRIGHTENING INFORMATION FOR HIM. HE CANNOT EVEN CONTEMPLATE WHAT THIS QUALITY MIGHT BRING TO HIM, FOR IT WOULD MEAN UTTER DESTRUCTION OF ALL OF HIS DEFENSE MECHANISMS. EVEN SIMPLE HAPPINESS IS QUITE BEYOND HIS GRASP, AND YES, ANYONE WITH THE SAME OVERLEAVES EXACTLY WILL EXPERIENCE THIS DIFFICULTY TO A GREATER OR LESSER EXTENT. ALL THOSE WITH _____'S OVERLEAVES EXACTLY WILL EXPERIENCE HER DILEMMAS AND FRUSTRATIONS, AND IF THEY ARE IN A TEACHING, THEY WILL BE FORTUNATE ENOUGH TO BE ALLOWED TO LOOK AT THEM AND DECIDE WHETHER OR NOT TO CHANGE THEIR COURSE. _____ USES THE OVERLEAVES MANY TIMES TO MAKE HER LIFE NOT WORK BECAUSE SHE HAS BEEN LED TO BELIEVE THAT HER LIFE WILL NOT WORK. SHE USES HER LACK OF FORMAL EDUCATION AS AN EXCUSE NOT TO HAVE TO FORMULATE GOALS FOR HERSELF BECAUSE THAT WOULD CONFLICT WITH THE PICTURE THAT THE OVERLEAVES HAVE OF THEMSELVES. _____ DEFEATS HERSELF IN THE SAME FASHION BECAUSE TWO OF HER OVERLEAVES WOULD BE TERRIFIED OF SUCCESS. (We think the teacher is referring to her Self-deprecation and her Submission.) _____ VIEWS TRAGEDY AS PREFERABLE TO NO EMOTION AT ALL AND RUNS INTO MANY SITUATIONS WHERE SHE CAN PLAY OUT THE ROLE OF THE TRAGIC HEROINE. THIS IS AN INCALCULABLY RICH ROLE FOR THE SAGE IN THE PASSION MODE AND SUITS THE EGO WELL. THE ONLY PROBLEM IS, IT LEAVES THE ESSENCE IN THE LURCH.

We talked about the whys and wherefores of having sequences and paying karma, and why one would want to alter personality if this is the personality we have chosen to handle these things we have apparently agreed to do in this life. If _____ is no longer a tragic heroine, for example, how will she complete her agreements? YOU WILL KNOW THAT YOU HAVE REACHED THAT POINT WHEN YOU DISCONTINUE THE "YES, BUT" GAME. IN OTHER WORDS, WHENEVER YOU ARE WILLING TO GIVE UP YOUR PAIN YOU HAVE COMPLETED ALL THAT YOU CAME TO COMPLETE AND ARE READY TO GO ON FROM THERE.

Someone talked about kundalini energy.

THIS ENERGY OF WHICH YOU SPEAK IS TAPPED INTO FROM HIGHER EMOTIONAL CENTER AND UTILIZED BY THE HIGHER INTELLECTUAL FUNCTION. ALL OF YOU HAVE EXPERIENCED ITS FLOW FOR SHORT PERIODS OF TIME BUT ARE UNABLE TO COMMAND ITS PERPETUITY. YOU HAVE GLIMPSED THE KEYS TO UNLOCKING THIS ENERGY FOR YOUR OWN USE. UNTIL YOU HAVE RELINQUISHED YOUR MOST NEGATIVE CHARACTERISTICS YOU CANNOT EVEN SEEK A LIFE IN ESSENCE, FOR THAT NEGATIVE POLE WILL SEEK THE FARTHEST SHORE AND YOU WILL FOLLOW IT RATHER THAN YOUR ESSENCE. YOU ARE RIGHT, THOUGH. YOU CANNOT BREAK THE PATTERNS ANY OTHER WAY. EVEN A TINY FLOW WILL ENABLE YOU TO BREAK AWAY AT THE MOLDS THAT HOLD YOU FIXED IN PLACE. THE WAY TO THIS ENERGY CAN BE FOUND THROUGH MANY MEDIA. THOSE WE HAVE SUGGESTED HAVE BEEN MEDITATION, CONCENTRATION AND FASTING, AUGMENTED [by psychotropic drugs] OR NOT. ALSO, ART THAT IS OF A PARTICIPATORY NATURE, MUSIC, COLOR, WATER — AND BY WATER WE MEAN SWIMMING, FLOATING, SAILING OR SIMPLY STANDING BENEATH A WATERFLOW — "HYDROTHERAPY" IF YOU PREFER. THE SENSORY DEPRIVATION METHOD IS ANOTHER, BUT THERE AGAIN, THE WATER HELPS MORE THAN YOU REALIZE.

07 November 1977

Monday

We had been in an intense conversation about karma when the teacher let us know that it was time for some facts from the causal plane.

STUDENTS OFTEN CONFUSE FACTS WITH FINAL RESULTS. GROWTH IS THE HARDEST AND MOST CONSTANT GOAL. MOST STUDENTS FIND THIS CONFUSING, THEREFORE THE FACTS APPEAR CLEARER WHEN THE EGO IS PULLING OFF THE MOST SUBTLE FACADE OF ALL. GROWTH IS NOT TRUE ENLIGHTENMENT. STUDENTS FIND THIS THE BIGGEST STUMBLING BLOCK — OVERLEAVES ARE STUNTED IN THIS CASE. DO NOT CONFUSE THE FACTS WITH THE GOAL. THERE IS A STATION IN WHICH A STUDENT DOES OVERCOME THIS TENDENCY. EVERLASTING GROWTH IS NOT THE GOAL — GROWTH THIS LIFE IS THE GOAL.

HAVE YOU THOUGHT ABOUT THE CONSEQUENCES OF THE DELIVERANCE THAT YOU DESIRE? THAT IS THE BIGGEST BLOCK THAT YOU HAVE TO "WORK" ON. TRUST IS HERE IN THIS STUDENT, THE CENTERING IS PROGRESSIVELY GROWING. WE HAVE NOT ABANDONED THE CAUSE, AND YOU CANNOT — THAT IS THE

LAW. TAXING YOURSELF BEYOND THAT IS LUDICROUS. COMING HOME IS HARD FROM YOUR POINT OF VIEW, DUE TO IMPRINTING. YES, FEAR IS THE BIGGEST COVER-UP THAT THE INTELLECTUAL CENTER HAS. THE GREATEST THING YOU CAN DO IS NOT DO. GROWTH IS OCCURRING IN THIS AND ALL OF OUR STUDENTS WHETHER THEY “LIKE IT OR NOT”. THAT IS THE AGREEMENT AND THE LAW. TAXING THE SYSTEM IS ONLY BLOCKING. CENTERING [yourself] IS NOT THAT DIFFICULT. THE DELIVERANCE THAT YOU DESIRE IS THE IMPRINTING THAT YOU HAVE BOUGHT. HEAVEN IS NOT PAVED WITH GOLD. IN OUR OPINION THAT IS THE GREATEST GROWTH YET. THE DEDICATION IS POSSIBLE IN OUR PERSPECTIVE. THE STUDENT HAS YET TO SEE THIS FACTOR. [The] ANSWER IS NOT IN THE STUDENT’S GRASP OF THE FACTS, DUE TO THE FACTOR OF FEAR. JUSTIFYING THE GROWTH ONLY PROVES THIS PHENOMENON. HEAVEN IS NOT THE “REWARD” — THE GIFT OF LIFE IS THE REWARD. THE LAW HAS THE MIRACLE OF PROVIDING THIS FACTOR. IN EXPLANATION, STUDENTS HAVE FOUND THIS TRUE FROM THE POINT OF VIEW THAT LIFE FACTOR IS STILL “ALIVE” — THE ENTERTAINMENT IN LIFE IS THE REWARD. THIS IS EXPERIENCED IN MANY WAYS, TO THE STUDENT’S WAY OF LOOKING AT THINGS. THE INTELLECTUAL CENTER STILL CLINGS TO THE PROOF AND DEMANDS IT. YOU STILL REQUIRE PROOF. GROWTH IS THE GOAL, NOT PROOF OF GROWTH. THE EGO IS THE DEMANDING FACTOR. STUDENTS TRAPPED IN THIS CENTER WILL FIND THAT THEY HAVE THIS IN COMMON.

We talked for awhile, then the teacher continued:

THE PASSION MODE, NOT THE GOAL, IS THE BLOCK. THE CENTERING ONLY CLOUDS THE ISSUE FROM THE PHYSICAL PLANE FOUNDATION. PEOPLE DO DENY THE GOALS FIRST WHILE LIVING FROM THE MODE AND THE CHIEF NEGATIVE FEATURE. THE STUDENTS THAT HAVE AGREEMENTS WITH US HAVE FOUND IT “IMPOSSIBLE” TO DENY US — THAT IS THE “PLAN”.

We feel the teacher slipped the following information in for _____. Earlier we had been talking about a karma she is currently dealing with.

THE KARMA IS ALMOST BURNT. DO NOT DENY THAT [something] NEGATIVE CAN BE THE MOST IMPECCABLE THING TO DO. THE KARMA DOES NOT HAVE TO BE POSITIVE TO BURN. ASIDE FROM THE PRESENT, THE PERSONALITIES INVOLVED IN THIS TEACHING HAVE NOT RECEDED FROM THE FRONTAL ATTACK OF LIFE. THE CHOICES HAVE BEEN WISE IN EACH CASE AS THE LAW DECREES.

I asked if the pain in my right shoulder had anything to do with the imbalance of yin-yang.

YES. THE TROUBLE IS NOT AS STRONG AS IN THE PAST, AND THIS CONFUSES YOUR INTELLECTUAL CENTER. THE STUDENT IS BLOCKING THE FORCE OF THE GOAL, THE MODE, [and] THE CHIEF NEGATIVE FEATURE. THE CENTERING, THE ATTITUDE, THE BODY TYPE, AND THE ROLE ARE IN BALANCE. THE ENERGY IS THE REASON. (I felt that the teacher here is referring to the Reichian therapy I have been involved in.) THE PASSION MODE DENIES THIS (the energy) BECAUSE IT DOES NOT COME FROM IT.

Are we so fragmented?

FRAGMENTED, NO — IDENTIFIED, YES! THE FRAGMENT[ation] IS A MYTH. THE MACHINE OFTEN REFUSES TO SEE THIS FACTOR THAT TIES IT TOGETHER. THIS PERPETUATES THE MACHINE. THIS STUDENT REBELS AT THE FACT THAT THE MACHINE STILL EXISTS. THE ENERGY EXPENDED RECENTLY TO DENY THIS IS THE MOST THIS STUDENT HAS DISPLAYED WITHIN THE FRAMEWORK OF HEALTH. HEALTH DOES NOT COMPLICATE THE ISSUE. THE ENERGY IS THE BLOCK AND THE INTELLECTUAL CENTER TRAP IS THE TURNING POINT. GROWTH WILL HAPPEN — THE FOUNDATION IS NOT IN IMPRINTING: IT IS/WAS KARMA.

I understand that the energy is coming outside “myself”, or my machine, and I am using the passion mode to block it, not the intellect.

THAT IS CORRECT IN THAT THE STUDENT MUST GRASP THIS FIRST. THE OVERLEAVES ARE INSEPARABLE. THE PERSONALITY IS AS MUCH A PART OF THE WHOLE AS ANYTHING ELSE. THE EXPERIENCE IS HAPPENING WHETHER YOUR PERSONALITY WISHES TO ACKNOWLEDGE IT OR NOT. THE ESSENCE WILL REMEMBER THE EXPERIENCE WHETHER THE PERSONALITY REGISTERS IT OR NOT. THE MACHINE ONLY “CARES” WHEN IT INVOLVES THE MACHINE’S BELIEF IN ITSELF. THE NUMBERS IT RUNS ARE THE MYSTIFYING MODE OF THE INTELLECTUAL CENTER TO COMPREHEND. IN EXPLANATION, HOW DOES THE INTELLECT JUSTIFY SEX?

THE PERSONALITY FINDS IT HARD TO ACKNOWLEDGE THE EASILY-ATTAINED CONTROL BY ANOTHER. THE SCHOLAR WOULD RATHER ACKNOWLEDGE OBSERVING THIS ON ITS OWN. THE PASSION MODE DENIES ENERGY TO ALLOW THE SIGHT TO FLOW, THIS PLACES TAXATION UPON THE INTELLECTUAL TRAP. THE ENERGY, IN OTHER WORDS, GETS MISCHANNLED.

I refer to the teacher's previous remark: I felt confused about the remark "the energy expanded".

PRIOR TO HEALTH, YOU SPENT ALL ENERGY INTELLECTUALLY TO PERPETUATE ILLNESS. NOW THE ENERGY IS BEING CHANNLED INTO THE HEALTHY BLOCK. IN OTHER WORDS, IT IS NO LONGER NECESSARY TO PROVE YOUR ILLNESS BY (through) MIS-CENTERING. THE IDENTITY WITH ILLNESS HAS BEEN BROKEN. THE INTELLECTUAL CENTER FINDS THIS JUST AS HARD TO DEAL WITH AS THE PERPETUATION OF ILLNESS. NONE OF THIS MAKES ANY SENSE INTELLECTUALLY. GROWTH DOES NOT INTELLECTUALLY JIVE WITH ILLNESS. GROWTH DOES NOT COINCIDE WITH HEALTH EITHER. AS THE PERCEPTION DOES NOT JUDGE, THE EMOTIONALISM HAS A LAG IN THE FRAMEWORK OF HEALTH. THE IMPRINTING TO THIS POINT HAS CONTRIBUTED TO THIS HEAVILY. THE INTELLECTUAL STRUGGLES TO BALANCE THE LAG.

I see emotionalism is tied up with my fear.

REMEMBER THE INTELLECT HAS FEAR OF EMOTIONALISM AS IT'S LARGEST BLOCK. PASSION MODE IS THE METHOD OF BLOCKING. IS THIS CLEAR? WE WOULD REMIND YOU THE POLAR OPPOSITE OF PASSION IS REPRESSION. DO NOT DENY THIS STUDENT'S ABILITY TO INTELLECTUALLY DENY REPRESSION WHILE EMOTIONALLY EXPRESSING IT.

While I am emotionalizing, am I using that as a way of repressing what I am feeling?

INTELLECTUALIZING DENIES EMOTIONALISM. THE EXPRESSION EMOTIONALLY RELEASES THE PERSONALITY FROM THE INTELLECTUAL TRAP. THE MACHINE HAS A TAPE THAT WARNS IT WHEN THIS IS HAPPENING, AND THE PASSION MODE EMPLOYS ITSELF TO RE-ENGAGE THE INTELLECTUAL TRAP. THE PROBLEM AT THIS POINT IS THAT THE PERSONALITY DOES NO LONGER CONNECT WITH THE IMPRINTING HABIT. FREEDOM OF EXPRESSION IS THE GIFT OF THE TAO UPON THE PERSONALITY. THE TRAP IS TRIGGERED IN THE REFUSAL TO EXPRESS THE PASSION MODE, SPECIFICALLY, IN THE POSITIVE POLE. THIS ESSENCE DOES COMMUNICATE AT THE EMOTIONAL LEVEL EASIER THAN AT ANY OTHER LEVEL. THE STUDENT ____ IS TRAPPED IN THIS CENTER TO LEARN THIS. THE EMOTIONAL CENTER DOES PROVIDE FALSE PERSONALITY WITH THE EXCUSE TO ACCEPT THIS. THE STUDENT HAS PERCEIVED THIS AND THE PERSONALITY REBELS AT THIS KNOWLEDGE. THE TRAP IS EMOTIONALISM, THE PERSONALITY USES THIS EXCUSE TO PERPETUATE THE BELIEF THAT THE EMOTIONAL CENTER IS NOT PERCEIVING. THE EMOTIONAL CENTER PERCEIVES ONLY, AND THE PERSONALITY FINDS THIS VERY DIFFICULT TO DEAL WITH. THE INTELLECTUAL [center] BLOCKS THE KNOWLEDGE OF THE TRAP, THROUGH THE TRAP OF THE EMOTIONAL CENTER. IF THE EMOTIONS RULE, HOW CAN YOU BE IN THE INTELLECTUAL CENTER? DISCOVERY OF THIS COVER-UP IS IMPORTANT TO THE STUDENT.

We missed the next question on the recorder.

TO ANSWER THE QUESTION, THE PERSONALITY HAS BELIEF IN WHAT IT DOES. THE COVER-UP BLOCKS THE METHOD OF CENTERING. THE JUSTIFICATION IN THIS STUDENT'S CASE IS FROM THE EMOTIONS, THROUGH THE PERCEPTION, AND RESULTS IN THE INTELLECTUALIZATION OF THE PROCESS. BASICALLY IT IS THE OPPOSITE OF ____ AND THEREFORE PERPETUATES THE INTELLECTUAL TRAPS (in both of us).

The approach seems to be through meditation to eliminate the buzzing that gets in the way of reception? TRANSCENDING IS WORLDS APART FROM BLOCKING, OR RATHER "ELIMINATING".

Then it is a waste of time to deal with meditation?

TIME IS RELATIVE; THEREFORE THERE IS NO WASTE OF TIME. IN THIS STUDENT'S PERCEPTION, THE STUDENT KNOWS THIS. THE PERSONALITY AND ITS EXPRESSION MUST BE ALLOWED TO RUN RAMPANT. THE FEAR OF INTELLECT IS DENIAL.

I am talking about dealing with where I think I am — going forward.

ACCEPTANCE DOES NOT IN ANY WAY DENY GROWTH. IN ESSENCE THE FEAR OF THIS IS PURELY INTELLECT. THE INTELLECTUAL IDENTIFICATION IS DENYING THE EMOTIONAL CENTER. THEREFORE THE EMOTIONALISM. THE BLOCK IS: ATTEMPTING TO JUSTIFY THE EMOTIONS INTELLECTUALLY.

What is the block?

THE INTELLECT — THE DENIAL OF THE INTELLECTUAL CENTER'S EXISTENCE. WHEN A STUDENT BLOCKS WITH THE CENTERING, THE CENTER DOING THE BLOCKING IS THE LAST ONE ACCEPTED AS A "TRUE" CENTER. TRULY IT DOES NOT MATTER IF THE PERSONALITY UNDERSTANDS THE TRAUMA. THE PERSONALITY IS THE MACHINE AND THE GIFT OF EMOTIONALISM IS ITS ONLY "REWARD". THE CONFUSION THAT THE STUDENT IS FEELING IS ONLY THE MANIFESTATION OF THE FACTS BEING FED TO THE STUDENT. THE REBELLION IS IN THE INTELLECTUAL CENTER. ACCEPTANCE IS THE FORMAT (for the rebellion).

If it were clear, I would not be stumbling around where I am.

CROSSING OVER INTO GROWTH FROM ACCEPTANCE IS OFTEN A STUMBLER. DO NOT CONFUSE YOUR GOAL WITH THOSE AROUND YOU. OFTEN STUDENTS DENY JUST THAT BECAUSE THEY ARE NOT "GROWING".

My goal is growth if I am in Acceptance? — that's news!

THE ACCEPTANCE COMES FROM IMPRINTING — THEREIN LIES THE RUB. YOUR PERSONALITY OFTEN EXPRESSES GROWTH IN ACCEPTANCE. THIS [acceptance] IS NOT YOUR GOAL, YET YOU STIMULATE YOUR PERSONALITY WITH JUST THAT. CAN YOU NOT SEE THE REASONING INTELLECTUALLY FOR THIS DENIAL OF EMOTIONS AND THEREFORE GROWTH? YOU THEREFORE INTELLECTUALLY MUST BE RETARDED IF YOU CANNOT ACCEPT THE PERSONALITY'S IMPRINTING.

I got that. I don't "get" the process that goes on. (I also have a pain in my head.)

THIS BLOCK IS THE INTELLECTUAL DENIAL OF PERCEPTION.

Is there nothing for me to do except [accept] everything?

HAVE YOU TRULY EXPRESSED THE BLOCK? THIS IS THE FIRST STEP IN REALIZING THE MACHINE. THE BLOCK IS MECHANICAL.

From being caught up in imprinting?

AUTOMATIC IDENTITY WITH IMPRINTING. ACCEPTANCE IS NOT THE GOAL — GROWTH IS. DO NOT CONFUSE THEM. ACCEPTANCE OF IMPRINTING WAS ALREADY DONE FOR YOUR GOAL. THE IMPRINTING IS LONG OVER IN YOUR TERMS. THE SURVIVAL HAS OCCURRED. THE IDENTITY WITH YOUR MOTHER IS OVER, THE KARMA IS OVER — ACKNOWLEDGE [it]. YOUR MOTHER'S ACCEPTANCE HAS TRAPPED YOUR PERSONALITY WITHIN IMPRINTING. ENOUGH. THE GOAL IS GROWTH. THE INTELLECTUAL BLOCK IS THEREFORE ABOLISHED. DO NOT FORGET: THE ONE OWING [a karmic debt] HANGS ON. THE INTELLECTUAL JUSTIFICATION FOR SURVIVAL IN ACCEPTANCE IS OVER. THE ACKNOWLEDGMENT COMPLETES THE RIBBON AND WITHIN TAO'S EYES ERASES IT. THIS ALSO PROVIDES THE PERSONALITY WITH THE LUXURY OF FREEDOM. THE PERSONALITY INVOLVED IN THE KARMA DOES NOT HAVE TO BE PRESENT ON THE PHYSICAL PLANE TO ACKNOWLEDGE THE COMPLETION OF KARMA. JUST BECAUSE ESSENCE IS TRAPPED IN THE BODY DOES NOT MEAN THAT IT IS DENIED THE EXPERIENCE OF OTHER DIMENSIONS.

Is my ____ experience an essence contact?

THE PERSONALITY DEMANDS EXPLANATIONS, NOT THE ESSENCE.

It came through as an emotional thing.

YES, THE PERSONALITY YOU FEEL DEEPLY ABOUT IS A MEMBER OF YOUR ENTITY, AND MANY LIFETIMES ON THE PHYSICAL PLANE YOU HAVE CONNECTED WITH THIS ESSENCE. THERE ARE NO TIES OTHER THAN THE COMMON BOND OF AN ENTITY FRAGMENT. THE EMOTIONALISM WAS DENIED INTELLECTUALLY BY TRYING TO MAKE MORE THAN THAT OUT OF IT. THE INTELLECT FINDS IT DIFFICULT TO FACE THAT SUCH A STRONG PERCEPTION IS "REAL". IF THE INTELLECT COULD GROW, THE PERCEPTION WOULD BE ALLOWED WITHOUT INTERFERENCE. THE INTELLECT DOES NOT GROW WITHOUT THE REST OF THE MACHINE.

I decided that somehow this fragment belonged to my entity, and I know her well.

YOU DARE INFER THAT THE INTELLECT DECIDES THIS WHEN THE EMOTIONAL CENTER ALREADY TOLD YOU THIS? BULLSHIT. THAT WAS THE BLOCK IN THE MOST VIVID EXAMPLE.

Explain the message without getting into "bullshit".

WHO TOLD YOU ASIDE FROM YOUR MOTHER'S ACCEPTANCE THAT EXPLANATION WAS NECESSARY? GROWTH DOES NOT REQUIRE SUCH EXPLANATION. INTELLECT REQUIRES REASONS — PERCEPTION AND GROWTH DON'T.

Then "explanation" (meaning "interpretation of perception") is not necessary?

YES. THIS IS GROWTH.

Reception of the message and my understanding of growth do not meet intellectually. I can say that understanding is the "booby prize".

YOU HAVE BEEN DENYING THE OVERLEAVES — THE CONFUSION IS EVIDENT. INTELLECT HAS BLOCKED EMOTIONAL CENTER DUE TO [the] OVERLEAVE'S IDENTIFICATION WITH THE KARMA OF THE MOTHER.

Is there value of emotionalism with "strange" essence contacted on this plane?

WHAT OTHER CHOICE HAVE YOU LEFT THE PERSONALITY?

None.

THIS IS GROWTH.

Is it all right if I swim a while?

THE SWIMMING IS OK WITH US — WITHIN “TIME” IT OFTEN GETS TRYING.

I think the pain in the neck is not knowing how to take the step.

HOW WOULD YOU INTERPRET THE INTELLECTUAL FROM THE PERSONALITY TRAPPED IN THE EMOTIONAL CENTER IF NOT A PAIN IN THE NECK?

The throat chakra not only deals with speaking, but with symbology.

SPEAK OUT YOUR PERCEPTIONS, AND EXPRESSION OF BOTH INTELLECT AND PERCEPTION WILL BE ACCOMPLISHED, AS WELL AS GROWTH, INSTEAD OF ACCEPTANCE. YOUR OVERWHELMING EMOTIONALISM IS A DIVERGENCE, A DENIAL, A BLOCK, AND THE SIMPLICITY OF THE RESOLUTION IS ALSO OVERWHELMING. THE SPEAKING OF YOUR PERCEPTIONS WILL FREE YOUR PERSONALITY FROM THE SUDDEN OVERWHELMING FEELING.

If I spend time trying to “figure out”, that would be intellectual exercise, and I would end up right back where I am.

WHAT OTHER THAN INTELLECT RESIDES WITHIN TIME?

It’s OK to spend time figuring things out? — intellectually, that is?

TIME IS RELATIVE — IT ALL DEPENDS ON THE OUTLOOK. YOU HAVE THE WARRIOR’S SENSE OF TIME, AND THAT IS IN AGREEMENT WITH US. YOUR ROLE IS WARRIOR — THAT IS ESSENCE FLOW. THE PERSONALITY HAS DWELT WITHIN THE FRAMEWORK OF WARRIOR FOR ETERNITY. INTELLECT CANNOT ACCEPT THIS PERCEPTION. CAN YOU NOT SEE THE CONFLICT NOW?

When we “flow”, are we transcending false personality, or [are we] in the positive poles of the overleaves?

TRUST YOUR PERCEPTION OF THE SITUATION AND THE ANSWER IS YOURS. YES, THE MAN IS IN THE THINKING [Intellectual] PART OF THE PERCEIVING [Emotional] CENTER.

P.S.: The teacher said that karma equals how we deal with the wholeness of the physical plane. We have no power to intentionally generate karma. Denial of God or God-Self in favor of ego equals how [we generate karma].

13 January 1978

Friday

_____ asked for a comment for _____ and her.

IT IS DIFFICULT AT THIS JUNCTURE TO PREDICT ANY FUTURE ASSURANCE THAT ALL NOW IN PROGRESS WILL COME TO FRUITION, BUT IT CERTAINLY WOULD SEEM LIKELY THAT THE OCCURRENCE OF AT LEAST SOME ACHIEVEMENT IS IN STORE. GOALS ARE STILL STRONG AND IT IS UNLIKELY THAT EITHER WILL STRAY FROM THESE, AS THEY ARE, IN FACT, REALISTIC, AND WELL-GROUNDED IN ABILITY. HEREIN LIES AN ESSENTIAL DIFFERENCE FROM THOSE WHO HAVE NOT BEEN EXPOSED TO WHAT YOU CALL ESOTERIC KNOWLEDGE. THE GOALS SET IN LIFE APPEAR TOO OFTEN UNREALISTIC AND ARE DOOMED TO FAILURE FROM THE BEGINNING. QUITE OFTEN SUCCESS OF A MATERIAL NATURE IS ACHIEVED AT GREAT EXPENSE TO THE ORGANISM AND THIS IS AS GREAT A FAILURE AS IF THE SUCCESS WERE NOT ACHIEVED AT ALL. WITH THESE TWO THERE IS NO GREAT EXPENSE TO THE ORGANISM IN THAT REGARD AND EMOTIONAL SUCCESS SEEMS LIKELY.

It seems to me that the presentation of this teaching has focused on SRGA (soul-Role-Goal-Attitude), and has not been successful in communicating to others. Should another approach be used? Do the SRG’s make this teaching unique from all others?

WE WOULD HESITATE TO CALL THIS SYSTEM OF NAMING BEHAVIOR PATTERNS AS THE CORNERSTONE OF OUR TEACHING: RATHER, WE WOULD SEE YOU ALL ASCERTAINING FROM THOSE EXPRESSING INTEREST IN THIS TEACHING WHETHER OR NOT THEY ARE READY TO ACCEPT IN FULL THE CONCEPT THAT THEY HAVE LIVED BEFORE AND THAT THIS LIFE IS MERELY A CONTINUATION OF AN EXPERIENCE BEGUN IN ANOTHER TIME FRAME. AND BY THIS, WE MEAN, TO BE SURE, WITHIN YOURSELVES THAT THEY DO IN FACT ACCEPT THIS AS TRUTH FOR THEM. ALL THE REST, INCLUDING THE SOUL LEVELS, WILL COME EASILY. IT IS UPON THIS PREMISE THAT THE ENTIRE TEACHING IS BASED, AND IT IS THEREFORE USELESS (UNDERLINED) TO

ANY STUDENT NOT KNOWING THIS TRUTH FOR HIMSELF — IT BECOMES A PARLOR GAME OF MEANINGLESS WORDS.

I accept the premise, but I have difficulty communicating it to others. I am afraid I may tell someone their SRG and it would be incorrect. (Editor's note: It seems that when one can see for themselves what they are, there can be no argument, and this can be presented in such a way that it is up to each individual to verify for himself the way things are for him. It really does not matter what anyone says, the truth can never be altered. All one can attempt is to express his own relative truth which can aid the other person.)

WE GIVE THIS SYSTEM [of Overleaves] TO YOU AS A TOOL, MORE THAN A SOLUTION, IN ORDER TO FREE YOU FROM CERTAIN CONSIDERATIONS THAT WOULD CLOUD YOUR INTERPERSONAL RELATIONSHIPS, AND IF YOU CAN TEACH THIS TO OTHERS AS A TOOL, THEN IT WILL BE SUCCESSFUL. ONE MUST BE EXTREMELY CAUTIOUS IN GIVING OUT THIS AS AN EXPLANATION OF ANTISOCIAL BEHAVIOR. SURELY YOU CAN ALL UNDERSTAND THAT THOSE EXHIBITING ANTISOCIAL OR OTHERWISE BIZARRE BEHAVIOR ARE IN NO WAY READY FOR THIS INFORMATION. IT IS MORE IMPORTANT TO MANY TO UNDERSTAND THEIR SEQUENTIAL BEHAVIOR AND WHAT THE MECHANISM OF KARMA DOES IN THEIR LIFE PATTERNS. PERHAPS EVEN MORE IMPORTANT THAN KNOWING THEIR ROLE IS THE REALIZATION OF WHY THEY ARE RELATING TO CERTAIN OTHER PERSONS IN SEEMINGLY IRRATIONAL WAYS. OFTEN THIS IS THE MOST PRESSING QUESTION THAT NEW STUDENTS HAVE.

Concerning several people, some from a dream I had, I would like to know if there is any significance pertinent to my understanding. Are there any common connections of: Patriarch of Constantinople, Photius; Renee Thom, *Best of all Possible Worlds*; Leibnitz, who speaks of "monads" freely in his writings regarding a new branch of mathematics in the *Catastrophe Theory*?

TWO OF THEM HAVE SIMILAR OVERLEAVES AND THEY WERE SCHOLARS IN THE OBSERVATION MODE. THE OTHER WAS A MATURE PRIEST IN THE CAUTION MODE. THOUGHT PATTERNS WERE NOT DERIVED FROM THE SAME REASONING SEQUENCES IN ANY OF THESE THREE, BUT THE END RESULT WAS CONSIDERABLE GROWTH UPWARD IN ALL THREE. THE THOUGHT PATTERNS WERE NOT ALIKE, BUT ALL THREE REACHED A HIGHER LEVEL OF SPIRITUAL INSIGHT, OR PERHAPS WE SHOULD SIMPLY SAY INSIGHT.

What about Leibnitz?

THIS WAS A FIFTH LEVEL MATURE SCHOLAR IN THE OBSERVATION MODE WITH A GOAL OF GROWTH, A SPIRITUALIST IN THE EMOTIONAL PART OF INTELLECTUAL CENTER. RENE [Thom] IS A FOURTH LEVEL YOUNG SCHOLAR IN THE OBSERVATION MODE WITH A GOAL OF GROWTH, A REALIST IN THE MOVING PART OF INTELLECTUAL CENTER.

I am asking for new horizons in my perceptions: how the patients brought about their illnesses, and help in treatment of diseases.

FOR THE PURPOSES OF THIS DISSERTATION, ASSUME THE MIND IS AN ENTITY SEPARATE FROM AND ANTAGONISTIC TO THAT WHICH WE CALL THE ESSENCE, AND COMPRISES THAT COMPLEX OF PRIME MOTIVATORS THAT WE CALL THE ROLES, GOALS, AND ATTITUDES, ETC.; AND, YES, THIS MIND IS ALL-POWERFUL, AND, YES, THE PHYSICAL VEHICLE THAT IS THE BODY DOES BREAK DOWN FROM MULTIPLE CAUSATIVE FACTORS, SOME DIRECTLY ACTED UPON BY THE MIND, OTHERS BY THE ENVIRONMENT, AND MANY BY TOTALLY EXTERNAL FACTORS SUCH AS SPEEDING TRUCKS. BE CAREFUL ABOUT GENERALIZING ON THE EFFICACY OF ANY ONE THERAPY, EITHER EMOTIONAL OR PHYSICAL. THE MOST IMPORTANT FACTOR IN ANY TREATMENT OF ANY PROBLEM IS THE AMOUNT OF RAPPORT AND BELIEF BETWEEN THE THERAPIST AND PATIENT. BOTH MUST BE CREDIBLE TO EACH OTHER IN ORDER FOR THE THERAPY TO WORK. THIS IS ALWAYS TRUE: BOTH MUST BE CREDIBLE TO EACH OTHER. WE REPEAT BECAUSE THIS AND NO OTHER IS THE ESSENCE OF ALL THERAPEUTIC PROCESSES. VITAMINS WORK BECAUSE OF THEIR CREDIBILITY, AS DO SURGERY, PSYCHOTHERAPY, THE ERHARD SEMINAR TRAINING, AND GESTALT. WITH SOME, THE DESTRUCTION OF THE BODY IS QUITE OVERT AND EASILY DISCERNED AND TREATMENT OF THIS IS BEST DONE BY NONPHYSICAL MEANS. WITH OTHERS, THE AUTODESTRUCTION IS FAR MORE SUBTLE AND THE TREATMENT MUST FIT THE PROBLEM, AND THE LEVEL OF CREDIBILITY MUST REMAIN HIGH. OF COURSE, SOME DISEASE IS CAUSED BY DEFICIENT DIETARY PROBLEMS AND CAN BE TREATED BY CORRECTING THIS DEFICIENCY; BUT THEN, THE UNDERLYING BEHAVIORAL PROBLEM MUST ALSO BE BROUGHT TO THE SURFACE OR THE PROBLEM WILL RECUR OVER AND OVER AGAIN. WITH ALLERGIES, THE SAME IS TRUE. SIMPLY REMOVING AN EMOTIONALLY LADEN ENVIRONMENT HAS OFTEN RESULTED IN MIRACULOUS CURES AND YET NOTHING HAS HAPPENED TO ALTER THE PHYSICAL STATES. ALLERGIES ARE USUALLY DENIALS AND DEFENSE MECHANISMS, AND TO TREAT THEM WITH MASSIVE CHEMICAL ONSLAUGHT IS OVERKILL WHEN SIMPLY REMOVING THEM FROM THE ENVIRONMENT MAY GIVE THE

NECESSARY CLUE TO EFFECT A CURE. WHEN THE MIND IS INTENT UPON AUTODESTRUCTION, NO CURE, NO MATTER HOW HEROIC, THE METHOD EMPLOYED WILL BE AFFECTED, AND ALL OF YOU KNOW THIS FROM YOUR OWN EXPERIENCES. THE MIND INTENT UPON DESTRUCTION HAS SET IN MOTION CHANGES AT THE CELLULAR LEVEL THAT ARE IRREVERSIBLE BY ALL METHODS KNOWN TO YOUR SCIENCE, AND ARE BEYOND YOUR EFFORTS. OTHERS, HOWEVER, DESERVE WHATEVER GUIDANCE YOU MAY OFFER, AND MANY WILL GO ON TO EFFECTIVE LIFE PATTERNS. BREAKDOWNS ON THE PHYSICAL THAT ARE MERELY SIGNALS OF OVERSTRESS AND THE NEED FOR REST CERTAINLY NEED NO TREATMENT, BUT DO REQUIRE THAT PERMISSION TO RUN THEIR COURSE. THIS IS ALMOST TOTALLY ABSENT IN YOUR IMMEDIATE CULTURE, AND FOR THAT REASON THERE IS MUCH OF THIS TYPE OF DISEASE LINGERING WAY BEYOND ITS NATURAL COURSE.

MANY OF THE PATIENTS SEEN BY THE MAJORITY OF PHYSICIANS OF A GENERAL NATURE ARE MORE TIRED THAN ILL, AND THE THERAPY SHOULD SUGGEST ITSELF EVEN TO THEM, BUT THEY DO NOT HAVE THEIR PERMISSION TO TAKE THE CURE IN THIS SOCIETY. MANY BENEFIT FROM NUTRITIONAL THERAPY IN SUBTLE WAYS SUCH AS THE ADDED TIME NECESSARY TO PREPARE, FOR INSTANCE, MEATLESS MEALS, FOR THIS IS THERAPEUTIC IN ITSELF IF IT IS A CHANGE IN PATTERNS. OTHERS BENEFIT BECAUSE IT IS SOMETHING OUTSIDE OF SELF UPON WHICH TO FOCUS. FOR ALL OF YOU, PLEASE REMEMBER, WHEN A PERSON HAS REACHED THE "I WILL MAKE A MESS" STAGE OF PHYSICAL ILLNESS, IT IS BEYOND YOUR INTERVENTION, AND ALL YOU CAN DO AT THIS POINT IS ACKNOWLEDGE THAT THE MESSAGE IS CLEAR AND THAT YOU UNDERSTAND THAT TRANSITION IS IMMINENT.

How can I acquire the discernment of nonphysical or the physical type of treatment to use?

UNFORTUNATELY, THE DESIRE TO QUIT AND GIVE UP DOES NOT REQUIRE ANY RESPONSIBILITY IN A CONSCIOUS SENSE. WHEN THE END STAGE HAS BEEN REACHED, NO AMOUNT OF ACCEPTANCE OF RESPONSIBILITY WILL BE EFFECTIVE, FOR THE ORGANISM IS TOO DAMAGED TO RESPOND. TRUE, THE SOUL MIGHT FEEL MORE AT EASE WITH THIS KNOWLEDGE; THIS IS CERTAINLY DESIRABLE, BUT THE HOPELESSNESS OF THE PHYSICAL SITUATION REMAINS THE SAME REGARDLESS OF INSIGHT GAINED. TO ASCERTAIN WHAT YOU WISH REQUIRES THAT YOU START WITH LESS ADVANCE INTENTION AS YOU HAVE IN THE PAST. ACTUALLY YOUR PERCEPTIONS ARE NOT THAT MUDDLED AND ARE USUALLY NOT THAT FAR AFIELD FROM THE ACTUAL SITUATION. PHYSICIANS ALMOST ALWAYS NEED TO COME TO GRIPS WITH THEIR OWN INEVITABLE PHYSICAL DEATH. SURPRISINGLY ENOUGH, THIS IS MORE DIFFICULT FOR YOU WHEN YOU ARE CONSTANTLY IN THE PRESENCE OF DEATH OF THE SORT THAT YOU SEE.

Is Calistoga a power spot?

IT IS AN ESSENTIALLY NEUTRAL LOCATION THAT ATTRACTS A NUMBER OF POWER PEOPLE BECAUSE OF ITS NATURAL [word(s) illegible].

What is the SRG of the composer of *African Sanctus*, David Fanchow?

SPIRITUALIST, SECOND LEVEL OLD WARRIOR IN THE PASSION MODE WITH A GOAL OF GROWTH AND INTELLECTUAL PART OF EMOTIONAL CENTER; BODY LUNAR-MARS.