



# *The Armour of Light*

By Olive Pixley

LightEn Edition

This digital edition of the 1974 Helios Book Service Ltd reprint of the 1957 first edition, is published by LightEn Publishing in 2025 and made freely available to all via [www.light-en.org](http://www.light-en.org).

This edition © LightEn Publishing, London, 2025.

No claim is made to the original text of the work. LightEn Education Network has performed due diligence to obtain copyright for use of this digital asset. Following extensive searches, we have been unable to confirm or request copyright permission from the rights holder. LightEn Education Network has obtained an orphan works licence under the UK Orphan Works Licensing Scheme (Licence number: OWLS000392) for this asset. We believe this work to be a valuable resource to make accessible to a wider audience and are using this orphan copyright asset in good faith under the terms of our licence. Should you have more information about the copyright of this asset, please contact [legal@light-en.org](mailto:legal@light-en.org).

ISBN: 978-1-916746-08-4

Published in the United Kingdom by LightEn Publishing.

For more information, visit: [www.light-en.org](http://www.light-en.org)



## Publisher's Note

LightEn is a global foundation in service to the realisation of humanity's highest potential. Through our centres, libraries, and philanthropic support, we illuminate wisdom teachings, teachers, and pathways dedicated to raising consciousness.

LightEn's Library of Light focuses on the experience and application of spiritual wisdom. Freely given and available to all, we seek to facilitate the journey of self-discovery through a curated offering of recommended works and content, representing a diversity of approaches.

New editions of works published by LightEn, and those recommended within our Library of Light, are shared in the spirit of insight, inspiration, and inner exploration. Some of the ideas may speak to the realms of healing and well-being, but they are not intended to replace medical advice, diagnosis, or treatment. We encourage readers to seek the guidance of qualified medical professionals when it comes to physical or mental health. We also note that within some books, there may occasionally be a view expressed that is outdated, but we believe the over-arching wisdom is timeless. We invite you to explore in a spirit of open-hearted curiosity, and to use your own discernment when doing so.

Those curious to learn more about LightEn, about the Library of Light, or about themselves, are invited to visit our website at [www.light-en.org](http://www.light-en.org).

# Contents

Introduction	1
Foreword	9
<b>Chapter 1</b>	
Ritual of Light	16
<b>Chapter 2</b>	
Conscious Breathing	19
<b>Chapter 3</b>	
AH MER – A E OO	35
<b>Chapter 4</b>	
Shafts of Light	46
<b>Chapter 5</b>	
Gold Spirals and Blue Circles	56
<b>Chapter 6</b>	
The Needs	67
<b>Chapter 7</b>	
The Exercise of E O, LIHUM	78
<b>Chapter 8</b>	
The Transmuting Light	86

<b>Chapter 9</b>	
Rhythm Over the Head	98
<b>Chapter 10</b>	
The Name	107
<b>Chapter 11</b>	
The Soul-Body	124
<b>Chapter 12</b>	
AHLAH-HEAY-VE	127
<b>Chapter 13</b>	
The Exercise of the Throat	138
<b>Chapter 14</b>	
The Equilibrium of the Name	146
<b>Chapter 15</b>	
The Exercise of SAH-VAY	156
<b>Chapter 16</b>	
The Rhythm of the Name	164
<b>Chapter 17</b>	
HI-YOU-MER	175
<b>Chapter 18</b>	
The Cross of Breath	186
<b>Chapter 19</b>	
The Exercise – AH-MOO	192

The Daily Routine should be as follows:

Morning	Midday	Evening
Ritual of Light	Transmuting Light	Spirals and Circles
Conscious Breath	Throat	AHLAH- HEAY-VE
AH-MER	Equilibrium of the Name	SAH-VAY
Shafts of Light	Rhythm of the Name	
Needs	Cross of Breath	
E O LIHUM	HI-YOU-MER	
Rhythm Over the Head		
The Name		
AH-MOO		

# Introduction

‘My thoughts are not your thoughts, neither are My ways your ways,’ saith the Lord. That truth, revealed through the mind of Isaiah, was also my experience. One cannot have any idea of His thoughts and ways, since they are not ours, unless He reveals them to us. *The Armour of Light* was shown me as a way of life that would train my mind to receive His thoughts, and this training proved a Light unto my path; a path on which the Light was revealed just one step at a time.

In 1917 a greatly loved brother went on ahead, and started a personal wavelength of communication between his world and mine, through his heart into my heart. That experience you will find in detail in a little book, *Listening In*, which I wrote 10 years later. In 1924 the impersonal work started. My receptivity had developed, and I was

able to receive in conscious vision the ritual of the ancient worships of the true Light. That meant going through the experiences of both priest and neophyte of the Egyptian, Hermetic, and Mithraic initiations. Several lectures that I gave of my conscious experiences are incorporated in *The Trail*. Finally I was started on the Christian Initiation. It is difficult to remember now those early stepping stones of revelation, when the action of the cosmic rays on matter was made clear to me. I knew then why it had taken Jesus 30 years to perfect His humanity. Step by step I was made aware of the power of blood. I was shown how humanity had polluted its bloodstream by fear, greed, cruelty, and worry, and that it could be regenerated only if some great entity, who had never fallen at the Adamic crisis, would voluntarily take on that contaminated condition, and by utter selflessness, fearlessness, and love, purify it. This Jesus did, and His purified blood has become available for the whole world to contact.

We know in our day, as Jesus knew in His lifetime, the power of propaganda, and how the enemies of freedom and progress make use of it with all the force of fear behind it. How, after His death, could 12 faithful men stem



it? They needed reinforcement, and got it in the person of St Paul.

To change the focus of the mind is the most difficult part of this training, and so the *volte face* of Paul of Tarsus concerns us closely. His academic mind could not accept revelation. He had resisted and reacted strongly against the unorthodox teaching and behaviour of Jesus the Nazarene. He approved of the crucifixion, and did his best to prevent the news of the resurrection from being spread or believed. Then out of the blue came a Voice, on a sound wavelength from the source to the personal receiving instrument. It was such a shock to Paul's orthodox system that he lost consciousness, but his wonderful moral courage, after this experience, in making a public avowal of it, gives every academic and scientific mind the knowledge that the capacity for such revelation is universal.

It was a shock to me to find out that what I had fondly hoped was an enthralling personal experience was to be shared publicly or privately with anybody wishing to receive it. This health-receiving Technique in Light can be universal and is in line with the scientific discoveries of our day. We take the telephone, radio, and television

instruments for granted. We turn knobs, and voices speak; other knobs, and faces and figures appear. The prophets of the Old Testament were connected with cosmic sound wavelengths. St Paul was important only as a disbeliever, and yet, because of his capacity, he was called and chosen.

Christ calls and needs us for He cannot work without us. Some of us respond; some of us do not. He cannot force us.

I found that out quite early in my training. When it was personal and private, I was thrilled with my secret experiences, but when later on I was shown that I must share and pass on to all who asked, then indeed I realised that my way was not His way. When the disciples found His command that they should eat His flesh and drink His blood, a saying that confounded them, many of them felt that they could follow Him no further, and went off. Christ did not attempt to persuade them to stay, but they also found they could not endure to stay away, and returned to experience the reality of His teaching. So, in the same way, when I wanted to turn aside, and follow the normal social routine of a young woman's life I found I could not break away from the Technique, and started to share it. As soon as I made that sharing the most important factor

in my life, other activities fell into their right place. He has never asked me to give up anything. What He needs of all of us is that we should be normal, practical people, efficient in both worlds, enjoying both worlds, but being self-indulgent in neither.

Self-indulgence and self-pity are corroding conditions, and insulate one's receptivity. One must never be a 'duty martyr', making the recipient of a service conscious of the effort. Love is serving of need. When these daily lessons in Light become part of our physical substance, we shall find we can discern between need and demand. When it is a need, our heart will satisfy it; when merely a demand, our minds can receive the inspiration to refuse without hurt. *That is why I must keep on asserting that the Technique must be thought and felt with the speed of light, must be done every day, and cannot be discussed or debated.* It must be lived, and can only be lived by daily experience. The sun and the stars have their daily and nightly visibility whether we see them or not. They shine because of their radiant nature. Whether you ever actually see the Light that you will draw daily into your flesh and blood is immaterial. When you think of it, it is there, whether you register it consciously or not, and you are bound to feel different.

Feeling and seeing in Light seem often identical. The feeling is so vivid, it corresponds to sight. It is not a comparative condition. *Never compare your experience with those of another person, for we all react individually to the Technique.* Some exercises seem easier than others, and one is apt to do the ones one likes, and ignore the others. Please do not do this, for the Technique is a very exact formula for the freeing of every part of our mind and body from conscious and unconscious fear and egotism. By leaving out the lessons that do not appeal to you, you will find yourself wondering later on why others can heal and you cannot, although you may have done them (the ones you liked!) as long in time as they have.

Do not think that just by reading you will become a channel. Think of your blood like the oil in a lamp, and set it alight every day. Do not merely read the instructions, but, as it were, strike the match. Remember the poor foolish virgins. They left it too late. It never entered their superficial minds that they must light them every day, in case He came that day. How do you know which day the light in the temple of our bodies will be checked? We cannot be too young, and we cannot be too old to start our daily lessons in Light. One thought, one breath, one flash, and

the contact is made. We must teach the young that they have television sets in their heads, and that God has a daily programme to show them. The old must know that radio wavelengths were discovered by the prophets in the Old Testament, and that the greatest scientist of all ancient and modern times earthed in His physical body the first atomic generator, and made the first conscious interplanetary space journey from His airport on the Mount of Olives.

We have to bring Jesus Christ alive in our modern civilisation, because He is the same, yesterday, today, and forever. Einstein's and Marconi's knowledge, and the secrets of modern atomic power research were embodied in His flesh and blood. He could, when needed, control the elements. We must learn how to contact His all-knowledgeable mind to solve our terrible modern problems. Do not start the Technique out of mere curiosity. Christ never pandered to intellectual curiosity. Becoming a channel is a living experience and satisfies the heart.

*Do not be greedy and read all the lessons and talks, and then put the book aside without beginning to practise them. I was given these lessons one at a time, and there was a long*

interval before I received the next. I had to become familiar with the shape, substance, and functioning power of each lesson in Light, and feel a reaction in my body, before I received a further lesson. It is because we must not make it just a mental exercise that *I stress the need of at least a fortnight's interval between one exercise and another. Do not even read a new one until you have thoroughly absorbed the old.* As you progress, retain the *same sequence*, but speed them up as much as you can. The more lessons you learn, the less time I hope it will take you to do them.

Although I may never meet you personally, do realise that by putting on your inside armour of Light every day you become a child of Light. We all become one family, and will always recognise each other in this world and the next, because it is true what Christ said: 'Let your light shine that men may see your works, and glorify your Father which is in Heaven.' Men saw His works, and they recognised His channelhood. 'If,' He said, 'ye had known Me, ye would have known my Father also – for I and my Father are One.' There is our model of perfect channelhood. But listen! 'Greater works than these shall ye do,' He said, knowing the capacity of humanity and hoping – still hoping...

## Foreword

The general purpose of the Technique is the complete reconstruction of the self, including the actual substance of the physical body. The self, when transformed, becomes a channel for the transmission of new life to all other living creatures, and of new radiations to the very earth itself. Though we speak of it as new, it is actually a return to the state enjoyed by humanity before the Fall. At the Fall, man chose to cut his direct link with divine energy, and so to corrupt his own substance, and upset the entire equilibrium of the Earth planet. The essence of the redemption that Jesus Christ accomplished for us was the restoration of this link, and His teaching, when fully manifested on this Earth, will give us back all the powers we originally had. The Technique is a means of bringing about in Christians this complete manifestation, which has never been demonstrated in full since the days of the

early Church. It never can be demonstrated unless and until a group of ordinary people like ourselves will make its demonstration their conscious aim. That is what we are doing.

The method of acquiring this new experience is to draw from God, its source, through Christ its only mediator, a new quality of life energy, and each exercise brings some measure of this increased energy to the self. The result, at long last, is a self-transmuted, freed from its fears and inhibitions, immune to disease, and able to transmit healing and freedom to those with whom it comes in contact. In the long run, this new humanity is to be delivered also from the power of death, and from all limitations of the material environment.

The activities of the Technique never come entirely from within the self, as do so many present-day meditative systems. The physical body can be kept alive from moment to moment only in dependence upon factors from its outer environment, and the whole being of man, from spiritual to physical level, obeys the same law, and can live only by the repeated in-breathing of the life energy of God. Christ never said: 'Within you is the power.' He Himself always



drew upon the Father for power to perform His works, and said very clearly that we must draw from the same source, and receive our life energy through His own meditation. Thus the exercises call for a triple consciousness, and three separate-yet-combined factors are essential to the demonstration of new life powers.

Our first awareness must be of God the Father, the ultimate source of that pure life energy we are being trained to assimilate. This consciousness is given us in the earliest exercise as the Infinite Point of Light, and with this we are in explicit or implied touch throughout.

Our second contact is with the mind and person of Jesus Christ. Note that His own words on the necessity for this contact are very emphatic.

‘No man cometh unto the Father but by Me.’

‘He that hath the Son hath life, and he that hath not the Son hath not life.’

‘Except ye eat the flesh and drink the blood of the Son of man ye have no life in you.’

These statements puzzle many people, but the facts of science show up their truth from a new angle; for it is literally and scientifically true that man, in his present diseased state, could not survive a contact with the naked life essences of God; they would shatter his being. Even the impact of gamma rays is fatal to the human organism; how then could it endure the far more powerful radiations of pure divine force?

It was man's inability to reach up to the powers of the Father that brought the Son of God to this world to make for us a bridge out of His own divine and human substance. Within His body, he stepped down the divine radiations, so that man could absorb them without injury. All the exercises, therefore, presuppose the mediation of Christ, as the transformer of divine into human energies and powers. In order to accomplish this, and make a safe human-divine radiation always available to us, Christ brought it down literally to Earth level. He poured out His blood, wherein it was stored, literally on to the earth's surface when He was crucified, and from that hour to this, the radiations have vibrated here among us, and may be picked up today by those who know. This supreme fact is the very starting point of the Technique. The abiding

consciousness we are to develop is of a Figure of Light at our feet. We summon the Christ vibration to us at the lowest part of our physical experience, and are remade by it from the feet up. This truth is woven into every part of the training, and the awareness of Christ at Earth level, as well as in the transcendental rays that we learn to absorb, keeps us from slipping away into fantastic worlds which have no connection with real life.

The third level of consciousness concerns ourselves. We are the instruments by which this supreme and superb life energy is to be earthed, and transmitted. We are the receptive end of the process, and our function is to receive and transmit the radiant life of God in each sparking moment of which life is composed. By so doing we form within ourselves a new and glorified substance, and in transmitting it we help greatly to uplift and redeem humanity and the world.

The more thoroughly this threefold consciousness is ingrained in those who practise the Technique, the quicker will be the results of the exercise. Notice that each aspect is definitely established in the primary Ritual of Light, before any exercise is given. There is the actual self upon

the bed, the contact with the Christ radiation at the feet, and with God the Father in the Infinite Point of Light above. This ritual is implicit in all that follows.

Consider next in this training the function of the mind. Since we are to be receptive to forces outside ourselves, our mind will not engage in positive thought. It has, however, to bring these forces into the focus of our consciousness. This is done by visualisation. The mind creates the picture of the forces involved, and watches them at work. The forces are, of course, beyond the range of the normal sense organs, but are none the less completely real. They are invisible ranges of energy akin to light.

The first and basic material that has to be visualised is breath. Breath is not in itself a force, but it is the carrier of both sound and light forces. Within the range of our senses, sound must travel upon air and life energy appears to follow the same principle. The same law holds for transcendental force as it functions on this plane; it must be carried on air or breath. Hence the Technique starts off with visualised Conscious Breathing, thus creating the track between God the Father, Christ the mediator, and the human being who is to receive transcendental life. In

the same way each exercise is done on the rhythm of an in-breath and out-breath, and so the medium for light or sound, or for both together, is created.

All exercises consist of the visualisation of light. It is important to understand that this light is an actual force, and not a symbol. As there are, in the world of matter, many varieties of substance with different uses, so in the world of light are many qualities and kinds of light substance, each performing a different function, each, doubtless, of a different wavelength. There is light which cuts away, light which suffuses, light which absorbs impurities, light which quickens the vital functions. Each is a reality, and plays a part in regenerating our actual substance. There is also a connection between light energy and blood. It is very probable that the life energy in the blood, whose precise nature is still unknown to science, is a high-powered ray energy similar to light vibrations. When Christ spoke of the life-giving power of His blood, and the need for us to absorb it, He spoke, therefore, of this transcendental light, which is the life essence of all blood, and in His case was absolutely perfect. This is the perfect energy mediated to us in the Technique.

## Ritual of Light

The development of spiritual consciousness is a process similar to that of physical growth, and is brought about by the training in and practical application of the Technique in Light. Its purpose is so to expand the capacity of our minds that they will become able to register instantaneous contact with the Divine Light.

If we want electricity in our house, we have to first get it wired. The Technique corresponds in the body to the wiring process in the house, and enables the body to receive in a flash the Divine spark of eternal life energy.

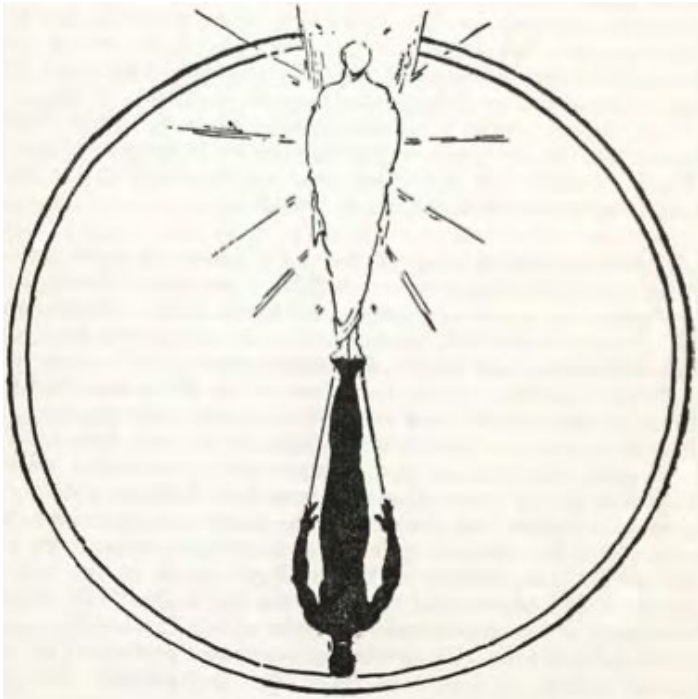
When you wake in the morning, lie relaxed in every joint, and especially in the head. Then think a radiant Figure of Light at your feet, with the soles of your feet touching the soles of this Figure. This contact with the feet is the

necessary earth for Divine power to spark through the body. Once you have earthed your Figure of Light, it is there as a Light to your path for the rest of the day. The next second, send your vision soaring upwards until you see above you an Infinite Point of Light, which is God. That point is the station from which inspiration and revelation can be flashed into your mind throughout the day, whenever you choose to refocus your mind upon it. Having now your earth and your mental focusing point, instantaneously think a flashing circle from the right of your head round the Head of the Figure of Light back to your own head, thus completing the circle. The radiant image of Christ sanctifies your feet for the day's activity, and your mind is made capable of receiving inspiration. Whether it does so or not depends on you.

This ritual must be a daily renewal of strength, our daily Bread of Life. Don't let the mind wander, or dwell lingeringly; let it flash, and then finish. This trains our minds to spark, for one cannot meditate on or contemplate a flash of lightning. One must not linger on any part of the Technique in Light: it is a quickening process in every sense of the word, and should be done so quickly that

## CHAPTER ONE

even the busiest people can spare a flashing moment every morning for the reception of their daily Bread.





## Conscious Breathing

Our first understanding of the Christian Initiation comes from our Conscious Breath. Physical breathing, which is the rhythm of our physical life, is largely unconscious, but Conscious Breathing, which will bring into being the rhythm of our eternal life energy, must definitely be visualised, and can never be an automatic or unconscious condition.

In this, and every one of the exercises to follow, remember that when you visualise breath and light you are actually creating them in invisible substance, though they will not become visible to your ordinary sight. You have just carried out the Ritual of Light, so that having visualised your Circle and Figure of Light, and your Infinite Point of Light, they are really there. Continue to lie completely relaxed, the palms of the hands still up, the feet resting

## CHAPTER TWO

against the Figure of Light, and see your Infinite Point of Radiance above you. Then inhale an ordinary physical breath, and at the same time visualise breath going down outside the body from the Solar Plexus to the feet. Exhale, and visualise breath going straight from the Solar Plexus to the Infinite Point above you.

This completes the process of Conscious Breathing. Take six Conscious Breaths in this manner every morning, immediately after performing the Ritual of Light. You may do more if you feel that you need them, but do not linger over them and get involved in thought. Let your physical breathing be perfectly normal, and try to do it as rhythmically as possible. The breath that you visualise looks just like ordinary breath, as you see it on a cold morning. Do not think yourself into any unreal or mystical surroundings, but see yourself lying in bed as you really are. The Christian Initiate must be more sane, more balanced, more real than the average man. He has to attain a plus condition of power and consciousness amid his ordinary surroundings. Do not, therefore, look for mysterious results, or psychic sensations. The results will appear, in due course, in the day-by-day experiences that are provided by our circumstances. They will vary with

## CHAPTER TWO

each person, but will bring to each a knowledge of himself as he really is, and an awareness of his divine capacities. Do not expect the results to be repetitive. The life of the Initiate does not go around in a circle, but in an upward spiral of progressive experience.

The exercise should be done in the morning as a regular routine, but need not be limited to that time of day. Any time during the day when you are worried, uncertain, annoyed, whether you are sitting, standing, or moving, take a few Conscious Breaths, and you will find your equilibrium returning. You cannot think of anything else when you are visualising the fusing of your breath with the Divine, and you can thus transcend, at least for one brief moment, the pressure of material care. Use it at night also if you are sleepless, and it will help you to sleep without worry or fear.

### **TALK – The Ritual of Light and Conscious Breathing**

You may wonder if it is really necessary to have a new interpretation of the work and teaching of Jesus Christ, but in these days of world chaos, it is of great importance

## CHAPTER TWO

that we should understand it in relation to the capacity of the individual to embody in himself an entirely new quality of life. Christ came for the express purpose of giving this new demonstration of how to live. He did not come to give a mere teaching, but an understanding to human beings of their individual divine capacity, and He came to make that demonstration a universal one, and to tell the world that what He did, it was possible for everybody to do.

There are many types of Christians, but none of us really know how to live for a single day as Christ lived, nor can we manifest His powers. The Imitation of Christ in paths of self-denial is fairly easy, but few of us have the remotest understanding of what He did in taking on human nature at its lowest condition. Fix your mind, not on doctrine but on what He actually did 2000 years ago, and understand that it is possible for a Christian to do similar works in this century. It is no good trying to follow in Christ's footsteps unless you understand what He really achieved. We have studied minutely the patterns of His teaching, but the mind has run far ahead of any human performance of His works.

## CHAPTER TWO

We have today, from the human scientific mind, the formula for splitting the atom, and thereby releasing such destructive energy that the world itself may be destroyed. Two thousand years ago there was a scientist who gave the formula, not for destruction, but for the creation of a new body by the integration of the atom in human flesh and blood. Christ made His own body into a perfect channel for life energy to be transmitted through the substance of His blood into the bodies of those who were diseased. What they were suffering from was immaterial, for it does not matter to perfect energy what the minus condition of a patient is. The split atom must destroy, but the whole atom must create. Jesus earthed the power to create perfect matter, and perfect flesh and blood.

We know enough of science today to realise that one must have the reconciliation of opposite conditions, positive and receptive, to produce perfect results. If you have not got an earth you will not get perfect transmission. We have not had an 'earth' for all these 2000 years. We have had a pattern of good life in the head, but we have not had the feet earthed as Christ earthed them for perfect transmission of atomic energy in safety.

## CHAPTER TWO

The technique in Light is the Christian Initiation, and it is for the purpose of earthing in the ordinary individual the capacity to receive perfect creative energy into the physical body, and to transmit it unconsciously, not as an induced condition or as a virtue, but as the natural operation of a law. It is the law of being a channel for divine energy. Jesus claimed no inherent power, but said always: 'I of Myself can do nothing. It is My Father that doeth the works.' That is the key to the matter. We can do nothing of ourselves, but everything can be done through us, and if we know this, we have the answer to every world problem.

We have to be willing, as Christ was, to go through ordinary human experience. For 33 years He was trained in human emotional reactions, until the supreme crisis was upon Him, and the hostility of His whole world was directed against Him, and the Jews demanded His life. They understood only the letter of the law, but He was the living manifestation of truth, and because it threatened their system, they wanted Him put to death. Christ put up no self-defence, and met this treatment with no personal reaction. It was because there was no hatred generated in Him by His human persecutors that the marvellous reconstruction of His humanity could take place. No

## CHAPTER TWO

human individual would have been without resentment in His circumstances, but to harbour resentment means that we injure our receptivity to Divine wavelengths, and a destructive condition is set up when the ego offers resistance.

You may say that such a selfless reaction is impossible, since we are all human, but it is indeed possible for us to become divine in this way. It cannot, however, be done by the exercise of personal effort, but only through our receptivity. We must understand how Christ earthed His divinity in His human body. He received His power from the Father, and did not induce it Himself. He received it through the continual focus of His mind on the mind of God. Where your mind is focused there you yourself are identified. If you are afraid, you identify your mind with fear, and have the physical manifestation of fear, because your mind is focused on it. If you fall in love, your mind is focused on love, and you expand and radiate, and feel everything is worthwhile. So we can begin to understand that a wrong mental focus is the cause of our diseases, frustrations, and inhibitions, and even of that supreme condition to which man is subject, the condition of death.

## CHAPTER TWO

Jesus never imposed death, but incarnated to identify Himself on our behalf with life, for God is life. His death showed the world precisely what death is; the separation of the mind's focus from God. Because Christ died voluntarily, and not in expiation of any personal sin, He was able to reconstruct the atoms of His body, and take it back from this earth to its Creator.

Will you identify God with matter in its visible condition, and not just invisible spirit? The moment we separate ourselves into soul and body, matter and spirit, we are dual personalities. The Christian Initiation is the integration of soul and body into a unit. At present your soul presents itself to the world through your physical body; but presently you will leave the physical part behind, and go on into an invisible state. But this separation should not take place, for Christ came to redeem soul and body into one integrated manifestation on the physical plane. This he did in His own case as an example for us to follow, and took this transformed physical self back to the Father. Far from following the pattern, we have not even looked into its possibilities, but continue to despise the body and release its disease energy into the world, giving its corruption back to the earth at death. As Christians we



## CHAPTER TWO

should go through the process of reconstructing our atoms while alive, and attain here and now conditions of perfect health.

What are health, life, and death? I have not worked out any theories about them, and can only share with you the things that have been revealed to me. What I know, I have received from the source, and have shared it with anyone who cares to train as I have been trained.

I was shown a long time ago that life is fundamentally the energy of light in the blood. When the quickening of a child takes place, the light germ is being sparked into its blood. When light leaves the blood, death takes place. Christ came to Earth eternal light in the substance of human flesh and blood. All instruments connected with light fuse when the current is stronger than they can bear, and when we are asked to receive a voltage of energy greater than our mechanism can stand, life goes out of us, and our blood congeals. But Christ came to establish, in the human substance of flesh and blood, divine light energy of eternal quality.

## CHAPTER TWO

This earthing was not a mental process. The mental wavelength is generated in the brain, and radiates at brain level, but the divine energy comes down from above and forms the perfect light cross. For the cross is formed and earthed by the two processes of receptivity and transmission. The divine wavelength comes direct from God to its human receiving instrument, and only those who believe in Him can receive it. From the Fall, through history, men and women have chosen to insulate themselves in greater or lesser measure from this wavelength, but actually the body as originally constructed was the most perfect instrument ever made for contact with God, and intercommunication from one world to another.

Blood contacts disease, and our blood we cannot keep to ourselves. Anyone who is in touch with our blood radiation must receive its condition. We have no power over it. This Jesus knew, and He knew that if only one human being could live a life of utter selflessness and of focus on the Father, His blood substance would be changed, and the radiation from this one human body could change the capacity for receptivity of the whole human race. His object in incarnating was to restore to perfection human receptivity by first receiving into His own body a perfect

## CHAPTER TWO

radiation of eternal light energy, and transmitting it, without resistance from the human mental wavelength. If He had doubted His Father's capacity to transmit perfectly through Him, He would have failed; for the moment one doubts, one acts according to the doubt, but the moment one really knows, one is an expert, and acts according to one's certainty. Jesus functioned according to His perfect certainty; we function according to the measure of ours. If we can focus our mind on the Christ, instead of relying on ourselves, we must and shall receive His blood radiation.

Why do you think it was necessary for the disciples that Jesus should leave them? He knew that the longer He remained on earth, the less would they develop their own capacity for receptivity and for demonstrating miraculous works, and He left them in order to establish a line of communication so that He could broadcast into the receptive instruments of all His followers.

The receptive instrument of the human body is the brain, and the pineal gland is the television set. Here Jesus received His patterns of action straight from the Father, and the moment He had identified the law or pattern He was enabled to make the substance necessary to its

## CHAPTER TWO

fulfilment. He was the perfect manifestation of God's mind, and if we can become the perfect manifestation of the mind of Christ, we must again have perfect flesh and blood.

In this generation, because of all the discoveries of the scientists, it is easy to identify eternal energy with light in the blood. When this first came through, I thought that nobody would believe it, but I need not have worried. I went to a lecture and was told the story of a New York surgeon who performed a wonderful brain operation, and in so doing exposed the tip of the pineal gland, and there saw a spot of phosphorescent light. He was so startled that he went to the mortuary and did the same operation on a dead man, and there was no light. So what I had been taught was confirmed from a most unexpected source.

This Technique is very exact knowledge, and each of us must go through some experience by which we know its truth for ourselves. Often, I know that what I have received is true because it has been confirmed by the experience of others, as in the case of this brain operation.

## CHAPTER TWO

Jesus knew that blood that could receive His own condition of light would be able to transmute the disease energy of the body. He was always transmitting the radiation of His life blood, not with any idea of sacrifice, but because He could not keep it to Himself any more than you or I can. What one receives, one unconsciously gives out. We are ashamed when we pass on an infectious disease, but if we change the receptive condition of our blood, we shall no longer radiate disease energy. We shall pass on the perfection that we receive from the exponent of perfect flesh and blood. People do not really understand that Jesus had first-class blood to transmit, and that His blood radiation was a certain cure for all morbid conditions, because it was pure energy, and had in it no destructive element of personal emotion. I want you to start on this path of identifying yourself with the perfect blood radiation of Christ. It is not a virtue to do so, but an urgent necessity for the regeneration of the world.

Will you realise that you can train your mind to focus on light and to spark out light with no effort? The Technique will train you to keep this focus, and it starts by giving you the Infinite Point of Radiance and the Figure of Light at your feet.

## CHAPTER TWO

The feet are a most important part of the body, because they are your earth. If you get the illumination of your mind without the feet earthing the light, you will get a mental mystical condition, but it will not change the physical state. If Jesus had had only the pattern, He could not have healed every form of illness. Do you remember how much He stressed the feet? He did not say: 'Understand My mind', but 'Follow in My Footsteps'. Pilate said: 'What is truth?' but Jesus could not give a verbal explanation of it. It is a matter of being, and cannot be expounded in words. Truth is a radiation, and we have to learn how to become the very essence both of truth and life.

The first thing we have to learn to do is to relax in head and body. The moment your head says 'I cannot', your physical body cannot, and that is why the world is as it is, but you can relax if you assert that you can. Every morning be very real, and do not let your mind wander away from your actual self. To know the law of life, and to become the law, you must know yourself as you really are. When you wake, lie relaxed in your bed, and focus your mind on your Figure of Light. It is your guide, and if you watch it, it will teach you. Then think of the Infinite Point of Radiance. Do not meditate, but visualise it in a sparking

## CHAPTER TWO

moment. If you train your mind to spark, your whole body will spark, and when you think light in a flash, it is there.

Breath is very important; it is the track down which physical life and light sparks and when we cease to breathe, we die. The process of physical breath is automatic, and almost unconscious, but in the Technique in Light we must consciously visualise the breath tracks along which eternal life energy will spark to us. The tracks are outside us, and do not in any way change or interfere with our normal breathing. The reconstruction of the body must be done in harmony with the body as it actually is. Starting from this, we have to make it 'like unto His glorious body'. There is no strain in thinking breath down. The life force is pouring down into the world, but unless you identify yourself with it, as Christ did, you will not get it. You will get it only by receiving. 'Ye have not, because ye ask not.' We have to understand that the technique of asking is to open up our receptivity. He came that we might have life, and have it more abundantly. It is all there for us to receive, but at present we have only the barest minimum.

If you are worrying, take a Conscious Breath, and focus your mind on the Point of Radiance, and you will feel

## CHAPTER TWO

calm. This process is the beginning of our capacity to have truth revealed to us, and to become a channel for its transmission. The ultimate end of it is to become as perfect a channel for eternal life and truth as Christ was.



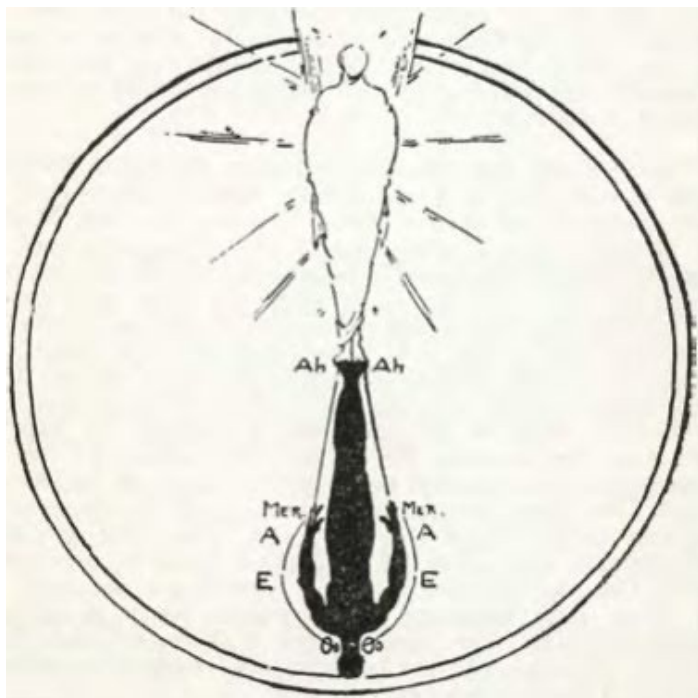
## AH MER – A E OO

Now comes the first preparation of our bodies to receive in full consciousness the creative force of God.

Look well at the illustration, and you will see that this exercise will bring the light from the Feet of the Figure of Light, through the insteps, in a straight line to your hands. The Figure of Light is already there, for you have just visualised it, and made contact with it and the Infinite Point of Light through your conscious breathing. Now turn your hands, palms down, with elbows slightly bent outwards, and continue to be completely relaxed. On an ordinary inhaling breath breathe the sound AH, and on that sound, visualise yourself drawing from the Feet of the Figure of Light, through your own insteps, and up to each of your hands, a ribbon of vivid white Light. Keep the Light in your hands while you breathe out gently on the

### CHAPTER THREE

sound MER. Draw up on AH, retain the Light on MER. Do this three times in succession. On the third AH, the Light is fully in your hands, and the third MER retains it there finally.



Now draw the Light from hands to elbows on the sound A, and from elbows to throat on the sound E. This is done

### CHAPTER THREE

on one inhaling breath, as quickly or as slowly as you please. From the throat, on the sound OO, and as long an out-breath as you can, send the Light up to your Infinite Point of Light. Do this also three times. As it reaches the Infinite Point realise that it fuses instantaneously with the Divine Light.

It is the beginning of that Oneness in Light of which the Christ spoke when He said: 'I and My Father are One'. It is the first conscious offering of our spirits, and the first step towards the understanding of, and co-operation with the Divine Force we call Prayer.

Pronunciation: A as in 'day', E as in 'me', OO as in 'zoo'.

### **TALK – AH MER**

I shall have to repeat again and again the truth stated in my last talk, that Christ entered the world in order to earth the Law that should restore to the physical body that power to receive and transmit eternal life energy which humanity forfeited at the Fall.

Many minds may wonder why I stress the unique achievements of the Christ. Is it true that He did something which no other incarnate soul has ever done? It is true. No other Master has identified physical substance with God. They have tried to take the human consciousness away from the world into the mental and mystical realm, so that there has grown up a condition of unreality in religious experience. It has not attempted to redeem the physical self. Even Christianity has made this mistake and it may be very difficult to put across the idea that until you deal with your physical human self, you have not touched the fringe of the real Christian teaching. We have to learn from the beginning the reality of the pattern for the reconstruction of the physical body, and the details of the process. Hands, feet, eyes, mouth, heart, brain, and all the organic functions must be freed and made new. This is the only true freedom. The soul is free but the body is bound in disease and death. Do not think that when you leave it you are freed for ever from Earth conditions. 'Whatsoever is bound on Earth is bound in Heaven.' You must be freed in this world, and Christ came to do away with our bondage, and enable us to embody the law of physical freedom.

### CHAPTER THREE

The AH MER is in the first instance an exercise for the illumination of the hands. They are of equal importance with the feet, because you make such great use of them in all that you do. You shake hands with people; you touch innumerable inanimate objects. We need that freedom of touch that the hands of Christ displayed, so that we destroy nothing with our touch but create a new condition of life and beauty.

It is difficult to give an accurate description of how this eternal life is drawn to the hands and body. There are as many substances in light as there are in matter, and each substance, like earthly ones, has its specific function. You must acquaint yourself with these different substances and their functioning powers, if you wish to transmute your body. Some of them are accompanied with a specific sound that seems to call them into play, as in this exercise. The light from the insteps is drawn up to the sound of AH, runs along arms to elbows and throat on A and E, and on OO flashes back to the source. The exercise earths us in the Figure of Light, and connects feet, hands and throat back to the source, so that we become one in substance with the Father.

### CHAPTER THREE

Christ knew that when He made a contact with the Father, He was identified with eternal energy, and became its transmitter. Whatever we identify our minds with, that we become; if with worry and depression and the burden of life, we are useless to our friends, and merely a part of the universal gloom. But as Christians, we have a certain antidote. We can identify ourselves with eternal life at the source, and in so doing, we become filled with life ourselves, and have something vital to share with others.

Do not think that the Christian Initiation is selfish. It is not selfish to receive that others may receive through us. What we really are is what we give out, and if we have nothing better than a worrying self, then it is merely worry that we circulate. I am certain that the moment mental depression occurs in us, we radiate that depression throughout the world. We are responsible for world conditions, and contribute every second to their gloom or radiance by the quality of our receptivity.

Notice that what counts is not willpower, but receptivity. Your willpower may try to hide your depression, but it is bound to come out through every pore, however much you may try to control it. This Technique is not the way

### CHAPTER THREE

of controlling the self by willpower, but of receiving a new self. We can receive a genuine radiance that no mere suppression of gloom can give. A brave face is only a facade, but a new and radiant self is a wonderful gift to share with others by a process of infection.

When you have drawn up the AH MER three times, your fingertips will be sparking, and when you run the light up your arms to the throat, you link it with His throat. You will find yourself spontaneously saying only things that are true and creative. It is in this spontaneous way that I have been trained. I never think out beforehand what I am going to say, but the truth is said through me. Focus the mind on the Point of Radiance, and you will hear yourself saying what is right, helpful, and comforting, and you will give out the truth.

It is essential for our minds to be prepared for conditions that are new. Only Christ has ever dared to say: 'Behold I make all things new', and human beings have no real conception of newness as a daily living experience. Nevertheless, for every person who makes daily conscious contact with the Creator, there is the possibility of a 'new

### CHAPTER THREE

creation in Christ Jesus', with daily powers and experiences that are entirely new.

Do realise that the only person who could demonstrate on the human plane what the Creator was really like was Christ. Other great Initiates gave a wonderful pattern; He alone gave a new substance, new blood circulation, new physical capacity, new hands and feet. He was not concerned primarily with the mind in a world where limbs and organs were decaying and dying. The people with whom he had to make a living touch were not intellectuals, but the paralysed, leprous, and distorted. There was little living radiance in the world of His day and in our time that exists still less. There is urgent need to understand what He meant when He said: 'I am come that they might have life, and have it more abundantly.' He was and is the literal Light of the world, and His Father the Source of light energy. We are fools if we do not learn to receive this energy, and to take it in every day afresh. We need to realise that contact with Christ every morning will mean to us strength, health, prosperity, peace of mind and body, and a wealth of new experiences.



When I was passing on this Technique to my first class, one girl said that she could not get the light further than her feet, and another said that, before she had said 'AH MER', the light was up to her hands. I tell you this because I want to prove to you that light functions spontaneously in each individual, and you cannot induce it. Follow the rules, and it will function in you, and whether you see it or not is immaterial. Draw up the light on visualised breath, because breath is the track on which light functions, and when you visualise breath outside the body you are ready to receive a plus condition of eternal life.

You may say that you do not want to worry your mind with the Technique, and find the exercises too difficult, but surely it is easy to provide this eternal food for the reconstruction of your body by the simple process of visualising breath and light. You do not even have to linger over it, but should flash each exercise in the sparking moment. If we do not establish this eternal sparking condition with light, life, and love, we are at the mercy of the bondage we have forged for ourselves in past lives. We are the expression of our former lives and of our mental processes in this one. Where we have denied love in the past, we suffer in our physical body now.

### CHAPTER THREE

We must be able to demonstrate to ourselves the reality of our capacity to love. Love is the essence of life; it is not emotion. Jesus was in no way emotional, but expressed His love by serving every need of the world, and giving His life for it. Love is 100 per cent givingness. By our contact with the love and light of Christ we shall get love into ourselves, and the giving out of it will be an effortless condition.

Do look upon the Infinite Point of Radiance as the essence of radiant love, and your Figure of Light as the earthing of love. Your feet make contact with this love radiation, so that your path will forever be illumined in its service. In that service there is no duty or effort, but a spontaneous radiation of something greater than yourself in response to human need. When we give deliberately of our time, sympathy, and service, we are very much aware of it, and expect a corresponding measure of gratitude. This we seldom get, but spontaneous giving often earns a gratitude that surprises us, because we have hardly been conscious that we were giving at all.

Get your contact every morning because of what you will unconsciously give to those whom you love, and to the

people around you. I have sympathy with the disciple who said: 'Silver and gold have I none, but what I have I give.' Help, peace of mind, and comfort can be bought by none, but can be given by us out of our spontaneous abundance, and from a source that need never be exhausted. For, if you feel exhausted or in any way depleted, tune in, take a Conscious Breath, and be renewed at once. Make use of the Technique the moment you feel tired. Visualise the Figure of Light, and take a Conscious Breath, and you are then a unit of breath in touch with the Source, and you become divine; your humanity is transmuted into divine capacity. This first exercise is at your disposal for your renewal at any moment of the day or night, but do the AH MER exercise only in the morning.

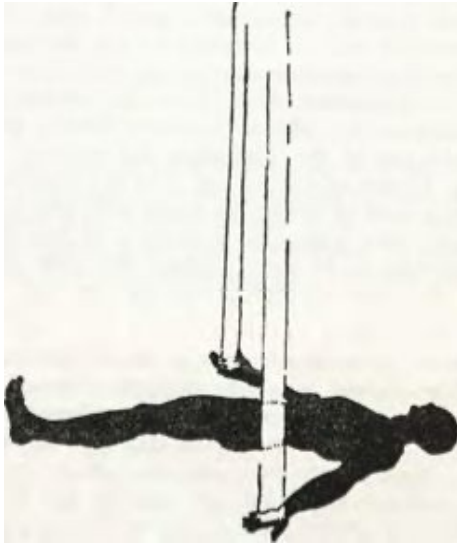
There is no particular power in saying the sounds aloud. As you make the sounds in your mind, they travel through you, whether you have said them aloud or not. I want you to be able to do the Technique wherever you are, without having to draw attention to yourself, so that you can use it any time against tiresome or difficult conditions. It enables you to open yourself to receive the unexpected at any time or in any place.

## Shafts of Light

This exercise has a twofold nature. It first eliminates old and undesirable reactions and, having freed you from these, it brings to your hands a very important feeding substance in light.

After you have drawn the Light to your feet, hands, arms and throat in the AH MER exercise, keep quietly relaxed, holding the feet in the same position, but turn the hands over so that the palms lie upwards. Then, as a preparation for what you will receive, eject through your head to your feet, on a short staccato sound of AH OO, AH OO, all the unwanted elements of your being, clearing it as a ramrod clears a gun. Do this emphatically, repeating the sound as often as you need, so that you feel it travelling through your body and out through both feet into the Figure of Light.

## CHAPTER FOUR



Now visualise two shafts of white Light, the ends standing in your hands, and the points stretching up to infinity. It is, as it were, the base of a triangle that rests in your hands with the apex outside your range of vision. When you have thought these shafts of brilliant whiteness into your hands, start your Conscious Breathing, seeing your inhaling breath go to your feet, and your exhaling breath rise from your solar plexus between the shafts. As your breath ascends, the softest petals of peach-coloured light come down the shafts into the palms of your hands, and are at

## CHAPTER FOUR

once absorbed by them. We have to realise the different substances of those two lights; intense shining whiteness, and the softness, like a snowflake, of the peach light.

The petals travel down the shafts at varying speeds, slowly with some people, quickly with others. Do not worry if you do not see them at all. Do not concentrate; you cannot make yourself see them. Just know that by consciously thinking, your spirit is working through your mind, and receiving its food and strength, and day by day, your awareness will grow and your capacity to receive Divine instruction will increase.

Do this exercise for as long or as short a time as you wish.

### **TALK – Shafts of Light**

The Technique has been given to enable us to get a new living experience, so that we may react to life from a new angle, and with a new personality. In order to do this, however, we have to know how to get rid of the old. It cannot be done by the mind, but the various substances in Light will change us by degrees without any mental effort on our part.

#### CHAPTER FOUR

The first part of this exercise will help you to get rid of the many painful and destructive reactions that have accumulated in you day by day. Elimination starts from the top of the head, goes through the body, and out at the feet into the Figure of Light. It is done on the sound of AH OO, and is as if we press down from the brain into the Figure of Light all that should be discarded in us. What the discard should be we do not and need not know with the conscious mind. Most of it will be in the subconscious, for we have very little conscious knowledge of our true selves as they are in relation to God and the cosmos. We all have, however, a great, but largely unrealised, accumulation of disharmony, and this exercise will start its elimination, not as a mental process, but as a result of the functioning of the laws of Light.

I do not mind whether you do the first part of the exercise quickly or slowly. Be natural about it, and do it according to the rhythm of your nature. We have much to get rid of every day, and all of us have very real difficulties, though for each they may be quite different ones. Do not think about them, but only know that you are pushing them out, and becoming ready to receive a marvellous substance of life, and a new capacity to understand love.

#### CHAPTER FOUR

When this exercise was given, I realised that the petals that are fed into the palms are the secret bread of life. It is a generating substance, and in the world of Light is the general basic food on which our soul or light bodies feed. It is the very substance of living in both worlds. Through it the substance of our present body becomes transmuted into the same substance as our eternal soul body, and we are linked with Christ's resurrection body, and with the bodies of all those we love on the other side.

Never dissociate your loved ones on the other side from a living vital body. Bodies there are made of Light and degrees of vitality are expressed by degrees of radiating power. There, God, Christ, and the great Masters of Light are distinguished by the measure and quality of their brilliance, and all souls have bodies that are in their measure radiant, and as real as our flesh and blood ones in this world. We should start to feed our soul bodies with light here on Earth, so that we shall be able one day to have the same sort of body as Christ when He reconstructed it in the tomb into the immortal substance of living Light.

The more light we receive into the body, the more energy we are bound to have, both mental and physical. We are



#### CHAPTER FOUR

trying to get new flesh and blood, and to change both mind and body by receiving every morning a new substance of life. Whatever our age or condition may be, the change is bound to take place, for we all have the capacity for it. All that is needed is an open and receptive mind. Where their minds were closed against Him, Christ Himself could do no healing of people's bodies, for mental resistance shuts off the life flow.

The Technique should function effortlessly. I do not want you to concentrate your mind, but to relax it. Whether you actually see or feel anything does not matter, for once you have visualised Light, it is there. Your Figure of Light and Point of Radiance are a reality. Know this to be so, and something in you will change every morning as you put your feet in contact with the Figure of Light.

I know that these petals will give us a warmth inside, which will feed the heart, and slowly dispel its numbness and hardness. Most of the world suffers from this numbness, and it is caused by fear. Fear is a most disintegrating substance, so whatever your fears may be, let them go. The body reacts to fear, and every disease the world can classify comes from it. You may have a conscious or an

## CHAPTER FOUR

unconscious fear in your blood. I started life with very definite conscious fears, and only after many long years do I at last realise that those fears have gone. It is no good trying to get rid of fear until you are able to receive confidence to supplant it. I know that now my confidence is greater than my fear, and it is confidence, and not fear, of which I am constantly aware.

When the petals are coming down into your hands, confidence is coming into your blood and being, and fear is going out. The race between emptying and filling will seem almost equal at the beginning of the Technique, but confidence grows, and fear is eliminated if we do not feed it. Worrying thoughts are food for fear, and the petals for confidence, and you alone can know which element you are feeding every day. The more you think of your fears, the stronger grows your potentiality for disease. The more you are certain that the petals feed your hands, so much more grows your confidence in the law of life and love. Life opens and radiates out.

Fear is introvert, but love is extrovert; love is a radiation, and fear an inner tension that screws up and constricts the physical self. Fear can cause all those diseases that

end in growths or result in hardening of the arteries and joints. They come from an introvert mind, in which fear is stronger than the capacity to love. The Technique in Light can transcend all these conditions and bring about a softening of the arteries, better circulation, and an extrovert mind, which will prevent further inner hardening. When you look to see how life can be used in service you no longer spend the time worrying as to where life will hurt you next. We are so afraid of life hurting us that we put hard protections around ourselves, but I had to learn that I must no longer protect myself, and was given a sensation of having my hands tied behind me, so that I was powerless to do so. When an individual takes on himself the ruling of his own life, he cuts out divine protection. The love of God, which is our true protection, has to stand aside until we allow experience to teach us that to be protected by love is a greater condition than to protect ourselves.

Confidence is generated by experience. In doing the Technique you have to have a certain amount of hope that it is going to function in your particular case. Your mind will put up all sorts of resistances to it – that it is not really easy, at any rate for you, that you have no

## CHAPTER FOUR

capacity for concentration or visualisation, that you just cannot face taking up something new. Pay no attention to these thoughts. The Technique can make every day an adventure for you, and we do not know how much He can reveal today that which was hidden from us yesterday. Something marvellous can come into life every day provided we can open to it.

The early exercises of the Technique are most important. Get them into your being, and avoid self-analysis and introvert thinking. Every spark of new life that comes into you will also go out to others in your actions. All day you can take about with you the Figure of Light, your Earth, and the Infinite Point of Radiance, your source. Wherever you are, and whatever you may be doing, they will make it possible for your difficulties, and disabilities to be overcome. We all have insoluble problems tucked away inside us with which we cannot 'cope' by human methods. Do not rack your brains for the solution of your problems, but commit them to Christ. They will no longer be your responsibility, but His, and He will open up the right solution through your channelhood. Your sole responsibility is to be receptive to His inflow, and to keep your contact with Him through the Figure of Light and your Conscious

#### CHAPTER FOUR

Breath. When you have made the contact, your problems are His responsibility, and they will be dealt with. Christ Himself, when on Earth, never faltered in His confidence, but kept an unbroken contact with His Father, and was thus His Father's executive on Earth. We become Christ's executives for the solution of all world problems when we keep our unbroken contact with Him.

The Petals of Light cannot be accumulated; the exercise must be done for a fresh supply every day. We are given direction and capacity to live for one day at a time and no more. Put aside destructive fear, have peace of mind daily from one to another, and do not live in fearful anticipation of your future. The speed of Light is instantaneous and the moment you have visualised it, it is here. When you breathe up, the petals are bound to come down your shafts. I think you will have a sensation in the palms of your hands, but do not worry if you do not. Think of one thing at a time only; first the elimination, then the shafts, then the breath and the petals will come as a real condition into your palms. The Point of Radiance always functions, for it is immutable, and when we make a contact with the immutable the result is inevitable.

## Gold Spirals and Blue Circles

The next exercise is an evening one, to be done the last thing before you get into bed. Its purpose is to clear away the rubbish accumulated in us by the experiences of daily living and our past lives, and to cut through our unconscious resistance to a new quality of life.

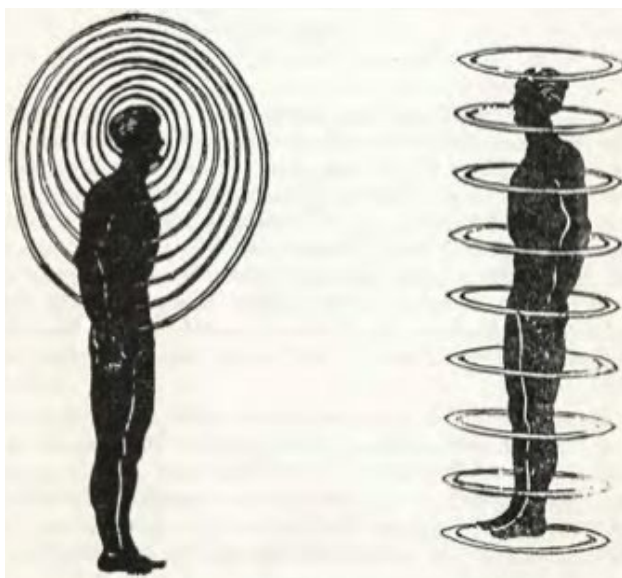
Stand quite at ease and visualise a long gold thread, like a flexible golden wire, with which you thread yourself through the spine nine times, so that each portion of your intersected body is cut with each succeeding spiral. You will see on the diagram that the spirals start at the nape of the neck, and are drawn over the head from back to front. Do each cut on an in-breath; draw it over the head and through the throat on one, over the head and through the breastbone on two, and so on, until the trunk of the body has been cut nine times down the spinal column. This gold

light is a resolving substance, which can cut through and change other substances without effort. When you can do it perfectly, cut the nine spirals very rapidly, in one inhaling breath. You can practise it as long as you like, taking one breath for each spiral at first, and gradually increasing the number of spirals to the one breath, until you can do all nine in one. The breath is not so important as the cutting. It is not an easy exercise to do, for often the Light will not cut straight down the centre; it may dart aside, and then you will know that, humanly speaking, you are out of the true. The more difficult you find it, the more important it is to do it. When it goes quite easily then be comforted, for your awareness is becoming part of your natural condition. When you have voluntarily cut through your humanity with the gold spirals, your reward comes in the blue circles.

Visualise a circle of glorious blue, like the glow of a living sapphire, just above your head, wide enough to encircle it, but not to touch you. On an out-breath, pull the blue ring above your head down to one just above your shoulders, and the two rings coalesce into one, then pull it down to the heart level, and the three become one. Continue until you have encircled yourself nine times, and the nine-in-

## CHAPTER FIVE

one rings surround your feet, and then vanish. The blue circles are brought down after each set of cuttings. They are the balm of the Christ's love, which encircles us each time that we voluntarily pierce ourselves.



Do this exercise three times. Then get into bed and visualise yourself as a cross of light, from head to feet, and across the shoulders. This is a protection throughout the night. You may do the Conscious Breathing until you fall asleep.



## **TALK – Gold Spirals and Blue Circles**

We have so far been drawing the Light to our feet, hands, arms, and throat, but there is a very important part of the body not yet touched by it, and that is the spine. The spine connects with the head and the brain. We have to understand the full mechanism of our physical instrument, and the importance of every part of it, if we are going to understand the Christian Initiation. Every part will be dealt with in turn as we proceed with the Technique.

Jesus always made people realise that whatever showed in the body was caused by some form of sin. He could say to the paralysed man either ‘Take up your bed and walk’ or ‘Your sins are forgiven you’, for he was paralysed because he had broken the law of life. Sin is the breaking of the unity between the human being and the Creator, and this is the cause of all physical ills. God created matter, and the substance of flesh and blood, and must know its laws. The incarnate Christ claimed oneness of substance with the Father, and if we had not sinned, and broken the law of unity, we should have material contact with Him, too.

It is said that God is a spirit. We talk about disembodied spirits, but there are really no such things. Do you think that when we leave our body behind in the earth, formlessness goes back to the Creator? Christ said that he came to show us how to take our bodies back to the Father who made them in His own image, and is the supreme Body of the cosmos. It is time that we started the process of changing our bodies, so that they may become 'like unto His Glorious (or radiant) body'. If you substitute 'radiant' for glorious, it has a more human touch. We know radiant people, and glum people who give out pessimism and gloom. They deny life and God, because they think God is a remote spirit and has no connection with them as material beings.

We who are trying to follow in Christ's footsteps must know what we are doing when we put our feet against the Figure of Light every morning. We are making a contact with His radiant body. He earthed radiance in flesh and blood, and knew what He was talking about when He said: 'I and My Father are one.' God is radiance made of wonderful material beyond our comprehension. We cannot know its ingredients, for we have no capacity for touching and handling a substance past our comprehension.

Christ has the maximum of radiance; we have the minimum, and have to raise it to the maximum. It can be done if we will make it a daily process to change the habit of our mind and activity. It is not easy, because habit of mind is embedded in us and our thoughts fall back into their old grooves until we are able to establish the habit of sparking them out of the old into this new condition.

This exercise deals with your power of receptivity, and will rid you of the unnecessary accumulations of many past lives and experiences. The special function of the gold is to pierce through our subconscious resistance to love, life, and selflessness. Human beings are naturally egocentric, and concerned with self-protection and self-development. Their own opinions and desires are vibrating in them all the time, and these disintegrate their true substance. This light, passing over the head and piercing the trunk from back to front, makes a substance of receptivity, which will enable our bodies to receive. We are accustomed to receive thought into the mind, and think that it is enough to have the pattern of living in the brain, but we have to train as Jesus did, to receive the Father in every cell of our bodies. Through the Technique we have to change our actual substance, and the change will take place sponta-

neously. The only effort we need to make is to carry out the exercises faithfully every day, and not to fall away from them, even if we do not at once register any results.

You will find it easy to fall away from the Technique. There is a no man's land for people who start in which the old is not so dominant as it once was, but the new is not yet integrated into us, and we feel and see no progress. If you are feeling tired and nervy, you may think that the Technique is not having any beneficial effect, but pay no attention to the suggestions of your mind. Know that the contact made with God and Christ is real, and that the Technique is not just the visualisation of an imaginary condition. Do not in your mind separate vision from substance, but allow these substances to pass through you and change you without your consciousness; do not consciously direct the change, or try to do it through strength of will.

If you are faithful at the start, you will find how tremendously it pays in the end, and your freedom will go forward in great strides. Put no limit on your capacity for progress, but do not be interested in visions and psychic experiences. Try to register how Light helps in your domestic problems, and your relations with your neighbour. Christ

## CHAPTER FIVE

Himself functioned through ordinary human experience; contact with the Father was the mainspring of His existence, but contact with normal human living was equally necessary to the expression of His full humanity. If he had led the life of a hermit, praying for men and women, but not living among them, His humanity would have been in the same state as that of all recluses; dead, sterile, and anaemic. He was not a recluse, but had a sparking contact with the Father, and applied it to every circumstance of ordinary life.

The spine should be a very flexible instrument, receptive to vital creative energies. The gold light of the spirals will pierce and resolve the whole of it. The first circle pierces your throat, tongue, and saliva glands, passing through the joint where there is a vital fluid connected with the brain. The second is just above the heart and all the important breathing conditions. The next comes between the breasts, where is the universal heart. If your heart holds resentment with life, it reacts at once in your spine. You dry up inside because love has failed you, and wither for lack of contact with love. When the heart and mind has centred its love on one person, and that person fails you, or is taken away, then something in you dies. I

know how easy it is to die when that which your heart desires is removed, and we all suffer from that experience in many forms of chronic illness. This exercise will give you a capacity to renew your contact with love on the widest possible basis, and cause resistance to love to go out of you.

We next cut ourselves further down at the solar plexus, where the nerve centres are, and you know how resistance to love reacts on the nervous system. We are not capable of getting nervous equilibrium without constant daily help. We must link up all the time, so that our contact with love is greater than our resistance to grief and suffering. We cannot suffer if we are always in contact with love, because then we have confidence. In the absence of love we grieve for it, for the essence of suffering is separation from its contact.

Our body is so vitally important because we love with the body, and have to express love with it. You may think that love is a cerebral condition, and that it suffices to understand it mentally, but those of you who have had experience of it know that this does not suffice, and that you have to love in unity of mind and body.

## CHAPTER FIVE

This cutting of the trunk of the body must be voluntary. Do it quickly nine times, and that allows the lovely substance to leave a residue. There is a reaction to that Light, which will be with you all through the night and when you awake in the morning.

The second half of the exercise is very lovely. The blue circles are the colour of Christ's love earthed on our behalf. They are the blessing, and falling down from head to feet, they altogether encircle us. The quality of the blueness is determined by the amount of His love that you are able to receive.

I do not connect love with emotion, but with a warmth and stillness, with happiness, with peace of mind and givingness. There is a great happiness in giving from the heart. The mind is reluctant, and often gives from a sense of duty, but the heart is a spontaneous giver and does not register its gifts. That is what Christ means when He says, 'Let not your right hand know what your left hand giveth.' The mind always knows, but the heart does not.

You may think that I am optimistic in saying that this exercise will bring about this spontaneous condition,

## CHAPTER FIVE

but it will certainly start it. Do not put a limit on your capacity to live with an effortless radiation, for it is a real possibility. Flash these gold spirals through you, and bring down the blue circles every night, and know that you are blessed because you have given your body. You give life to life, and therefore love encircles you.

We have to understand that Christ gave people the freedom to love, and because He did not condemn certain social acts we are apt to think that He condoned them. This is not so. Each individual has to learn for himself what true love is, and it cannot be imposed by one person upon another. Love is not confined to the accepted laws of morality. We may keep these inviolate and yet break the law of love in our relationships with our neighbours. If we loved them, not only could we not be immoral and commercialise love, but we could not cheat them in any matter whatsoever.

The methods of the Technique can establish in us the true laws of love and life, and we are bound to change if we unite ourselves with the Father and understand the mission of Christ.



## The Needs

This exercise is one of prayer as it functions in Light. It is not mental prayer, but a swift sending up of requests from the heart on our conscious breathing to the Infinite Point of Radiance. It does not need an illustration, as it is less an exercise than an intimate and personal experience.

After the Shafts exercise, and before you sit up, extend the arms with your palms still upwards, and let the feet drop gently. Visualise a rushing up of white light from hands and feet and head, and you will find yourself lying surrounded by walls of light stretching up to Infinity, and you are aware of utter privacy and seclusion. Next, visualise a rim of light around your heart, and know that a chalice of gold Light lies within it, the rim only being visible.

## CHAPTER SIX

Now, quite clearly and definitely think of the personal needs of every material kind that you are going to meet in the day ahead of you; material needs such as health, money, perhaps something specially urgent like a house, or domestic help; then consider such needs as the power to make wise decisions in any problem that may come up, to remain poised in all circumstances, to deal with other people. Be very clear and definite, but as quick as you can. Do not brood over your wants. Put each need, as you think of it, in the chalice in your heart. Then think, too, of the specific needs of your family and friends. When you have put all your own and their needs into the chalice, send it up to the Father, on a deep Conscious Breath between your walls of Light. The needs will be dealt with, and the empty chalice returned to your heart.

Secondly, pray for all those whom you know and love who have passed on. Pray that their needs may be supplied, that your love may be used to help them, and theirs to help you. When you have finished, send the chalice up again on a Conscious Breath.

Thirdly and lastly, pray for your own spiritual needs; for power to transmute your failures and unconscious short-

## CHAPTER SIX

comings, and especially to avoid the loss of equilibrium (caused so often by the merest trivialities), which is such a source of despondency. Pray, too, that your desire for oneness with God may increase day by day, that your spiritual discernment may grow, and all your fears disappear. Then, for the last time, send up your chalice.

This can be only the barest outline of what the ritual of prayer may develop into for each of us. The exercise is the instrument by which we can have a mutual contact with God; our private telephone line, so to speak. How far He can help us, and reveal Himself to us must, of necessity, depend on the quality of our desire.

I would like to give this warning. The tendency to wandering thoughts is more clearly revealed by this exercise than by any other, and this makes us understand why prayer is such a weak and inoperative force in the world.

As we discipline our thoughts, becoming more and more definite in our statement of need for ourselves and others, so can His power function more and more forcibly through us.

## **TALK – The Needs**

The force that governs supply and demand in the spiritual world is known to us by the word Prayer. It has the same power of exchange there, as has currency in this world.

The greater the wealth here, the larger the purchasing power, and the vaster the capacity for possession: and so it is with prayer. The knowledge that Jesus had of its power, compared with our ignorance of it, is as the knowledge of the greatest financier compared with that of the most junior bank clerk.

Prayer generates a line of communication between God and every incarnate spirit. If we look on this wireless communion in Light as a scientific reality, we shall not confuse ‘much speaking’ with power to pray. Words make a picture of our needs, but they do not bring actual fulfilment of them. The mere repetition of words is form without force. The source of the power of prayer is in God, and God is Light, and what proceeds from Him must be of the substance of Light. Therefore, to get the full understanding of the power of prayer, we must connect it with action in Light.

## CHAPTER SIX

There are different ways of prayer, as there are different substances of exchange in currency. People pray to the saints, and strange invocations to innumerable deities rise daily all over the world to supply the needs of suffering humanity; but we are concerned only to know, as Jesus knew, how to communicate direct with the Father.

The whole object of praying is to have our needs supplied, but we are often very hazy about our needs, and have never really examined and classified them. They are not the same as our desires, the fulfilment of which may often do harm. Prayer should state very definitely what we believe our needs to be, but we must accept their fulfilment according to God's pattern of action, and not our own.

Since the Technique in Light has been given to me, I have understood prayer from a totally different angle. I have understood it as a law of demand and supply and, if I know how to ask, I am bound to receive that for which I have asked, for Jesus said emphatically: 'Ask and ye shall receive.' But we must ask in accordance with the immutable law of receptivity. This law is connected, not with the brain, but with the heart. Cerebral activity is out

## CHAPTER SIX

of touch with God, because it is subject to our fears and lack of confidence. These destroy our power to receive adequate answers to our prayers, but the heart contact is immutable; blood to blood is a law of receptivity and transmission. If your blood calls to that of God, His blood answers yours. It is the asking of the heart, and through that origin you are bound to receive.

The exercise of the Needs is the very law of prayer; it is prayer from your heart to the Infinite Source of supply. If you put into the chalice the material needs of yourself and your family and friends, and breathe them up, they will be supplied. The mind may be afraid to ask because it cannot distinguish between its needs and its desires, but you should not be afraid to state each day what you believe them to be. You must, however, be clear-cut and definite about them, and you will find not only that all your true needs are satisfied, but also that you become increasingly aware of what they really are, and ever more confident of their fulfilment.

You next put into the chalice those who have passed on into the next plane of existence. In this case you cannot know their needs, but you set up, as it were, a communica-

## CHAPTER SIX

tion in Light, and can be their agent for serving such needs as they have left behind them on Earth. Some people pass on quickly, with an unfinished life; we cannot know the exact service they need, but we can be at their disposal in case we can in any way help them or their friends. Sometimes people I have not thought of for years flash into my mind, and I breathe them up from my chalice, and ask to be used if necessary. I have had some strange experiences in this way.

The third sending up of the chalice is for our own mental and spiritual needs, and the development of our characters. Through it we can be released from those adverse character conditions, which the will is utterly unable to transmute. We become increasingly conscious of the changes we should like to see take place in our personalities, and we should put them all into the chalice for transmutation.

This chalice is a wonderful comfort. It is received with the speed of light, but the results in us may be slowed down because of the lack of light in our systems. If a lamp is only partially connected, there is a poor light and if the instrument of our body is connected with the Source of

## CHAPTER SIX

energy only intermittently, reconditioning will take a long time. If we can remain connected all the time, the change will be very rapid, for the more receptive we become, the more quickly it takes place. The less obedient we are to this technical process, the more we delay our progress, and allow it to be held up by mental insulation.

We are confronted with the necessity of knowing ourselves. There is so much of our personality that we cherish and are afraid to lose. I feared, for instance, that I would lose my sense of humour in surrendering to this process, but realised later that God would have a better sense of humour than mine, and that I could not lose mine by being connected with Him. We none of us want to become like everybody else, nor does God want us to be standardised. He has made millions of different individuals, no two of whom are exactly alike, and must have a million facets of personality Himself. It is the human mind that tends to standardise, as modern developments show only too clearly. The purpose of God is to individualise, and the nearer we get to Him, the more we are fulfilled along our own individual line.



## CHAPTER SIX

When you lie relaxed, and visualise the golden chalice in your heart, be quick in your contact. The mind wanders so easily, and a friend's name is often a jumping off place for a mental voyage of endless length. Do not let this happen. Think of a person and their needs, and drop them into your chalice with the speed of light; then pass on to the next. Mental activity is no aid to the transit from your heart to the Source, and the sooner your definite requests go up, the sooner will come the answers.

You should not try to foresee how the answers will function in your life, or those of others. You may be certain they will come, but do not predetermine the shape they should take, nor despise them if they do not conform to a pattern of your own making. Nor should you demand the answers within a certain specified time. They will come in the right time for you and your friends. They partly depend on the rhythm of our capacity to receive, and God cannot project them into our lives except in proportion to this capacity. Above all, do not keep problems on your mind. The brain has no capacity for transmutation, but has a repetitive movement; whereas if you put a request for changed conditions into your heart it travels straight to the Source.

## CHAPTER SIX

There is a great difference between an urgent mental prayer and the confidence of the heart. Prayer from the heart is infinitely more powerful, because it creates a living substance of connection with God by means of which He can answer. If those you love are worried or ill, or perhaps dying, you are bound to get help for them if you pray in this way. It is best, however, to surrender their condition to God in complete confidence that He will do what is best for them, for a tenseness of demand and strong desire creates a hindrance to His power to act through you as a channel. He cannot work without confidence and receptivity at the human end. We are entitled to ask for healing as urgently as did the centurion, for life and happiness should be the natural lot of all of us, and we ought not to accept death and decay. Nevertheless, people cannot always take in an injection of life energy because of the weakened state of their bodies, and it is then that death occurs. Death is the inability of the organisms to take any further spark of life, but if we train the body to receive, with every breath, the transformed life energy that Jesus had in His body, there will be no more disease, for we shall be eternally receiving His health, happiness, and vitality.

## CHAPTER SIX

You have to get your heart working, and allow your brain to be quiescent. Let your brain be clear and serene in the morning, when you dedicate your whole self to this great condition of receptivity. Do the NEEDS exercise every morning for the current day alone, with no looking ahead to the morrow. If you should forget someone or something, and remember later, simply send up the need on your breath, and do not do the exercise again.

When you do the exercise, you are lying in a little cell of light, with walls of light on each side of you, so that you are private.

We often find we want to change the reaction of others to their circumstances, but do not know how to do it. Get them off your mind and into your heart; your mind will cease to revolve in a recurring state of worry and your heart radiation will help their transformation. Do not tell people that you are praying for them, but let it be a silent service. The desire to change others rather than ourselves is only too natural to all of us, but our own changed self is really the greatest gift that we can give to our neighbours.

## The Exercise of E O, LIHUM

This is an exercise that will be very helpful to you, and with which you can help others, especially in all times of mental stress. I was given it at a time when I had a great need. It is done in three parts and on two planes:

1. For those in this world.
2. For those who have passed on.
3. For Oneself.

Do this exercise immediately before or after the 'NEEDS'. It is fun to have this in summer, as I was made to take a glass of water and see the colour of light, which is a crystal colour, like water in the sun. It is such a brilliance of light that is in water, for we rarely see pure water. It is

## CHAPTER SEVEN

not the blueness of stream water, but brilliant white with a shadow, the crystal light. I know that the crystal sea that St John talked of was this crystal light always shining around the throne. The purity and the power to still the mind is something that we must experience.

Visualise a streak of light of a pure crystal colour – like water, glinting in the sunlight. Coming into the left ear, it passes through the head and out of the right ear, and flashes on through the head or heads of those you want to help. It then circles back in front of your face and spirals swiftly up to the Father. The sound is E O LIHUM, which is very difficult to express in writing – just a light breath sound. On an in-breath, you draw the Light into your head on the sound E, and in the same breath, on the sound O, it circles through the heads (quickly visualised by you) of your friends. On an out-breath, on the sound LIHUM, the Light spirals back in front of your face, up in a split second to the Infinite Radiance of the Father. LIHUM is a gentle breath sound, and the whole exercise is done on the rhythm of a sigh.

The first time you do it for people you want to help in this world, all our muddle-headed friends, all our self-willed,

## CHAPTER SEVEN

opinionated friends, whom we try to help by talking, which invariably makes matters worse. This exercise must be done silently and selflessly, never telling people we have done it for them, but being content to be Christ's agent for service to those who cannot make their own contact.

The second time, visualise swiftly the faces of those who have passed on, and this time the encircling light unites our minds with theirs, in the unity of the Mind of Christ, so that we are for one brief moment of one mind in Him.

The third time, visualise the Head of Christ in front and above you, and on the E the crystal light circles through your head, on O it flashes through His Head, returns to you in front of you, and spirals up as before. I say do it once, but often I have found myself doing that last encirclement several times, until my mind seems as steady as a rock, and a flash of understanding of oneness of will and desire with Him floods my being.

This marvellous crystal light is of the substance of the eternal waters and washes from our heads, and from the heads of all who receive it all worry and fret. In return we

get a crystal clearness of vision, which is of the substance of the Divine Being of God. The crystal light is that which St John saw around the Throne.

When you fail back into the old way and find your own mind coming up, send the Light through His head and yours. Sometimes I bring it through my head three times before sending it up. You may prefer to do it first through the Christ's head, then through your friend's heads and then end up again through the head of Christ.

### **TALK – The E O, LIHUM Exercise**

The object of this Technique is self-revelation.

The revelation that comes into our minds on the Technique is for the purpose of knowing ourselves, our soul bodies and our physical bodies, and to understand where the fusion between the soul body and the physical body begins – we have not yet begun to view the end. We must understand that this beginning of the domination of our higher selves, the Christ in us, can function in us as a natural condition with no great stress of personality, and what is more difficult to realise, no virtue.

We have got to cease from wondering or thinking of ourselves as anything but a vehicle, so when someone asks something of us we do not feel ‘I can’t do it, I am not far enough on’. We are so afraid of failing. If we could eliminate fear: it is the condition that makes us fail. We think of ourselves as individuals who can do something, but if we begin to think of ourselves as empty vehicles through which Divine Power must come, if we do not set up a self-conscious barrier, we are just inevitable vehicles (for healing). We shall never be healers, but through us healing must come, which is a very different thing.

Let us try to get rid of this haunting self-consciousness, this self-importance, this self-depreciation. We nearly always suffer from one condition or another. We often think too little of ourselves, which is a sin. We must only think of ourselves as vehicles through which everything can be done, and said, which is true, and set no limit to the capacity of the Divine Power to function through us. The stumbling block is the way of inherited thought. We have been accustomed to think along certain lines, and have only found life possible if we continued to do so. If we visualise the strength of our will, we think it will pull us through every catastrophe. That is illusion – our will



will not always pull us through. We must see ourselves as vehicles through which Divine Will functions in perfect alignment, coming through this glorious soul-body of ours. Light must make contact with light, and the light in us is the magnet that attracts His will, His energy, and His marvellous light. We have to concentrate on developing a capacity for seeing ourselves from a different point of view, making not intense but instantaneous thinking an easy habit.

If we can change the habit of our thought we shall develop a different outlook, and understand that one knows nothing and can do nothing; so when you find yourself depreciating yourself and thinking 'I cannot do it', think of it as an opportunity for Him to manifest through you. Each time we become aware of our inability, it is a supreme opportunity to change our capacity for experience. Nothing recurs in this condition. We have been used to recurrence, but with the Technique, the moment we have had an experience we are ready for something else. It took me a long time to get used to the sense of adventure and fulfilment along that line of thought. One is apt to sink back and think one has got over something and can now

## CHAPTER SEVEN

think of it and enjoy it; that is when we are ready to have some sort of experience that is even harder.

Fusing of soul and body can be a natural condition, without any Christian sacrifice. Many of us have looked upon this initiation in the footsteps of Jesus as a thing of sorrow and sacrifice, but I know it to be a thing of light and rejoicing. We have finished with the habit of thought, which has nailed us to our pain. He said He died for us. Why was this possible? For 2000 years we have missed the point. He died so that we should produce in happiness this condition of His resurrection, while in the flesh.

We must get this body of light as a dominating factor in our lives, building it up and not destroying it, because when you have that condition in you, there is no sacrifice. There is no sacrifice in eliminating disease and worry, and there is none in being good. We have always looked upon the opposite of goodness as sin, whereas it is ignorance. Once we know the law, we do not wish to break it. Until we know it we break it, and we suffer for our stupidity. You must not be stupid socially, and you must not be stupid spiritually. Do not look upon anyone as evil or sinful, but only as ignorant, provoking pity and tolerance. Only in

## CHAPTER SEVEN

our wisdom can we give love, and only when we understand love can we be the vehicle for love.

There is not a single thing we need fail over from now on, if we will believe that all things are possible to Him, and everything is impossible to us. You are right in feeling you cannot do a thing, but wrong in thinking it cannot be done.

## The Transmuting Light

The great desire of our spirits is to progress, and to transmute our human characteristics, and our failure to profit to any perceptible degree by the training in Light often produces a condition of depression and sometimes of despair. One appears to be unique in the slowness of one's progress. The lack of vision, the uncertainty of contact, and the recurring doubt that, after all, this may not be the way, at any rate for oneself, is a constant stumbling block. Other people's difficulties appear so simple compared to that condition of secret rebellion against God, or our circumstances, that seem interwoven in the very fibres of our mentality.

This next exercise is a very wonderful one, for it does provide the way of escape from this despair, and gives us

## CHAPTER EIGHT

the knowledge of how to change our humanity. It is done to the sound of the word FATHER.

Visualise two shafts of brilliant white light, coming from infinity on the right and left.

On an in-breath, and on the sound 'FA', draw down these two shafts simultaneously, and visualise them crossing as they pour into you. The shaft from the right goes into your heart, and the one from the left into your right breast.

On a deep out-breath, on the sound 'THER', visualise the white Light changing to a wonderful deep amethyst inside you, so that the whole of your body from head to feet is filled with an incandescent glow of amethyst Light. Thus:

On 'FA' draw the white shafts into your breasts; on 'THER' send the Light right into your body.

The contact of the white ray with your body and flesh changes the Light into amethyst. It is called the Transmuting Light, for it is that condition of Light that has power to change instantaneously and with ever-increasing power the condition of our humanity. If it is

## CHAPTER EIGHT

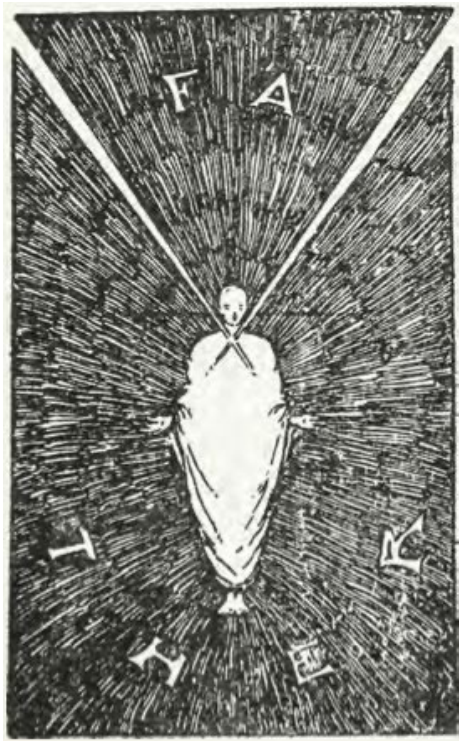
done every day, it will change our individual rhythm, the rhythm of our flesh, until we become perfect flesh, as was the humanity of Christ. It depends on the quality of our faith, the measure of our desire for perfection, and our cooperation with Him. According to this, so must we draw into ourselves the necessary quality of power.

This exercise is done standing, if possible, but no physical posture is essential. It can be done sitting or lying down. If it is done only once a day, do it at midday, before lunch as a regular habit, but you can also do it at any time of the day or night when physical or mental conditions distress you.

What water is to the body, that the Transmuting Light is to the mind. Certain substances make deep stains on your flesh, and can be eradicated only by much scrubbing, while ordinary dust or grime disappear after one wash. In the same way, drawing in the Transmuting Light for a few minutes will always change the surface irritation of our minds, or our fleeting despondency, but to change the very fibres of our being needs a continuous condition of contact. This exercise can be used also to help other people. Draw the Light into yourself first, and then draw it into them in exactly the same way. It is immaterial

## CHAPTER EIGHT

whether they are in the room or quite far away. In the latter case, visualise them as clearly as possible, and finish by drawing a Cross of Light from their head to their feet and across their shoulders. You leave them in His protection and love, not demanding or postulating the result, but giving all you have to give.



## **TALK – The Transmuting Light**

It is important at this stage of our training to know how to use the Technique in Light. It is a very exact formula, in which every step is a preparation for the next one, and has been designed to free some physical condition in the individual. In its entirety it will free the whole of the physical body, and will also coordinate it with the soul. The soul has, up to now, lived at a different level from the material self; materially we have one standard of living, and spiritually and mentally another one, so that we have never known what it is to have a coordinated human life, in which the physical body is dominated by the Soul body, or body of Light.

We have to go through the experience of learning how to live at this new level, which is one of happiness, health, and prosperity. Every step in the Technique helps this process, and before we discuss this new one, I want to stress again the importance of the Figure of Light, the Infinite Point of Radiance, and your breath as essential factors in your development. Breath contains the pure essence of life energy, and without it energy could not be earthed in physical substance at all. The Point of Radiance



is your eternal Source, and the Figure of Light is not just a symbol, but provides a physical means of elimination. Unless we learn to eliminate into it, we shall never enable our body to receive this greater happiness and health that we were constructed to receive, and which is our normal inheritance. The plus condition we are striving to achieve must function along the threefold path of receiving, absorbing, and eliminating, which must go on consciously all the time. In the morning, when you visualise your Figure of Light, know that it is there to receive all of yesterday's exhausted energy, all the turmoil that has been set up in your mind by unforeseen happenings, or the hostile behaviour of other people. Our minds find it impossible to get rid of them, but this is a process by which everybody can eliminate mental stress on the physical wavelength into the Figure of Light.

Your Source, the Infinite Point of Light, must be the focus of your mind. Realise that you are drawing from God, the Father, and are changing the substance of your body, so that it will no longer react unfavourably to all those friction-making conditions that are the prime cause of our different diseases.

## CHAPTER EIGHT

After you have learned to send up your needs to him, you will find this a wonderful exercise for changing your physical condition, and you will begin to understand how the transmutation of physical substance is brought about. Your breath must make a track for this new substance in Light, which is called the Transmuting Light, and is drawn down from infinity into your body, entering at the heart and the right breast.

The body corresponds in every detail to the building of the Temple, and is made on that plan and pattern. In the old days the priest was a living part of the Temple, representing the inside or soul of it, while the actual building was the outside or body. The breasts were very potent spots, and the Urim and Thummim in the High Priest's breastplate represented the personal and impersonal. In ourselves, the physical body is the outside of the living temple of ourselves, and the Soul or Light body the inside, and when these two are coordinated, you get a very magnetic condition. Look upon your heart and right breast, into which you draw the Transmuting Light, as part of a living temple in which you are your own priest. It was to give to each of us the right and power to officiate as our own High Priest within our own temple, as a free

individual, that Christ incarnated. Whether we do so or not is an entirely voluntary choice. You can officiate in the mysteries of being to an unlimited degree, if you voluntarily accept the responsibility of being trained to make your body into the living temple of divine energy that it is meant to be.

In these days we are much concerned with atomic energy. If we can form a group of people who know how to earth this new creative energy of which the human body alone is capable, we are going to be instruments for preventing the destruction of the world. Jesus incarnated 2000 years ago to save the world. He came to earth a new radiation or voltage of Light into the only instrument capable of receiving it – the human body. Physical flesh and blood is more receptive than any other substance, and contains more light energy. It has a capacity for the conscious reception and transmission of divine energy to which no other creature can aspire, but the capacity remains dormant until we make a voluntary decision to develop it. God will not impose His gifts upon us. If, however, you will make a voluntary choice to undergo the necessary training, you will be helping to save the world from disaster.

## CHAPTER EIGHT

You may think that the world can be saved by intellectual formulae, and that the scientific mind will find the way out, but it will not and cannot do so. Jesus knew that the radiation of His body would provide the way out and not His mind at all. Formulae for colossal destructive energies have been earthed long ago. In places in England, I have picked up one that existed in pre-Atlantean days. The formula of creative energy has been perfectly earthed in one body only: that of Christ. Through Him it could be put into operation in a million human bodies but He must have their voluntary cooperation before it can be done.

If Jesus had been able to impose His formula on people, a world war could never have happened, but He will not force eternal life on us, and if we prefer to accumulate riches and power we are free to do so. Two great wars have shown us the terrible results of human lust and greed, and the appalling destructive power available today, but we have yet to see creative energy in effective action. Two thousand years ago, Jesus operated it, and earthed it for all time. His fame has endured down the ages but His work has been neither fully understood, nor fully consummated in any succeeding individual.

## CHAPTER EIGHT

If we are going to enter on this training, it is necessary that we should say, as Christ did, 'Not my will, but thine be done.' How can we bring about in ourselves the transmutation of our wills into His will? It is not a matter of the mind, but involves a new physical condition, which will change our actual heart action. Given the desire, and the conscious decision to achieve it, the change may be brought about effortlessly by absorbing the different Light rays of the Technique. The Transmuting Light of the present exercise is particularly effective for this purpose.

When I was given this exercise, I saw the will of God as a brilliant white ray representing all His attributes, and out of that whiteness, the amethyst ray, in particular, will change the atoms in the human body; it is a coordinating, transmuting substance, which floods the whole body and blood. As you draw it in, the physical condition changes, becomes less tired and takes on a different quality of life. Do not think, however, that we can accumulate it, and store it over a long period of time. We have to take in physical food all the time to maintain physical strength, and we must also take in Light all the time, if we are to maintain our equilibrium and the capacity to radiate out.

## CHAPTER EIGHT

You can do the Transmuting Light for others after first doing it for yourself, but it is better not to tell them about it. We should not put people under an obligation for any service we may do them. We have no monopoly of the Light, but simply share it with our neighbour, and in sharing there is no favour. It is definitely an exercise to do on others. You should not try out on anyone else the Figure of Light and Conscious Breathing, which are for your own development, but you can give anyone an injection of Transmuting Light. It has a calming effect on hurried and nervous people, and will help those who are too self-absorbed or too agitated to listen to anything you may say. Their bodies will receive the Light, though they may know nothing about it. You can also use the Light for absent healing. Visualise the pattern into your patients, but again do not let them know; the mind is apt to become tense or to put up resistance, and the light cannot get absorbed. When there is no resistance, it cannot fail to exert a transmuting effect in some measure. If you are suffering pain, you can direct the Transmuting Light locally to the place where the pain is.

Remember that the Transmuting Light works best when you have eliminated your undesirable conditions of fear,

## CHAPTER EIGHT

worry, etc, and that, for this elimination, you should use the Figure of Light. When you do the Conscious Breath, know that you breathe down all that you want to get rid of physically. If you make full use of the Figure of Light, you will get free more quickly of any physical disease. We have not learnt to earth our coordinated soul and body, or to have the freedom of our feet. Our bad health often goes into our feet, so let us get rid of it into our Figure of Light.

## Rhythm Over the Head

The next exercise in Light follows the Transmuting Light. Our bodies are outlined in Light, and we have received our daily bread through the exercise of the Shafts, made known our needs and been strengthened internally by the Transmuting Light.

Now sit up, with feet crossed, and palms upwards, resting on or just above the knees. In this position we visualise the first definite rhythm in Light; a rhythm that is very important because it brings Light to two most vital parts of the body, the spine and the head. In the given sitting position and on a long inhaling breath, draw a ribbon of white Light from the base of your spine to the nape of your neck in one curved line; in the same breath, bring the Light over your head in three short curved lines, and on an exhaling breath, pour it into your hands, completely



## CHAPTER NINE

filling them with Light. This both vitalises and protects your spine, head, and hands. Do this three times. Then, while your hands are thus filled with Light, dedicate them and your feet in the following way. With the tongue, make a cross in each hand, and with two moistened forefingers, make a similar cross on the sole of each foot.

Thus you start the day outlined, fed and protected in Light, and able to use your hands and feet in creative service throughout the day.



### **TALK – Rhythm Over the Head**

The Technique in Light has for its central aim the transformation of our bodies into the substance of the resurrection body of Jesus Christ. When you are a beginner, you may find it difficult to realise the manifold effect of

light and breath on the body, but it is important to grasp that these two forces in combination not only energise the blood, but by changing the mental wavelength, enable you to receive in a flash the illumination of the mind. Exactly how these processes occur, it is not necessary to know, but it is essential that we should at all times connect them with the mind of Christ. Life energy can change our mental radiations, but we may still concentrate them on self-development rather than purpose to use them to serve our neighbour and change world conditions. Even when our minds look outwards rather than within, they are often set in a mould dictated by our education and circumstances, and we do not know their quality in relation to absolute truth. There is only one way of getting an absolutely true and comprehensive radiation of both mind and body, and that is by focusing our minds on the mind of Christ. He was the 'Express image' of the Father, and brought the mind of God into physical demonstration in this world, so that it was part and parcel, not of His brain only, but of the whole range of His experience. If we focus on His mind, He is bound to give us a completely cosmic point of view, for He was the cosmic mind made visible. He knew the laws that govern both Nature and human nature, and identified Himself with them. Our brains may

## CHAPTER NINE

know what is the speed of light but how Light works on the body, only experience of it can tell us, as all truth can be really known only by experience of it in action. Christ proved, by His active demonstration of power on earth, that He knew the true laws of life, and we prove, by our lack of demonstration, that we most certainly do not.

Human knowledge of truth is infinitesimal. We do not know how to live in freedom and happiness, nor what is the source of life nor what happens after we die. Yet all knowledge is available to the person who is willing to train to receive it and the training is a very simple one, especially when you consider how great is its objective, it is a hindrance to think of it as complicated. Many of us like to regard it as complicated for reasons of our own. Perhaps we are not single-minded, and attach equal or greater importance to other methods, or feel it is safer to have many strings to our bow. Some people despise simplicity. They are prepared to pay vast sums to doctors and nursing homes, but not to give a little time every day to receiving their own health direct into their own body. Some must always depend on others to solve their problems.

## CHAPTER NINE

This training is for self-healing and self-revelation, and makes you completely independent of everybody except yourself and the Source of Life. We shall of necessity share with our neighbour the good things we receive, for we cannot keep them to ourselves, but the whole objective of the training is that you may learn to receive your own healing. The capacity to receive is universal, but its functioning power depends on the focus of your mind. Many people prefer the development of their own mind power to dependence on the mind of Christ. They do not realise that contact with His mind is the fundamental need of every living soul, and that we should learn, not how to heap up acquired knowledge, but how to receive and absorb wisdom into every fibre of our being.

You cannot be wise until you make a contact with wisdom, and you cannot be fed by merely looking at food. Our soul bodies are starved until we make a contact with Light, and this is contact with Christ, the literal 'Light of the world'. If we follow this very simple process of making contact with Him, we shall find by experience that we have as great a capacity to receive from Him health, power, and mental illumination as the disciples had 2000 years ago. They were very ordinary people with no special gifts,

## CHAPTER NINE

but through their constant contact with His mind, they became able to demonstrate the works of power that He Himself demonstrated. It is essential for us to maintain the same focus and contact.

You have already learned in the first evening exercise, the importance of cutting through your spinal column with rays of gold resolving Light, and this is a further exercise designed to make your spine spark. The spine is the instrument formed to receive all the cosmic rays, and the vertebrae should be flexible and able to spark all the way down it. In so far as you can make it do this, it will become alive, and change the whole function of the trunk of the body. It is connected with the inner nerves, and with the organic functions, and is a most important structure because it is intensely receptive, and has in its centre the sensitive substance of bone marrow.

When you have vitalised the spine, you spark Light in three movements over the head, and pour it into the hands, where we have already received Light from the AH MER and SHAFT exercises.

## CHAPTER NINE

We are all over-sensitive to the opinions of others, and speedily lose our equilibrium in our human relationships. You will find the Technique a means of retaining equilibrium in all circumstances. Realise that you are putting on your armour of Light; your spine being protected by Light, your head having over it a helmet of Light, your hands being full of Light, and your joints beginning to spark. These early exercises deal with the main structures of the body and, when these are provided for, we shall find all the details dealt with in due course.

As we grow older, and our minds and our bones get drier, we are bound to sag unless we can draw on some new source of life energy. In this process, by taking in Light energy every day, we must renew life every day. If you can only keep that life circulating in you, you cannot feel old at the same time. But it must be practised EVERY DAY. If you do not make it a daily service, the over-dominant mind will weaken your powers of receptivity, for it is habitually the most active and fussy part of us.

The mere activity of your mind is of no avail in this process. Unless you can show results in your physical body, I shall not believe that you are really doing the Technique,

## CHAPTER NINE

and keeping your focus on the mind of Christ. If you ARE making a contact with His mind, you are bound to take on the body and blood of Christ, and the world is bound to know it, since you will become a channel for His powers.

When you do these exercises in the morning, be real. Realise that you are drawing the Light into your hands, not mystically, but physically. Your arms are absorbing energy, your throat is being vitalised, and your mind is learning to focus on the Figure of Light and to spark to the Source of Light. The Figure of Light is your filter, through which all disease energy is going to be breathed down, and through that filter, you will also pick up all the earth radiation your blood may need.

Do not think that all those who started the Technique earlier are sure to do it better than you. Newcomers all benefit by the experience of those who have practised this formula before them, and you can pick it up today all the more easily because it has already been sparked and radiated by a whole group of people.

Do realise the difference between receiving a condition, and inducing it. The former is such a spontaneous experi-

## CHAPTER NINE

ence, you may recognise such an experience as authentic because it takes place much more quickly than the mind can work. Your body will acquire the habit of acting spontaneously if you carry out the exercises faithfully every day. It cannot all at once seem natural to us to focus on the mind of Christ, and to receive eternal life, but it is the only focus that can free us from physical ills and all other adverse conditions.



## The Name

The Name of Jesus is the key that opens the door of life to all who wish to cross the threshold into the Kingdom of God. It is the human name of the Word made flesh, and so contains the perfect harmony of sound, colour, form, and movement. Jesus, the Son of God, brought the cosmic harmony of the heavens into visibility here, and transmuted the discord of human flesh and blood into the harmony of the Word. We have to learn how to tune in to the radiation of His Name, so that we can become one in substance with Him. That can be brought about only by blood transfusion, and He wants us to learn the laws of the radiation of the blood. He incarnated to teach us how to tune in to His own flesh and blood, and so receive His perfection. He knew how to tune in to the perfection of the Father, and to radiate it out in works that were thought to be unique and miraculous, but He said that if we fol-

lowed in His footsteps, the works that He did we should do also, effortlessly and in certainty.

The human Name of the Word, Jesus, represents the three aspects of perfection necessary to perfect manifestation in this world, namely equilibrium, receptivity, and transmission. The Christian or personal name represents in sound the personality or radiation of the incarnate soul to whom it belongs. To call a person by his Christian name is a sign of intimacy, and all intimacy is a privilege varying in degree in accordance with the receptivity and radiations of the friends concerned. This exercise gives us the privilege of tuning in to the personal Name of the Son of God.

The Name is pronounced 'DEAY-THU-TH'. Say it slowly to yourself. DE is the sound of the letter D and AY of the word 'nay'; THU is pronounced as in 'coo', and TH as in 'that'. You may ask why DEAY-THU-TH and not Jesus. It came through in these three syllables, but no explanation of its form was given. Years after, one of the members, who was a great linguist and knew Aramaic, told me that DEAY-THU-TH is the Aramaic form of the name Jesus.

## CHAPTER TEN

The first syllable of DEAY represents equilibrium in matter, and is in the shape of a triangle of vivid deep blue light. It is flashed down at the back of the head on the right-hand side, starting just above it. It runs along the nape of the neck, and flashes back to the point above the right side of the head. It is brought down on a deep out-breath to the sound of DEAY-AY-AY, forming a right-angled triangle.

The next syllable THU is also in vivid blue light, but the shape is a chalice on the top of the head, starting on the left side, and the base of the cup is the top of the head. The shape of THU represents perfect receptivity. Form the chalice on a deep in-breath, and know that you will receive in Light all that you can.

TH is a very soft sound breathed on an out-breath. It is a flash of white Light that comes through the head, flashes through the body, and ends in the left side in a spiral movement forwards, and feels like a pulse. It is perfect transmission and givingness.

## CHAPTER TEN

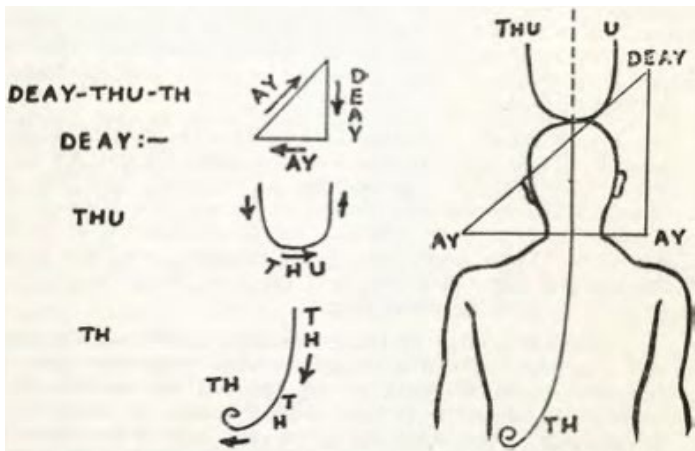
Thus Jesus represents on Earth the radiation of perfect flesh and blood, the Triangle, equilibrium; the Chalice, receptivity; the Spiral, transmission.

Tune in to Him, and become Him, receiving His body and His blood.

DEAY-AY-AY on a strong out-breath.

THU on an in-breath.

TH on a soft out-breath.



## **TALK – The Name**

This exercise enables us to tune in to the personal human name of Jesus and, since we are thus being initiated into the experiences of Christ, we must try to understand what made it possible for Him to demonstrate a new way of living. Most of us are educated to rely on ourselves, and even if we are told that God will direct our lives for us, we have no great belief that He understands or will intervene in purely mundane affairs. We put Him on a spiritual and mystical plane, and have little or no comprehension of how He works on Earth. Jesus came to teach us how God can function in relationship to world affairs, given human cooperation. He can bring all good things to pass through a human instrument who has confidence in Him, but without voluntary and intelligent human cooperation He cannot bring His Will into operation on earth.

I think you will realise that most thinking people do not believe this to be a working proposition. They think that they should increase their own self-reliance, and have no idea how to cultivate a living cooperation with God in all the happenings of their daily lives. Yet if we look at the record of the New Testament, we see that Jesus never

did anything without the cooperation of the Father. He stressed again and again that the things He did were done through Him by God, and that the Father would be able to do exactly the same works through those human beings who would give Him their confidence.

This confidence in the availability of Divine power was a new idea. Theologians have found it difficult to reconcile the humanity and divinity of Christ. They thought that either He was an unusually gifted man with no divine relationship, or that He was God come to Earth and could not be counted a normal human being. They did not see that He had come for the very purpose of demonstrating that a perfect partnership of the human and divine could be achieved in every individual, and thus the whole condition of earth life be changed. It is for us to accept this viewpoint, and abandon our self-reliance. We must place our reliance where it rightly belongs in the power of Christ to function through us as the Father was able to function through Him. While on Earth, He initiated into this knowledge a group of completely ordinary people. They had no special psychic gifts, were socially nondescript, and not even strikingly intelligent, but they represented 12 different aspects of ordinary human mentality.

He gave them a very simple formula for carrying on His works. They could do nothing in their own strength, but must tune in to Him, and have the same confidence in Him that He had in His Father. 'It is the Father that doeth the works.' If they, in their turn, remembered Christ, He would do the works through them. They must focus their minds on Him because He radiated out harmony of matter. In His flesh and blood, He had changed the condition of Human insulation into one of human receptivity. He received from the Father, and trained the 12 to receive from Him in the same way.

These 12 men had exactly what we have to work with, the bodily instrument. Christ never stressed brain power, or chose outstanding intellects for His agents, as we should expect of a great teacher. The world worships the brain, but what Christ needs is hearts that can make a heart and a blood contact with His own body and blood, and have unshakeable confidence in His power. Intellectuals are often lacking in this heart quality and put their trust, not in divine inspiration, but in the strength of the personal mental will.

As trademarks are a guarantee of a reliable product in the world of manufacturers, so the Name of Jesus is a guarantee of authentic power. The shape and sound of it in Light is given to our generation so that we may make the contact with Him that His disciples made, and be able, in His Name, to do the same works that He did.

It is of vital importance that we understand this Name of Jesus, and what it represents in radiation. We know what electricity means in radiation, and how powerful it is, but have no idea what it would mean to us to contact, through the use of His Name, the body and blood of Jesus in the same way as He contacted God the Father. Do not think that it was the mental wavelength that enabled Him to heal diseases. The Father had to have Jesus as a physical instrument, through whom this voltage of health could be transmitted. He had to have someone who could receive perfect health into His own body first. I want you to realise the solid substance of the body of God. Do you understand the relationship with matter of Him who created it, and knows its laws? Do not divorce Him from His own substance, as so many spiritual minds do who cannot believe that He is physically substantial. He is not of the visible substance with which we are burdened, but with



matter as it was in the beginning, is now, and ever shall be. God is radiant matter, the energy that produces form and substance; such form and substance as our eyes have never seen, but which our inner eye does occasionally receive. This pattern of beauty and potency was entirely familiar to Jesus. It was normal to Him to know that he had only to ask for health of substance to pass on to suffering humanity, and He would receive it in a flash.

I am going to pass on to you your capacity to heal suffering humanity as Jesus did, by drawing into yourself the substance of health, the harmony of flesh and blood. The churches preserve this truth in their sacraments, and try in many ways to make contacts between the substances of this world and the next, but how far do we believe that the bread and wine we take really represents the physical substance of the body of Jesus? For many of us they are mystical symbols, but those who are hungry and thirsty need bread and wine that is a substantial reality, and not symbolic only.

When I was first given the shape and colour and sound of the Name of Jesus, I thought it was a very individual experience, and as it is human to retain and secretly enjoy

any wonderful experience, it never entered my head that I should have to pass on to others something so beautiful. I felt that, as beauty so often is, it might be spoiled by being laid open to mental analysis and criticism. I was shown, however, that He had not given it to me as a secret, but to pass on to any who needed it as one would pass on any other form of abundance. I realised that it was the right of everybody to make this contact with him if they wished to do so.

The Name of Jesus represents three aspects of God. The right-angled triangle of deep blue, which is flashed at the back of the head to the sound DEAY, is perfect equilibrium in matter. Not one of us has this at present, but if we tune in to that condition which Jesus earthed with that part of His Name we must receive it. We do not acquire or possess it, but every time we call upon His Name, we have it radiated into us.

The blue chalice, which we draw on the top of the head to the sound THU, represents perfect receptivity in matter. It makes us perfectly receptive to the Will of God. This Will is the brilliant white ray pouring down upon the chalice made to receive it. The blue of the chalice is the

colour of perfected humanity, which is magnetic to God's Will. We become one with that condition of magnetism, and one with God the Father, when we make the chalice on our head.

The flash of Light, which, to the sound TH, is visualised going through the head and body to the left side, is perfect givingness or transmission. When the little spiral is established in our body, giving becomes a radiation of happiness, and not a mental thing at all. When we give out at the side, neither our right nor our left hand registers. That which is given with the mind is registered, but what we give out at the side is a radiation of selfless love.

When this understanding and diagram in light was given me, I was taken in a flash to the Cross, and was shown the spear piercing His side. Here was released the serum and white and red corpuscles of the blood, and these life-giving substances were earthed for all time. It was a transmission of life energy for all to pick up. It was not by chance that the soldier pierced His side, but part of a cosmic design for the regeneration of the earth. If only the human race can understand that this universal capacity to receive and transmit this new life is ours for the asking,

it must become a new normality to do everything in His Name. 'If ye ask anything in My Name, ye shall have it.' That is absolutely true, but our own brain often functions so quickly in setting up a barrier of doubt and fear, that we cut our contact almost before we have made it.

I have often been questioned as to the reality of the sounds connected with the different substances in Light. In the early days, when I gave the DEAY-THU-TH, people wanted to know why the Name Jesus was in this form, and I could not tell them. I could only pass on what I had received, and had proved to be true in my experience. I have never demanded confirmation of that which is revealed, but often it has been given me later as a gift. And so it was in this case. I have accepted for many years that the Name of Jesus in Light was DEAY-THU-TH. Later on I was talking to one of the members who was a great linguist, and we were discussing the fact that sound never ceases to radiate. At that time, there had been a hint of an invention that could pick up sound set in motion many centuries ago. That led us to wonder whether the voice of Jesus was sounding still in Palestine, and if it would be distinguishable. We realised then that, as not one of us could speak Aramaic, we should not, in any case, know

what He was saying. Later he came to me in great excitement to tell me that the Aramaic form of the name Jesus is DEAY-THU-TH.

This is an exercise for us individually. Through it, our difficulties and disharmonies will be absorbed into His harmony, and our physical radiation will change into a harmony of expression. Christ radiated harmony not only with humanity, but with all the natural elements, and this was what enabled Him to perform His miracles. We do not understand the true nature of harmony. It is not by making two things on one pattern that harmony is achieved, but by reconciling two opposite conditions. To strive to imitate Christ by our own efforts is not the same as becoming one with Him. Christ did not imitate the Father, but said: 'I and My Father are one.' The sharing of ourselves with Jesus makes us one with Him. We share His Name, and with it. His equilibrium, receptivity, and givingness, becoming in that sharing, one radiation of human achievement, so that the things that He did can be done by us again. The problems of our modern life are more complicated than those which confronted His disciples, but in His strength, and by the same methods, we can be used to resolve them.

Do the exercise every morning, and as often as you can remember during the day. When you have difficult contacts to make, go in His Name; then you are out of the picture, and He is the focal point. Most of us try to brace ourselves to meet the emergencies of our daily life, but we should instead become so impregnated with true equilibrium that, in a crisis, we spontaneously do and say the right thing.

If I had not been given His Name, I could never have given a lecture, but I know that He can talk spontaneously through me so long as my mind is tuned in to His. The responsibility is then His. The moment we act in our own strength we must take what our weakness draws to us. We are not strong, and He wants our weakness, for His Name glows when our weak vibrations are resolved in His. He feeds on our weakness, and does not need our strength, for He is strength. When our weakness is brought into contact with His strength, it generates life. Never be afraid of using the Name at any time. I do the Technique with my eyes shut because I can focus better, but if you wish to do His Name in a public place, your television set can quietly visualise the blue triangle and chalice, and you can feel the spiral in your side. Nobody need know anything about it.

We have to realise that when we know that we can do nothing, that that is the moment when anything can be done through us. When we take on personal responsibility and personal credit for the work, we meet with failure. Only when the individual knows himself to be just a channel, and makes Christ the focal point, can He succeed. Most organised conditions break down because they have become organised around a human individual or group instead of being centred on the living Christ. This was probably why the works ceased early in the history of the Church. If we were all in touch with His living self, we should not fight about the aspects of His personality, nor concern ourselves with those questions of ritual, dogma, and church organisation that have caused such rifts in His church. If everybody, in every nation, could focus on Christ alone, and understand the method of regeneration that He incarnated to give us, we should have such a wonderful outpouring of life and energy, that all fear of destructive conditions would vanish away. If we can integrate the atom, what does it matter how many people split it?

I think it is very interesting to realise the disharmony of nature at the moment of the crucifixion. The atom was

split when He voluntarily separated His atomic energy from the Source, and the whole disharmony of the exteriorisation of that happening took place. The moment disharmony is earthed it goes on and on, but the moment harmony is earthed, that too goes on and on, and is a stronger condition than disharmony. So long as we believe disharmony to be the greater force, we shall be a prey to fear.

Jesus Christ, on His human side, was completely normal, with no advantage of birth, education, or wealth, so that none need feel inferior to Him. He came to teach all ordinary people that it is possible to be one with Him all the time, as He was one with the Father, and thus to overcome all adverse and destructive conditions, and bring wholeness to others as well. None of us, however, is entitled to claim merit for anything we do. That which is done through us is not done by us. What is good in us is not us; what is not so good is ourselves. That is where we stand.

Do not pass this exercise on to anybody. It is given to us individually and is a very intimate contact, which we have no right to pass on to others merely to interest them in the Technique. I found in the early days that people



## CHAPTER TEN

often used to give their friends some of the exercises and talks with this purpose. Do not do that. Intellectual presentation of the Technique is not of great value. It should appeal because of the works we are able to do, and the stability we can demonstrate. We need instruments who are willing to empty themselves of themselves, and be filled with Christ's energy. I do not want to stimulate the intellect, but to train those who want to be initiated into the life-giving works of Christ.

## The Soul-Body

The Soul is the eternal physical manifestation of the individual ego, and takes on the substance of its environment: i.e. when on Earth, flesh and blood; when in Heaven (which is the world of Light) it sheds the denser matter of earth and radiates the substance of its environment.

If we had X-ray eyes, we would see the basic form of the Soul-Body. Just as the physical structure is the skeleton, so the basic structure of the Soul-Body is a brilliant white trunk in which every colour, known and at present unknown, is contained.

On the left is a beautiful wing radiation of aquamarine light, which is the substance of universal love, as differentiated from personal emotion. On the right is a wing of amber light, which is the universal capacity to receive

wisdom. At the back, from the nape of the neck to the base of the spine, radiates a brilliant ruby coloured wing of light, the organ of direction. Therefore the skeleton of the soul provides the activity of love, wisdom, and direction, received and transmitted by the trunk of brilliant white light, the I AM of the ego.

Every Soul-Body is linked in radiation with the Body of God. The brain of the individual on Earth determines the contact; it can unite with or separate from the Source of Love, Wisdom and Direction at will. It is the mental wavelength that provides the contact. Jesus came to teach people their capacity to unite their eternal bodies with the Creator.

Mind governs the forming of substance, therefore if the mind focuses on life, the body receives it; if on death, life recedes. If our lovely and perfect Soul-Bodies could triumph over the physical encasement, we should be able to fuse the substance into the intense radiation of Christ's resurrected body.

If only we had the mind of Christ! A mind that never turned inwards but always observed the need of the

world and so never provided, as we do, the substance of insulation from life.

This is not an exercise. Only experience can cause our wings to shine, our Soul-Body to grow with eternal life. Contemplating or taking thought will add no lustre to our wing of direction. Only by focusing our minds on Christ, presenting our needs to Him, sparking our worries away, sharing our laughter with Him, identifying all our homely occupations with His humble experience can we begin to realise our capacity. When nothing casts us down, when no human mind has domination over us, when we can give thanks for all that happens to us, then and then only shall we share in His glorious freedom from self.

## AHLAH-HEAY-VE

Visualise a shaft of white light coining from infinity down in front of the face, piercing the throat and flashing half-way up the back of the head. It rays through the head and out of the middle of the forehead straight back into the forehead of the Christ.

This exercise is done at night, either standing or sitting, after the golden spirals and blue circles.

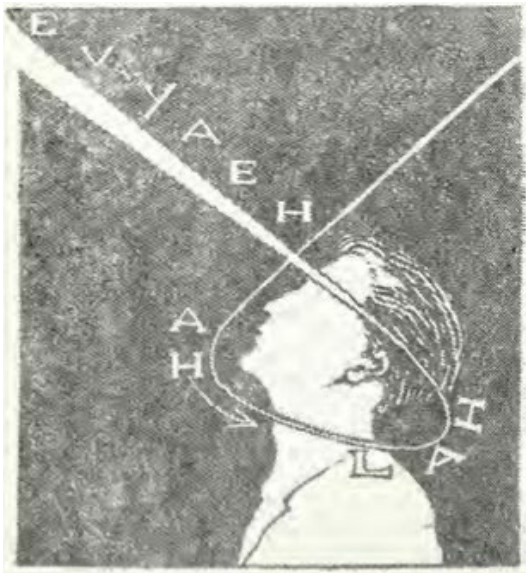
The power of the light pouring through the head washes the mind clean of all dusty thoughts accumulated during the day, and in the morning the mind should awaken cleared of yesterday's failures and frustrated endeavour.

On the sound AHLAH on a deep inhaling breath, bring the light down, through the throat and up the back of the head.

## CHAPTER TWELVE

On the sound HEAY-VE, on a forceful out-breath, flash the light through the head and out through the centre of the forehead, back into the visualised radiance of the mind of the Christ.

The head should be tilted upwards and this exercise should be done three times – it can, of course, be done during the day as well – when the need for clear thinking is urgent. Pronunciation: HE as in ‘see’, AY as in ‘day’, VE as in French ‘de’.



## TALK – AHLAH-HEAY-VE

The Technique in Light or Christian Initiation should achieve in us that perfect balance of divinity and humanity that Christ manifested when He was on Earth. Few of us have any real idea either of what that balance should be in the normal human being, or of the measure in which it is established in our individual self. Do mind and spirit govern, or are we mentally and spiritually at the mercy of our physical state? Each school of thought has a different theory on the subject.

The truth lies in a perfect balance between the two, and lately I have understood how accurately the Technique is designed to produce that balance. Every exercise, and every different substance in Light is for the revitalising of a certain part of the body, and each of us can know only through our own experience what their reactions will be on our physical self. The response of the personality to life depends on two factors: the focus of the mind, and the effect of this focus on the nerves and glands. If we change the first, the second will change too. It is not a case of making the mind so dominant that it can keep matter in order, but of focusing it where it can receive

## CHAPTER TWELVE

enlightenment as to true law direct from the Source, and so produce new reactions in the body.

One of the chief reasons for a new focus of the mind is the elimination of fear. Fear, conscious or unconscious, with its devastating effect on the body, is the underlying mental urge of all too many of us. Fear is, in essence, a spiritual sin, because it is lack of connection with and confidence in God. We do not fear darkness when we know how to make an instantaneous connection with light, and fear would be non-existent if we had real confidence in God, and could keep in constant touch with Him. The Technique will teach you how to do this.

We shall find that God is all power as soon as we connect with that power but He is powerless to help a disconnected person. Christ was fearless because His mind was focused the whole time on the Father, and from minute to minute His confidence was sparking, and received its justification in His experiences. He never avoided any of the pressing difficulties of ordinary human life, because daily experience of His contact convinced Him that He could always go straight through them with complete success. Since He had accepted human limitations, He could not foresee, any



## CHAPTER TWELVE

more than we can, how His unbroken link with the Father would function in practice. No being on Earth had ever before been able to give a perfect demonstration of the power of God working in human form, and there was no precedent by which the results could be pre-determined. In every situation, Jesus simply tuned in to His Father, received immediate inspiration and, as a channel of the Father's power, was able to carry it into effect.

In like manner, we should train ourselves to live and act on immediate inspiration. At any moment of the day, in any crisis, we may tune in, and know what to do, and how to do it. This however rules out deliberate planning for the future. When you live on Divine direction, you simply have to trust, but if you can so establish your individual faith as to make inspiration a habit, you will gain such confidence in this way of life that fear will never touch you again. And to be fearless is to be without sin, and is the inevitable outcome of constant contact with perfect love.

This exercise revitalises the glands of your head. Most of us are muddle-minded and disconnected through lack of energy in the pineal and pituitary glands. Our minds do not function quickly enough, and we do not know how

## CHAPTER TWELVE

to spark. Given time, we may arrive at good decisions, but time we must have. For inspiration, by contrast, you do not need time, and indeed must not take it. Learn so to spark in the moment that time is wiped out. That is how the mind should really function, and the result on the body of this sparking condition would be life without effort where now we disintegrate and die. Some of us already have dead eyes; in others, ears, muscles, nerves, or organs are disintegrated. You may say, in fact, that our conditions are so minus that to change them now is impossible. From a reasonable point of view, I agree with you, but I have changed my reasonable point of view, and finished with reasoned planning, for I do not need it. I do not know just how God, through Christ, would function today in our disintegrating bodies, but I know that He could if we gave Him the chance.

This is a very flashing condition of Light, as it comes straight down in front of the face, passes through the throat, and runs halfway up the back of the head, through the brow, and into the brow of Christ. By it we are linked mentally with Him, and at the same time are being revitalised in every brain condition. There should not be a single nerve in our head that is not touched by the AHLAH-

## CHAPTER TWELVE

HEAY-VE Light, but do not direct it to any particular spot, for Light will always find the minus condition that needs it.

We must next understand the great radiant bar of light into which we direct the contents of our minds. When this exercise was first shown to me, I saw it as a slant of light, and was told to send these contents into it, so that they might be merged with it, and my head be emptied of disease energy, harmful thoughts, and every form of fear. One evening, as I did the exercise, I saw suddenly the face of Christ, and realised that the bar of Light was His brow. So I understood that the contents of my mind were fused with the brilliance of His, and that in this manner the undesirable elements of my brain were melted away.

We have to understand that Christ's mind is one with the mind of God, in which there is all knowledge, all love, all caringness for humanity. It is difficult for us to realise that as individuals we are of great importance to Christ, and that He needs our humanity as the Father needed His. He needs our humanity, for instance, to demonstrate freedom from fear in this age of overwhelming fear. There is only one way of getting rid of fear, and that is by offering it to

## CHAPTER TWELVE

Light. Fear is the very substance of darkness, but we can get it out of our system by sending it into Light. The prayer 'Lighten our darkness' refers not only to night, but to our shadowed thoughts, and the prayer can be answered on the AHLAH-HEAY-VE. The whole of the mind goes into His on that ray of light. It is the beginning of having a mind empty of clutter into which He can instantaneously spark the inspiration we need.

This process must take place every evening, so that we go to bed free of the continual thoughts and worries that circle around the brain. When the light is out, how easy it is to remember the troubles that have been forgotten in the bustle of the day, and those problems of the morrow that an active mind finds it so difficult to let go.

Do this exercise, not lying down, but with the head raised and looking in an upward direction. You do not want to earth your mental contents, so send them up. The weight of our thinking drags the head down. Old age bends the head and shoulders, but it is a sign of eternal youth if the head is always up and spine straight. This will be so, if it becomes the habit of your mind always to look up, and if you associate your mind with that of Christ, you cannot

look down. I personally could not give these talks with my head down; I should get no contact and inspiration. To look up is now instinctive, and the whole habit of my mind has been changed by these technical exercises.

Our true fulfilment lies in being unimportant to ourselves, while realising our intense importance in the eyes of God. Life makes some of us extremely self-important, while others, with false modesty, think of themselves as mere specks in the universe, and cannot imagine that God even recognises them. Nothing, however, could be more emphatic than the teaching of Christ on this point. Even the sparrows, He said, are individually known to the Creator. 'Fear not, therefore; ye are of more value than many sparrows; the very hairs of your head are all numbered.' In view of this it is clear that God has a unique love for every human being, but we cannot go our own way without upsetting His plan for our own and the world's wellbeing. More and more, in this time of difficulty, do I realise how important we are to Him. He cannot carry out inspired action here on Earth unless there are persons who will react instantly to His voice and, as channels, will carry out the healing and restorative works that He is aching to see accomplished in this chaotic world. If you

## CHAPTER TWELVE

will only surrender your own ideas, and focus on the mind of Christ instead, you will receive the mind of Christ, with its brilliant knowledge of the operation of true law.

Will you do the evening Technique faithfully, and quickly? Get rid of yourself and your personality, and then drop off to sleep in the certain knowledge that you will wake up in the morning knowing for your day what is needed of you. Do not send your mind in fear to the future. Live your day, day by day, and see what it can bring forth. Empty your mind at night, and walk your way in confidence. Light is stronger than darkness, and life is stronger than death.

Your personality, gradually reconstructed by the Light of Christ, will become spontaneously so magnetic that you will draw many back to their real selves, and to the knowledge of the power of love. Do not fear the restrictions, difficulties, and drabness of your life, as it may be at present, for the Technique can transform it. Could anything have been more dull and ordinary than the surroundings of Christ on Earth, yet every day He transformed drabness into conditions of abundance and new life for all around. It is possible for us to do the same, but if you and I do not make the grand experiment, nobody else will.

## CHAPTER TWELVE

Never before have I been so happy in the utter certainty that this work is coming to complete fulfilment and fruition. I am equally certain that we are approaching the time when there will be a new Earth, a new Heaven, and a new race of men and women.

## The Exercise of the Throat

In the middle of the human Throat lies the magnetic centre of the light body. Its activity corresponds to that of the human brain, for it is the focusing point for all the cosmic rays.

Physical food is taken through the mouth and spiritual food through the Throat. To live in this world it is essential to draw air into the lungs and circulate it through the body. To live in the spirit it is essential to draw light into the soul and circulate it through the light body.

To develop our spiritual brain, we must understand its form and its functioning powers. Will you look at the diagram and realise that you have a flower of living Light in the centre of your Throat? The nine petals are of intense white light, and the centre is a glowing ruby light, which is



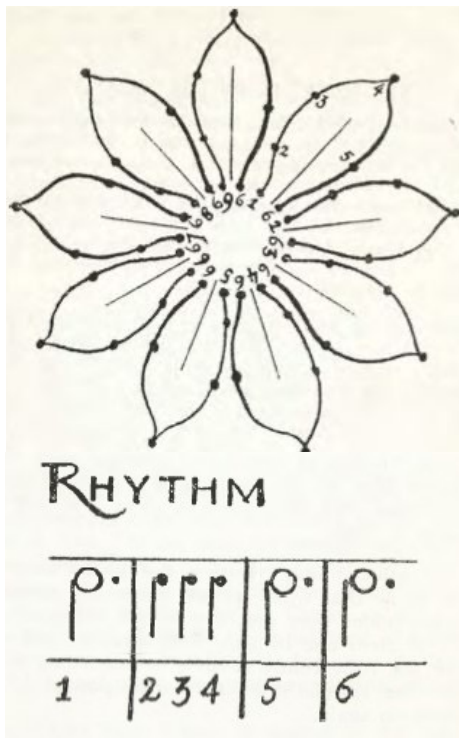
the magnetic point of Power. It draws into itself all attributes of Divine Power, absorbs and transmits them into the blood, so that in time the very substance and rhythm of our blood changes and we become aware in every fibre of our being of a quickened condition of spiritual awareness. We must learn to draw into our being the very substance of God.

Will you quite simply visualise this lovely flower in your Throat, and know that when we are spiritually unconscious the nine petals are folded over the ruby centre. We must quite consciously unfold them one by one, rhythmically, until when they are all open the ruby centre receives – according to the ego's development, the cosmic rays of creative power – and then instantly closes up again.

This exercise should be done at midday – though any time between noon and 4pm will do. We need to do it as regularly as we eat our midday meal. It should become as much a habit as washing our hands before we eat. Either stand or sit. Moisten the first finger of the right hand with the saliva in your mouth. Outline the nine petals one by one, starting at the centre, going up the inside of the petal, and ending in the centre. It is done clockwise – that is to say

### CHAPTER THIRTEEN

from left to right on the following rhythm: — - - — —  
for each petal. Moisten the finger between each petal.  
Each one stays open until all nine are done – then for a  
moment in time the ruby centre is fully exposed, draws  
in all it can receive and then the petals close instantly and  
remain closed until the ritual is repeated next day. Every  
day increases the receptive power.



## **TALK – On the Throat**

This exercise is one of the most difficult, both to explain and to do. I have understood that there has to be a fusion between the soul body and the physical, and that the point of union between the two lies in the throat. There is a receptive point there, which is like a battery or, to use another simile, like a sieve through which the energy that is pouring into the soul body passes into the physical body.

I was shown this point of fusion in the throat in the shape of a flower with nine petals of a brilliant whiteness, closed over the centre point, which is of a marvellous ruby light, and is really the beginning of our wing of direction. In everyone's throat lies this battery, the link between the two bodies, just as the brain controls the limbs and organs of the body, so is this battery the controlling brain of the energy that comes through from the soul body into the physical, if it is only partially operating, only a limited amount of energy passes through. In people whom we are used to think of as young or new souls there is a lack of balance between the two bodies. The centre must be open for this perfect equilibrium.

We are so ignorant of the functioning power of the blood, and the saliva is closely allied to it. It is, after all, the barometer of our emotions and is therefore controlled by the harmony of our blood. The white corpuscles in the blood draw in the forces of light and the red corpuscles attract the magnetic forces of the earth. I had a most interesting talk with a biologist, who had found what he called the divine substance in the blood. He said that if the component parts of the body were sorted out, you would find that half comes from the Earth and half from the Light forces. This Light is transmitted into the human organism through the white corpuscles, and saliva is the essence of that substance of receiving. Therefore when we open these petals, we are making a contact between the Light and our physical bodies. I have been asked why there are nine petals instead of eight or sixteen, or any multiple of eight, which is what had been put forward in previous occult teaching. I can only tell you that the ninth petal seems to be the petal of revelation – an unknown petal with an unknown result.

The ruby heart of this flower is the central point of the activity of our receptivity, and we will register a different condition of our power to receive revelation when it

becomes natural for the petals to be open. We come into this world with the centre protected, and when the soul is ready for the return path or the Way of the Resurrection Body, there must be a conscious opening of the petals. We receive the blood energy of the Body of the everlasting Cosmic Christ: it is being transmitted into the Christ within each one of us. So few of us realise the capacity we have to draw into us His Body and His Blood. As we draw it in, we take on also His power of transmission, so that in time we also shall transmit health and harmony.

As you do this exercise, realise that it does function. Just as water brought to a certain heat must inevitably become steam, so the contact of your saliva with the rhythmic opening of the petals must, just as scientifically, result in the disclosure, for one moment, of the centre, which attracts to itself the full charge of the Light that is eternally pouring down.

If we start this Technique on the assumption that it must go along any known line, we shall not get very far. These conditions are unknown and unexpected. We know so little about ourselves, and so little about the soul body.

## CHAPTER THIRTEEN

Even the terms Spirit, Soul, and Body are often confused. I can only pass on to you what I know.

*The Spirit* is the Eternal Energy.

*The Soul* is the Individual Eternal Form.

*The Body* is the Individual Finite Form.

Spirit is the uniting principle running through all form — you never have a fusion of soul, only of spirit. Christ is forever the Christ in form, and His Soul-Body the most glorious that any incarnate soul will ever behold, but His Spirit we can contact and attain to and become one with, in understanding and power. At death, your soul and spirit will throw off your physical body, but your soul will be always the form that will take on different garments on different planes. The spirit will change and progress till we all have the same quality of perfect Wisdom and perfect Love, which we will then transmit through our individual soul bodies.

If we had no separate body, we could not express that radiant loveliness of the incarnate spirit. People who

pass on keep their own individuality, but as they learn, the Spirit shines through their soul body. Just as family relationships are a permanent link on this plane, so over there Love is the magnet that draws people together in their soul bodies.

The Astral Plane is just as much a changing condition as is the Earth, of which it is, as it were, a suburb. The soul could not suddenly stand the rarefied atmosphere of the plane of Love, but once one is on the wavelength of Love, one can go straight through to the eternal habitation, here and now. With that contact there could be no fighting on this plane, and no expiation of sin, for the Law cannot be broken.

## The Equilibrium of the Name

This exercise should produce the equilibrium of the soul and body. In order to function perfectly on this plane, we have to establish a condition of balance in ourselves, between the elements of the Earth and the rays that focus in us from the heavens. This can only be accomplished by making of oneself a channel, for until we are empty of ourselves, a condition of harmony and equilibrium is not possible. While we do this exercise visualise the Name: the blue triangle at the back of the head, the Chalice on your head, and the line of light flashing into you and curling up on your left side.

Stand with your arms extended in front of you at shoulder level. Let the right palm face down, focusing the earth forces and the left palm face up, focusing the rays from the heavens. The edges of the hands touch for the little



## CHAPTER FOURTEEN

finger of the left hand touches the first finger of the right hand, and the thumb of the right hand points downwards.

On an out-breath, and to the sound of DEAY-AY-AY, move the arms from the shoulders, the left up and the right down. On the sound THU, and with an in-breath, bring them back to the starting position. Now to the sound of TH and on an out-breath, slide the right hand slowly over the left with finger tips towards palms, until the forces concentrated in the palms of your hands have met and can fuse. Then slowly on an in-breath draw them apart back along the same direction, and stand with arms bent at the elbows, elbows into your sides, and palms facing forward.

What you have done is to balance the two forces, visualising the Name as you move your hands. One becomes a channel instantly when one uses the Name, and one takes on His Humanity in which is perfect harmony and equilibrium.

Do this as a midday exercise, after you have done the Throat. It is not necessary to do it more than once, nor is it one to repeat during the day.

## **TALK – The Equilibrium of the Name**

We must learn together this technique of becoming the Christ and how to function here as they function in the Light world, to become all that which is taught in the New Testament as being the Law. What we are learning is Experience.

In order to function perfectly on this plane, we have to establish a condition of balance in ourselves, between the elements of earth and the rays that focus in us from the heavens. We have to learn to establish the equilibrium of soul and body – to get body, soul, and spirit into alignment.

When I was given the Name of Jesus, it was for the purpose of tuning my mind in to His Mind. Remember what the Name signifies – in it is all Life, all Love, all Knowledge and all Givingness. The sum of these makes up the Life-Principle of the whole cosmos – an eternal standard of living. Jesus earthed a perfect equilibrium of life for the human race, and when we do the exercise of the Name, for a fraction of time we become the Name, taking on His wavelength in the same way that one tunes in to some station on the radio. When we tune in to Jesus Christ, we

become subject to Him, and we become fearless in that contact because we are, for the moment, Him. When in this new exercise you add the gestures, you are fashioning the instrument for the receptivity of Light in the body.

You remember that the brilliant blue triangle at the back of the head, which comes down on the right side, runs along horizontally and flashes back to the starting point, is equilibrium and stability in matter. No material conditions could overwhelm Jesus. He was in unity with all flesh and was the Law that could make flesh whole. He was in unity with Life, He was Life. As you visualise the triangle and turn the left palm upwards, you receive in it the cosmic rays, and in the right hand, palm turned downwards, the earth vibrations; this is the first syllable of DEAY.

So the Triangle – Stability, the Chalice, Receptivity – and the Spiral, Transmission or Givingness, have now become synchronised with our physical movements. As the Light flashes through the head and body and pulses in the side, the right hand slides over the left, palm to palm, and a sparking comes into them as the contact is made. Then the hands come apart to an upright position with the elbows

## CHAPTER FOURTEEN

bent, palms facing forwards, and radiate out into the world at shoulder height. Thus the equilibrium of the World of Light and of the Earth is in our hands and goes forth out of our hands into the world. We have nothing to do with the direction of it because it has been done in His name and He is the only person who can direct the cosmic and earth forces. Our hands and feet are points that transmit light and life. People give through their hands what they are – in the laying on of hands, the healing touch; in the work of the artist, the musician, the writer, power and creativeness pass through the hands. The feet give to the earth the vibration of our own personalities. This accounts for the pleasure or discomfort that some places give – it is where some people have trodden and left their vibrations in the earth. I know that if ever I go to Palestine, I shall know where His Feet have trod – I shall pick up the vibration because it is there for always.

The world is an infinite condition. Because we do not understand the equilibrium of life, we have separated it into Heaven and Earth, but we shall never get an understanding of life on that basis. There is no separation between spirit and matter. The red corpuscles in the blood take the earth's energy and the white corpuscles

take from the ether the life principle of Light. At death the red substance of the blood returns to earth and the white returns to Light from whence it came. With birth, when the quickening condition of life occurs, something comes into the blood; the earth energy is there but it needs a greater voltage, which comes down and fuses with the energy of the earth and becomes one condition of life. At death the quickening condition returns back to the life force and the earth particles to the earth.

We must learn to establish our own equilibrium. It is so difficult to become really stable because of the condition of emotion in all of us – the emotion of fear, of love, of desperate despair. We long for a state of equanimity in which our peace of mind cannot be disturbed by emotions. The only way we can attain that equanimity is to become it, not to visualise it as outside and unattainable, but to bring it inside and become it. That is the great difference between Christ and us – He is, and we yearn to become: to become Love, to know no fear, really to love our neighbour as ourself. We cannot do it until we really are the Law. Mental suffering is the cause of all toxic conditions of the blood. Even after a healing of the toxic condition, if we return to a memory of past mental pain

that brings a recurrence of painful emotion, it will react and later manifest in the physical body. So it is important to do this technique quite simply and, having been given the wavelength of Jesus, to tune in to Him incessantly. By tuning in to Love, one becomes Love and the responsibility of loving is taken from us. We do not love our enemies but if we tune in to Love this Love comes through us, and as He has no enemies we have no enemies. When we are on our own wavelength, we find it hard to forgive and forget. The memory is with us. Like a flash I was given the understanding that He does not remember. He only remembers the points of our unity with Him, not the things that separate us. If we remember past pain we hurt ourselves needlessly. When the sudden memory of a hurt occurs, will you instead tune into His Name, and realise that by that experience you are forgetting? He is Love, Fearlessness, and the Power that can recreate all broken conditions.

Wherever we go, we give to the world that which we have and are. Because we are able to receive we are bound to give. Do not dwell so much on what has happened in the past, but be full of hope for what can happen in the future. Think what an unconscious radiation of the Equilibrium

of the Name can do to places and people. What we give consciously is of little value compared with what comes through unconsciously. 'Let not your right hand know what your left hand giveth.' When I speak of giving I am thinking of giving things that matter, such as one's time, one's interest. Everyone has something to give us and we and they are both enriched if we can receive from others something they have never been able to give before. Many people are shut into themselves because they think they have nothing to give, but they always have something to give us that we need. So I find every contact exciting because it is a joy to give someone freedom and release; when one receives from them it releases their power to give.

Jesus released in everyone with whom He came into contact the power to give. I understand now what a wonderful work He did in asking people to give Him something, since it released in them the power to receive His love.

Once during the day, do this exercise and become that vibration. It is coordination of mind and action. Be the very gesture and vision of the Christ's equilibrium on Earth. The left hand goes high up, and the right as low as

it can, and both come back again on one's own receptivity. We have to touch this world down to the lowest point of experience. Do not be afraid of experience, or of touching the earth. There is no place on Earth where He cannot go and feel at home. Only our little minds think that in some places there is less to love. If we keep our contact with love certain, we shall not feel the repercussion of points of separation, we shall find love in every other mind, and all other things matter not at all. If the hands, feet, and tongue are dedicated, the contacts made during the day will show how far stability is established and how far it can be overturned by circumstances.

We are never saved from difficulties. Only by going through this condition can we know the certainty of our own truth. We must come to know that there is a point of power that can transcend the reasoning of our brains, there is a way of escape He has given us, and when we find it every step has been worthwhile because of that way of escape. It is not a question of time. We cannot impose a time limit on others. There is the accumulated experience at people's disposal to use, and to go swiftly, so that the realisation of the truth of the Law can be arrived at in a flash. This quickening condition is happening in the



world. Some people can arrive at truth in the twinkling of an eye and there is no need to plod if we can arrive at the truth in a flash; you must realise that Light is a flash. St Paul was knocked down by a blinding flash of truth, and in a moment his unbelief was changed into a certainty of experience. This certainty can be ours also. All things that have to be changed can be changed as rapidly as we allow them to be. Length of time does not exist outside our own minds. This is the New Age, the New Covenant, in which we have all got the right to know Him. We have not the right to impose our knowledge – everyone will know Him, and no man will teach his brother.

One question I want you to put to yourselves and to answer it also: ‘How real a condition do you personally think this Technique in Light to be?’ You know how real is the sensation when you burn your hand. With this Technique you may get no sensation. We must however have the discernment to receive truth as an awareness. Never mind if you do not see or feel anything. It does not matter if you never have sensation, but if you find everyday life becoming a different experience, if you have different energy and integrity, know that the Light is in you, and that the Technique is for life and living.

## The Exercise of SAH-VAY

This exercise should be done in the evening after the AHLAH-HEAY-VE.

Stand relaxed and visualise a golden chalice above the head on the right side, and another chalice of a deep blue colour between the feet.

To the sound SAH on a deep exhaling breath, draw the golden chalice down to the ground, and simultaneously the blue chalice is drawn up through the middle of the body, up through the head, and is then filled with Light. At the same moment that the golden chalice descends and the blue chalice rises, a shaft of light rays out from the left side. On an inhaling breath on the sound VAY, the gold chalice ascends and the blue chalice descends, and the left side closes. This exercise should be done three times.

## CHAPTER FIFTEEN

The gold chalice is Wisdom.

The blue chalice is Christ Love.

The ray of white light from the left side is the beginning of our power to radiate love and wisdom into the world.

Wisdom is brought down to the earth from on high.

The Christ Love is sent through the human body and mind to be fused in oneness with the Father.

### **TALK – On the Exercise of the SAH-VAY**

There is so great a need at the moment for the three qualities included in this exercise. If we can get these three conditions perfectly poised – wisdom, love, and givingness – we shall have very few fears left. It is so difficult to be wise. It is quite different from being clever. One is sometimes afraid of clever people, but never of wise ones. We are told that if any of us lack wisdom we are to ask for it.

The need for wisdom is coming through most urgently at the moment. It does matter what our human power to radiate is; power comes from within the body outwards when we have been preparing to be empty enough.

If there were no human agents in the world there could be no wisdom earthed, because it is a condition quite apart from natural law or nature. The growth of plants and animal life would continue, but wisdom is the mind of God being transmitted into the individualised minds of the human race, and a really wise person must of necessity be exceedingly humble.

If we could make a parcel of all the knowledge and experiences of our past lives, and present them to Him, so that under no circumstances could our emotions ever betray us again, His gift to us would be wisdom and humility.

I think this exercise of the SAH-VAY would be tremendously enhanced if, when we send back the chalice of Wisdom on the sound VAY, we could visualise sending it back laden with the vanities of our minds. Let us be definite about what we send back. We are so little aware of the peculiarities and lacks that other people notice in

us. There are those thoughts in our minds that prevent us from being wise: those things we are nervous of or unable to appreciate. If we did not think like that, we should be able to answer all the questions people ask us, for our inadequacy would be filled by His wisdom.

The perfection of His Wisdom, and the imperfection of our minds, make a complete whole.

We cannot help being analytical, although this is usually an unproductive thing. Let us use it to help us to get rid of those conditions that are a stumbling block both to ourselves and to other people. We can make a real exchange, on the SAH-VAY, of our mind and His.

Do remember, from the experience of other people, when once you do an exercise and set certain forces in motion, they will continue to function all night and next day.

I want, if I can, to make clear what wisdom is. It is most important that the word should mean the same to us all.

It includes right judgement in all things. It is a condition of knowing instantaneously the answer to all immediate

problems – not those which should be dealt with in the future. Our wisdom **MUST** be a continual condition of inspiration. I suppose really that involves never having an answer ready to a question you know you are going to be asked. Know that you cannot know anything before the appointed time.

While I was away some new knowledge came through, and I want to pass it on to you, because it deals with Time. One is apt to think that time only exists here. I was made to understand that time is a rhythm that functions through every world and plane of existence. We know time as it functions in this world. I learnt that the rhythm of timelessness is as exact as the rhythm of time here. One rhythm is the rhythm of the soul, the other that of the body. The great revolt of the soul is because it finds itself, on incarnation, caught in the rhythm of time and space here. When our souls and our bodies function harmoniously together – when our bodies are dominated by our soul or Light body – then shall we know on Earth that freedom that the soul experiences when it leaves the body.

When one has knowledge one no longer rebels against conditions that seem blind and difficult, for we realise our

capacity to transcend those limitations. The Technique in Light is the method by which those conditions can be transcended. Life can then become the most marvellous adventure: every incident in it, whatever appearance of catastrophe it may present, can only be the widening of the door through which we are going to walk into our freedom.

I was made to understand that we walk into it with no more preparation than when we faint. It is a supercharged condition of consciousness, when we shall be so aware of this great incoming of Wisdom that we shall function quite naturally in Peace and Harmony and Certainty, and the old conditions will be quickly forgotten.

So will you look upon every step in this Technique as the most tremendous opportunity for happiness; the passing away of the old conditions with no clinging to them? Nothing can pass out of our lives if our souls have not really finished with it. Old emotions have to be discarded to make way for a much happier, greater condition.

I understand, a little, the method of this reconstruction, which is not to demolish the entire fabric of our humanity.

It is as if the old bricks were removed, one at a time, to make place for the new ones. The process is painful, because the bricks have become ingrown through the years. But bit by bit the old bricks are taken out, and the new ones put in. It is the very thing we have prayed for, but we never associate our prayers with the shape of the answer. We pray for wisdom and love, but when *any illusion* of love is destroyed we rarely see it as the answer to our prayers. We have to learn, urgently, the substance of illusions. Some of us, when we are offered a good solid brick, throw it away and put something more illusory in its place. Do know this – that when the time for giving up an illusion comes it is only because we are ready. We should welcome it as an opportunity for completely new construction. Nearly every morning I hear the words: ‘Fear not, fear not.’

Anything that happens in our lives is by our own choice, and is never imposed on us. If we could realise this, we have made our agreement with God, and whatever we need we shall receive. All the old fears and old antagonisms to providence would go, if we could see that every sorrow in life is a promotion, that courage is a recognition of answered prayer.



## CHAPTER FIFTEEN

The SAH-VAY is a shortcut and will save all of us an immense amount of unnecessary suffering. Bring down Wisdom, send through us that quality of the Christ Love that we have earthed, and begin our contact through the world, of the love and wisdom, to the human race.

## The Rhythmn of the Name

This is a most wonderful exercise. It is the Cosmic vibration of the name of Jesus, which is the vibration of world harmony, the equilibrium of all life in all matter. It is an exercise that must not be done for oneself alone, for it can include all souls and all conditions.

Visualise a silver chalice of infinite dimension, small enough to contain two people, or large enough to contain a group. In it you are standing with some other person or group of persons, and it is of a most lovely silver light, which must not be confused with white or crystal. We must know the different substances in Light and silver light is the substance of perfect containment, so if you are within, you are contained in it, and nothing that impinges can come through it. It is of the same condition in Light as a non-porous substance, so no light oozes away. It

contains the Will of God outside us, and yet in our own dimensions. It brings diffused light into form. As you stand in it, however wide it is, the sides seem to come up about as high as your shoulders.

Next visualise the brilliant blue triangle, to the sound DEAY-AY-AY as you did in The Name, but this time bring it down on your right side from an infinite point of Light to your feet. Let it run behind your feet, and go up again on your left side to the infinite point of Light. You cannot see the point where the two sides meet at the top; it is as if you were a figure standing at the base of an infinitely tall triangle whose sides seem to make a doorway. Draw this blue triangle down and across on an out-breath, and return it on the left side on the same breath. The 'DEAY' is a doorway, and the old masonic rites have been based on this great triangle of cosmic light. Draw it down three times until you are framed in a marvellous blueness.

The THU is made up of two arcs of brilliant white light that cross each other over the head. One starts from the left side, arches over your head, and goes down on the right. The other starts behind you, goes over the head, curving over the first one, and goes down to the ground

in front of you. Each one travels to a beat of eight on the sound 'THU', thus 'THU-OO-OO-OO-OO-OO-OO-OO'. Do the first arc on an in-breath and the other on an out-breath. It is important that you should always start the arc on your left side, and go over to your right, and then start behind you and go over to the front. You go on doing it, getting quieter and quieter, until it stops by itself.

The 'TH' sound of the Name we cannot do. It happens by itself. When you have done the 'THU' until you are so quiet that it stops of its own accord, then you have made the Cosmic Chalice, and the 'TH' is then given in an ecstasy of stillness. At the moment when the beat of the 'THU' is finished, the Spirit is poured down on all flesh.

The Chalice is for people only, but since Christ came to make all matter divine in His Name, this exercise can be used to protect not only people, but houses, trains, boats, aeroplanes, etc. For this purpose eliminate the Chalice, and instead bring the 'DEAY' shaft down and under the object, large or small, moving or static, that you wish to protect, and throw the rhythm of the 'THU' arching over it from side to side and from back to front. At night, when you are relaxed, you can visualise any place or thing and

put over it this protection of the Rhythm of the Name. We should not identify our personal selves with this process except when we are protecting our own house; and this we should do every night.

Do this exercise at least once in the day, at the end of the midday exercise; it can and should also be done at any time of the day or night whenever you want to bring the vibration of His Name over any particular person or circumstance. Do it also in bed at night over those houses or persons you want to protect. To protect a house, visualise yourself facing it, and then bring the triangle down on your right side, and send the arcs playing right over the house, from left to right, and from behind you to the far side.

The exercise of the Name was given us for our personal condition of receptivity, but when we use this further exercise of the Rhythm of the Name, we are identifying ourselves with His power to function in the outer world. It is like knowing Him personally, and also sharing in His public life of service to humanity. We cannot use the Rhythm too often or too minutely, for there is no condi-

tion of human life that is too trivial to be included in the perfection of His care and love.

### **TALK – The Rhythm of The Name**

This exercise is to be used for other people, and in the service of the world. It is primarily one of protection, and can be used against all conditions of disharmony. We all need protection against the world's many destructive conditions. How can we get it ourselves and secure it for others? The answer to darkness is light, and to disruption creative energy. Christ incarnated to Earth a creative force that should be stronger than destruction. How can it also be earthed in us, so that we can be the instruments and transmitters of God's perfect protective power to the world?

Of ourselves we can, indeed, do nothing, but there is nothing that cannot be done through us. The whole Technique in Light is designed to change the impotent self into a channel of the power of Christ. In the Name of Jesus there is perfect equilibrium, perfect receptivity, and perfect transmission, and if we are willing to be used in His Name on behalf of others, we can earth protection

for them, and as a member of our community, promote world equilibrium, world receptivity to true law, and world transmission of harmony.

In the first exercise of The Name, you received it for your personal equilibrium at the back of your head; in the Rhythm of the Name it comes right down to your feet, and it is not only a personal but a cosmic condition, to be used in world service. It protects not only flesh and blood, but all substances on this earth, and concerns all the elements. It is a protection against fire and all destructive conditions whatsoever that may harm human beings. There is nothing that cannot be held within its harmony and equilibrium. All of us here know, from our experience during the war, that it is a sure protection against all forms of disruptive energy, and if you will learn to be the agent for it, you can protect every person you care for.

As you flash down the blue DEAY-AY-AY, you make a doorway, and it is the threshold of a new condition of protective service earthed through you. The inverted arcs of white light sent on the sound THU-OO-OO from left (heart side) to right and from back to front, are flashed on that rhythm of eight, which is the Christ number, and

signifies an endless flow of energy from Heaven to Earth and Earth to Heaven. Everything under that protecting arch will have the protection of His Name, because you have earthed it for Him on a cosmic wavelength. His own feet earthed it 2000 years ago, and He sent His disciples out to earth it in every part of the world. Today it is more necessary than ever that He should have human agents for the same purpose.

The Rhythm of the Name can be used against disharmony and disruption in two different ways.

It may be used personally to resolve our disharmonies with our friends, families, neighbours, and enemies. In this case, it is important to visualise clearly the silver chalice. This chalice has the texture in light of hand-beaten silver, and it is a resolving substance. In it we may put, along with and facing ourselves, any person or group of persons with whom we are at variance, especially those whose mental radiation is opposed to our own. There is a love of the heart that transcends and is not changed by mental oppositions in the loved one, but the condition causes much unnecessary friction, which we can eliminate by this exercise. Everybody has a right to his or her point



of view, and we do not necessarily change this in others; we can give them mental freedom without an adverse reaction on our own part, and we do also help to resolve what is prejudiced and intolerant in their outlook. We may by the same means resolve differences with definite enemies, and with all people whom we find difficult. Use this exercise, too, for committees and conferences. It will help to make all the minds concerned receptive and harmonious.

The Rhythm is also a gift for universal use in creating world harmony. Do remember how desperately harmony is needed today, both in world conditions and in human affairs. But it cannot be had apart from the Name of Jesus. Only He is harmonised with all substances under Heaven, and can therefore resolve all disharmonies, including those of the human mind. He has the key to every individual mind throughout the world, and what cannot be done by any amount of human argument can be done through us by the creative power of Christ. Seeing that He came precisely to 'make all things new', why should the human mind and human nature be left outside this transmuting process? Unless we give our time to do this Rhythm of His Name, the world will not be changed. Jesus gave 33

years to perfecting the process of harmonising human substance; surely we can give 5 minutes of our day to our exercises. Do it in the morning, that you may actually be throughout the day a living radiation of His Name, not a Christian but a Christ, having His equilibrium, His receptivity, His power of transmission. Bring the power down to earth and earth it in your feet; do not let it be merely a mystical, an occult, or an intellectual proceeding. You can use it in your own environment, or at any distance for public purposes where men and women are conferring on important affairs.

The second way of using the Rhythm of the Name is for protection against physical disharmony and destruction. You can protect with it not only people but buildings and places. If you are throwing protection over a house, you may, if you like, lie in bed and visualise the blue triangle coming down on your right, running under the foundations, and going up on the other side; then throw the white light over the roof from left to right and back to front, making over the house a complete protection of light. I have done it over buses, trains, ships, aeroplanes. It is a condition of protection that nothing can deflect. Do not think there is any substance whatsoever that cannot come

within its scope, and do not have any fear. We fear because we have very little understanding of love, for 'Perfect love casteth out fear'. When I first did this exercise, I had the sensation of having my hands tied behind my back, so that I could not protect myself by my own power. I had it for a long time, until I learned by experience that, through the Rhythm, danger passed me by every time, and now I have a profound certainty of His protection in all circumstances. I know that no disharmony can touch me if I am tuned in to this Rhythm. His Name is perfect protection, but do not fear and doubt, because a doubting mental radiation cuts off and insulates you from the love that protects.

Often we do not have the protection we might because we forget to ask for it. Every day must have its own quota of light and energy, life, health, and protection. If you do it today, you must do it again tomorrow. We can all have protection and health every day if we ask for it every day. Our health deteriorates because we do not get it afresh every day. The Technique in Light has been given to us for that very purpose; to get fresh experience each day, and to renew daily our health, our vitality, and our protection. If we thus reconstruct ourselves as a daily process, we

## CHAPTER SIXTEEN

cannot decay and grow old. If we are faithful to it, there comes a time when the old self passes away, and the new self becomes integrated in this new experience.

Do the protective Rhythm of the Name mostly at night over your friends and the places where they live. Thus He can send out, through a person who cares enough to do this service, a profound condition of protection for all in need. It is a secret service of love.

## HI-YOU-MER

### A Midday Exercise

Visualise a ray of brilliant white Light above the head. Place yourself directly under it. It is the Will of God, and is composed of all the myriad colours that go to make up the white ray.

Hold the hands up, with palms facing outwards, and arms bent at the elbows.

Visualise in front of you, at the distance away of the head of your Figure of Light, a knife edge of pale gold Light. This is the edge of a ray that stretches to Infinity above, below, and horizontally behind the knife edge, which is all of it that you can actually see.

On the quick in-breath sound of HI-YOU, draw this edge of light towards you, so that it will cut you on the medial line. On the sound of 'HI' the Light cuts upwards, and on the sound of 'YOU' it cuts through the body. It is so quick that the two movements are almost simultaneous. Then, on the out-breath sound 'MER', a suffusing glow of the transmuting amethyst Light pours through the body from head to foot. Do this three times.

Then stretch out the arms sideways, palms down, forming the Cross, and repeat the exercise three times. The 'HI-YOU' part of it remains the same, but this time there will be no suffusion of the body with amethyst Light on the sound 'MER'. Instead three different reactions take place. The first time, on the sound 'Mer', the pale gold Light pours down the arms and through the fingers: the second time Breath pours down in the same way, and the third time, Breath and Light together.

Do this exercise six times in all. The 'HI-YOU' never varies; the 'MER' changes from suffusion of the body the first three times to (1) Light, (2) Breath, and (3) Breath and Light together flowing down the outstretched arms.

Pronunciation: HI as in ‘my’, YOU as in ‘you’.

## **TALK – HI-YOU-MER**

This is an exercise that has to do with the synchronising of very rapid movement in Light. When you visualise it, your vision must function with the speed of light, which to our seeming is instantaneous. All light has this quality of timelessness, and quickens the action of all living substances. When it enters the bloodstream, it sparks it into immediate life; when it leaves it, life is at once extinct. The time factor does not exist in the divine world of Light. ‘Let there be light, and there was light.’ But with us there is a long interval between thinking about a thing and carrying it out. We can postpone an activity for a whole lifetime, or indeed for many lifetimes. Which of us have not, in some life, wanted to make good, to live a life of service, to love our neighbour, yet somehow or other a million things have intervened to claim our attention, and we have put it off to another time.

This exercise of the HI-YOU-MER is for the coordination in our minds of thought and activity. It is an instantaneous visualising and activity of Light. When it first came

through, I was made to see two actions in Light done simultaneously; a cutting up and through at the same time. Perhaps you will be able to get your own inspiration of this quickening process of thought and action. I saw a knife edge of gold Light going up to infinity, and down through the earth, and stretching backwards. It was the edge of a ray that would move on the sound HI-YOU, cutting up and through me simultaneously. In Light, up and through can be one movement, but I had to separate it into two, and the reaction to this was a suffusion of the Transmuting Light right through my body. If we had not done the evening exercise of the Gold Spirals and Blue Circles, and prepared the body by the cutting spirals, the HI-YOU-MER would pass us by, being unable to come through because we should still be full of resistances. The evening exercise gradually reduces resistance, until we are able to attract this condition up and through us.

This condition of simultaneousness is utterly foreign to our nature. We are not people who get inspiration in a flash, and can register true understanding, and we may never have had a contact with absolute truth. Truth is a substance of great beauty and a condition of reality that enters into the very texture of your body, so that



your whole self makes a true reaction to experience. It is something much more intimate than a mental comprehension. Jesus was the living embodiment of truth as He stood before Pilate and for this reason could not begin to express its fullness in a mere verbal explanation.

When our minds make a real contact with the Infinite Point of Light with the Father and the mind of God, we must in a flash get something, but it is lost again almost immediately, and we are apt to feel that it must, therefore, have been an unreal experience. Then we fall back on the mind of somebody else, or the written or spoken word, or identify ourselves with the radiation of the human being we most love and admire. We take on that radiation of thought that is nearest to our heart, and this is in itself an instance of how the law of truth works. Truth is far more closely connected with the heart than with the brain, and we cannot get nearer to it than our heartbeat. Jesus' heartbeat is in complete oneness with that of God, and therefore He embodies absolute truth of being. When our heart beats with Him, we too will know what real truth is, and will embody it in our substance. When the new covenant was promised, it was in the inward parts and

in the heart that God's law was to be written, not in the brain; it was to enter into our bodily substance.

We all subscribe to truth, and would not knowingly lie to our neighbours, but none of us could claim that we make a wholly true reaction to the situations in which we find ourselves. It is often fear that leads to insincerity. In the love of Jesus for the Father there was no fear, and therefore no substance in His contact that was not true. We, on the other hand, often do and say untrue things in self-protection, or because we are afraid of public or private opinion. If we had confidence that we were the expression of His mind and heart, we should never say or do an untrue thing.

The HI-YOU-MER exercise will bring about this individual freedom from fear. You cannot do it on anybody else, and should not try. The exercise is for the cutting up and through of the individual body, the temple that was meant to hold the substance of truth. If we will do it to our own body, we need not worry about insincerity in others, for our own sincerity will help to release the same quality in them. Many of us, however, though true in the main, are not entirely sincere, and are subject to illusions about our-

selves and others. Illusion is a step away from truth. We often dress up an awkward fact in the tinsel of our own desires and hopes, and are afraid to tear down the veils of our illusions, lest we should find the truth beneath too drab to be borne. How mistaken we are! The substance of truth has the most beautiful colour and texture, which is beyond description. It is something your inner eye can see, but cannot compare to anything seen before; it has a colour not yet earthed, so you will not see it objectively, but the radiation of it is unmistakable. When a person tells you the truth, something in you responds, and recognises it at once.

Truth is often not understandable, and is beyond human reasoning. The mind cannot induce it, but it comes in a flash, like a quickening process. It is not the result of meditation. We shall never be able to think the truth into substance, we shall only be able to receive it, and the exercise of the HI-YOU-MER prepares the body for this reception. Truth gets earthed through your Figure of Light; it does not descend on your head, but comes to your feet, and can flash up and through you, and identify you with your divinity. Its divine substance flashes into you from the eternal radiation of the body of God. You

cannot impose truth on anybody else, but as you receive it yourself, you are bound to transmit it. If we were receiving this lovely substance all the time, it would come out of us as a natural radiation of our being, and would result in the elimination of fear. You cannot have fear and truth at the same time.

On 'HI' the Light cuts up the middle of your body and head, and on 'YOU' it pours through into your wing of direction, vitalising it, and going infinitely back. This is most important, for if your wing of direction is vitalised every day, you cannot take the wrong turning. You may think that circumstances will be too strong and overwhelming if you have a difficult day ahead, but do your HI-YOU-MER so that your wing of direction will be in full activity, and you will not need to depend on your common sense, or reasoning mind. I have learned that the things that I do on my own initiative are hardly worth doing, but the moment I ask for His direction I know the right thing to do, and the answer is often immediate. We are so accustomed to a time lag that we feel it is almost presumptuous to expect an immediate answer to our requests, and are resigned to long waiting, but with God everything functions instantaneously. There is no interval

between request and answer, and if the answer does not come it is because there is some insulating factor in us, so that either He does not get the request, or we are unable to register the answer. It is for us to consider what it is in our own mental condition that provides the insulating substance, for God cannot fail to answer at once, any more than there can be an interval between the striking of a match and the flame.

Light must function with the speed of Light. You cannot do the HI-YOU-MER slowly, for then you will not be doing it at all. As you think the sound, the Light is up, and before the sound is out of your mouth it will be both up and through. I wish I could demonstrate the quickness with which I saw it happen when it was first presented. It is the speed with which His mind and body functions. It is in our humanity that the time lag exists. The doubt and uncertainty in our minds set up resistances in the body, and make us unable to receive the answer. The line of communication between us and Him is slack, and though He answers, we do not register it. As we quicken up, so will the answer to our contact with Him come back more surely, and quickly until it becomes instantaneous.

When Christ asked the Father for anything the answer was immediate.

The condition that we really need to achieve, is the synchronisation of thought and action. We do not know what it is to make thought and action simultaneous, but ponder a matter at great length before acting on it and, should it turn out badly, lay the blame on insufficient thought. The contrary is really the case. Our prolonged thinking has destroyed His ability to function through us instantaneously. As, however, experience frees us from uncertainty and fear, we shall react with increasing sureness and speed.

Do this exercise whenever you can. You will become conscious of the freedom of your spine, and this brilliant ruby organ, the wing of direction can be used by Him almost like a speaking tube. Direction comes in, and you will be stabilised and increasingly confident through experience of the reliability of this spontaneous direction. When your brain has worked out a plan, you see the sequence of cause and effect, but there is no sequence in spontaneous action. Sequence is a necessity of the human mind, but not an attribute of the mind of God. He has no sequence; He is.

When we have this instantaneous contact with Him, we shall find that we do not have to work up gradually to an end; it is. It is a quickening we shall know to be true.

Do realise that Jesus never thought out His miracles, and could not have done so. A miracle is a spontaneous happening dictated by the need of the moment, and past experience is not necessary. Our bodies have to learn how to demonstrate something absolutely new in human experience, which cannot be fitted into the old patterns. We cannot understand it with the brain, because it is not the work of the brain, but we can make our whole bodily instrument able to receive the new reaction and substance. When we become perfectly receptive, we are finally freed from our karma and from the tyranny of our fears.

This exercise coordinates the mind and body. It goes right through the trunk, head, brain, and skull, and cuts through the spinal column. It is a substance that goes eternally on, and I never see the end of it in Light. Do not watch what it does at the back of you, but be aware of the Transmuting Light generated within, and filling the whole body. You may now leave off the Throat exercise.

## The Cross of Breath

Stand relaxed with your arms outstretched, thus forming the cross. Visualise the Infinite Radiance (which is the Father) and draw, on a deep in-breath, His breath, His Love through your head and body so that you are empty of all but breath, like an empty vase that is full of the invisible air. Then exhale through your arms and hands, radiating your emptiness and His fullness to the world.

Will you visualise one or many friends or patients on your right and on your left, so that what you receive in utter selflessness can go straight through you to them; thus they must receive HIM.

This exercise may be done frequently during the day, so that selflessness may become a habit of our minds.



## **TALK – The Cross of Breath**

The shape of the cross is of pre-Christian origin. The form was used in the very early days of civilisation to receive and give out energy, and for this it is a perfect formation. The force comes down to Earth in the vertical plane, and is thus literally earthed; it is transmitted horizontally through the arms of the cross. Put the two together, and you have a perfect instrument for reception and transmission of force. Jesus wanted to teach the world that the most perfect instrument of all for receiving and transmitting the life and love energy of the Creator was the human body, which was originally created for this purpose. To make clear this teaching, He consented to take on a human body Himself, thus demonstrating this truth in living form on the physical plane.

Breath is impersonal life force; the breath of God. Through it we can receive and transmit the love of God in the form of a cross in this exercise. The world believed that God was power, but Jesus came to show in physical form that He is both power and love. ‘The Father is in Me, and I in Him’ He said, and His life on this Earth was the full

expression of true form, love, life, and law. In this exercise we too may learn to express true form and law.

The substance of breath is taken by us all completely for granted, and we do not stop to consider how very potent it really is. It is the substance in this world down which comes the spark of physical life. Without it no baby can begin to live, and when it ceases to function, life is extinguished. Breath also has other qualities not known to the uninitiated. It can eliminate thought, and produce a condition of emptiness. We badly need to be emptied of our worrying, restless selves, but it is a state that cannot be produced by mental activity; it must come right down into the body, and make mind and body into one.

As we see ourselves empty of all but breath, we create a dynamic condition in ourselves in which Divine power can function. We cannot grasp what a great effect this will have. It will take away all undesirable personal radiations, freeing us from those nervous physical reactions that are the result of mental and emotional tension. In most of us the mind has the body in complete subjection through its power to create undesirable mental pictures that react harmfully on the physical self. This exercise

will empty us of these destructive conditions, and fill us instead with divine serenity and power. It is a watching exercise. Be still, see yourself filled with breath, and you will feel its buoyancy, and receive a plus condition that is more powerful than thought. It enhances the capacity for unity with divine substance. It is a track down which the Spirit can spark, filling us with divine wisdom and love, and emptying us, without effort, of selfish and harmful reactions.

Emptiness of self is not an easy condition to attain, but only because we go about it in the wrong way. It cannot be done by the mind or conscious will. We all have an overdose of personal endeavour to attain personal satisfaction, and it leads only to friction and indecision. We need to know our self as it really is, and then to get rid of the undesirable elements. Put away comparative thought. Do not compare yourself with Christ who is too far ahead of us, nor with your neighbours, whose progress and experience are quite different from your own. It is breath that can make the self empty, and give a plus condition of divine power, so that our emptiness becomes a supreme gift to the world.

We should do this exercise once a day; preferably in the middle of the day so that, for one breath at least, the normal restless rhythm of one's personality is stilled, and our waste thoughts and emotions are eliminated. The exercise promotes capacity to receive a new quality of health and energy. Do not think about the ingredients to be emptied away. All will go, and serenity will take their place.

Do not separate in your thought the material and the spiritual. Become material-minded in order to make the matter divine, and transmute mundane and sordid activities. This exercise is to bring about the complete coordination of the physical and spiritual self, so that we are fully integrated, at least for one moment of the day. The serenity and gaiety of Christ and His understanding of our need are always there, but we cannot reach them until we are rid of our own picture of our needs and personality. We shall never know what adverse conditions the 'I' creates in this world through its preoccupation with the self, nor do we realise what it is creating in the world beyond. My brother told me of the way in which prayer operates on the next plane. The activities of our minds become visible substance over there, and every thought

is substantiated. If we are egoists here, we must meet our egoism in visible substance in the next world, and that will be our judgement. Jesus undertook the enormous task of presenting to us this law, and showing us the necessity of reconstructing the individual here on Earth. That which is still bound on Earth is bound in Heaven and we cannot be freed there from conditions we have created here. This exercise is of great importance in beginning to free us here and now. By the exercises of the Technique, this freedom can be achieved without mental effort. It has been made possible by the resurrection of Christ, who took His body back to the next plane that He might broadcast to us from there. We can put on His body in all its parts and activities, and function freely as He did when we are empty of ourselves. Inhale, and see yourself filled with breath, and the result is inevitable.

## The Exercise – AH-MOO

This exercise follows the Crosses on Hands and Feet and is the last of the morning exercises. Visualise in front of you the undefined, radiant Head of the Christ. Your hands are still full of the Light that you brought over your head in the Rhythm Over the Head exercise. Stretch them out sideways, palms facing upwards, and on an in-breath and to the sound AH, there goes a brilliant line of light straight from the right hand into the Mind of the Christ. Sweep your right arm forward and up until your hand is pointing directly towards His Head. Still holding this vision in your mind and allowing no thought of your own to impinge upon it, on an out-breath and to the sound MOO, sweep the left hand forward and up in the same way, and let the left wrist lie over the right wrist, with the palms facing down, then turn both hands inward and upwards so that the palms are towards your face and uncross them.

There is a radiance in the left hand and this crosses the line of Light coming from the right hand.

Then listen, and into your mind will be dropped the message for the day.

Sometimes this message takes the form of a text, or sometimes there come words of encouragement or help. Sometimes it is even a warning, which, if you have disregarded or forgotten, you will realise by night-time that if only you had not done so you would not have stumbled or acted wrongly during the day.

### **TALK – The AH-MOO**

I want to talk about channelhood because our revelation is increasing; fresh things are coming through all the time and we have been too concerned with results. Once we found healing was one of the results of channelhood we have been concentrating very much on our capacity to heal. None of us know what it is like to have the capacity of a Christ. We have looked at His healing and His miracles and have known that the same result should come through the ordinary individual that came through Him, if the law

is understood in our humanity. The pattern of the law was mentally understood by the Jews and that is why He had to come to them, but where the Jews failed was in understanding the law in their humanity. They are a receptive race with most receptive brains and this magnetic attraction on their receptive side is in their blood, but nobody could call the Jews a warlike positive executive race. The Nordic races and all those of non-Jewish blood are more positive than receptive, and we have only to look to the humanity of Christ to see the perfectly balanced condition in His humanity.

It was not enough for Christ to understand the pattern of the law: He could talk to the Jews in their temple and expound the law to them, but for 30 years He had to go through the training of becoming a perfect channel. His ministry was the manifestation of His channelhood, and what the Father needed of the Christ is not necessarily the same as what the Father needs now. The needs of 2000 years ago were supplied by Christ but the needs of today are different, and there is this utter necessity for the Father and the Christ to have instruments through whom to work, and who will get inspiration over the everyday things of life. Christ was an ordinary living person of



His day. His concern was to make it understood in His day that a person like Nicodemus, if he would follow the formula, *could* have as great results as Christ Himself.

Therefore we must look to our channelhood, to our capacity for being used as Christ was used, as a perfect instrument getting inspiration for the needs of the world today. We have to be accurate in our service. Our tendency is to conserve worn-out needs and to preserve that model founded 2000 years ago, without understanding that it is our capacity to provide a new model, a new manifestation of life. It can be new if we get a group of people who live their ideal. Our service to our neighbour is our ideal but the difference between having an ideal and *being* the manifestation of it is very great and we cannot do it in our mental processes.

The keynote of the Christ is direct simplicity of language, form, and manifestation. It is extraordinary to me that the more I live the Technique, the closer the New Testament becomes. Many people think that the Technique is a difficult and complicated system – they try to understand it and never will. Certainly I never have — I have only understood through the experience resulting from

the Technique. If you will do the Technique perfectly simply, your reaction and results and revelation will also be simple. If you make of it a complicated system, your understanding will be complicated. There will be no direct understanding between the mind that finds light complicated and the mind that is light and radiates out light. It is *our* mind that is complicated and not His; it is *we* who analyse our experiences, wanting to relate them to something new instead of accepting the fact that we cannot know because we have had no previous experience to guide us.

Because of the Technique in Light, it becomes possible that our reaction to the breaking of the law is so instantaneous that we do not fail a second time on the same spiral. The slow progress of the spiral of experience is going on in us.

I have had an understanding that is helping me to realise that this Christian Initiation is the freeing of the individual on earth from all the consequences of his past lives, so that he goes on free from all the things which have bound him in the past. The driving force of the ego's own will is always providing the ego with sins of omission, which

are as great as sins of commission and more subtle, for we never recognise the things we might have done, because there is no reaction from another person to show us the truth. I wondered what I could do, for the people I have hurt are dead, and I cannot make amends now. I recognise the truth, and the recognition of the truth of one's condition is the substance of that forgiveness, which is the marvellous radiation of the Christ. When one does not excuse oneself, one gets into touch with people who have passed over, and the forgiveness and unity of heart to heart is accomplished.

Then I remembered that when my brother went over he came back and told me that he had a capacity for understanding spiritual things and had not used it. I knew his warm-hearted life and compassion and love for humanity had been very great, and I tried to show him that he need not worry about the things he had not done, but rather remember the things he had done. But no! He said that he had had the capacity and had not used it, and nothing could excuse him.

We of this Christian Initiation are given the chance to loosen here on Earth that which is bound in Heaven, for

that which is bound on Earth is bound in Heaven. I want everybody to realise that in the perfection of our channelhood this condition of freedom is inevitable. We shall all be shown what we are, not by friends but directly by Him, and the object of the Technique of Light is that we receive direct our contact with the Christ's mind and we are going through this process.

Therefore I want you to concentrate on your capacity for this condition of channelhood, which is the Christ. It is having the Christ body, not only earthing in our minds the wisdom of Christ, but earthing in ourselves the capacity to manifest His wisdom in our own bodies. Because He is the model of resurrection, we have to go through this experience while still alive, for there is no resurrection on Earth until we are free, until we have died to ourselves. I believe that this death is what we are all going through; we are all dying to ourselves. All this is finished and to some people it is very grievous. We have been so concerned with results and I get letters from people who ask what is wrong because they felt the exercises should prevent these difficulties in their lives, and they think they cannot be doing them rightly. They are doing them rightly, for these difficult times are but our own destiny and we have

drawn them to ourselves. If we did not have them here, we should postpone the condition until another life, so in this accumulation of difficulties we are going through, let us know it is the last trump, the last condition before freedom and resurrection.

Do not think of yourself as being wafted up in the resurrection. Remember the body of Jesus after the resurrection, when He walked the Earth as an ordinary human being. Do not expect a marvellous expression on people's faces but a marvellous radiation of creative energy that will be going out to everyone and they will not know it. It is not a visible resurrection, but the essence of creative energy expressed in beauty. Wherever beauty is to be manifested, we must manifest it. Nothing that is harmful, self-important, egocentric or making an individual a person to be envied, but building a person to whom everybody will go in love and in the certainty of the solving of their problems. There will be created a radiation of great happiness, and that is a very rare substance.

How frightened people have been of happiness and felt it too good to last! He has promised us that the fear of unhappiness and the shedding of tears is a condition

that shall end. Imagine if the world were like that, with no power to impose pain on any living person! That is Heaven and a state of heavenly exhilaration, a state we can arrive at if we die to ourselves.

This substance of light illuminating us inside and out is the only energy that will provide us with a new and living instrument to manifest that happiness, and no other substance on earth can do it. It cannot be done by taking thought. This 'I' always functions – safety first. People say: 'I must be safe and think it over.' They cannot accept it until they have done something about it and watered it down until they have presented it to themselves in a form they can accept.

If we are to be perfect channels, we have to accept things we do not understand, and have never experienced before; things we cannot relate to anything else and, above all, which we cannot relate to the past. That is what is needed in everybody – a new experience every day that is unrelated. Christ never went through anything twice. Every step in the Christian Initiation is something new starting in our physical selves. There is no limit to the energy He can pour through us, nor to the change that can take place

in us and to the texture of our flesh and blood. There is a new human substance that cannot be brought into manifestation until we have died to the old pattern altogether.

The formula for doing it has to be accurately applied. If I leave off doing the Technique and am cloudy in my mind and do not seek revelation or continue to make a contact with His mind, though the desire of my heart is to ask Him to teach me something new, I shall not get it. It will not come, I can only bring it in at the moment and not because of past virtue. I have never done anything in the past that can guarantee the present: the present is my only guarantee; as I think, so am I at the moment. That is channelhood, and the result of that channelhood must be healing and all creative conditions of beauty and a wonderful manifestation. Do not let us look at results, but at capacity. Do not let us have to go on the Other Side and look back and say: 'I had the capacity, why did I not use it? Was I too lazy or too busy?'

When He invited the people to the feast, they said they were too busy, and their reasons were varied. We have to get our revelation about that. When He asks us to do a job, He will find time for the things that need to be done. It is

always His concern to fit in needs, so do not let us worry, because He will put first things first. Get into the habit of receiving direction and knowing that it grows through experience. We shall never know if we do not give Him the chance to give us that experience, and we cannot do it by much thinking, but let us say 'Shall I or shall I not? Direct me.' In that quick-sparking moment you will and must get your direction if your brain is not quicker. It is the quickness of your brain that sparks in and insulates His direction.

In the AH-MOO exercise this direction of our mind onto the Radiant Head of Christ as a physical gesture is a most important power in us to focus. I cannot do a single thing until I have got the note for my day. If you draw the light over your head and into your hands and anoint yourself with the oil of light, then after your hands have travelled up on the sound of AH, while you listen, with your eyes on the bowl of light, the sound of His direction will come down the rays. I do it again and again during the day when I need direction and contact with His mind for services, but never for my own personal life. Often when we do not know what He wants of us, He gives perhaps one word. It



was on this exercise that I got the understanding of my sins of omission.

I think the AH-MOO is important because of our mental capacity for confusing the issue and not learning to receive direction from a definite sparking point. We know we can receive direction when we least expect it, but when you want it and ask for it, the focusing of your eye and ear must be a unity. If we focus on light, that contact of our mind with His mind sends a reaction of sounds to us, and unless we focus on the Infinite point we cannot expect or receive. It is a law that if we shoot our mind up to His without wandering we get it. As your eye travels through the mental plane that the human mind has created, as this diffusion of thought strikes diffusion, it will wander unless it strikes a point. If you get something you cannot comprehend, be glad, for it will be a new experience of accepting something incomprehensible. Those of us who are very concerned with channelhood know we are given much that is quite beyond our comprehension, and it is exhilarating because our mind will, at a given moment, be able to contain that which, when it first comes through, it is unable to.

## Postscript

To those whom it may concern:

If you have learnt how to contact the Infinite Point of Light, and now, every day, put on your Armour with the speed of Light, you realise that you have started on a new and living way. If you wish to continue learning and sharing, there is a second series now published.

This first series is for developing our conscious capacity. The next group of exercises is designed to bring our deep subconscious selves in to our consciousness, so that we may be freed for ever from past mistakes and ignorances. Christ came to free us from our past. It is a voluntary process, and those of us who have gone through it know that freedom from self is freedom indeed.

### By the same Author

*The Armour of Light Part I*

*The Armour of Light Part II*

Provides a deeper understanding of the Law of Eternal Life, which operates through Christ whose promise to us was 'Greater works than these shall ye do because I go to the Father.'

Part I must be practised and fully absorbed before embarking on this advanced technique.

### **LISTENING IN Record of a Singular Experience**

The author tells quite simply of communications with her brother after his death in battle. Resurrection is clearly apparent to her and Reincarnation is more than suggested.

The experiences recorded here reinforce the dictum, 'There must be something' beyond common consciousness.

### **THE TRAIL Lectures on the Technique of Revelation**

The author describes how, by a certain special training, she became initiated into absolute spiritual consciousness.

The knowledge of how this power may become universally accessible is here communicated with persuasive conviction.

