

SEANCE MEMORANDA from the

INNER CIRCLE

through Mark Probert, medium

PART 3

March 7, 1948 -- March 28, 1948

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INTRODUCTION TO 1948 EDITION BY MEADE LAYNE, FORMER DIRECTOR, BSRA

These booklets contain reports of trance mediumship only. The seances are not message circles, nor religious gatherings; they are concerned with factual data and with the opinions of astral people concerning scientific, philosophical and occult problems and theories. Meetings are conducted in a critical spirit, but are not test seances nor designed to prove survival and communication. They are printed for informative purposes only.

The medium, Mark Probert, is about 40 years of age, (1947) an artist but commercially employed, not a member of any church, cult or other organization. He is not a professional medium or psychic, has received no pay for the series of seances here transcribed.

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March 7, 1948

Present: Mrs. H. F., Mr. and Mrs. B. P., Irene Probert, Kathryn Townes, Meade Layne, Mark Probert (medium).

2:32 p.m. Control present: foreign language, then: "How do you do? Greetings... In a moment I will have good control and talk better. I am Lao Tse. I was listening very closely to what you read: translations have been made in many languages.

(M.L. Is this familiar to you?)

Oh yes, yes indeed: time being not at all, they have been with me always. You do not forget ever, anything that you do from the cradle to the grave. All can be brought back to you by various methods of meditation.

(M.L. Does this expression awaken anything in your memory? "___", Chinese words.)

Means Tree of Life...plum tree same...could be any growth...any tree... in essence, too, it means new soul, new growth.

(M.L. After your death you were given the title of earl.....perhaps not known to you?)

I do not recall that name.

(M.L. What does your name mean in our language? We have several translations of Lao Tse.)

Lao Tse means great thinker, liver of the spiritual life.

(M.L. Correct then as venerable philosopher?)

Yes, indeed, same thing, just different words.

(M.L. Also as meaning eternal child...)

Yes, if you remember, once I spoke and said I lived before Christ, and before that, forever; man is a perpetual being; he goes through many changes but never loses himself.

(M.L. Do you know what your approximate date would be? Born in 500 or 600 B.C.?)

Wait a moment--I am having some trouble with the body. (2:50 Control departs.)

2:55. Hello everybody...you will probably remember me. I am Indian girl, Noya. (To Irene): In seven days your daughter will have a place to stay, and she will be very much better off. She needs to have peace of mind she is lacking, and has been for a long time. Her mind has been in a terrible state of turmoil. This will cease and she will find contentment with her children in her own home. It is unfortunate that we have to go through such terrible tribulations, but then that is the road to growth, to understanding, to life. If we could only understand while we are in the physical body, that without tribulations, trials, we would lack all understanding of life. They are necessary for our advancement. So tell your daughter that for a time anyway, she will find contentment.

(Irene: Thank you, Noya. Do you know when you left this plane?)

I was on earth around the time of your famous Custer-Sitting Bull Massacre. I knew the very cruel Indian that was called "Rain in the Face". However, his cruelty was not of his true nature, but was brought on by the white man's attitude toward him and his people.

(M.L. To what tribe did Rain in the Face belong? Did you belong to that tribe?)

No, I came from the Allegheny Mountains; at some other time I will try to tell more of myself. To remember your earth life is difficult; yes, it takes a great deal of going back.

(Irene: Who brought you?)

I have come through the very kind invitation of a white man.

(Irene: Lingford?)

Yes. I wonder sometimes as I talk with him if he was as kind when on earth plane.

(Irene: What does Noya mean?)

Noya is bird.

(Irene: Were you a princess?)

No, not princess; but I was great runner; out-run many braves.

(Kay: Were you still a young girl when you left the earth?)

Yes, only 20.

(M.L. Had some brave taken you in marriage?)

No, brave not like me; like squaw who is better; Indian brave no like squaw who is brave.

(Irene: Do you remember the name of the chief of your tribe?)

Was he well known in your history, you mean? No. He was called Running Bear. Big man, run down bear, fight bear with knife.

(M.L. When did you live here?)

Sometime around what you call 1852. I go. (3:06)

3:30 P.M. Control present...does not speak...rubs neck...bursts into opera singing Pagliacci.

Can't sing very good. ... I am Enrico Caruso. I have the big neck. I am not sorry that I have come over to this side, but I would have loved to stay a little longer in the body so I could sing. I do very much singing over here. We have vast halls for singing, much bigger than these now here on this earth...more peoples love to listen to the music now.

(K: We once heard of an organ on your plane being a mile long... such an organ?)

Such an organ as would dismay you completely. (Speaking to Jas. Plumb): You play the music--you stay with that, boy: it is good for the soul. Me, I smoke too many cigarettes--52 a day. That was one of the reasons for the infection that set in my vocal organs and released me from the body. The night I was to sing at the Met here in this country, I was warned not to sing.

(M.L. Warned from your side?)
Warned by my doctors.

(Irene: Did you disregard them?)
Yes. The infection caused a bursting of a blood vessel in my throat and I was taken offstage hemorrhaging. (To Jas. again): You, when you are sitting at the organ, you listen and let your listening run through your fingers on the boards and you will write some beautiful music. You are greatly in tune with musical minds on this side: but listen--cigarettes helped to kill me, do not let things kill you. Don't do it. You have got a long life ahead of you if you treat your body right.

(Jas.: I am under doctor's orders now.)
That is well, but I was on doctors' orders too. Doctors can only tell you. You, yourself, can only do what you are told because these educated minds know. I was a little too smart and ended my time too quickly. You know I did not have the common or ordinary kind of vocal cords: I had a double set of those vibrating cords in the vocal box--larynx.

(C. Is that why you could sing so much louder?)
Yes. It was no schooling that gave me power behind my voice, but the double vocal cords.

(M.L. You also had a very exceptional range, did you not?)
I did.

(C. Your daughter Gloria also sings...)
Yes, but not the same as to the vocal cords.

(Jas.: You had a son also?)
No, not that I recall. I had a daughter. (3:43 Control departs.)

3:44 New control present.

(To M.L.):

I come to you, my brother. The work that you have been doing in these many years will not turn to ashes. You have been doing a fine work, a work that is so badly needed on this earth plane. I have been watching you as far back as 1902. The observations were not of your physical self, as you know. We are not seeking after personalities. We come to you for what you are, what you do, what you think. In the course of a man's life he attracts to himself all manner of entities, some of which help him vastly, and others which do their best to hold him back. Fortunately, you have done the type of work that attracts the right forces to you. The great lady that wrote the great works--you know of her? I am speaking of Madam Blavatsky, yes. The woman was of exceptionally sensitive type. Her teachings against so-called hypnotism were not given to put a block against the spirit world and your physical world, but rather to keep out the unlearned: in that manner she saved possibly hundreds from going to an untimely death and insanity. What I have been most attracted to you for was your entirely sensible approach to occult work. It is not everyone that can go into it with such a calm mien. You will continue on, I am sure, and you will receive much guidance from this side, as you already have.

(M.L. If you have advice, I would be grateful. Would you tell us

who you are?)

I think for the time being, just for a little while longer, I will remain unknown because, like your great and noble friend, and very beloved brother of a wonderful teaching, the very honorable Lao Tse, knew well the correctness of keeping his name out of the picture for the time being. Names lead to personalities, and personalities lead to either disgust or dismay and we do not encourage either.

(M.L. Have you any special advice for me in regard to this work that I am to do?)

In this field there has come a time now when some of us at least would care to make an attempt to come through and speak individually.

(M.L. To me, do you mean?)

In reference to this work right here.

(M.L. The seances?)

Yes. By that I mean either through helping us to materialize, or through independent voice, and that young lady there is most advanced in that sort of work. She has the fluidic force for producing just such, but she is (not) consciously aware, at least, of her own ability.

(M.L. She would have nothing to fear...)

She would not, and she would find herself much more healthful because we would leave some of our energy behind to her. She is capable of doing this without trance and it is for that reason that I say we can leave her a good health energy after it is over. She would be doing a wonderful work. If she is so inclined only... It is known possibly to you, and it is to us, that no thing, no act, should be entered into without complete sanction of the self. I am also thinking of physical acts, regardless of our plane. Good afternoon. (3:55 Control departs.)

4:00 Professor Luntz.

Good afternoon, all my friends. I am extremely happy to be here with you again. I am Professor Luntz. As I stood by here with the group this afternoon listening to the various topics of interest, someone comes up with a difficulty of the body: it is you, young lady. That is somewhat my field, but strangely enough, it wasn't my field while on earth--yes, I was a Doctor of Divinity. You know, a Doctor of Divinity can quite easily fall into a doctor of the physical. They are very closely related...thank you, but that is not a very important thing. There are many people who come out of Heidelberg that are just as ignorant of those things as those who come out of your great schools. ... Do you prefer I sing the Drinking Song? ... 'The Student Prince'... a very interesting drama. Now just what seems to be troubling your mind?

(Mrs. T.: If I knew what was troubling my mind, perhaps I wouldn't be having trouble with the body.)

That is the trouble with so many people. They know...the doctoring of the mind has been taught since time began, but how to use it--little has been said. You have spent many years, remember, in your active mental construction of these unhappy conditions. Now, it is well known in the field of occult that instant healing can be had, but it takes a peculiar trend of mind to accomplish that. The whole difficulty with you, my dear, lies not in a direct physical difficulty, but one that

has developed into that through the nerves. You have worked to a point where your nervous system is quite capable of picking up and holding an ill condition better than it is of holding one of health. You understand that, Doctor? ... No, it is not a case of something that has taken place with her in recent years, or even within childhood, but has been brought about even while in the state of conception, so it is not an easy matter to suggest what should be done, but I will take it.....

Dr. Layne, I am in no position to be here, as you know, at all times. Being in this world makes it difficult to make a direct and helpful contact and keep it so until a patient at least acquires enough strength to carry on for themselves--so I am going to sort of leave it to you. When this young lady's mother returns to her home, which should be within the next month, I would like to leave her somewhat in your care. Your advanced education in psychology can be of very fruitful help: also your knowledge of mantrams and your...

(M.L. You believe the mantrams definitely worth while?)

They are, indeed: but this is the crux of the situation--you know what those passes are capable of--if that knowledge is instilled in her mind that they will help, it is not a matter of suggestion, it is a matter of the mind co-operating with the act. Sometimes this co-operation can be gotten through subconscious acceptance of it without the party knowing. There is nothing really wrong with this young lady as far as her physical body goes but what can not be remedied.

(M.L. If she consents, and wishes it done, you recommend the passes and mantrams, then?)

Yes, I would, and also a few other things of which I will talk to you at a later time. She has nothing to fear, absolutely nothing, and a great deal to gain from the wonderful source of the passes and the mantrams.

The young man that came in a while ago, I would suggest that you do something to lower your blood pressure somewhat...less coffee, yes, that would be one way...more rest, yes. He is living too much under tension. You have a strong tendency towards aenemia: be careful. Do not be alarmed, just be careful. (To R.T.)

(Mrs. T.: Don't I feed him well, Professor Luntz?)

You feed him very well, but the food is of little value if the mental state is not in harmony with the vibrations of the food.

I cannot persuade him to live more calmly, he must convince himself of that. The importance of living is not to be accomplished with speed or anxiety, but through directness and calmness and faith--may I repeat that word-- faith--that all that belongs in your life and to you that is good, shall be yours. Do not struggle--relax. The great God-Force that put the tree upon earth did not leave the tree to wonder where its sustenance was coming from--do you suppose He would leave you to wonder? Man's hell comes, not after death, but during physical life. It took many years to ascertain the truth of that. Good afternoon. 4:23 (Control changes.)

Lingford:

I am a little bit late, but here I am. You know, it is wonderful, this open door conversation between the two worlds. I wish, Newton, I wish that I had had such contacts while living in the physical body--very much so.

(K: Noya was here today, Lingford, and she thinks a great deal of you.)

Noya? She is a very, very sweet person.

(M.L. Did you know anything about these things during your life, Lingford?)

I heard a great deal about them, but only through hearsay--not through any direct contact of my own. When I heard about them, I would, like so many have done and still do, I ridiculed them. The difference between you and me, however, is that you were fortunate enough to use a little thinking ability before laughing for too long. I laughed too long. Your Christian churches speak of the evilness of spiritualism... but there will come a day when the vast majority will understand that the contacts made from our plane to yours are one of the necessities to their existence. Then the door between the two worlds will be thrown wide open--death will not exist.

(M.L. We doubt that our culture will survive long enough to make it possible.)

I am afraid that it will not: there will be such a calamity in the future that will seem beyond any doubt the end of the earth, but it will not be so, but will be the beginning of a great and marvelous earth life for man.

(M.L. Will it be a man-made calamity?)

A bit of both, because your minds will stir up various forms of destruction until the very earth will react to it.

(M.L. There are some of us who sense these things already under way.)

Man, through his thinking, governs even the elements...I had better stop, I am getting philosophical. I think, Newton, that we will close this meeting. The last time I was here, I meant to tell you to let Jack Tate know that I have been asking for him. I would love to have him here again. We certainly think of him a great deal. It was through you and him that I found my vocal voice in the physical world again.

(Irene: We understand that he is to come out here this spring.)

Then I shall get to see him.

(M.L. We will let him know that you were asking for him. Lingford, did you know that our Mr. 'X' is Lao Tse?)

Yes, I know that: I think that you are fortunate to have this man. You can learn a great deal from him.

(M.L. Did you hear the communicator who spoke to me?)

No, Newton, I was not present at the time. I, myself, have learned a great many things that I did not know before since coming into these meetings, so we all benefit. One thing that is very important and very gratifying is to know that there are many open doors that can be had between the two worlds only for the asking. (Smokes cigarette). (To Irene): I wanted to speak to you about a little girl...

(Something is wrong...somebody is pondering a question here...the young man that came in last...what is his name...Richard? Well, leave it go for now. I felt a blocking against my thought here.) That little girl has scratched herself with her hands, something caused a breaking out on her hands.

(Irene: Is it impetigo?)

Similar to it..has she had a doctor? You will find that she has picked up germs on her hands and scratched herself. I would sort of suggest something like that to the doctors. (Handling cellophane cigarette wrapper) What is that? It looks like something when I was a kid we used to call mica. We used to have it in our stoves, Newton, maybe you remember? Ising-glass. Those big stoves--the meals, Oh My.....

(Mrs. T. Did you like to eat, Lingford?)

No, I don't even like to smoke: I really don't--I thought I would like to do it when I came, but I don't really like it...you know, you really don't like to smoke. What causes people to smoke is a nervous sense of uncertainty, and you will find that as the world grows more in uncertainty, the more it will smoke. (Handles glass ash tray idly, finally picks it up). Say, I can pick that up! It's glass, isn't it? If I got out of the body now, I couldn't pick that up.

(M.L. Can you feel its weight?)

Sure, Oh sure.

(M.L. If you picked it up and let it fall, would it fall?)

Oh yes...but I had better not get into that; it's an interesting subject. Let's take it up next time. I feel the energy running down. It is pleasant to come here. 4:45 (Control departs.)

4:48 (Medium walking around, control takes over.)
(Ramakalo.)

(M.L. Won't you sit down?)

No, thank you, I came just for a moment, and I am sorry that I caught the young man on his feet, but I will take care. I wish to talk about the flying saucers. You know, these things will be back and forth into your world, and as I have said in the past, nothing will be discovered about them until science knows more about what man calls the etheric. All things on your plane--all things on the earth, even unto the earth itself, came out of the etheric. I do not see why it seems to be such a difficulty for science to accept the fact that these flying objects, not only the saucers, but all of your strange craft, are brought into being spontaneously.

(M.L. The answer is in our history.)

No, because your bible says the world was made in six days: it does not say how it was made, it merely states it was.

(M.L. Little can be done about it. Do these craft come from the same place as the discs?)

They do. Their purpose is of good will, as long as they are not molested they will not molest you, but as I have said, too, in the past, and I see my saying so has done no good, that they should not be pursued, because in all cases, will destruction come to the pursuer.

There is a famous saying among you which goes something like 'Fools rush in where angels fear to tread'. A child approaches a fire and touches it and becomes burned because he knows no better--only through knowledge, through experience, will we know. Sound is one of the causes for this sudden appearance of these objects--sound. You blast the ether with atomic energy--your radar streaming through the ether--opens the way for them.

(M.L. They create effects in the etheric levels?)

Yes, indeed.

(M.L. Is their appearance in unusual numbers in connection with any great impending event on our side?)

Partly, and partly to the idea that your form of civilization is rapidly reaching a peak. All civilizations as well as all individuals reach a peak and then go down: life is one continuous cycle.

(M.L. The point of contact is to study us and observe?)

For future civilizations. You do not suppose that because your time vaults that you have buried in the east are made of steel and concrete that your destructive forces cannot destroy it?

(M.L. The release of nuclear energies?)

Yes. So some history must be kept of man's present accomplishments, and it will be given back to him when the great disaster has come and gone.

(M.L. You said our civilization has about reached its peak?)

Yes: with no intention of bringing unhappy thoughts to you, the one great and marvelous plan of life is that nothing can happen to life, to man, only change. I go. 4:48

San Diego, March 21 , 1948

Present: Mr. and Mrs. Fox, Jas. and Barbara Plumb , Irene Probert, Jos. Hall, Vivian Brinkley, Mrs. Hewitt, Harriet Foster, Meade Layne, K. Townes, Mark Probert (medium).

2:25 P.M. Control present.

2:30 P.M. Good afternoon: quite a group here this afternoon, and we also have quite a group on our side. I am Lao Tse. It is a great pleasure to see the group growing. In due course you are going to have quite a vast audience so that I may talk to them, and I will be very pleased, indeed.

(M.L.: We have had word from Roger Graham, Lao Tse...(M.L. reads from R.G.'s letter.)

Lao Tse: That we will come to later in the meeting. It seems to me that many, many people who do not even realize it are extremely aware of the--what do you call it--the astral world?

(M.L.: Sensitive?)

Yes, but when they find out, for the most part, they become worried and frightened. So much for their former bad teachings. You have a few things to talk about this afternoon: I will be glad to listen and say what I can.

(M.L.: ...Communicator told Mark something regarding Uranium 234 and the cause of the illness we call Virus 'X'.)

I think, if you do not mind, I will leave that for one of the other comers.

(M.L.: Do you know if George Washington is at present in incarnation on this plane?)

No, I do not know. Was he one of the first presidents of your country? I know but very little about him.

(M.L.: Do you know of the experiments by Dr. Littlefield, showing the effect of mental energy on crystals?)

You know, all down through the ages, various men, and no doubt women, have come forward and shown with adequate proof that mind substance, or energy, if you wish, is very powerful and is quite capable of acting upon what you call material substances, for the simple reason that material substance is mind substance in the last analysis: so, being of the same, or close kin, is it so strange that this substance is capable of its natural function--work?

(M.L.: The experiments should be capable of repetition. Are the effects due to any special psychic powers, or can the average person get them?)

It would not be easy for the average person, no: but for the person that is capable of directing thought forces intelligently, it is a very easy thing, and with further practice it becomes almost child's play for him.

(M.L.: Mantrams...can the average person construct mantrams?)

No.

(M.L.: What would be lacking--training, or psychic faculty?)

To begin with, there are some who from the beginning know what their minds are capable of, but they also have a very peculiar control over their mental energy that others have not got.

M.L: Do you think it would be worth while for the average person to try it?

Yes, I think so, for the simple reason that nothing is gained without trying. Who know but that you, or any of you sitting around here with a little experimentation, will not be able to produce even better results?

M.L: Are we dealing with the same thing as the PK effect?

Yes. Beforehand, have a clear knowledge of what you are dealing with. You know what you are looking for, though. It is said that all people have the power within them to be mental controllers, energy projectors, more simply - psychics. This is not true. They do have the germ lying latent within them, all people, yes; but few are capable of developing it beyond the dormant degree.

M.L: One other question, about the formulation of mantrams. Can a person formulate his own numerical values?

That is merely his own method; it is not to be used by others, or if used, it offers no sure success. You may formulate your own mantrams and approach the subject in its entirety in your own way and get the same method and maybe better results.

M.L: What would you say is the secret of the power attributed to the mantrams?

There are certain words when spoken into the ether, that affect the molecules, the atoms, and the what-nots that you do not see with the eye, the stuff that goes to make up all your material life. Those words stir these into violent action, so violent at times that if not used right, they will revert back upon you and kill you.

M.L: Do such words have to be spoken aloud?

Yes.

M.L: How does one discover the real mantrams?

They can be given to you through meditation, but as I have said, one should be very careful and go slow.

M.L: That Kabalistic teaching concerning this power depends upon the the numerical value of the words and letters. Does the clue lie along that line?

Please to pardon me; I will be back shortly.

(Control departs at 2:50 p.m.)

2:52 Control present. Says "Daladier" three times, nothing else.
Departs at 2:55

3:07 Foreign Control. Goes through dance motions. Speaks.

You peoples, you destroy the body. You shoot stuff into the body which puts in poison.

Irene: Is there anything you can do for the mdeium?

I do. (Goes through motions with hands, invoking the cosmic forces. repeats "Ti yu tu.")

M.L: Would you tell us what your words mean, Ti yu tu?

Go evil! Go evil! Taking out poisons. Much people believe that we are the fearful and superstitious ones. You have in your civiliaa- tion a power that has been used by us for many thousands of years ,

healing power, yes; but you do not know how to use it. Not only that, instead of injecting poisons into the system, you have the one power, to pull the tooth or to cure the tooth, (foreign chant), what you call hypnotism. This, properly understood and properly used, far surpasses any kind of injections into the gums and into the body, for then you do not have nature to fight off that thing. Very few of the people who live in your world believe in the power that your God has granted and put into you to use.

(M.L.: Most psychiatrists are using it, but not always with good judgment.)

They neglect to use what you call in your language the mantrams along with hypnotism.

(M.L.: How would one co-ordinate them?)

After the patient has been put thoroughly into a sleep or removed from his body, then these mantrams should be used over the affected parts.

(M.L.: Can mantrams be constructed by us?)

If you construct them, they are already in existence. You can do so: they are here, you concentrate, you listen, asking for the good; the good will come.

(M.L.: You mean they should be formed by meditation?)

Yes.

(M.L.: They cannot be constructed by any rule?)

If it suits your purpose, yes.

(M.L.: Do numerical values have any effect?)

I do not know about that--numerical? I go.

(Irene: I wanted to ask if you were the first person who tried to come through. Did you know that Lao Tse instructed the doctor not to inject penicillin?)*

I know this man you are talking of, but of that I do not know.

(Irene: Can you tell us who you are, or if you have been here before?)

I have not been here before. I come to help. I probably shall not come again--at least not for a long time. I have much work to do.

(M.L.: We hope you will return.)

Thank you, and I do wish my most profound blessings upon you all.

3:16 Control departs.

3:17 Lingford.

Quite a group here--no, no introductions--I am getting so that everybody looks familiar here, even the new ones. One does not introduce friends, and I feel everybody is my friend.

(Irene: What did that person look like, Lingford--the one who just went?)

He looked like an Indian to me, but not the type that I have seen before. His robe is gold in color, and blue, and he is tall, very tall, and very dark skinned. I heard him speaking of hypnotism and its values. I look back, and in remembering some of my earth life, I wish they had used it in my time. You were speaking of the Rosicrucians' objections to hypnotism? The use of it and its good or its mental

** (These passages refer to a visit of Mark Probert to a dentist: Lao Tse took control and objected to the use of penicillin, to the surprise of the dentist.)

reaction depends largely upon the hypnotizer and the one who is the victim. This mental force has no particular harm upon the individual, only so if he is always looking for an easy way out of things. You, and all of you, use it in various forms all day long, all your life.

(M.L.: You mean suggestion?)

A mild form of suggestion--same thing. It is only detrimental to one who is afraid of it. It does not, unless used improperly, cause any psychic disturbance in the individual, or any "rent in the aura" that may not be healed and so leave the person open to those in my realm of life.

(M.L.: Does it damage the etheric body?)

No; but I am saying there, only if it is used right, Newton. It is said that you cannot suggest a person into doing something that is not natural for him to do. That is not true. You can: you most certainly can. They can be caused to murder, they most certainly can. The mind is not in control. The entity is drawn within itself; the body becomes like an automaton, a zombie.

(Mrs. B: Is that why people often commit suicide by jumping from heights?)

Yes, they often do. Those who have jumped before them leave the vibration in the very spot, of falling rapidly into empty space, and a sensitive person can become subject to those vibrations--hypnosis.

(M.L.: Will a material magnet clear up the magnetic field?)

No.

(M.L.: In the Abrams experiments, the field of an electro-magnet seemed to clear up the radiations from diseased tissue.)

That doesn't seem probable, because the emanations from a magnet are of a lower grade of vibration than the etheric vibrations that have been left behind, because those vibrations are of the mind of the individual.

(Irene: Would clearing up of diseased tissues be of the same order?)

Yes, it could be of the same order, because the diseased tissue has been brought about by the mentality of the individual.

(Question--notes illegible.)

I don't know. I don't want to make a flat statement on that. I had better go and do some more reading. I don't find anything on my side that makes such a claim. From what I understand, the use of your white magic mantrams could be used to clear that up.

(M.L.: In regard to the charged atmosphere around places where tragedies have occurred, do you think that mantrams would clear that up?)

Mantrams would be very much better than a magnet.

(M.L.: Must they be said aloud?)

Oh yes, besides that, if someone came along and found you swinging a magnet around, they are liable to push you over.

(Mrs. Fox: Father, Son and Holy Ghost--would that invocation do any good?)

May I have a cigarette, please? Life offers us many ultimatums. Nature does not lay down any set rules. The thing is to use whatever is soothing and pleasing to your individual mind, and it will work wonders, whether it is "Father, Son and Holy Ghost" or "23-Skidoo". Now I don't

at all mean to be crude or smart, but the proof of that lies in this: you may be very ill, and you go to a doctor, and if that doctor has a good effect on you--his personality--and he leaves you with a comfortable feeling, he can give you sugar pills that will cure you, where another doctor who has excellent and up-to-the-minute scientific medicine, but whose personality clashes with yours and leaves you mentally stirred up and uncertain, his most scientific medicine will be of no value. So you see, it is, after all, the mind. If the mind is pleased, it relaxes and leaves the good force, the God-energy, to flow through your entire being. I am sounding very much like a preacher or something here.

(M.L.: Do you think a mantram is of any particular use in trying to put an idea into the mind of another person by telepathic suggestion?)

Yes, I do, because if the mantram you use, from my American point of view, as I have just finished saying, is satisfactory to your mind, it opens the doors all around you; it will work wonders.

(M.L.: Speaking about putting a thought into the mind of another person--will mantrams bring that about more readily?)

No, not more readily, except that the only thing that it will do is, as I said, that it merely relaxes your mind so that you may send stronger and more direct thought waves.

(M.L.: But it also serves to concentrate and formulate the thought?)
Yes.

(M.L.: You are not sure that telepathy has anything to do with concentration?)

It really has not as far as I have been able to find out. In a split second, you can send your thought anywhere to be received. Then there are other times when you spend, or seem to, an hour--two hours--but you really do not. It all acts within split seconds. There are times when this thought energy becomes retarded, however, or somewhat suspended in space, you may say.

(M.L.: We are aware of that phenomenon.)

The thought is really not retarded, but the mental doors of the individual that is receiving aren't open: his receiving apparatus isn't on key.

(M.L.: What becomes of the message in the meantime--but that raises the question of space-time?)

Yes. Well, it does make sense, a great deal of sense, but you will be going into something that I am not capable of. Maybe some of the other ones that come will take it up if you would like to.

(M.L.: Mr. Hall would like to know about grapes--the processing of grapes for cancer treatment.)

It seems I have heard of it, but it is not juice, is it? Do not they use the entire crushed grape? Yes, seeds and all. However, the grape has no particular effect upon the cancer, but grapes are a great blood cleanser and a cleanser of the intestinal tract; and when the blood is purified, the subject is much less likely to contract cancer, and if they have it already, it acts as a purifier, as I said, of the blood, and keeps the cancer from breaking off and spreading into the body by the blood stream.

(Mrs. T.: ...Read about grape poultices for blood purification in case of infection--what about case of appendicitis?)

If you have an acute attack of appendicitis, it would be most advisable to put yourself into the hands of a good physician--although I haven't any particular favor for them myself, I would still advise it. However, the best thing that I know, for cancer, as a preventative, is the mind. The mind can cause cancer, and the mind can destroy cancer, providing it has not already gone too far. If the mind is under strain and duress from pain, it is not a very capable machine for curing or doing anything.

(M.L.: What mental states are most conducive to cancer? Worry, hate, anger, fear?)

All of them--yes indeed--and worry is one of the worst.

(M.L.: What is the effect of worry? What does it do--from your point of view?)

It fogs up the aura, turns it too, in spots, to various blues, greens, and yellows; hatred and rage turn it to blood red. It reacts the same way upon the body, down to every atom it has a terrific effect.

(Mr. Hall:...explanation of vitamins?)

Vitamins? You know, vitamins work wonders on one hand, and on the other they don't seem to show any sign of doing anything.

(J.P.: Doesn't it depend upon the individual?)

Again, I would say yes; you make a test and I doubt very much that it will show any proven success, at least something that you can say is definite. Vitamins help some, and others, it does nothing for; why?

(M.L.: State of mind?)

I think so; you check with the various universities that have made studies and I think you will find that is true. They have no proof that their vitamins are of such definite value. I will be ready to stand corrected at any time.

(Mr. Hall: The blood stream builds the body chemically, and the mind is over all, causing certain radiations within the body...?)

You understand it very correctly. I don't know that I have said anything that you do not already know, though. I doubt it.

(Mr. H.: We might know things but we don't always apply them properly.)

That is correct of everything in life; in other words, we have before our eyes all the things necessary for our existence in this life, we may even be walking right around in it. And, not knowing how to recognize it, we go on, still wishing for some answers to the problems, when all the time the answers lie there before us and we do not see them because we do not know.

(M.L.: Do you know who was telling Mark about the Uranium atom, and its relation to Virus-"X"?)

I will see if I can locate that man or whoever it was that spoke through him on that subject. I will be back shortly. ... Before I go--the blonde lady over there--I merely wanted to know--you have been running things over in your mind--what have you got to say?

(Mrs.B.: I would rather not say anything right now, Lingford.)
Secretive, for a woman...

(M.L.: Probably worth listening to.)

I rather think so too. Just like I would like to have--a whole roomful of women. They are a much neglected race.

(M.L.: Is the eternal feminine still the same on your side?)

Yes, and thank whatever powers that be that that is so; women have not

rightfully as yet come into their own. There is going to come a time when they shall, and I will feel sorry for this, for them, when they will become women presidents in this their very lovely country. It will be more lovely then--think of it.

(Irene: What do you think of our conditions now--pertaining to war?) I do not think you will have war; but I would rather talk about women--though they are a lot more dangerous than wars--yes, indeed. But I am taking up the time. The female, mentally, there is no actual difference. We have female energy and male energy--that is all there is to it. It depends upon which is stronger; it is a matter of potential on this side. The superior force is called masculine. I really don't know why. I have known some superior feminine forces even while I was living. I will come again.

4:00 Control departs.

4:08 Professor Luntz.

How do you do? I am Professor Luntz.

(Mrs. T.: We usually recognize you, Professor, because you speak so eloquently.)

Thank you. To that I must take a bow. I heard you talking about a very 'devil-may-care' adventurer--the famous Richard Halliburton. He was truly on the Johnston Island, but, he did not arrive there alive, but was washed up on the beach. And, in his other life, he remembered the island, and so the information you received was quite right, but not exactly as was stated. Well, you see, that could very readily be presented in that manner because many individuals passing over to this side believe they are alive.

(Mrs. T.: What happened to Halliburton's craft?)

It sank in the storm. Your Amelia Earhart never reached an island, but went down in the ocean. Many things come through from my side to yours: you have to study what has been said. Of course, when you are in this work for a time, you begin to see that--that the statements made are, in their essence, correct, but later seem false--and falseness lies in your ability to interpret and to understand the existing conditions between your and my side. Last week it seems that someone wanted to find out about some sick person.

(Mrs. F.W.: You examined her before--advised high colonics--her doctor said 'no'--wondered if there was anything further you could say--she is not better.)

It seems like this lady had some fear of cancer--that is not true. Have the doctors tried to ascertain whether or not she is cancerous? I do not see it; if one has cancer to a degree, and especially to the degree that this woman seems to be upset about, they will know it--they will be very certain of it. For one thing, there is a great amount of poison in the intestinal tract, in the upper bowel.

(M.L.: Her doctor objected, account of the diverticula.)

That is ridiculous; but I am not in a position, and neither are any of you to pursue the matter--we over here can only speak what we see, and what we understand to be true. If you do not care to follow it--too, her nerves are in a tremendously bad condition. Her mental outlook is extremely low. I seem to feel that this woman spends a great deal of her time shut up in her home. She is able to get out--she is physically able, but not mentally. She is making a recluse out of herself.

(M.L.: Shall I tell her that you still recommend high colonics?)
 Yes, but merely on her own will to do so; it would be not a very good policy to suggest that she definitely do so. You know you can involve yourself in difficulties. Has someone a question?

(Mrs.T.: About the sulpha drugs--medical science is not sure of the ultimate effect of them.)

They are liable to cause hardening of the arteries at an early stage in life.

(M.L.: In the person using the drug, you mean?)
 Yes; but only from constant use. It is like most of your drugs. They have to be used with discrimination, and also by observation of the mental attitude of the individual. What is a small quantity to one is an overdose to another.

(Mrs.T.: Then if a person takes sulpha drug for a long period of time, and it is destroying nerve tissues, how can it be helping the patient?)

It can't. Your penicillin can also have ill effects, but not nearly as much as your sulpha. Sulpha is extremely detrimental to the body.

(Mrs. B.: Has it any detrimental effect on the glands?)
 Sulpha does, yes. On some of the glands it retards their action, slows them down and on others it causes excessive action and excretions--excessive use of it will destroy the sweat glands, for one thing, causing them to overact.

(Irene: How is my little grandson?)

I will go see.

4:23 Control departs.

4:40 Control present. (Holds arms.)

I have not been in contact with this earth for several years, but I have spoken through other mediums before. My name is J.J.Astor. I was having a little trouble controlling this medium. He is rather small for me. I was quite a big man.

(M.L.: You went down on the Titanic?)

Yes, a long time ago--around 1910 or something like that. It is a great pleasure to be able to talk to this little group. I have not too much to say, except that God in his great glory and wisdom has given man the wonderful, wonderful opportunity to come back and say 'I live.'

(Irene: Very few believe that.)

I suppose. I, myself, was more inclined to believe that we would live. Otherwise, I reasoned with myself, what a folly all life would be.

(M.L.: Did you know anything of spiritualism when you were on this side?)

Yes, indeed. I made considerable study. I think if there is any manner in which you can check into it, (i.e., this fact), look into it, and find whether or not it is true; I would appreciate it.

(Irene: About your interest--where would we be most likely to find out?)

Yes--after I tell you, it will not be any more easy for you to find it; but possibly through a short and kindly letter to some of my close relatives, some you will find in New York City, you may be able to prove it one way or another. Where is Nancy now? She would be the one.

(Irene: Did you injure your arm--does it bother you?)
My physical body was knocked around quite a bit--it is merely a memory.

(M.L.: Can you tell us anything about your present life?)
My life now, like all life shall be, is one of service. There is no higher calling, for there is no money to be made now. Helping those who come over in uncertain and dismayed frame of mind.

(Mrs. Fox: When the Titanic went down, Captain Smith told that he was still hanging around there until every person had realized they were dead.)

That is possible, for the simple reason that the man, being captain of his ship, had spent so many years of his life in the knowledge that he could not abandon ship until he knew that all were safe, in one manner or another. So you see, when I say I am living the life of service, there is much to be done. Sometimes it takes, in your time, years to awaken the soul that has passed over.

(M.L.: What is the best method or remedy against that? Is this the best way?)

This is: this is a most excellent way. It has been frowned upon, but I did not believe at that time, while in the physical body, that most of the frowning was sponsored by religious organizations--not to such a degree. People are beginning to think for themselves.

(M.L.: Do you feel hopeful in regard to the near future of our culture?)

No, I do not. Every generation has new and difficult problems. Their difficulty, however, depends upon the minds of the ones who control the country, their capability to handle a given situation. The world today is not in any more difficult situation than it ever has been. It is only that the problems are different, and therefore, take different measures and approach.

(Irene: Our question about Washington--do you know?)
Of that I do not know. I do know that each individual returns at a certain time and that time of his returning lies within himself.

(Mrs.B.: Do you remember your previous incarnation?)
I do not, because I never troubled myself to find out, either when I was in the physical or since I have been over here.

(M.L.: Is that knowledge accessible to you?)
I imagine so, from what I have heard of reincarnation. One can learn a great deal more about it on coming over here. It is only that it did not particularly interest me.

(Irene: Do you know why some people reincarnate sooner?)
It is a great motivating force; it will bring you back and hold you from getting away, even from the very spot in which you passed over. So, depending upon that desire and will, is your time allotted for returning. The desire, and what you desire. I am tired, so I shall leave.

4:58 P.M. Control departs.

San Diego, March 28, 1948 (Easter Sunday).

Present: Meade Layne, Mr. and Mrs. George Robinson, Mrs. Gauthier, Ethel Noeller, Vivian Brinkley, Harriet Foster, Katherine Townes, Mark Probert (medium).

3:20 p.m. Control came and left without speaking.

3:38 p.m. (Speaking in a foreign tongue (Chinese or Hindustani?) and going through dance motions with hands, similar to sacred dance of prayer or invocation of former controls.)

(M.L. Good afternoon--you are welcome here. You have been here before?)

Control: Yes: it is good to be back again with you. You read much of that which was written long time ago (M.L. had been reading aloud from the Tao-Ti-Ching). These teachings to my people the writings of Lao-Tse and Buddha, is work of two great teachers. No one teacher say that. It is all from the great God, handed down to the Masters, and from the Masters to the student.

(M.L. Do you care to give us your name?)

Tu Chang Teh Ying (phonetic). It is not Lao-Tse--no, only a part, but not his. Much given to him from great God-Force; to others too. Your great master, the Christ, also knew of all that. Today is your Easter--why Easter?

(M.L. From Astarte, goddess of fertility. H.F. Or the Anglo-Saxon Eastre, goddess of light or spring?)

All races of man have masters. Each master went through crucifixion.

(C. All would go up to heaven?)

No--rise up to great God. You know, when you become adepti, (M.L. Adepts? You use the Latin form.) then go through crucifixion; have big gathering, bed in form of a cross. Advanced Master when he reaches that stage, go lie down on crucifixion couch; meditation; all gather around. This is great final step in Brotherhood.

(M.L. The great Initiation?)

(Control Tu Chang again spoke in the foreign tongue, chanting, and making dance motions with hands.)

Tu Chang: Master stands over couch, makes passes, makes mantrams; then man on couch he goes out--as told by teacher standing there--out into the planetary. Trial is, if he die, he not come back; he loses trial.

(M.L. Is it the same in all initiations in different countries?)

Tu Chang: Yes--China, India--all secret orders of White Brotherhood all over the world.

(M.L.--or V.B.?) Is the White Brotherhood still active?)

Tu Chang: Yes, active--must be. Bad for man if not.

(V.B. Where are their headquarters?)

Tu Chang: Some centers of White Brotherhood in all places. Only comes time--at Easter--that day all not be in great gathering, in meditation, go there too. Those Masters that cannot go, stay in the country where they are in meditation--into the silence (and go out into the astral? H.P.F.)

(M.L. They have big meetings?)

Yes, big. Man scared of dying. Dying is only door back to Self. I go--someone come. (3:52 p.m.)

4:00 p.m. Lao Tse: How do you do? You have new, new, new, new, people. (Introductions.) I am happy and honored to meet you all.

I listened to one of the many priests or monks or pupils that spoke to you this afternoon.

(M.L. Is he a monk?)

He is still a pupil. I am still a pupil. Life is far too vast to make any such claims as being a master of life. The things to learn are endless. Don't think for a moment that because a man or a woman reaches what you believe to be a high stage of intelligence in the line of occultism or the teachings of the inner workings of life that he is necessarily a master or considers himself such.

Sometimes--like in all fields of endeavour--the pupil, on learning so many things that seem amazing to him, becomes blind for the time being to his own (real?) greatness. This gains him nothing and holds him back. But time being endless, it does not matter to any great degree.

(M.L. In our occult orders pupils are specially warned against spiritual pride.)

Yes, I know--but I think you know, too, that some of the things learned by the pupil sometimes are a little too much for him. This is inclined to dazzle some, in spite of the warning, and even against their own wish.

Man has come only a short way. He has yet an endless way to go.

(M.L. Did you hear me reading the Tao Te Ching?)

Lao Tse: Yes, I did.

(M.L. Would you care to translate the title for us?)

Lao Tse: What is the matter with the present one you have?

(M.L. We have so many different ones. Would you call it the _____?)

Lao Tse: It could be. That's as good as any. You could also call it "The Book of Self-Realization"--would be just as well.

(M.L. That would be better, I think.)

It is one of my beliefs, and for a time I carried it out--that titles and labels to things--even to persons--have a way of confusing the issues and making the content of the book, as well as the personality of the individual, mixed up.

(M.L. One of the questions of our contemporaries--your connection with the compilation of this book. Do you care to comment on this?)

Lao Tse: It has been long in your years since I had the small part in it to write a little. It is said that I wrote and departed, but as much as is written, you can see that it would not be possible for me to write all of that alone.

(M.L. The book is a small one. The legend goes that you dictated some 60,000 words before departing on a black ox; is that only legend?)

Lao Tse: Yes, it is. Some of my--what you would call today my "fans"--in their enthusiasm, gathered together some of what I said, adding here and there what they said--that is human nature. One who understands something of life doesn't tarry to write so many words. He leaves that labor to the pupils.

(M.L. Is there any one person to whom this work can be attributed?)
No, much of this was obtained in meditation--a little by me and by others. Had the words of your master, Christ, been truly kept and given out in the proper manner, the world would today be what the world has been looking for for so many centuries--paradise. Instead, the very ones that the Christ drove from the church took the words and changed them about to suit themselves, and presented it to the people.

(K.T. Intentionally changed them?)

Yes. They found they could not destroy him, so they set about to falsify his words, thereby to some extent destroying his teachings.

(M.L. We are told that you withdrew into a monastery at the latter part of your life; is that so?)

Yes.

(M.L. Did you write the book after going into the monastery?)

No.

(M.L. You did not return to the outer world from the monastery?)
No. I wish to say this before I go: of all things in life the most important is to learn of yourself--to understand yourself. All other things are insignificant in comparison. No one, no thing, exists apart from yourself. When you understand that, you will be on the road to freedom and to your own God-self. Did someone wish to ask a question?

(H.F. I was wondering if you could give us any specific instances where the words of Christ were changed?)

At the present time I will leave you to consider it. At another time I will return and point out some of the twistings of the teachings.

(4:23 p.m.)

(Remarks passed about Lingford--as to his attractive personality, etc. Someone wondered why he had not come to speak to the group.)

4:28 p.m. Lingford: Go ahead; let them talk about me. I like it! You know, I still have some vanity.

(M.L. Many people say nice things about you in the letters I receive.) That's more than I had when I was there..... That was an interesting talk you had with the Chinese philosopher. I myself have gotten in a little late.

(M.L. How did you know we were going to have this meeting today? We had not expected to have one.)

Before I answer that I will answer something else. You said, "I can't understand why they come here. They must have other things to do." You ask why we give the time to coming--you like to come, do you not?

(M.L. Yes.)

Well, same reason! I am not trying to be funny in saying that. We all seek out, it seems to me, the things that appeal to us. Sometimes it's an open door; we see it and we go to it and if we find something interesting behind that door, we come again. If not, we just don't come back. You would do the same.

(M.L. There are other similar meetings you attend?)
Yes--kind of keeps us batting back and forth.

(M.L. They are a rather common occurrence?)
No, not what you would call a common occurrence. There are not so many. There are sensitives and sensitives, you see. Through some we are vague and made out to be liars and other things. Many times, one of us will attempt to come through, and the acting medium, whoever it may be, may not be able to receive well; perhaps cannot be controlled properly. There are many things that can be wrong, and a slight wrongness in the medium may cause a lot of vagary (vagueness?) in the communicator that he cannot control. For instance, for a long time I found it difficult to have you people speak while I stood by and listened. I seemed to sort of lose myself, like when you lose an idea--that would be the way with me. I seemed to slip out--I couldn't hold on.

But when you directed the remark directly to me, I could get it and hold it. Often that is the case: if you talk too long, the one on this side loses the idea he wanted to express and finds it difficult to "stick". This is a much more difficult thing than you really realize.

(M.L. Someone said that sometimes there were as many as several hundred persons present on your side. Is that true?)

Lingford: Yes, that is quite possible. Then you have something else to deal with--and this may seem very strange: there can be a lot of people here on my side and yet none of them may be aware of the others. There is, too, where you have dual controls, or what you call split personalities, where you have two or three, or more, entities--neither of them knowing of the others existence. They can take control simultaneously.

It's something you people don't seem to understand--but sometimes it's not necessary to know why you can do things as long as you can do them--interesting, but not necessary. When you pick up a pencil, or talk through the telephone, do you stop to ask "How is it that I can talk through this phone? How do the wires carry my voice, and so on." You see, it is interesting, but not really important to go into the technicalities of it.

(M.L. But from the standpoint of human psychology we need to know all that we can.)

Lingford: Well--you know the nature of a shadow--a shadow doesn't really take up any space; that's what we are--mere shadows: "the shades of Lingford!" It makes you shiver, doesn't it? But it's not as bad as it sounds..... It is a subject that, even on my side, and having been through as many things as I have, I can find no way of describing to you.

(M.L. Trimalki called himself a "center of force", or of "consciousness"?)

Yes, that's one of the best ways of expressing it--a center of consciousness; a force like electricity, but with what we--without knowing--call intelligence behind it.

(V.B. You spoke of many on that side not being conscious of each other--is that something you have to develop?)

Yes, in a way, and yet again, no. Sounds contradictory, doesn't it? I will try to explain--

(M.L. Would you like a cigarette?)

He talks about my reading minds--he's reading mine! From what I understand of it, life is actually a voltage of electricity (that is, each person represents a certain voltage of electricity.) (?)

(V.B. During astral projections is that why you don't run into other people?)

Yes, that is correct; only when you know how, you can jingle the wires, as it were, to attract (contact?) another.

(M.L. Can we learn how to do it?)

Lingford: Yes, you can learn it from one who is capable of projection, who is met on the astral plane.

(G. By prearrangement on the physical?)
Not entirely.

(V.B. There would have to be a kind of rapport or telepathy?)
Yes, that's nearer it.

(M.L. Question.)

Yes, after a great deal of experimentation and work.

(M.L. If any of us were to accomplish projection, couldn't a guide or teacher on your side make contact with him while he was out of his body?)

Not always. That's why, when people go to a medium and ask to speak to a certain person, he says he will get them, but he can't do it; he comes back with vagaries.

(V.B. You have trouble there then making contact with other entities as we do here?)

Yes.

(V.B. Then you're not all one big happy family?)

No, indeed. You see, the important thing is to learn about life before coming over here, which I neglected to do. Each person travels on his own wave-length, and carries his own rate of pulsation. If you are fortunate enough to put your finger on the correct rate of pulsation of the person you are looking for--you will get results.

(M.L. asked about a person highly intellectual, not psychic--is he

better off, or worse, when he passes over?)

He might be better off. Anybody making contacts with the astral world leaves himself pretty much open to some rather rough treatment from those on this side who might not like him. They know his rate of pulsation--his vibratory rate, and that is not entirely good.

(V.B. He would carry over a bad emotional state, such as hate or anger, etc.?)

Some time ago we spoke of what is good and evil. What is good to one, is evil to another. So, if one came over with perfectly good intentions and put himself before the unfriendly person, that may be too bad.... Like keeping a constantly open door to your house; anyone can come in. They may be quite nice people, and you won't want to offend them by driving them out, but they may not be people you would want to come in.

(V.B. Then Mark is holding himself open to such experiences?)

Lingford: Yes, that is so, but it is something he will have to work out for himself; it is his problem.

(V.B. It doesn't seem fair, when he is doing it to be of service.) Yes, but I am going to be somewhat philosophical. Fairness, like happiness, is the individual's problem and lies within himself--the power to reject or receive. Now, if he (I am speaking of the boy--Mark) when he comes over here--if he comes in kindness he will be received courteously and he will find others will treat him well and protect him from any really evil conditions until he is able to protect himself. It is a question of understanding what one will meet here. So many come over not realizing that they have passed over. Many seem to think they still have the problem of finding a place to live, clothes to wear, etc. But their friends and relatives on this side will help. They will build the houses or whatever is necessary for them until they can take care of themselves.

(H.F. Under the law of attraction, wouldn't Mark only draw to himself people of like vibration?)

Yes--a law of nature is never really broken; it may be side-stopped, but not broken. The laws of nature are more kind by far than the laws of man.

(M.L. When people have been accustomed to passing out into the astral in sleep, don't they find things familiar when they finally pass over?)

Yes, they can go back to the familiar places they remember. It has been said, in a sneering sort of way, without thinking, that after all the millions and millions of years that the world has been going on--if there is such a thing as continued life--how could there still be room for others? But when you realize--I think it was Shakespeare who said, "We are such stuff as dreams are made of"--it is easy to see how the world could go on for a long time without being overcrowded. I am getting tired--I think I will go now.

(Mrs. Gauthier: Do you have schools and colleges there to help educate?)

There is everything as you would like it. Yes, schools, large schools; vast auditoriums; great teachers. Man has nothing to fear. He is going

on a great adventure, a free life. But, remember, it is only free if you carry free thought with you. (4:55)

5:00 p.m. Good afternoon, I am Professor Luntz. You are having a very interesting talk here this afternoon. I have just a word or two to say. As you know, I was a student and teacher of theology. Your own Bible makes a statement that should be clear. Christ said, "In the Father's house are many mansions, and I go to prepare a place for you." That is what you were talking about, and it is literally so. Someone prepares a place for you. The great God never designed that man should be left to wander around on his own. We are all--whether in or out of the body--properly and adequately taken care of. I did not realize, when in the physical body, the truth of that statement, although I mouthed it often.

Man comes out of the great Cosmic Mind and returns to the great Cosmic Mind. Were it not for the fearful thing you call death, man could never come back into his own. To live in the physical body forever would be truly a hell. God has so designed man that he may go away for a time and rest from the gruelling toil of physical life, so that when he returns he will be fresh and new.

The church of today, and always, as far as I know anything about, side-stepped deliberately the issue of reincarnation. I did the same--not so much that I did not wish to believe it, but more that I did not actually know the truth. There is only one sure way of knowing the truth of anything--and that is for the individual to experience it. All else is merely conjecture. Man is full of opinions, but try to pin him down to what you call facts and, as desirous as he may be to explain his opinion, he falls very far short of the mark, because we do not know what facts are. We only know what we experience individually.

I think now the meeting should be closed. The force is fairly well run down, and I think that the meetings in the future should not be carried on to the last line. It has the tendency to leave many of the sitters depleted. In the case of the medium, it has been wondered why he does not feel tired after lengthy sittings. Some people act as absorbers of energy, and others give out--and he is one of the absorbers.

I hope and I pray that these meetings may be carried on, because I feel that some good is being done. Perhaps in the course of time, you will have a greater number of people and will have to have a larger place for your sittings.

(M.L. Have you any special word for our guests today?)

First, I wish to say to the young lady here, writing, that she needs very badly a little exercise--such as ball-games and things of that sort. She and her husband ought to get out together--it would be good for both of them, and would not leave time for worry. (Prof. Luntz gave a few more bits of personal advice for K.T.)

(M.L. asked for advice as to ways in which Mrs. Gauthier, in her

isolated Canadian home, might contact like-minded people. Prof. Luntz suggested that she try to get up a correspondence with people interested in psychic research--perhaps with those on M.L.'s list.

He then spoke to Mr. and Mrs. George Robinson about their interest in such things, and congratulated them on their congeniality of interest. Miss Noeller was introduced and asked if she should continue with her psychic studies or drop them and go back to her ordinary duties.)

Prof. Luntz: It depends on how the psychic energy affects you. It makes some people very nervous, as I think it does you. I think that you had better slow up with the psychic work for a time. You are the type that is drawn from a great deal, and it can sap your vitality, so go slow.

(V.B. Does it sap my vitality?)

No, that does not apply to you. You have the ability to accept or reject the pull on your psychic energies. I would watch your blood-count more than anything else--for anemia. That can tear you down very rapidly, and you can always tell when you are bordering on anemia by a certain listlessness, a lassitude. I would suggest that you spend at least a half-hour every day lying flat down, propping up your legs. It will at least revive your nervous system and quiet your heart.

(V.B. Would there be any great depletion if I went in any deeper into psychic activity?)

No--so long as you do not feel any mental strain. Watch out for that--and for despondency, "the blues", a let-down feeling.

(V.B. What does that indicate?)

Your mental nerves, as it were, are being worked on by entities too often. They are sapping the electric and magnetic forces of the mind.

(Mrs. Robinson asked same question about her psychic studies.)

Any direct psychic work will deplete you. It does everybody, to a certain extent, but some are capable of rejuvenating themselves in a shorter time. It is not so much the amount of energy you lose, as your capability of building up again rapidly. Goodbye, now. (5:35 p.m.)