

THE MESSAGE OF THERESA VANDENBERG

I am Theresa--Theresa Vandenberg. I was a nun. A nun of the Sacred Heart in New York State, in 1862. Most of my life I believed everything I was taught, but now I know better--a great deal better. But we have many nuns over here who have not changed their beliefs at all. They still belong to the Church and to their Orders. They are really sincere and do good work, because millions of souls come to this side of life who cling to the old beliefs, and they need the help of those who accept them with an equal fervor.

"I have come out of that state; I was ready to come out of it long before I passed over, but then I was an old woman, nothing would have been gained if I had spoken of my thoughts to others. Only sorrow and trouble would have come of it. But I knew even then, as I do now, that life is far too great a thing to be summed up by any set of teachings. Since then I have studied philosophy. If anyone asks sincerely, 'What is Life about?' he cannot remain within the bounds of any creed. The creeds taught to mankind are stories told to little children--and yet, there is little use in telling them the truth. Children are children still, they cannot understand the truths of adult knowledge.

"Compassion--let us have compassion above all; Love goes with it, but teachings do not. If a man is to rise from the thralldom of sorrow, he must first have love. And love is nothing mysterious, it turns on understanding of our fellow man...Yes, the saying is true, to understand all is to forgive all. More, it is love...As to the love of God, it equates with the love of Wisdom. Whoso loves Wisdom, loves GOD. Understanding, Wisdom, Love of God, love of your fellow man, the uniting of all men in brotherhood--all these are one, all flow from one and into one, each one involves all the others.

"Christ, as I see it now, is an Ideal. Jesus was a man even as other men, though highly exalted in wisdom and perfectness. By the virginity of Mary, the Virgin Birth, the Immaculate Conception, I think is meant only that Jesus was filled with wisdom and goodness and love; he loved and the God-Force responded to his love, as it always does. Always, the Universe responds to love and wisdom--even evil things do this. Evil itself is part of the Divine Manifestation.

"You ask concerning the group soul. It exists, it is not an entity, it is intelligent Force. As for the Archangels, they are singular Entities, and they were once men and women on this earth. It is my belief that the soul does not enter the child body until that body is ready for it, being fully formed in all its parts--until the new house is complete and ready for it. I know the teaching on this matter, but the Catholic Church presumes too much. I shall say at last, what is in my heart. The authority of the Church is authority for the ignorant only. It is naught before the face of Wisdom.

" 'The love of God', "said the communicator, "is the religious expression of the relation between the Absolute and its manifestations."

NOTATION TO THE MESSAGE OF THERESA: This message was delivered through the trance mediumship of Mark P., at San Diego, January 5, 1947. It is the first communication of a distinctly religious and moralistic turn which has been received in the present series of seances, and seems to have been occasioned by playing of the Ave Maria on a phonograph record. The communicator spoke with clearness, strength and impressiveness. Its content was unexpected and quite foreign to the thought-habits of anyone present.

The communicator Lo Sun Yat, a Tibetan and a very learned personality made a brief comment, immediately afterward, on three points:

"I do not understand the distinction made by occultists between a group spirit and a group soul. To me they are the same thing. The group soul is not an entity; it is a flow of cosmic energy instilled with intelligence. It is as if electricity, for example, knew what it was doing.

"The conception of the Archangels is a true one. The great Spirits which stand before the Throne, as your language has it, are singular Entities (i. e. separate and individual Beings).

"Jesus the Christ and other great teachers also were building for themselves their Archangelic bodies, even while they dwelt upon your earth."

The Mark P. seances are not "message circles", nor spiritualistic meetings in the usual sense of the word. The medium receives no compensation and is considered thoroughly honest. The purpose is (1) to assist troubled and bewildered persons on the "other side", and (2) to gain as much factual information as possible about other-world conditions. The honesty of a medium is in itself no guarantee against deceit by the communicators. There have been occasional impersonations, such as that of "Sir Isaac Newton" who knew no mathematics and less Latin, but was a very smart fellow for all that. And it is obvious that the true identity of such personalities as Lo Sun Yat cannot be verified.

All one can say is, that they are (very often) powerful, learned and fully integrated personalities, and that there is no reason to suppose them fictions of the subconscious, etc. The RR Editor merely reports, from time to time, communications which seem of interest. He does not guarantee anything, and tho he personally accepts the communicators as being incarnate human beings (having no reason to do otherwise) he does not thrust his opinion upon his readers. He only entreats the sceptical-minded to suspend judgment, and above all to continue to investigate with patience, and growing knowledge, and with a critical but open-minded attitude. As to the message of "Theresa Vandenberg", it seems to have in it a measure of wisdom and beauty, and commonsense as well, sufficient to justify its inclusion in this brochure.

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JANUARY 12, 1947, at San Diego

Present: Mark Probert (medium); Irene Probert (wife); G. W. Opdycke; Hertha Kipps; Dr. Cozman; Mrs. Cozman; Betty Long; Christina Leriche; Meade Layne.

Considerable delay at beginning of seance, perhaps due to the presence of new sitters; then Mark P. Passed into trance but the controlling personalities were unable to speak. Finally the Tibetan control Lo Sun Yat appeared, with usual motions of turning a prayer wheel. A conversation had been going on concerning phenomena recently observed in Mendocino County (California), and Lo Sun Yat took up this subject abruptly.

"The conditions in Mendocino seem new to you; that is not the only place, and they will become increasingly common. The etheric world is opening like a curtain. Places with similar conditions exist everywhere. But this condition is a passing one; it is a phase of the earth's history, rather than due to any lowering of the threshold of consciousness--tho there is something of this latter also. And the attitude of mankind has a bearing on these conditions. If nothing is done about it, if no attention is paid to it, or it is derided and cast off, the conditions may not recur for a very long time. It is an opportunity offered to mankind to learn something of other planes and other orders of evolution. The nature spirits and the elementals will be visible without clairvoyance, to normal vision.

"You are to learn new laws of Nature. Do not be afraid. Man has nothing to fear. Foolish teachings are largely responsible for your fears.

"A good many of your old friends seem to be back tonight and many others are standing around watching this seance. Some of them are overcome with amazement. There are a great number of people on this side who do not know about means of communication between planes, or who do not accept it. They will learn in time, just as all the folk on your plane will.

The control Lingford followed Lo Sun Yat. He spoke of his long absence from the meetings, asked for his usual cigaret. "I have been looking around to see what interesting news I could pick up for you. I want you to know that before this year is out, a machine will be perfected for communication with the etheric world. It will be derided and scoffed at and fought over no end. (Q) This machine will be invented by an advanced electrician and physicist, and it will knock a lot of religious ideas into a cocked hat. (Q). It will be constructed in the east, I believe in New York City. It will employ a very high frequency and great sensitivity. (Q). The transmission or contact will be by means of speech--of the voice. This will really stir things up...

"I know there are a number of people here tonight who are wondering

about the true explanation of the seance and how much the subconscious of the medium gets into all this. That is quite alright. I only ask you to study, learn, read, take your time to make up your mind, but never stop studying and learning. (Q). Yes, I have been in New York and it was damned cold too. (Q). Yes, I feel the cold because in following people about I get into their aura. The aura gives out vibrations or heat or cold...Someone is trying to get me out of here--I'll leave for awhile."

Lingford was replaced as control by Ramma Kalo, a Tibetan. He corrected the spelling of his name, formerly appearing in these notes as Rama Ka Lo. The accent is on the last syllable.

"Well, I have come partly to tell you about those little creatures. Meade, if you will go up into the hills to the east of your city on some summer morning, and go where there is a good deal of green vegetation and sit down and keep very quiet you will soon see these creatures. You must watch for green light--pale green. (Q). No, clairvoyance is not necessary. Go where there are flowers and trees and keep very still. (Q). Yes, if you can see these forms without clairvoyance, it seems certain to me that you can photograph them."

M. L. related an incident of three days previous, when a woman at Ramona, Calif., observed a very small Nature Spirit on a bush outside her window, and called her very skeptical husband, who not only saw it but photographed it with a movie camera. The husband is a prosperous physician. This woman said that the spirit or "gnome" as she called it, radiated rays of light in slender colored shafts. It was dancing in a lively motion and was watched for some time.

"Yes," replied Rama Ka Lo, "that sounds quite probable and correct to me. Very many people will soon be seeing them. But I want you to watch for sky phenomena also. Well, science is going ahead by leaps and bounds; whether it has developed to the point of accepting Nature Spirits I don't know. These conditions of etheric contact will probably last for several years, but if they are scoffed at and set aside the gates will close again. These are natural laws, but such laws include the action of men's minds also."

"I do not myself think there will be a great war about 1960, for the reason that scientists and educated men in all countries will realize that the blotting out of civilization would result. Weapons will be available far more dreadful than the atomic bomb. One of these is poison gas of great power and deadly effect; another will be the supersonic ray, which kills at touch--or else the victim will die a little later from the effects. Yes, attempts at war will be made."

Key Ting: This communicator said in substance that habitual contact between the earth plane and the invisible world, equivalent to an almost universal clairvoyance, would be established in about 100 years, if no great change or obstacle intervened. Clairvoyance can be devel-

oped thru meditation. Active meditation is best ("with seed"). The development of power of visualization, of painting with the mind, is very important, since it is the basis of the manipulation of matter in the invisible realm.

At close of this seance, the medium began to speak in a weak and thin female voice, very sadly, while tears streamed down his face. "I was a missionary - I died in a little grass hut in Africa--deep in the jungle. How strange, to be talking here! I hardly know how to talk...I have tried to talk to many people but no one would listen... Oh, I am so thirsty! No, it will do me no good to give water to this medium, so they tell me...Oh, I have been so disappointed! Disappointed! Betrayed! I expected everything to be so different. I expected to see God and his angels. Betrayed by everything I was ever taught. Everything I was taught about death and religion was wrong..."

This spirit was given such help and advice as seemed possible. The controls have explained that often such persons are more responsive to help from our plane, since they are still largely in our vibration of dense matter. There is a desperate need for "rescue circles," but this is almost entirely neglected by spiritualists.

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January 19th, 1947

Present: Mark Probert, Medium
Eight sitters.

Control Lingford speaking about drug addicts: "Their sufferings over here are truly terrible. Their etheric body suffers just as the dense body, from deprivation of the drug...Speaking of the Second Death-- Yes, I know what is meant by that expression...Well, as long as I have been in this life, I never yet have seen an astral shell or even a piece of one."

Lingford abruptly gave way to Control Lo Sun Yat: "I see that Lingford has been getting into pretty deep water. The second death as we understand it refers to reincarnation from the astral levels. The vehicles do not die, they condense and concentrate; the etheric body is discarded gradually. It retains its nature and this is concentrated down into the seed atom. All things contain seed atoms, stars and worlds as much as men."

"To us the Monad is triune or tripartite, not really a Monad, and its trinity is reflected throughout the lower planes of incarnation. It is not clear to me why there is a deep passion for separateness, individualism, when this is certainly not the will of the High Self-- when it must be outgrown."

"Is there a projection of a vehicle in clairvoyance?"

"This is very hard to make clear. Projection implies space, but space is a form of consciousness. What you have is extended awareness. We cannot think of consciousness without a vehicle, but consciousness and the vehicle are really one and the same thing. This applies to all methods of projection as well as to clairvoyance. There is a kind of hallucination of spacial travelling, but this travelling is an increased awareness. We interpret awareness of distance or distant places in space terms, but space is not an objective entity, something to be crossed."

Control Sister Theresa (a former communicator, Sacred Heart Church of New York). "I have been listening to your talk. I am deeply interested in such philosophic and scientific subjects. I spend a great deal of time studying--mind is not male or female...They tell me that in course of time I won't have this old body anymore...Oh, yes, there are many old people over here. That is because they have the idea of growing old, and they think about their earth bodies as being old, and that affects the etheric body. I have gotten to know Lingford quite well. He is a rather young man, about 30. I made a trip to his home. He has a beautiful home in a valley, with a wonderful view of a lake. He is a student but travels around a good deal--but not much of a mixer.

"Well, to get a home or anything else here, you have to visualize. But our visualization is not just like yours. It is spontaneous, like visualization in a dream...our things are dream states come true."

"Where do I live? (Long silence). Well, I must live somewhere. (Silence), My great pleasure is to teach children."

Control Mary Jane Bryan does not know that she is 'dead' or that she is speaking thru a medium--examines medium's hands, rings and clothing, is very sad, excitable, talks about her husband.

Control Lo Sun Yat, speaking about apports: "The dense matter of the apported object is disintegrated. This is done by directing a powerful ray of thought energy upon it. No, not everyone can do this, it requires a skilled operator. These same atoms are conveyed to the point at which the apported object is to appear. (Q) The form is maintained because the etheric pattern is not destroyed. This etheric form or pattern is itself a form of matter and is also transferred to the place desired."

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Sunday, February 2, 1947

Present: Dr. and Mrs. Cozman, Gil O., Irene P., Meade L., and six others. Start delayed by nearly an hour, probably due to a large group.

Lingford took control: Complained of size of group, said it was very hard to communicate. Made a brief comment on the Adept FGH, then said he would withdraw for awhile. He was followed at once by a control giving the name of Arthur George Anderson.

"A few days ago I talked thru this medium. I told you I was killed in the airplane crash in Florida, U. S. A. I heard you talking afterward about my saying 'USA,' and I want you to know that is just a pilot's way of talking. You get to thinking differently when you pilot a plane. (Numerous questions were interposed). No, I can't remember if anyone else was in the plane, nor who owned the plane, but I know it was overloaded. All I recall is digging myself out of mud and slime and darkness..."

This communicator spoke slowly and with difficulty, was still confused. Said, "Yes, you talk about Guides and Helpers, but all I see is people busy with their own affairs. They don't pay any attention to me." (He was told to ask Lingford for advice.) "Do you mean the man who was just talking here? Well, I will try that."

Lo Sun Yat returned. He was greatly pleased that no one was smoking. He was asked about the Kahunas and the Huna rituals. It was his opinion at first that the information could be recovered only from the Akashic records, or by meditation, but later seemed to think it might be possible to consult the spirits of the Kahunas themselves. He promised to look into the matter a little. Other talk with LSY was inconsequential and referred to material already given in these notes.

Lingford returned briefly, was succeeded by an Unknown Communicator, who went thru a fairly long ritualistic invocation. According to him it was an invocation to the Cosmic Life or the Absolute used by ancient Egyptians. Having in mind the existence of Huna among the Berber tribes of North Africa, Meade L. tried for information by indirect questions. This resulted in nearly a half hour of involved religio-philosophic talk, of which no notes could be taken (no stenographer present and ML could not handle both the notes and the conversation). We hope to remedy this situation in the future.

Lingford (returning): "Whew! I've been standing here listening to that conversation. I'm just about done in! You ought to get Lo Sun Yat in on that. (Q) Yes, he would be better. He's much more spiritual than I am. (Q) Yes, I think it would be alright to have the camera magnetized by the Mexican women. (Q) Yes, spirit photography involves a degree of materialization, but very tenuous--not enough for the eye to register."

"Well, I'm all for trying it. Dr. Cozman can photograph the boy (Mark P) and I'll get into range and maybe you can get my photo too. It's certainly been a long time since I had MY photo taken. Another thing, Meade! If you can get this boy to a good materialization medium, I want to try to materialize. I've never tried that. Maybe not such a good idea tho! Maybe if you get a good look at me you'll all be off me entirely.

Well, if you get a new room for these sittings, they won't be so very good at first. The place will have to be magnetized, tho I don't like the word very well--but it's the only one I know." (Question as to what kind of operation this 'magnetization' consisted of).

"You certainly can think up the hard ones! Well, it comes to something like this. You see the subconscious mind has been for centuries a kind of watch-dog for man--his guardian. When you take this watchdog into a new place he gets roused up and alert and suspicious. You may not know this at all, consciously, but there it is! The subconscious of everybody, all the sitters, and of the medium, has to learn the new place and feel at home and confident in it."

"Then what we call magnetization of a room or place has nothing to do with affecting the vibration rates of the dense matter of the new place?"

"Oh, no, not at all. It's all a matter of subconscious adjustments. You have to teach the watchdog that it is alright."

(Q) By Irene P.: "The controls start trying to talk thru Mark two or three hours before these seances. How would it be if we set back the time to 6:00 instead of 8:00?"

"Well, these fellows are so anxious to talk they come around early and keep trying to get control of the boy (Mark P.) I suppose you think I ought to be on my toes and keep them all out, but guides and helpers often have reasons for not interfering. For one thing, it is a good idea for the boy to manage them himself and not depend too much on us for help...It's alright to change the time if you want to. I have all the time there is--it doesn't make any difference to me."

"That young lady sitting over there has some question...I know it because I feel the thought energy coming from here. It comes in waves (making wave-like motions with hands to illustrate). It's perfectly easy to feel. That's the way we know about it when you start a sitting. The waves reach me wherever you are and wherever I am, all I have to do is to follow them up. (Q) I follow them by a kind of instinct; one just naturally knows how to do it, and then in a moment one is right at the source."

LINGFORD'S INSTRUCTIONS FOR DEVELOPMENT OF CLAIRAUDIENCE

"At the same time every day, lie flat on your back for 15-20 minutes; keep the body absolutely quiet. Do not try to control the mind except not to follow any close train of thought. Let the attention shift from one image or idea to another, and also listen to small external sounds. Formulate a question, state it, and keep it in the background of your mind. Let the mind idle, with changing images. It may take three to four months. Be regular and persistent. Be perfectly quiet. The answers will come in flashes in between the shifting

images or thought-forms. You may hear many voices. Reject everything except the answer wanted. This is important, vital, to keep the clairaudience under control. Reject everything except the answer, or relevant material. It's dangerous if you do not do this."

LSY declares that while we can transmit images, symbols and signs by our own telepathic power, all "vocal" message--i.e., word-thinking, has to be transmitted by "spirit" messengers, who transmit it with lightning speed to the recipient, by a kind of projection of consciousness.

"Suppose I visualize the letters of a word--C A T, for example. What is the difference between transmitting the visualized image of a letter C, and the image of a square or a triangle?"

"The animal cat is universally known, but the word cat is peculiar to the English language. If you visualize the letters, and succeed in transmitting the image or idea of cat, it is because you actually transmitted the image attached to the word. Thus, chat or gato would do as well. But it is much simpler to visualize the animal, cat."

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SUNDAY, FEBRUARY 8, 1947

Present: 12 PERSONS

Unknown control remarked that conditions were very good. A second unknown control spoke briefly in some unidentified language.

Lo Sun Yat appeared briefly with words of greeting and pleasantries.

Unknown control, apparently of Indian descent, made dance motions and chanted.

Lingford took control, commented on good conditions, new faces, etc. Speaking about communication he said: "If a person wants to come in, he'll come in. There's no way of keeping him out. They can come in because they know how. People of your plane come thru to us when they know how, and when they don't know how they won't bother us."

"How about our use of protective magic and various modes of magical operation? Do they have any effectiveness?"

"I'm not very well versed in these things. I'm sure Lo Sun Yat would know considerably more than I do, but I'll put in my little bit. So far as I can see, these invocations must have back of them a very thorough knowledge of what is being done. That is why it is not par-

ticularly dangerous for a beginner to garble the words, because it doesn't mean anything. It is (effective) only when the force of knowledge is back of the words."

"What about exorcisms and banishments? Are they effective?"

"You have to consider states of consciousness, whether the person from my side is stronger and knows more--or the person from yours. In knowing more there is strength, there is force; it is a matter of which force is the stronger because they will fight each other. They are not really forces but states of awareness. The side that has the keenest sense of awareness will win out."

"Then when a ritual is worked with intention and power it has a certain degree of effectiveness on the astral plane?"

"Oh, yes! In itself even the vibration of the voice is a very strong factor, and then with the form of the words it lends body to the thought behind it."

M. L. asked if people on Lingford's plane could protect themselves from beings on higher levels. The reply was, that it was a question of power; that the higher levels could look in on them much as they did on us.

M. L. asked if it was possible to call persons on the astral plane by meditating and concentrating on them. Lingford replied that it was about as effective as telepathy is on earth, and that a call might not be heard for some time, several days perhaps, after it was made--delayed telepathic reception. "Yes, the message is received by the subconscious but is stored up somehow, does not get into consciousness for some time."

M. L. remarked that the idea of spirit message bearers being active in some forms of telepathy seemed very extraordinary. Lingford's reply was interrupted by Lo Sun Yat, who declared: "It seems extraordinary only because you do not realize the speed at which these entities operate--Yes, they are actual personalities who transfer themselves thru space by an extension of awareness."

A discussion followed between M. L. and Lo Sun Yat relative to the transmitting of symbols as vs. words. Lo Sun Yat admitted that the letters C A T (for example) could be visualized as easily as a square or triangle, but contended that what was transmitted by the power of the sender alone (without spirit aid) was the mental image of a cat which accompanied the spelling--that is, the universal symbol cat, which might be represented in turn by cat, chat, gato or other equivalents. It was simpler, therefore, to transmit an image or symbol than words or images of words. (The profound bearing of this on the mechanisms of prayer, healing, and telepathic suggestion are easily apparent.)

Lo Sun yat reproved his American friend Lingford for smoking while

while in control of the body of the medium. He said it was injurious to the organs which he too had to use in communication. "I suspect that Lingford is still just a little bit earthbound."

M. L. asked a question submitted by a mathematician in Chicago, Roger Graham. "What is the downward velocity in miles per hour of the ether at the surface of the earth?" Lo Sun Yat replied, that he could not answer, but that someone better qualified might reply later in the evening.

This question caused much argument on the other side. The medium, returning to normal consciousness, was able to hear this clairaudiently, and was glad to ask M. L. to withdraw the question temporarily, so that other communicators would not be delayed.

M. L. then asked another question presented by R. G. "Is there a pre-existent entity which enters the body of every child about the time of birth?" To this LSY replied: "I can answer YES, very definitely. The body pre-existed only in the mould or pattern form. This is a pattern selected subconsciously by the woman."

By Dr. Cosman: "Then the mental concept of the mother and the concept of Nature is a bond? They are both creating the same thing?" LSY replied in the affirmative.

Dr. C. "And the mother merely creates it in her mind but the original picture is from the Nature consciousness? "That is correct, and it should be pointed out that human beings are still, to a degree, governed by a group force."

"That would apply to animals, too?" asked Dr. Cosman.

"There's a sort of pre-existing mould or form in Nature, and the mother unconsciously accepts one of these moulds, and then this is filled in by the atoms of the dense body? Is that right?"

"Yes," replied Lo Sun Yat.

"What about the concept of the seed-atom? Does it pre-exist in the mould?"

"The seed-atom is possibly the closest to the Absolute as we think of the Absolute as any material can be, so it must exist in the heart of the mould or core. "

"We are too apt to leave the father out of this business. Most men want a son, and the child will be a daughter. Which picture is reproduced, the male or the female concept?" asked Dr. Cosman.

"Here again it is our belief that Nature takes a hand. The male wanting a son and the female wanting a daughter is merely physical

vanity--a front consciousness, an ego consciousness. There is no true thought behind it so it carries no message to the seed."

LSY left and Lingford reappeared. He said that the question about the velocity of the ether was causing a stir and an argument, but in his opinion none of them really knew what they were talking about. M. L. was asked to withdraw the question temporarily.

M. L. made an inquiry about social and racial segregation on the astral levels. He was told that voluntary segregation existed. Lingford expressed ideas of the futility of such separation.

M. L. and Dr. C. spoke of the Kahunas and expressed a wish to speak with one of them. Dr. C. made a direct request that Lingford arrange this. In two or three minutes a control appeared, speaking in a heavy voice. (He was later described as being a very large man). He chanted the name AUMAKUA (the High Self of the Kahunas). He asserted he was or had been a Kahuna, (priest, healer, 'medicine man').

"We welcome you and thank you for coming." replied Meade Layne. "We are students of your lost religion. We would like to recreate some of the rituals that do good to people. Great was your magic in the isles of the western sea. Will you not help us with your wisdom? Secrets of your magic are not all known to us. Tell us how you reached AUMAKUA."

"How know that name, AUMAKUA?"

"Our scholars have studied your religion in the islands of the Pacific. We would know how to reach the High Self."

"Draw consciousness back into self. Use chant! Use words! AUMAKUA! Chant--great stirring vibration in air! Chant from deep down, voice from deep in belly. Draw back consciousness into the subconscious mind. Draw within self."

"And what of self-forgiveness? What of the opening of the Paths?"

"Must know! Must reach level of consciousness in which not find guilt in self. Self-forgiveness, great love, from Wheel of Life. Must go now."

"If you must go, return again and give us some of your rituals. We seek your wisdom for the healing of bodies and souls."

After the departure of the Kahuna, Lingford again took control. M. L. expressed surprise that the Kahuna had been contacted so quickly. Lingford: "Some time I'll try to give you an idea how that sort of thing is done. We made the contact quickly because you all wanted it."

M. L. returned to the subject of healing, spoke of the miracles at Lourdes and other shrines, and that they were probably identical in

intnateturatwithothose of the Kahunas. He asked if they could be explained.

"You have first a mass state of consciousness, and this in turn creates a like consciousness in the ether--and this reverts back upon the individual consciousness. It sends a sort of electrical charge from the brain and spine and opens up the psychic channels in the back. These channels throw out a wonderful healing force throughout the body. It works on the atomic construction of the body, the forces that hold the body together. This seems strange only because we do not know the forces that hold the body together, the working force behind it. When you rearrange the atomic construction of a wound or tissue in a diseased condition, you rearrange into a clean pattern. There is a kind of washing away of the dead cells. You see, some forms of disease take place in the etheric double first, before entering into the physical. If these could only be stopped in the first place they would not take place in the physical, and this will be done in time coming."

"In these 'miraculous' healings, then, there is no personality, and no particular religion involved."

"That, to be very crude about it, is a lot of what you call baloney. I don't like to tear people's dreams down, but it is merely wishful thinking. Those who in centuries past became evolved in their religious circle of consciousness, have gone on. They haven't time for that sort of thing now. Christ is so far advanced from this earth plane and an awareness of it that it is just plain rubbish."

"It is true, isn't it, that the active belief of a group is essential to the operation, as in a healing practice?" Affirmative reply. "Is the Higher Self involved in these healing processes?"

"It is what is termed a natural reaction, as in the growing of a seed. It is Nature in action, or, if you wish, God in action. IT acts in spite of Itself."

"The Kahunas accomplished the same thing with the use of rituals and magic."

"I think it is one and all the same thing. This is merely a theory. We have a strong tendency to put a lot of hocus-pocus into these things. Of course; it is very fascinating to the common man. It makes him stop and think, sometimes with his mouth open. But if they only knew themselves, they would know something of the reaction that is going on, and they wouldn't have to go to any of the doors of Divinity of Christianity or any other cult or teaching. Much of the teaching of your religion and cults is in a bad state of confusion due to the mystery put upon them."

"We realize that we have fallen into a state of confusion. Now, to return to the Kahunas and instant healing."

"It is definitely a psychic mechanism going on in the individual and in the mass. In fact, the more widespread the belief, the more likely a thing is to take place because it gives thought force in which lies the building of all things."

"We should work in groups, then, if we are to reconstruct the rituals?"

"I would say so. We are going to understand, some day, more of the power of sound--of the forms of words--of vowels."

"Lingford took his leave. The next control was unknown, had never communicated with this plane before, and seemed unable to realize his own identity. But he spoke coherently, and said "Admiral Byrd will not return from his present expedition."

Another communicator also had no clear recollection of who he was, but thru conversation began to recall a few things. He stated that he was a friend of Lingford, that Lingford had brought him there to try the experience of communicating thru a medium, and that his consciousness and memory were all right normally, but the conditions of communication confused him badly. He finally gave his identity as a Dr. Bell of Chicago. He said: "Lingford's standing right here grinning at me."

M. L., speaking to Dr. C.: "I wonder if he's connected with the Bell family of the Bell Witch case."

Dr. Bell: "Witchcraft! Tell me, isn't that stuff all fairybook stories?"

"Well, some of us think the witches get out of the books."

Dr. Bell: (Surprised) "Is that so? I thought it was all nonsense."

* * *

Sunday, February 16, 1947

Present: Five sitters; three female, two male.

After a long delay and several abortive attempts at control, an entity came through, speaking in a choking and distressed voice, in broken English. He declared that he had been a Japanese soldier, and that he had been killed by one of his own officers 'in the Islands' during the last war. He said that everything was dark around him. He was given such advice as seemed might be useful.

Lingford took control. "That last fellow was in a pretty bad state, wasn't he? But he isn't as bad-off as he thinks he is."

Previously this control had dictated a short essay to the medium, by clairaudient reception, and later, with medium in trance, had asked that the manuscript be read back to him for corrections. This was now done, and Lingford gave permission for printing the same, with a notation to the effect that he would have more to say later. (See Round Robin III-3, March '47)

"The name which you took to be Dr. Bell, should be Dr. Dell, instead (reference to last seance). (Q) He has been on this side about fifty years. So Lo Sun Yat thinks I'm a bit earth-bound! Well, that is alright with me. I like to stay around the earth. I enjoyed my life on earth. This planet is a wonderful and interesting place and one could study it for centuries. Just why should one want to fly off to distant planets, for example, just because one has left the dense body,

"Yes, you travel by fixing your thought on the place where you want to be. But you can't go flapping off to the planets or the moon that way. That is possible for very advanced spirits and I suppose for some Adepts, but it's not for persons like myself and I have no desire to do it for a long time to come.

"Do you know what is the shape of the earth? Well, people call it round--a sphere, that is. But I think it isn't really a sphere. I don't mean simply flattened at the poles. I mean it's elongated--maybe you would say egg-shaped--tho that isn't quite it (the control made several attempts to describe the shape but without clarifying the idea.)

"About the heat belts (reported by scientists)--it is my understanding that these heat belts or zones certainly exist--and that above these there are zones of intense cold. (Q). Oh, I can't say how high--yes, more than 100 miles--much more, I think."

Lo Sun Yat: "It seems I'm being gently derided--but I take it in the spirit it is meant. That Kahuna I brought here last time wasn't very informative, was he?"

"There are different classes of Kahunas. Only a few of them knew the secret."

"It's possible he was only a student Kahuna," replied Lo Sun Yat, "but we give him our thanks for coming, even if he was pretty vague.

"What about falls--objects of all kinds from the skies?"

Your scientists turn up their noses too much. They can't get hold of the idea that there are worlds within worlds--and within your world. I mean other levels of creation--matter in other rates of vibration. These Falls are things from these invisible worlds. Do you recall what I said in another meeting about the conjunction of heat and cold producing thunderstorms. They are manifestations from other worlds. A similar thing is taking place in the case of these Falls. Isn't it true that as a rule these objects disappear?"

"I don't think so. Falls of organic matter disappear after a time, of course. But the stone axes, for instance, don't."

"Well," replied Lo Sun Yat, "scientists should remember that this earth was not necessarily inhabited only by ignorant savages, say 100,000 years ago. Also in times past there have been great upheavals, eruptions from this earth. Maybe many things from this earth were thrown up very high and were caught and held by the ice-fields."

"Yes, there are ice-fields in the sky, in the cold zones. Well, sometimes parts of the ice give way, and then things fall down that have been held there for thousands of years. Do you notice how everything that falls seems to be perfectly fresh? That's due, of course, to the preservative effect of the cold. Also, your scientists can't get it into their heads that there is such a thing as materialization. If conditions were a little different here in this room, I could materialize my body--as you know. That's bringing something invisible and intangible right into your world of sensible objects, isn't it? You know we can materialize other objects, too. When we bring an apport in, we have to dematerialize it and materialize it again. Well, mysterious objects that appear in your world are often materializations from worlds you can't see or touch."

The medium returned abruptly to normal consciousness, and several clairaudient communications followed; these included:

1. If the medium was understood correctly, or the communicator, a figure was given for the velocity of the ether at the surface of the earth. It was alleged that this figure was not a constant.
2. The factors in this alleged computation were said to be
 - (a) The speed of the earth as it rushes thru space, and
 - (b) The weight of the earth.
3. It was said that gravity is not a pull but a push (toward the earth). It is not a constant. At times over certain areas it ceases to act or acts in minor degree.
4. The earth vibrates from side to side along its ellipse of revolution.

At the close, an Egyptian (?) communicator appeared, intoning KAI YAT TAH: He asserted that men were not yet ready for the Secret of the Kahunas. (Kai-Yat-Tah is an invocation of the Cosmic Life). One of the most interesting features of the foregoing, is of course, the partial confirmation of various hypotheses of Charles Fort.

* * *

Sunday, March 16, 1947

Present: Dr. Cosman, Mrs. Cosman, Irene Porbert, 3 others (1 M.)
Meade Layne, Mark P., (medium).

Mark P. passed readily under control. A personality named D. K., a half-sister of one of the persons present, communicated, gave the time and manner of her death, place of residence, name of husband and various other facts, all of which correct, but mostly known to the medium. She had been a drug addict, and the question was put:

"Did you suffer from lack of the drug after passing over?"

"I suffered terribly, but it is all over now."

It is well known that drug addicts and dipsomaniacs suffer much after leaving the body, and there seems to be no way of alleviating their sufferings even among physicians on the 'other side'--except in cases where hypnosis can be used.

Lo Sun Yat took control, speaking in a loud determined voice:

"It seems I am being somewhat picked upon. So, you thought I was going to stay away from these meetings on account of that tobacco smoking! Well, I'm not. I'm going to see this thing through if I suffocated inside. Why do you people use that stuff...." (Inconsequential talk between LSY and sitters). "I'm going away for a few minutes, but I'll be back."

Lingford replaced Lo Sun Yat. "I think that Lo Sun Yat is rather noisy, isn't he--a little bit loud. Well, maybe I had better smoke my cigaret later."

"We'll have to let you and Lo Sun Yat arrange that matter between you. We want to make conditions pleasant for all the communicators so far as we can."

"I know that and I appreciate it...I heard what you said about wishing you could see us. Well, if you would make the conditions right you could do so...You know, you ought to have a School for teaching and study of disassociation. Under right direction you would learn a great deal. A very great deal could be brought back from our side of life to yours...No clairvoyance is not for everyone, but then, that is only one of many possible approaches. You can develop clairaudience by the method I gave you, and in other ways too, but the best way of all to gain knowledge is by meditation."

"What is the matter? Is something disturbing you?"

"Yes! GARLIC!" exclaimed Lingford.

"Oh, you'll have to blame me for that. I seasoned the roast with a little garlic," replied Irene.

"If you want spirits to stay away from your house, all you have to do is to cook plenty of onions and garlic. It's much better than putting henbane on the window sills as Meade here was telling me about..."

I feel terrible, as if I were all swelled up. I'm going away for awhile.

Followed by a dancer, male, who made dance motions with hands for a long time, very gracefully, resented all interruptions until the "dance" was finished. In reply to questions, he asserted that he had been imitating the motions of the Dance Before the God, as known to him some 3500 years ago; it was called Ah-la-Kilva (phonetic spelling). He could recall seeing "A big stone altar--sacrifice making--woman on alter--yes, human sacrifice". The names of various Egyptian Gods were repeated to him, but he insisted, "Do not know such Gods, they were not in my time."

"What do you say, Lingford? Was that fellow authentic?"

"Oh, yes, so far as I can judge. I wish Mark could see him. All he wears is a G-string, with a metal band that looks like gold around his waist, and other gold bands on his ankles and wrists. He's a young man, in his 'teens I should say, and he has a very odd-shaped head. I wish I could impress the picture on Mark's mind, it would make a fine painting subject."

A question was then submitted by ML, which had been sent by an inquirer. Lingford declined to answer, saying, "I'm going to pass that on to Lo Sun Yat, he's the philosopher around here. But before I go I want to tell you more about what happens in cases of violent death, or sudden death by accident or in war.

"In cases of violent death the psychic body may be alright at first. The person is usually conscious in his psychic body right at the scene of the death, probably can't realize what has happened; we usually have a h... of a time making him realize he is dead. But then hours later, maybe even days later, the psychic body becomes aware of what has happened, and then it suffers shock. This may be very bad, a very painful period. The pain is mental, of course, but then all pain is mental. The pain idea is bedded in the mind. Then, there may be a period of sleep, but there may also be a turmoil of agony. This is just like pain in your physical body; there is no essential difference between the two. And it's more common than the sleep condition, after violent death.

Q. by Dr. Cosman, re: alleviation.

"No, there's not very much we can do to help, except when the mind can be reached by suggestion and hypnotic methods."

Q. by ML re effects of "atomic explosion."

"Well, a newly arrived spirit would be pretty well scattered around because he would expect to be; but actually the atomic disintegration wouldn't and doesn't affect the kind of body we live in over here."

Lo Sun Yat resumed control and the handed-in question was read to him. In condensed form this question was: How does one define a "plane", and how would one describe the difference or distinction between two "planes?"

"I want to tell this mathematician," replied Lo Sun Yat, "that the difference between the planes is merely a separation of conscious awareness. It is not a spacial separation. Space is not an objective existent. Conscious unawareness of material things is the only freedom. Nothing that you have here has reached a high enough vibratory rate to make a point of contact. If you could be unaware of a wall you could walk through it (i.e. a wall is an obstacle only by virtue of entering consciousness. ML)...The fast passes thru the slow, as your X-ray passes thru matter. I wouldn't call it separation of distance in a 4th dimension, unless you call increased vibratory rates 4th-dimensional."

Lo Sun Yat withdrew and was followed by Sir Thomas Lipton. This communicator spoke with a strong British accent, in a rather bluff and hearty manner, and did not give his identity for several minutes.

"Well, I would have liked to win the cup just once, but the important things are not so much to win as to put forth your best effort. (Q) Oh, I had my own way of thinking about survival. Action once started never ceases, and mind is the strongest of all action. Oh, yes, I knew about spiritualism, and I knew Conan Doyle and Lodge and have met them on this side. One of these evenings I'm going to try to bring one of them here for a few minutes."

Q. as to how Sir Thomas happened to hear of the seances.

"Well, there is a great following for these seances on our side of life."

"We didn't know about that," said Meade.

"That is very good news; we are glad to hear it," said Dr. Cosmon.

"I tell you that you are attracting more attention than you have any idea of. You will find out in the course of time what sort of attraction is taking place. Many people are being drawn to these seances."

"But seances are being held everywhere, every night in the week, hundreds of them."

"That is true, But most of these seances are family group affairs and as a rule they do not attract us. We are looking for contacts of the sort you have here, and for your methods and ideas and general approach. Do not be discouraged, no matter what happens--carry on with it."

Dr. C. referred to the question of the ether drift, and said, "I wonder if we couldn't get Senator Lodge--I mean, Sir Oliver Lodge--"

Sir Thomas (interrupting): "Hah! Sir Oliver wouldn't thank you for making that mistake. Well, it might be. But I hope you understand this in the right way--it's going to be hard to get a scientist of first rank to try to talk thru a medium who doesn't have any scientific knowledge. There usually has to be some kind of background of knowledge and of the terms used before good communication can be had."

"But this medium has given us quite a bit of technical stuff, and besides we can simplify many scientific questions almost to a yes-or-no basis."

"Well, if you will do that and not expect the medium to talk advanced technical language or higher mathematics, perhaps you can get a good deal of help."

"The situation here is not very clear. On the one hand, in xenoglossy we have foreign languages spoken which are wholly unknown to the medium; yet all my own experience indicates that the mind of the medium has to have a favorable equipment, if specialized material is to be given. Various communicators have also affirmed this. Yet again, such a restriction certainly would not apply to such men as A. J. Davis and Edgar Cayce--or in literally scores of other similar cases...From an evidential point of view, it is probably better if the medium knows nothing whatever of the subject--but even so, the soi-distant critic will assert some psychic reservoir of facts, and putting them into the mouths of fictitious personalities."

Ali Ben Casi: (As a rule the medium remains in his seat; this control insisted on standing and walking about the room. He talked in a desultory way for more than an hour). "Before I start talking I would like to make it clear that I know you all. I have listened to your conversation and picked up your names. Ali ben Casi is my name. I have not intended to conceal it, but names mean so little! Now, let's have something about this ether drift. What was that question from the man in Chicago?"

M. L. repeated the question. "But what we really want to know now is, do scientists on your side admit the existence of this drift?"

"Ether! Well, ether is this stuff I am walking on now--it's solid stuff; it's tangible to me. It seems to me man is advancing very fast. There are rumours of war over here, but I can't believe in another war, not for 100 years. Thinking men are too well aware of what it would mean--even fool statesmen know that much...Hitler! It's said he is on this side and I think he is. He was well educated in black magic."

"Where did he learn it? Where does the swastika come from?"

"I don't know, but it's very ancient. Perhaps from India," observed Meade.

"It came from Egypt," said Ali, "it was a symbol of black magic. Black magic brought about this war, but it had been on the books for ages. (Q) I mean, written in the Akashic Records. These records are a matter of vibratory rates; only a few can read them. The future is there as well as the past. Some time man will be able to read them, in sound and in pictures...Yes, I think instrumental communication between the planes is likely at any time--it might do much to fend off another war...I suppose you think I'm inside this medium, but I'm not. I'm standing right here beside him and controlling him through the back of his head, the base of the brain. (Dr. Cosman reported him as faintly visible. ML). I do this by thought force alone. (Q). I found him easily because all people who can contact the etheric plane are known on our side...I want to say that any number of good people are "earth-bound". It is no disgrace. Love may bind one, or hate, or any emotional earth tie. Such interests act like a magnet on steel...They change the vibratory rate of the desire body"...

The foregoing is sufficient sample of this somewhat tiresome communicator. One may note how hastily he abandoned the ether drift topic, after boldly asking for its introduction. The ben Ali's are familiar characters on our own plane, and apparently in the astral also. ML

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March 27, 1947

A STUDY IN DISSOCIATION

On a former occasion, when the medium had taken a glass of wine, an entity took control which claimed to be, not an excarnate spirit, but a part of the medium's own mind. M. L. was not present at that time. Mark P. is very temperate in his habits, but very susceptible to alcohol. At his own wish and with the consent of the Guides, the experiment was repeated when M. L. was present.

The first Control was a humorous and whimsical Javanese. In response to questions he asserted--"I living in Java, not die long ago. Many English in Java, I learning there. I cutting plants--no, not cane--what you call with long bristle? Pineapple, yes! Yes, living with Javanese people this side. My name is La Toi. (This may have been the name of girl friend instead; notes not clear). Many people stand around here but I have floor now."

"Do you mind if I kiss you?" asked Irene.

"No, no, no!"

"But it's my husband I want to kiss."

"No, no, no, my girl friend no like! Get very mad."

New control: "It's strange, very strange feeling to come here now. Who is this? (pointing). And who is this? (pointing). Yes, indeed, I have talked often through this boy. (Question). Oh, yes, (amused) I was born in the United States. (Q) I have been on this side, as you call it, through endless time. I have lived in every age and in endless incarnations.

"I have been waiting for the alcohol to take effect in the brain of the medium, so that I could talk. I am a part of him. Between the conscious and the subconscious there is an interspace, and in that space I stand. I am the go-between. I am the germ of the personality. I do not truly know what you mean by the High Self. The selves are all one. There are four selves. There has to be four. They are four states of the one self. Consider the self of this boy:

1. "He has the physical self. This is the life of the body.
2. "He has his mental self. I mean, Mark as he himself actually is, everywhere, his everyday self. (A) Now, while I am speaking, this Brain self is in a dream state, in the etheric vehicle; it has a dull awareness.
3. "There is his sense of the outward world--awareness of things revealed by the senses. This always exists; it is now functioning in the organism...No, not in, but playing on it.
4. "There is also the subconsciousness.

"I am the unseen I...I merely recognize the unity which is Mark P. All things flow out. I am the Receiver and the Sender. The Recording Seed. I am the Core. No, I am not in telepathic rapport with other Selves at this moment. I am in possible communication with them when Mark is in normal Consciousness. Yes, I have access to much knowledge. Ask questions, Meade.

"Shall I ask them mentally, or aloud?"

"For the present it might be easier if you ask aloud."

"Any question?"

"Yes, any question."

"Can you tell me what figure is used by scientists on your side for the mean solar distance?"

The face of the medium became deeply perplexed. He sat weaving back and forth in his chair for 4 or 5 minutes. Then the Javanese Control returned suddenly. The X-entity did not appear again.

A little later, Lingford took control. He was questioned closely. The gist of his explanation was, that we had been dealing with disassociation occasioned by the alcohol. That many impersonations took place in that way. That such an impersonation arose from a subconscious wish to be someone else. When the Censor was inhibited, the wish assumed a personality. There might be, often was, a whole series of successive

impersonations by a single entity (subconscious part). That we must impersonations by a single entity (subconscious part). That we must continually be on the look-out for these. That they had occurred two or three times. "Sir Isaac Newton" was one instance. That the question about the mean solar distance disconcerted the X-entity, because the knowledge required was not within the grasp of the entity. That the questions about mathematics and the use of Latin words upset the "Sir Isaac Newton" entity in the same way. That it was very difficult for him, Lingford, to speak through the medium when the latter was under the effect of alcohol.

It should be noted that the alcohol taken by the medium was very small in amount, and without visible effect. It is to be regretted that no stenographer was obtainable.

Addendum: The dipsomaniac, or whoever dies intoxicated, usually suffers from prolonged disassociation on etheric and astral levels.

Lingford, continuing to discuss astral shells, asserted that these entities are in reality the result of disassociation.

" strong subconscious wish sets out to embody and dramatize itself; it is a kind of disassociated complex in an etheric vehicle or at any rate in some form of the desire body. This is most natural; The whole operation is in the Desire World, where to wish is to create--so, a Wish or Desire is certain to possess a vehicle. But by their own nature, wishes are transitory, and as they fade the vehicle fades out also.

"After the strongest wish has faded out, along with its body, a second and minor desire may follow, also in a body; And this will be less active and possess less life and intelligence. It may be followed by others, by a whole series of wish-embodiments, which usually grow more and more dim and mindless. It is these vestiges which have given rise to the idea of astral shells as corpses or discarded astral bodies. Astral bodies are not discarded and left to float about; They contract and condense, as it were, and seem to concentrate into the seed atom prior to reincarnation from the astral plane. Nor have I ever seen or heard of astral bodies left behind by those who seem to ascend to higher awareness."

So far, all communicators in these seances have taken much the same attitude with respect to the doctrine of shells. Evidently there is no objection to the word, if it were properly defined: but it is almost impossible to change the definition of a common word. The term itself should be discarded or qualified; these astral shells, so-called, are really wish-bodies, or desire-shells, according to these communicators.

Since the laws of the physical and astral planes are so closely analogous, it is an easy inference that we constantly project these desire-shells here on the plane of dense matter, in an almost infinite variety nature, life-energy, and density of the vehicle. And, of course,

a great amount of data could be interpreted in this way--"doubles" particularly, and many apparitions, ghosts, spooks, wraiths, perhaps some forms of poltergeist phenomena. Forms of psychic or psycho-physical attack, perhaps telepathic and clairvoyant phenomena in some part also. There is probably a continuing rapport between the projected wish-body and its source, and this rapport may be either conscious or subconscious. There is nothing new in this concept, of course, but the possible identification with astral shells, and the nature of the latter, is of some interest. ML

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April 6, 1947. 7:35 p.m.

Present: Dr. and Mrs. Cosman; Mrs. Hume; Gilbert Opdycke; James Opdycke; John Lachmann; Meade Layne. Mark Probert, medium. Catherine Wallis, stenographer.

The first control made ritualistic dance movements and spoke in an unknown language. Was asked to speak in English.

"You want me to say hello? Everybody, I say hello. Come in from Island--I try talk. (Pointing to a sitter) You can do. Yes, Easter Island."

"Did you live on Easter Island?"

"Yes, many years ago."

Control Lingford (7:55 p.m.): "Hello, everybody! It's a funny thing, whenever a foreign control gets in here. (Q) I don't know, except that they seem to fix it so that I have to rearrange things, fix up the house to suit myself. (Q) Yes, he claimed to be from the land of MU--it could be, I suppose--he is quite dark-skinned--suits the part. (Q) No, I didn't understand him very well. I don't think he understood much of what you were saying, or much of what he said. He didn't handle it very well, anyway. No, I don't think he has been here before. This was a much older man."

"Why don't you try to control those who come in?"

"Well, I'll tell you. I would rather let things work out in a natural way to see how these various people handle the instrument. I often wonder whether the old timers from hundreds and even thousands of years back are any better at handling than those who have just passed over. I think that a person lately passed over handles things much better, but I think that in ritual dances people like that probably know a great deal about communication. What's on your mind, Doctor?"

Dr. C. refers to the dance motions and to the fact that the medium bumped his head on the radio stand.

"Well, we can help, and we also can prevent whoever we wish from coming in. That bit of head banging didn't hurt him. It's good for him.

"At times I think these older people from other races, while they may not be good communicators, seem to bring a stronger energy."

"They might have a good message."

"That's another reason I don't care to say 'you can come in' or you must try'. That is why I stand by and let them."

"Do many try?"

"Yes, at every meeting. At every seance gathering throughout the country they swarm...I think I'm going to run for a minute." (8:06)

New Control: (The medium, who is small physically, seems to swell in size, takes on a proud and haughty expression, beats on his chest and speaks in a loud domineering voice.) "I Choctaw! I big man--big chief. I on this 62 years. I BIG! Him (medium) little boy! BIG CHOCTAW! Indians rich now! (Q) Yes, black water come up from ground. (Q. Oklahoma?) Yes, sound right, Oklahoma. (Q) Yes, big bunch Indians here. Now boy say dancing--they make for bring force. Somebody sometime object to Indian. Him no rise very high like white man, no?"

"Tell us of your life?"

"Having big camp...No have weapons. Make things--pretty. (Q) Yes, have plains, forest. Travel fast now! Quick like light! Faster! Arrow fly slow."

Indian controls have been rare in these seances and are not especially encouraged, but it seems best not to exclude them arbitrarily. ML

Control changes to Lingford: "What a giant of a man! Kind of boastful, wasn't he? He was something to see! It's too bad I can't pull the boy over here with a paint brush--you would be amazed."

"Is he very important?"

"I suppose all that beautiful get-up of his would make even me feel important if I put it on."

"Any special information for us tonight?"

"Pardon me, doctor--will you please light me a cigaret? You know, I would like to make some remark about this Professor Lunt business. He might later come through and speak for himself."

"How can we identify him?"

"I think the name is really Luntz. If you should come in contact with him you might try pressing him on a few subjects and see what you get."

"What was his line of research?"

"Mostly religion. I do not doubt but a great deal of philosophy. How he is scientifically I don't know. I still have the feeling, Dr. Cosmon, that you are brewing something in your mind...Well, somebody is--let it go for now."

"Can you tell us anything about fire immunity--what happens scientifically--or what psychic mechanisms are involved?"

"I don't know anything about that subject at all. Maybe Lo Sun Yat knows something about it. It seems to me he should know something. I have an idea, you see if it works. I think he is going to come thru soon. Ask him about the Tibetan ability to wrap blankets--soak blankets in water, wrap them around themselves and thaw them out in freezing weather. I just had a brilliant idea and I think it might work. I'm going to go."

Lo Sun Yat: "You know, it seems to me, my friend is trying to involve me in something. No, you don't need to repeat. He hasn't changed his American ways at all, has he...Well, I'll do my best to tell you about the blankets. If you think you can get any leads from that to the hot-foot!...(Sees the stenographer) New lady tonight! Hmmm! Has eyes like Chinese girl! You know, not to get off the subject, but all these faces, just think of them! They tell a story--a story of reincarnated life. Former markings left on the seed."

"The seed atom?"

"That is correct. Very much so. What you formerly were and shall be always traces down thru the centuries when you return."

"Looking upon our faces, can you read the meaning of these traces? Can you tell anything of our past lives by looking at our faces?"

"I know what to say, but how to say it is something else. How to put the words so that they make sense."

"Choose your own words and we will try to understand."

"I think I am taking up time. For the moment I will go back to your former question."

"By all means, get back to the blankets. Is it done by mental control?"

"That is right, and that is what your friend suspected. This is a

mental vibration thrown out from the body through deep concentration. This subtle energy will thaw out ice from around the body besides thawing out and drying the blankets.

"Meditation? In what way is the mind manipulated?"

"It is almost a state of hypnosis, but it is something even beyond that. It is self-induced."

"Is it produced by meditation on fire, flame, heat?"

"The mind must concentrate on itself. To concentrate on the thing will not do. The mind must go inward or fire will burn and cold will freeze."

"Then all consciousness is withdrawn?"

"All consciousness is withdrawn. This is the same method used in controlling bleeding when wounded. You can control your blood or your heartbeat. If you withdraw blood from the injured part the pain will cease; if blood is flowing it will take a sense of pain to the brain."

"Is coagulation of the blood hastened?"

"Almost immediately."

"One can increase or decrease circulation at will. Is that the same thing you are referring to?"

"Precisely."

"Is this difficult--take long practise?"

"Very difficult, especially if you are not brought up in that manner. If many years run along before you start training you will have a most difficult time, if at all you can acquire it."

"But if exposed to heat instead of cold?"

"You are drawing within the blood from the outer surface of the skin. Adepts have been known to walk into heated ovens. This they can do because they withdraw the blood deeper into the body. Only the surface of the body is left without blood flow. At the same time all the organs are kept in low function."

"But what prevents burning of the tissues?"

"Hang on to that question, I am losing strength. I will be back."

(Back shortly) "When the mind has trained itself to withdraw the blood, it also sends out an energy that encases the skin. This causes a layer between the skin and any object. Between the skin and this

energy-force is a constant cooling process."

"Like the hardening of a shell?"

"No, it is not a hardening. You have an egg. On the inside of the egg is a thin skin. Between the skin and the shell is a space. That keeps or forms a cooling process or a protecting pad."

"A non-conductor?"

"Decidedly a non-conductor. That is correct."

(Q. about Adept conferring immunity to other persons.)

"This can be done by those who know, by the same process they give to themselves, they extend to whoever will have the faith to put their feet on a hot place."

"Faith?"

"Not faith as we call faith religiously. Something much deeper. The Ego must be assured that no harm will come to the body that it occupies."

"Confidence, perhaps?"

"That is right."

"Is ritual a means of assurance or inspiring confidence?"

"That is one means, but as I have told you, this is something that must be developed slowly from childhood. You can extend it for a short time to someone else who knows nothing of it, but should that power of extension run out, the man or woman on the coals would consume immediately, a great deal faster than if they had walked out there without it."

(Attention is called to this last statement "would consume" ((be consumed)) etc. It is novel, at least to the present investigators.)ML

"Concerning white "magicians" who used blow-torch on face, in mouth and throat, etc. Is the secret known to them in some subconscious way?"

"I would say Yes. Yes, a natural gift--like a musical child--a genius...Again, I am losing strength here."

8:50 to 9:05 p.m.: Medium in normal consciousness. Discussion on case of depigmentation of skin (whitish spots on hands and arms). Discussion of present-day medical treatment for this. At 9:05 the control suddenly took over:

"Please, please be heating the room. I am having difficulty with body to talk thru; room is too cold." (Heat turned on. Room temperature was 68; about 72 seems best.)

"You having very interesting talk, but to make application is a different thing. To the young lady I would say about her vanishing pigment--going back over your family--you will find in your grandmother on your mother's side, and your mother, that they suffered from a fear complex. This complex takes direct action on the etheric body first, withdrawing pigment energy--then withdrawing same from the skin. The mind lacking security and not having that which it heartily desires, can and does as any of your medical doctors know, bring on various forms of physical ailments."

"Can this be cured by reversing the condition?"

"By reversing the condition can return the force to the etheric body and start the flow back into the skin providing it has not already gone too far."

"How can this fear be discovered?"

"One sure method--hypnotism."

"Any other way? Psychoanalysis?"

"You will get at it to a degree, but the patient as a rule has a habit of holding back what she should tell. The Ego does not like to expose itself."

"Do you think the young woman could bring this into consciousness by introspection?"

"Possibly, could she be taught meditation but that is a long and arduous task."

"Do you suggest that she practise meditation?"

"Would she understand what that would be?"

"I think so. Would it be worth trying?"

"I have a feeling that it would not be suited for her, because I do not think she can grasp it within herself. Do you understand, doctor? You know, to get at these things, I am going to differ with Dr. Cosman. The average person does not know much more than the necessities to keep him going and living--and then for one who has advanced a little, or a long way, to step back and say "You do so and so, like this, like that, it is this, it is that--the Ego must first grasp and understand fully the significance of what is being said."

"In this case, then, you think the only cure available is Psycho-

analysis, but preferably hypnosis?"

"That is what I would say, doctor...I can only tell you what I know; that it shall or shall not work I do not wish to guarantee. There are many conditions of which we do not know and cannot overcome until we do know."

"You believe it is caused by a fear complex, then?"

"I certainly do."

"And it is transmitted thru the seed atom, or what we call the germ plasm on its physical side?"

"Yes, that is the only way it could enter in."

"Do you have anything else special to say to us?"

ML: "Suppose I suggest three questions and you select whatever is suitable. Is that agreeable to you?"

"That is perfectly agreeable to me."

ML then expressed a wish to know something about the use of the pendulum, especially in diagnosis--the psychic mechanisms involved; also for some statement about the book called Oahspe, its origins and nature: He also mentioned the name Rimpoche, from Illion's "Darkness Over Tibet," this last at suggestion of Dr. Cosman, who was interested in any authentication of Illion's account of the Tashi Lama, Rimpoche. The control seized upon the last subject.

"That name sounds Hindu."

"His locale was supposed to be Tibet."

"From the name I get a very ill feeling. This man seems like a very bad force. Evil! Yes, all written about him--evil. For minute I go--step outside body."

The reaction of the control to the name of this alleged black adept was one of the strongest aversion--nor did Lo Sun Yat reappear at this sitting.

New Control (not identified): "No, I cannot say chant. Say break up force. This in dance is break up force (illustrates the motions.) This means big force, calling cosmic force down; into self--up. These with mantram very good breaking up force. I go now--send Master back to you."

At 9:35 the deceased father of the medium took control and spoke until 9:50. He stated that he had not come before for he had never

learned how to control his son's body. The communication concerned personal matters and is omitted here.

Lingford: "Let's not carry on here with an atmosphere of depression. I have gone to quite a lot of trouble and difficulty to locate the boy's father because I thought he would like it." (ML: "He certainly will appreciate it very much.") "Sometimes the reactions to such meetings are in reality not a state of sadness but of joy."

Dr. C.: "You asked me what I had on my mind--it was not I but my neighbor here--he was thinking about something."

"You mean the young man?" (Yes)

"I had a letter from a woman recently who said she had met you on the astral. She said you appeared to be about 35."

"Hmmm! Interesting! (laughed). Well, I guess I was just about that age when I passed over, but I've been gone 30 or 40 years. I don't know if I have changed. Time here is considerably different from yours."

"Do you have trouble over the time problem?"

"No. The time problem is due to (ways of) understanding motion. I think if you understood motion better on your side, time would be a great deal different for you."

"Time is a very difficult problem; I doubt if anyone grasps it very thoroughly."

"Excuse me a minute. Will somebody find something to wipe off the face of this boy--it distracts me (moisture on face). That's better. Under these conditions the slightest thing distracts and it takes all the force we have to hang on as it is. Every distracting thing makes us want to let go of the organism. In fact, it does more than that--it lends a state of confusion to our minds without our being aware of it, and causes a confused answer or no answer at all. What were you asking, again?"

"About that same man we were asking Lo Sun Yat about--the bad actor."

(Fumbling for cigaret) "Cigaret, please. Thank you. Well, I don't know who you are referring to, because I wasn't here at the time."

"It rather upset Lo Sun Yat, might bother you too."

"Well, that's alright, tell me anyway. I might have read it some place, you can't tell."

"Rimpoche...said to be an evil person."

"Who said that?"

"Lo Sun Yat. Illion said he was a Tibetan adept--dangerous."

"You know, I never went in very much for mysticism or the occult, tho many phases of it interest me a great deal."

"Dr. C. was trying to find out whether this adept is real or fictitious."

"You mean based on facts?"

"Yes, it disturbed Mark when he read about him."

"Sometimes I'm glad I'm in the condition I'm in. I can move like a flash--nothing scares me."

"Do things really scare you?"

"Well, you sometimes run across unpleasant things here. You get off on a wrong vibratory rate and get in trouble."

"Any means of getting away--or dispelling them?"

"Dispelling them, better; if you know how, you change your wave length as it were. Do you understand me, doctor?"

"I think so. You mean changing your own vibratory rate of thought or feeling."

"Something even more than that. It is actually changing the current on which you are riding. I cannot describe it to you properly. Things are not precisely as we imagine them to be when we are in the physical body."

"We can believe that! Coming back to Rimpoche..."

"I never heard of him. There's an old saying, 'what we don't know won't hurt us, and I think it advisable that we don't know too many things. It's like coming around a corner and meeting a bill collector, for instance."

"You don't have bill collectors to contend with, do you?"

"No, but there's another form of bill collection over here though that is equally bad--maybe even worse. Say, what has he been eating?"
(Ref. to medium)

"A little piece of bread."

"Do you ever feel like you were bulging? That's what I feel like,

like a balloon when you squeeze it, one end pops up--that's what I feel like."

At this point one of the sitters, J. L., made inquiry about huge human-like shadows over his bed, small lights in his room, and voices which gave him advice. Longford left the medium for a few moments, saying "I can see better outside", then returned and gave the information summarized below.

"The shadows are not entities; they are thought-forms which originate in the mind of this young man (JL). He has strong wishes, maybe subconscious, and they more or less objectify themselves. He can control them. Let him leave a dim light burning, think of pleasant things and pay no attention to the forms. If a person has no one with whom to consult and no confidant, in time he begins to consult with himself. It is a kind of disassociation. Probably the voices come from the same source. If they give good advice it is alright to listen and to follow it. He should test and examine all such advice. All these phenomena can be controlled by himself. They should not alarm him at all..."

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