

SEANCE MEMORANDA from the

INNER CIRCLE

through Mark Probert, medium

No 12

Dec 5, 1948 -- Jan 16, 1949

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The Controls in the order of the appearance: Lao Tse, Yada di Shi ite, Professor Luntz, Ramon Natalli, Rajah Natcha, Theresa Vandenberg, Charles Lingford.

INTRODUCTION TO 1950 EDITION BY MEADE LAYNE, FORMER DIRECTOR, BSRA:

"These booklets contain reports of trance mediumship only and are concerned mainly with the opinions of astral people on scientific, philosophical and occult problems. They are printed for informative purposes only and not in the interest of any cult, organization or religious beliefs. Mark Probert is a non-professional trance medium, who has received no compensation for four years of service, apart from donations at a small number of public seances. To conserve space and reduce publishing costs, the names of those present at these sittings are usually omitted, along with irrelevant conversation and questions which can be easily inferred from the nature of the replies. . . "

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TRANCE LECTURE OF DECEMBER 5, 1948

TIME: 1:45 P.M. PLACE: Mark and Irene Probert's apartment,  
931 - 26th St., San Diego 2, California.

Lao-tse: "How do you do? I am indeed happy to see so many here. It is our opinion that these meetings are going to grow to a very large extent. The force here this afternoon is extraordinarily strong."

M.L.: Does that make it more difficult?

Lao-Tse: "It does not make it more difficult nor less so, but the force is extremely strong. The energy is what I might call dripping."

M.L.: This comes from the larger group?

Lao-Tse: "Yes, yes, indeed; more bodies throw off the very strong energizing substance for us. Now I will have a good feeling of calmness come over the boy shortly so I will be able to speak with less gasping for breath. (spause)a  
"Now we will endeavor to take up whatever subjects are most important. I will do my best to answer what I can; and what I cannot, I will turn over to those who are better at it."

J.R.: Is the medium set aside and are you in control of the vocal cords or the part of the brain that controls the vocal cords?

"We control the brain and the vocal cords and also the entire body. In other words, we set aside the boy's operating of his body and take his place."

J.R.: You take control of the body and the brain -- the physical brain?

"Yes; we operate from the brain."

J.R.: Is it a kind of hypnotic state? Do you dislodge the medium in that way?

"Not exactly what you would term hypnosis -- no; but how shall I say it? To bring the consciousness to the point of quiescence where it is not at all aware of being the body. The consciousness of an individual is so centered in the body that it believes itself to be the body; we set aside that belief. Consciousness is not here in the head alone; it is everywhere throughout what you call time and space, because consciousness is time and space. So it is just as easy for a living person in the body to project his consciousness to one who is still living in the body and operate that way."

Dr. G.C.: Would you mind discussing the consciousness from the point of what we will call locality -- the consciousness of individuals on your side who have reached that sphere perhaps within recent years or perhaps many centuries ago? Do you there find yourselves in contact continually, or only as you wish it or think it? With Lingford, for instance, who passed over only 40 years ago?

"Only upon so desiring. For one of us on this side, making a friendly, pleasant contact with another on this side is a matter of desiring to meet so-and-so and to pick up the conscious flow of that life spark. All life sparks have a pulsation that is individual and connected with that particular entity, and by that vibration or spark wave the individual is known and located."

M.L.: If the individual is preoccupied or unwilling, do you sense that?

"Yes."

Dr. GC: Then, from your standpoint, making the contact is simply a matter of condition, not locality?

JR: But it must be a location as well as a condition.

Lao-Tse: "Yes, but so wrapped up in the consciousness of the individual that they assume and create what we may term an illusion of locality for themselves!"

ML: Is illusion always three-dimensional?

Lao-Tse: "Yes; man cannot escape the three-dimensional."

JR: Physics teaches that condition is almost identical to location.

RO: Am I not right when I say that we should use the dictionary meanings of words rather than become confused by individual interpretations?

Lao-Tse: "We have little other choice than to use the common meanings of words and then try to convey what that word means to us to the other person. It may mean something entirely different to someone else. That is the very bad side to the whole situation; the words paint a certain picture in your mind and you try to convey it to the other."

JR: Well, this room is full of sounds -- music and voices --but we are not aware of it until we tune in by radio; then it becomes three-dimensional -- first it is three-dimensional, then fourth-dimensional and then again three-dimensional.

Lao-Tse: "It seems every time a created thought is projected into what you term space, it becomes a three-dimensional object. The only fourth-dimension that I can assume is thought itself; and thought thus is motion, but to produce it, to cause the thought to take what you call physical form -- immediately it becomes three-dimensional. The senses of the physical body have no way of getting beyond the three-dimensional phase of existence. No matter on what plane of consciousness you are, you run up against that."

Dr. GC: You are freed on your side from the confusion of definitions, are you not? Many of our discussions and arguments spring from different definitions of words.

Lao-Tse: "Yes. The closest thing to our method of communication in your three-dimensional existence is what you call telepathy."

Dr. GC: Then on your side you are free from misunderstandings?

Lao-Tse: "Not quite -- because the thought projected might have a certain quality to it that would be completely foreign to another's way of thinking. For instance, you have today in your modern times a phonograph record; suppose you have in your mind a picture of that record and you project it to some jungle savage -- is he going to know what that record is? No. He sees the symbol of a black disc. He does not know what it means. Do you see?

"Now, please to excuse me for a little while. There are others who wish to talk." (Lao-Tse withdraws)

2:12 P.M.----Control, "The Helper," speaking first in foreign tongue, then in English. "The Helper" later identified as YADA DI SHI'ITE.

CONTROL: "Now I speak English. I am sorry to hold up the meeting, but on taking over control, it is extremely difficult for me, or I imagine for any control, any what you call entity (though we do not like that term) who has been accustomed to speaking his own language for so long to arrange the mind so it can speak the foreign tongue .

"You, sir (to RG) I am glad to see you back. I have several things to talk to you about, and of course to the group. When you were here last, you remember I spoke to you about a large wheel. Maybe now I might explain it here, and perhaps some of these people may know of such, or have heard of it in the various teachings -- I don't know.

"This large wheel is in Bessarabia. It is made of sandstone and carved on the ground, and divided in four parts. On three parts there is writing; on the fourth part of the wheel there is no writing. This wheel is a representation of life, and the parts with the writing represent what a man knows about life, and the part with nothing in it represents the unknown.

"In one section it tells how this earth was once surrounded by ice, completely locked inside by it as in a bowl, only completely. This caused the whole earth to be tropical for all plants to grow in great profusion, for life altogether to develop rapidly and in great abundance. And in the passing of the ages, the ice-fields gave way and crashed to earth, causing what I suppose to be your first Ice Age. In time, your scientists will find many animals and, no doubt human beings, who once lived at that time; but these will be found in the desolate part of the North and South Polar Regions, up beyond Siberia. There will be discovered a civilization far older than anything yet discovered -- yes, the remains of one."

ML: Inside what we call the Great Ice Barrier?

CONTROL: "Yes -- buried now under tons of ice, but in the history of man it will be unearthed."

ML: That area was considerably warmer then?

CONTROL: "Yes, jungle-like."

ML: Were our tropical regions then cold?

CONTROL: "No, the entire earth was warm, like what you call a hothouse, because of the enclosing shell of ice."

ML: Can you give us an idea of how far distant from the surface of the earth this shell was?

CONTROL: "The distance I do not exactly know, but we have been taught to believe it was something running into the millions of miles."

EC: It must have come down with tremendous force.

CONTROL: "Yes, it did."

IP: We are much interested in the wheel you spoke of; can you tell us more?

CONTROL: "Other sections of the wheel tell of the existence of man on earth many millions of years before recorded time; it tells of man's coming to earth; of his big size; tells of man projecting self into the material world, but not in a material body; tells of how he attempted to pick up substance, but could not do so."

HPF: Because he, himself, was ethereal?

CONTROL: "Yes."

ML: Who formed this wheel -- the Ethereans?

"No, but people who came a long, long time after."

ML: It still exists -- this wheel?

"Yes."

EC: How old would you say it is?

"Probably into 100,000 years. The question of time -- trying to make out time from our way of thinking to your way of thinking is very difficult. Time as you know it is good for you, good for your existence; time as I know it is suited to my existence. But man, when he understands himself, can live in various phases of time, setting aside the body sometimes, and sometimes not. Sometimes the consciousness, as you call it, goes on with fun and play and what you do, while the mind projects part of itself into another phase of consciousness, as you call it, learns different things, and comes back."

EC: Would you call that psychological time?

"That word does not exactly fit into the scheme. It gives a partial idea, but not clear."

ML: I suppose all time schemes are psychological?

"Yes, they are."

JR: It is a matter of events, not time -- that is, events are time. It is quite a problem -- this time thing.

"Yes; the mind can create for itself in what you call the same time a series of times; but the body consciousness is not necessarily aware of any of them, until they all return to the Self; then the physical self says, 'I dreamed I was here and here,' or 'I have solved that problem.' The consciousness has gone out and solved it, but not as he thinks of it."

JR: But the man controls his consciousness?

"Consciousness is not under the control of the physical individual, but merely works through him."

IP: When you first came to us, you said you came from Yucatan, and at the last meeting you said you came from the Basque country -- was it in two different incarnations?

CONTROL: "Madam, I have been many places and every place and no place. I do not mean to be contradictory or facetious; I am just trying to explain that you, and all the others here, have been as many places as I; there is no place you have not been."

IP: But you did mention those two places, and I was wondering if you were conscious of two different incarnations on earth?

CONTROL: "There we come back to incarnation again, or whether or not I went to those two different places in one body -- I have done both. I once lived in Yucatan -- also in Bessarabia; also I came from the Basque -- from an ancient people. I followed down with many from the Himalayas --

IP: Where the Basques originated?

CONTROL: "--a great white race, many with blond hair, blue eyes and fair complexion. But in crossing the various countries the different races became somewhat mixed. I was going to say tainted, but that is crude. One race is not superior to another; all blood is one blood; all life is one life. The illusion comes from thinking they are pieces of life."

IP: How long ago did this crashing of the ice to earth occur?

"That I cannot say."

RG: Do you know or remember the last life you lived in physical form here?

"I am sorry to say I cannot."

RG: Do you know why you cannot? It would seem you could more easily recall the recent memory than that of Yucatan.

"Possibly for the same reason that you cannot remember what kind of dream you had night before last."

RG: But it has been a very long time?

"I imagine it was a very long time, but I cannot say that definitely, because that would postulate that I remember that also."

ML: Length of time is not a factor in your remembrance?

"No, it is not."

JR: What are you doing in your present state of existence?

"I spend practically all of my time -- my phase of time -- in trying to comprehend not only your Earth, but the universe as units and also as a whole; not only human life, but also the other forms of life. You have a strong tendency to consider only the human events."

JR: Your quest is the only true one -- to acquire knowledge.

"Man cannot pursue a more self-satisfying study (see, it comes back to self again) than to try to comprehend in some way the meanings of things."

EC: Will you tell us more about the wheel?

"This wheel appears to me to be like all other attempts on the part of physical man to make recordings of past events. Man is forever carving his name upon the earth -- probably and psychologically because he fears annihilation. In spite of all his study, all the occult schools that put forth the fact that man does not what you call die, still he holds within himself a little spark of uncertainty as to whether he may not die."

EC: Not with the thought of making a record for the future?

"Yes, he is trying to hold on to his physical realm, so he plows and digs and carves."

IP: How large is the wheel?

"Possibly a hundred feet in diameter. Possibly the thickness of the wheel is about -- not more than a foot or two at the most, and the center part that crosses the wheel is about the same."

EC: Is it hidden, or on the surface of the ground?

CONTROL: "On the surface, where archaeologists will discover it."

Dr. GC: What prevents its erosion?

"That I do not know."

EC: You have given us a description of two sections; can you tell us of the others?

"No, I am sorry I cannot tell. I do not like to be mysterious, but the third part of the wheel holds secrets that cannot be disclosed by me now, please."

EC: Were they known to the people in those days?

"Yes."

ML: Was the language Mongolian or Tibetan?

"It was very similar to the ancient Sanskrit."

EC: Will it be discovered in the near future or a long time off?

"My personal opinion is that it will be discovered within the near future -- that is, in about ten years."

EC: Will it be understood?

"Partly -- yes. You will please to excuse me now." (2:55 P.M.)

(3:05 P.M.) CONTROL, PROFESSOR LUNTZ: "

"Good afternoon. Our little circle grows, and we are very happy to know that so many take an interest. We have been very attentively listening to the talk here this afternoon. We all, like you all, have our personal opinions, and the lady who was standing by the table a moment ago -- did I understand you to speak of good and evil?"

Dr. FEC: Yes, I did.

PROF. LUNTZ: "For many years of my physical life I was a teacher of the Bible, of Christian religion, and at that time I was quite sure I fully understood good and evil; that they were things of themselves. However, on coming over here I have learned quite a bit different -- that these things are abstracts -- that they do not actually exist, but are merely illusions of the mind, and of the individual mind. You may understand that when you say to yourself, 'This is good,' 'That is bad,' to someone else it may not at all be so. To him, the evil may be good, and the good may evil. Because one animal attacks and destroys another animal, the one that does the destroying, to the other is evil. War, which kills millions of people, to your eyes is evil; because you see in it the destruction of the human race, and the human race is merely yourself. Man wants to continue to enjoy the physical body, so anything that upsets that desire is to him evil. Now, I ask any of you to tell me what you consider a definite evil."

HPF: Selfishness; getting one's own desires at the detriment of another.

Dr. GC: May we conclude from what you said that the consciousness of guilt is entirely an individual thing and according to the education of that individual?

PROF. LUNTZ: "Yes; there are so many things that modify what you call good and evil, and of course education is one of these."

ML: If the human race is going anywhere, there is what we might call a directional evolution; then, would not anything that went contrary to that directional evolution be called evil?

JR: First, doesn't it seem that there is always the law of resistance, then this resistance is met by aggression, resulting in a great principle to aid evolution-- because if there were not resistance, there would be no aggression, and therefore no progress?

PROF. LUNTZ: "Yes, sir; I do not think I could give a better answer. There is, however, one other thing to consider: we do not know what direction evolution is taking now what its ultimate course or goal will be. So, how can any of us come to conclusions that one thing is right and the other thing is wrong?"

ML: But you do think directional activity does exist?

"I do not know, sir."

RG: Must not I, as an individual, contribute to whatever seems good and unselfish to me; and would not everything that did not contribute to my understanding and adjustment to the universe be evil?

PROF. LUNTZ: "Yes, exactly so. We come back to what I said in the beginning: that good and evil can only depend upon the individual -- his desire to live, to attain the satisfactions of physical life. Regardless of what you think you know, you do not know that you continue to enjoy that so-called living apart from the physical body. So, whatever is appealing to you, giving you peace of mind, causes you to live in comfort with yourself."

JR: Doesn't our conscience act as a guide, and when we follow the dictates of conscience, do we not come out right?

"Yes -- I would say so."

H.McC: I believe that we, as individuals, talk and act as we think today, not last week or last month; and though we may do things that cause friction, if we do cause aggression, that brings progress.

"Yes, exactly."

Dr.FEC: But when you consider a nation as a whole -- some nations have a destructive line of thinking --

EC; But a nation is made upo of individuals.

H.McC: It seems to me entirely a matter of the individual's peace of mind -- that each one of us should so live as to attain peace with our conscience.

"Yes, that is it."

Dr.GC: The premise we have been discussing is all right for us adults, but would it not be a dangerous one to put before children?

PROF.LUNTZ: "No, because if the child is taught that other individuals have the same way of sensing what you call "good" --which is peace and satisfaction within the self -- if the child is taught that each one of his neighbors desires to be at peace and to enjoy life and physical satisfactions, and that he must or she must have the kindness of feeling to allow its neighbor to enjoy the same things, and not to over-run each other --"

JL: Is not the environment a dictating factor?

"To a certain extent."

ML: I have a question from one of our correspondents. We would appreciate your opinion, Professor Lunts, if you care to answer it. He asks if immediate embalming after death is wrong, in that it prevents the recording process of the life just ended, before the silver cord is severed?

"To embalm the physical body, or to cut into it at all before a period of at least three days is not good -- especially as people are being taught the things they are; as long as the person is taught that he is the body, there is some time needed to dissociate himself from that body. The energy does not leave the body all at one time, and as long as there are consciously living cells in the body, it is going to cause some pain to the individual passing out. But this is not always the case. When the individual has been taught and knows that life continues after passing over, he does not suffer those pains, because he can immediately free himself from the belief that he is the thing observed. In a violent death, as a rule, the individual may suffer considerable coma of the psychic body. In other words, the projected body goes to sleep and is not awakened for some little time; but this is not always the case. Some cases of violent or instant death cause an individual to become much more aware of himself than when in the physical body. These people are immediately able to make themselves known to loved ones, wherever they may be."

ML: What about cremation; does it have any effect upon the person passing over?

"It does if the person has a horror of fire or burning, and in that case the person suffers, but the etheric vehicle itself does not suffer. I do not think that anyone should be cremated or buried in less than three days."

Dr.FEC: Is not cremation a better way than just burial?

"Yes, decidedly yes, because as long as the physical holds together at all, the individual feels some attachment to it, particularly if he has not been taught otherwise."

(EC asks Professor Luntz's advice with regard to a spinal injury incurred some years ago in diving.

PROF.LUNTZ: "The trouble seems to me to lie in the spinal fluid."

EC: The flow has been cut off?

"Yes, there is a cut-off of nourishment to the nerves in that section, and the spinal fluid is not flowing properly in that particular section. It has also stopped the proper flow of blood in the very fine veins that run through the spine."

Dr. MM: Would bio-mechanical chiropractic help it?

"I am not too familiar with that -- but I do not think it would."

RG: Is the present condition due to something that could not be corrected?

"No, but one has to remember the psychological side of it, the thought put in her mind at the moment of its occurrence."

EC: Some of my friends say it is a result of Karma; I don't believe it is.

"I don't agree with that, madam; you took certain steps and those certain steps led you to have the accident; but it has left a mental effect upon you. You spend much time thinking of that moment in the air and the 'cracking' of the spine -- the sound of it. It is my opinion that if you could get under a good mental healer, one who understands the use of hands as well as minds, it would clear up that condition. Do others agree with me?"

(Chorus of Yes, we do!)

EC: But I wish you would tell me why I didn't die when the doctor said I should have.

Prof. Luntz: "It is very disconcerting, is it not, Doctor, when patients act that way? But, seriously, so much depends on the desire of the patient; separation from the body takes place most readily when it is desired."

RG: Is it possible, when one very greatly desires death, to leave the body before one is actually dead, and for another entity to take over that body?

"Yes, unfortunately that is so, but the strange entity cannot hold on to it very long, because the chemical constituents were suited to the individual who produced and inhabited that body. If we are to believe in reincarnation, we must find a substantial reason as to why and how incarnation takes place. The entity desiring to enter into a physical body has to first build stresses for the physical substance to adhere to. So it is his own mental stresses that this other entity has entered into. For that reason, the strange entity cannot hold on to it."

LG: A noted scientist has said life is a constant internal adjustment to external conditions, and those who study planetary influences say that those external circumstances are determined by planetary influences. do you have corresponding influences from the planets in your state of life?

"The planets -- and, for that matter, all that is -- originated out of man's desire, out of man's will to create for himself a new experience. Most of what I would like to now say here, if there were time, is being written by the boy through dictation from us on that very subject.

"All material things have their effect upon all individual life; no matter what plane of consciousness you go into, the planets and all else will have their effect upon you in one manner or another. Everything extends or throws out from itself a vibratory wave that makes its touch and contact and effect upon everything. Life is all one terrific pulsation, made up of endless small pulsations.

"I do wish you had more time this afternoon...but now, for a little time, I will go; and may God bless you all and keep you in harmony and health. Good afternoon." (3:50 P.M. PROF. LUNTZ withdraws.)

Sunday, December 12, 1948

1:40 P.M. Control, RAMON NATALLI, 16th Century astronomer.

"Good afternoon. I am very interested in what you were talking about a little while ago. I wish to say a few words about these strange voices and forms which act as protectors to you who still live in the body. Our Christian Bible says that God marks even the fall of the sparrow. Consciousness is everywhere present. The mind which occult teachings call the Universal Mind is in constant attendance upon each and every one of you. This Universal Mind can take on the physical appearance of a friend or loved one -- as in the instance you were speaking of -- or can assume the voice. This Mind knows all that is happening and where it is happening. Often it is termed a "guardian angel;" it is still the Universal Mind.

"Man knows so very little consciously about himself, but in the condition which you call the sub-conscious he knows all about himself. Sound -- do any of you know very much about sound?"

ML: Not much; we are learning a little about it now.

"Sound -- the power of sound -- according to our particular group, the 'Inner Circle' to which I am highly honored to belong, and which is now trying to give forth the idea through this boy in writing, sound helped to build the universe."

H.F.: "The Logos" or Word of God, as the Bible put it?

"The Logos -- the Sound -- yes, indeed; splendid! The Sound, the Word -- in time, I am sure that your scientists will find that sound is the very root of existence, and in the course of time that man coming to this planet, becoming continuously aware of what he calls physical life, is also held here on this planet through the hypnotic spell of sound. Were he to break that spell, he would be able to free himself from this particular plane."

ML: Can you explain a little more what you mean by "hypnotic spell?"

"Everywhere you turn, there is sound, is there not? Even out upon your vast deserts, there is sound."

ML: I suppose so, but deep underground there is almost complete silence.

"Let us take it another way and say that all of your five senses, in a way, keep you rooted to this plane; and through these senses man receives messages as to what he believes is going on outside of himself -- which is not really outside, but an intensified inner life, which gives him the idea that it is a projected something."

ML: You are reducing all to the basis of sound?

"Not entirely, but basically, yes."

ML: Sound is a vibratory movement of the ether -- could you define it so?

"Yes -- originated by the Higher Lords of the Etheric."

GC: Are the terms sound and vibration interchangeable?

"Yes --"

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ML: You are using the word sound only as applied to our hearing?

RAMON NATALLI: "Yes; but the mind can produce sound without any apparent physical cause."

ML: Sound audible to others as well as to the mind producing it?

"Yes, in a way."

ML: That would apply to the warnings that H.B. spoke of? H.B. had mentioned two incidents in which the supposed voice of his mother had called him from a dangerous location.

"Yes"

ML: Will you explain what mechanism is back of the voice? Is there no entity on either side connected with this voice?

"The mind, the self, as I said, is quite aware of the so-called outside of itself, as well as the inner. The coming event creates a condition in the etheric -- or, I will say, in the atmosphere surrounding you. This mind knows instantly what is about to take place physically."

ML: The mind of the person concerned, on the "sub-conscious" level?

"Yes. In the same way, in connection with all things lost, the other self, or the Self that has been given endless titles and tags, knows exactly when and where a thing was lost."

GC: May we say in this case that the inner self warned the other self?

NATALLI: "In a manner -- yes --"

ML: It came from the "sub-conscious" level?

"Yes, and knowing that the person would only react to a certain voice or sound it took on the voice of his mother."

ML: It may easily happen, then, that many phenomena, as well as seeing people and places at a distance, really originate in our own consciousness?

"Yes -- that is exactly what I meant."

ML: Is there any way of distinguishing between the two kinds of consciousness -- clairvoyance and inner perception?

"In a manner -- how shall I put it? The mind of the individual is working with his higher self for the benefit of his own personal physical well being. But in seeing what is termed a discarnate entity, the mind is contacting another self. In clairvoyance, in clairaudience, sometimes a discarnate being carries on conversation with one still in the body; but the thing that must be watched is that the self can also assume a separate being and carry on a conversation with itself. Do you understand that?"

GC: Is it imagination?

"Oh, no!"

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ML: A double-projection?

NATALLI: "Yes"

ML: Is there any way of knowing whether it is himself or another entity?

"Not unless he has a consciousness of the continuity of life, the oneness of all things. For uninitiated it is an amazing feat, one that is hardly understandable. But life has so many forms of activity that even for the initiate it is indeed strange and he feels that he is working in an unknown world."

Mrs. C.: In the case of the mother's appearing, was it a projected thought of the mother to the son?

"It could very well be; either it was the young man's own or his mother's projected thought."

F: Could it be that, in this case, the young man's strong feeling of protection started the action?

"It could indeed be. If one is at all sensitive he picks up the thought very easily"

ML: Is there any way of telling what we are dealing with; is there apt to be some kind of entity there?

"Yes -- but quite often the Self (what a mystifying word - that 'Self' knows, because the Self is not the body; it is not the physical awareness; it is quite apart from what you call substance."

ML: Perhaps often, then, geomancy and such things may be an appeal to our own subconscious knowledge?

"All forms of activity that go on in the physical are known also on what you term the etheric, or astral, or whatever, before the act takes place in the physical world. It is again a case of degrees -- degrees of consciousness -- whether it happens on what you call the physical."

"Now, there are a great many others wishing to talk this afternoon, so I will ask you to excuse me." (withdraws)

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1:48 P.M. CONTROL, YADA DI SHI'ITE speaking foreign tongue for a few minutes, then:  
"Good evening, my friends; how do you do? I am sorry to have disrupted the meeting by using my language to speak, instead of yours, but on coming through it takes a little time to adjust to another tongue.

"Now, I am not at all sure whether, if you have any questions, I will be able to answer them; but, if not, I shall just depart and let someone else come through."

M.L.: Did you hear us speaking of a place said to be a landing spot for the "Flying discs" just before you came through?

YADA: "Yes, you spoke of the place called 'Rainbow City,' but I am sorry I have not heard of it before, so I cannot give you any answer."

M.L.: That in itself, is an answer, for you would probably know if there were such a place.

YADA: "Well, I am not at all sure of that; even the Gods do not know everything."

M.L.: We were also speaking of the strange humming sounds heard by many people in England for the past few years. This boy, Mark, the medium, has also heard similar sounds, which makes us wonder if there is some connection?

"In regard to the boy, we of the Inner Circle have spent many years in developing his ability to make contact with us; and as for the humming sounds he heard, they were things we wished to communicate to him, so that he might go to the proper authorities and tell them of these things. He was being impressed with this knowledge, but, being of the kind of mind he is, our efforts failed in some part. We tried to tell him before the war that it was coming -- that it would be fought largely in the air. We knew in advance also of your atomic bomb's coming, and the rocket ships and bombs, and we tried our best to express it to him, but failed."

M.L.: His understanding was not as well developed then?

"No, it was not."

L.P.: But even if he had received this information he would not have known where to go with it. People in authority do not listen to a medium.

"Yes, that is very unfortunate. In past times it was not so. People listened very attentively and learned much and avoided much trouble."

M.L.: We hope that will come again. But about these humming sounds heard in England-- is it a psychic condition?

"From what I know of such matters, it seems possible to me that it is a psychic condition."

M.L.: You mean some people are beginning to hear on another plane?

"Yes --and I mean to imply also that sound will be used in another war, if you have one. In the future, you will find sound and its effects and uses will be great indeed. Sound can be used against an entire city and drive the whole population mad...."

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M.L.: What, do you think, is this sound in England? Are these people hearing something definite -- some phenomena of the etheric plane -- or is it psychological, some derangement of brain cells?

"No, it is not. If, and I say if, it is used from our side, it is used as a conditioner, a first stage, an opening, in preparation for other things -- possibly the spoken voice. The time has come, and it is rapidly approaching a critical state where more people must be made to open their psychic doors to our world."

M.L.: Then the chances are it will be followed by some other manifestation?

"Very likely. There is quite an advancement in your science of sound, high-pitched sound which you cannot hear with your physical ears can be produced in your physical world, and to come into the area where this vibratory phenomenon is taking place may cause insanity, illness, vomiting, high blood pressure. This sound warfare will be far more effective in demoralizing a city than all the bombs you could lay down, and exceedingly less destructive to the terrain, thereby saving a whole city or an entire nation for the enemy's use. Man has now discovered that the destruction of a city or a nation where it cannot be used for many years is of no value to either side, the winners or the losers. So, look for sound!

Dr.GC: You mean man-produced sound?

YADA: "Yes, I do,"

HPF: How can we protect ourselves from it?

"That I do not know as yet."

M.L.: Does that sound have any effect on your etheric planes?

"Yes, to some extent -- a very disturbing effect on the Low Etheric, especially to those who think they are still in a physical body in regard to your world!"

M.L.: What is the ultimate object of the enemy that uses it?

"To take over the country; to become world owners."

M.L.: What do they hope to do with the conquered people?

"They do not wish to kill or destroy them; they hope to have a gigantic empire, and those who did not wish to advance, or go on to learn, would be made slaves."

I.P.: Would the noise only drive people insane temporarily?

"Yes, it would be only a temporary condition."

M.L.: Which country is most advanced in this science of sound?

"Your country, I think, is most advanced. Russia knows a great deal about it, but the scientists of your country know more."

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M.L.: Would it require a permanent source or installation?

YADA: "No, it could be carried and produced from airplanes. It would mean that the attacking planes would force this vibration down on the city. It would act as a terrific depressor to begin with. In some people it would cause excessive bleeding. Not a very happy conversation! It is too bad that life on your plane of living cannot be one of pleasure."

M.L.: We must wait to get on your side?

"Yes -- but even here you will find struggle, though of a different kind. For through struggle comes growth."

M.L.: introduces D.P.M. as one who is anxious to get in touch with people who can perform magic operations, or to get any data about it. Has the control any comment to make?

"Only this -- that mantrams, as you know, can be used for good or for evil, for the advancement of the Self. Which is, by the way, another use of sound. Man uses sound in so many ways, for the simple reason that it is one of the strongest hypnotic powers there is. You use it by merely calling someone's name. You hold them for the moment transfixed -- of course, in a light way. If it would be all right with you, sir, I would like to write something along these lines and send it to you at some later time. As you are no doubt aware, it is a very deep subject, and would take some time."

Dr.GC: Is the knowledge of these mantrams essential?

"They are essential only to those who wish to learn, to educate the mind. They are of no value to anyone else. To give mantrams to the ordinary person who is not interested is useless."

HPF: But is not the use of invocations or prayers helpful even when the person using them does not understand the full significance of the words?

"Certainly; if the person wishes to accomplish something, to lift, to help -- it is of great value."

Dr.GC: But this is not the only approach?

"It is one approach. There are endless approaches. You cut yourself off when you say, 'This is not for me.' Look at life as a wheel. Go to the hub through every spoke you can. Who can say which is better and who will arrive at the hub quicker by one spoke or another."

M.L.: That reminds me of Bertrand Russell's comments on the different shapes a dollar takes on, depending on the angle at which you see it, on where you stand.

"Where you stand -- yes. The trouble is, man says, 'Such and such is the case; there is no other way.' So you have nothing but inner conflict in those who see it otherwise but cannot speak because you have the whip hand. Now I will ask you to excuse me."

(Interlude, in which the medium, Mark Probert, reports comment, heard clair-audiently, concerning proton fission -- withheld.)

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3:00 P.M. CONTROL, RAJAH NATCHA: "Good afternoon. I am very happy to be here this afternoon at the beginning of a new year."

M.L.: Does that date mean anything on your side?

NATCHA: "Not particularly. You have so many beginnings on the Earth plane -- none of which mean very much to us. except in tying up the continuity from the place that we leave to the place to which we come. Time is an existence in the mind, in the self. One race of people celebrate their New Year at one time, others at another. In one part of the earth you have a different time from that of another part. But outside the physical veil there exists no such time. That is why it is so very, very difficult -- almost impossible -- to express ourselves to you in time."

M.L.: Do not those on your side have precision instruments for time?

RAJAH NATCHA: "They have them, but they are used more in connection with the physical plane, and not in connection with their own."

M.L.: You have simultaneity and sequence of events that measure time? Have you no clocks to measure with?

RAJAH NATCHA: "For those who wish clocks, yes. Like everything else, whatever you desire, you have. But as you find the uselessness of these things, as you advance and get to know more of the various stages of consciousness, you realize that the ticking of the clock denotes nothing but sound."

M.L.: Do your scientists not measure the speed of electricity, light, and so on?

"It is an extremely difficult thing to express in words. There is not the same state of conscious awareness that you have on the physical plane. Motion, as you have motion, is not known to us -- only what we have known previously on the physical plane."

M.L.: We realize that the phenomena of your plane and ours also are mental constructs. Nevertheless, we measure them by an agreement which we call standards; otherwise, science would be impossible.

"True. As I said, if we so desire, we too can agree on certain conditions and have those conditions work problems out for us -- which is what you do. But how can I express it to you? -- in less time than (snap of the fingers) I can come across the entire world, the physical world, to this spot. By what form of expression can I say that a body, a substance, travels like that (another snap of the fingers); or can I say 'body' and have you understand that I do not mean this physical body?"

M.L.: But we are often told about the scientific work of your plane, and that to us means measurement and resulting equations; this seems to disappear from a metaphysical standpoint.

"Working in unison with the minds on the physical plane, we can study conditions on our plane and project the idea back to you, but that idea cannot be used in its true sense on our plane. For instance, light, how shall I express light? Even a great scientist (which I am not) coming over on our side needs some time to comprehend that light is not something that travels."

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M.L.: It has no speed?

RAJAH NATCHA: "No."

Dr.GC: Then you have nothing analogous to our physics and chemistry?

"There no doubt is, but how to express it is the problem. In regard again to light: in our condition, unless we become aware of the physical world, we do not see the sun; yet there is light in our world. You assume, naturally, that light is a reflection on particles, but what particle is the source that reflects on other particles? If the sun is light, then it must find its source of light within itself."

HPF: And that is what you do on your side?

"Yes, exactly."

M.L.: Persons who cross over are likely still to see the alternation of day and night?

"Yes, but after a while they become aware of a different kind of light -- a continuous, milder, more harmonious, over-all glow."

Dr.GC: Will you explain the meaning of "They shall be thrown into outer darkness?"

"That statement in the Bible means merely that they shall be cut off from wisdom, from understanding. The same is meant when, in the making of the world, all that you see about you, it is said, God commanded 'Let there be light,' and there was light. And when he 'divided darkness from light', you do not suppose it means that one moment there was light and the next moment none? No; He meant 'Let there be awareness; let there be wisdom' -- the awakening from the etheric state to the physical."

(Interruption, after which Rajah Natcha is asked to repeat his last remark.)

"I have, on entering into the physical body, much difficulty, if interrupted, in holding the continuity of thought. It shows you just how the mind works. Thoughts, unless held, are fleeting."

M.L.: From what source does thought come? Or shall I withdraw that question?

"No -- an intriguing question."

M.L.: Does any entity originate a thought de novo?

"Yes, to some extent. So, an expression over here is used by someone: it paints another picture in another mind, and while it is not a new thought, it is a new form by the second entity, who express it in such a way as to appear original. But, you see, there again we have the word called 'thought! What does it express in your mind? Thought is what?"

M.L.: Energy in conscious form, or consciousness form?

"A touch, a scent, a sight, a sound, creates an action in the mind. The entity projects back that action to the physical brain. The physical brain projects it back through the eyes, the fingers, etc. The fingers say, 'I touch,'

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RAJAH NATCHA: "but already that touch has been had, that sound has been heard. Your scientists may look all they please inside the cranium for knowledge, to find out where the nerves and acids in the cells of the brain cause thought to take place; but thought does not take place in the physical brain. The brain is only the machine that gathers up, in comparison to your radio."

M.L.: Is there such a thing as localization of function in the brain?

"The functioning of the brain, the localization of sight, and all that sort of thing, of course, is localized in the physical as well as in the psychic or etheric, of the ego."

M.L.: In the etheric?

"Yes --"

M.L.: But we have cases where the entire brain has been reduced to a tumorous mass, and yet the body was functioning quite normally. What took over the functions localized in the brain?

"The psychic brain took over the functions of the physical brain; it is a duplicate of the physical brain and is quite capable of carrying on the normal actions of the physical brain. I know that I am going to be talked about badly for making a statement like that -- but it is all right. We cannot progress unless we discuss possibilities. I cannot understand why people argue with one another and debate heatedly, because whatever is found out is good for that time, that group of people; so why not get together in harmony and discuss all subjects, having no premeditated ideas or a mind set for or against any premise.

M.L.: I asked you that question because we have cases where the localized functions are taken over supposedly by spinal ganglia.

"That can be accomplished too. Often the various functions of the body can be changed from one part of the body to another; why not the brain too? The sense of sight can be changed to the skin; the sense of taste is not only localized in the mouth, but in the nose also. Am I not right, Doctor?"

Dr.GC: Yes, I suppose so. But I would like to ask if the part of the brain that controls a certain function is injured, and that function ceases, can that function be carried on mentally?

"Yes, To begin with, the physical body is built on mental stresses. These mental stresses can become what you call physical, or their rates of vibration can be brought down to a degree where they can become something in your particular world. To have the tissue of the hand burnt does not destroy the mental construct of the skin; so, with a deep desire to change that condition, the mind starts to work upon the burnt place, starting to destroy the burnt tissues and replacing them with new tissues. I think, as time goes on, there is a very large possibility of putting under hypnosis one who suffers from severe burns and have that condition changed by suggestion, by forcing the mind to work upon the physical to effect a quick healing."

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Dr.GC: Would you say such healing is the same as our mental or spiritual healing?

RAJAH NATCHA: "Yes, it is a forcer. It is like coming to a locked door and, instead of using the key -- that is, waiting for the person to use the key -- another person is asked to force it."

Dr.GC: Then what our Army and Navy are doing in this line with hypnosis is good?

"It is a wonderful thing; but if those who use it do not have a comprehensive knowledge of psychiatry, of the power of mind, there will be a great deal of trouble."

Dr.GC: Could you group together, then, the Christian Scientists, Unity, and these hypnotists and say they are all really using the same process?

"Yes, to a large extent -- but in Christian Science and Unity, unless the practitioners are trained, to some extent, in the modes of mental functioning, the patient will die."

Dr.GC: Well, we must admit they get results to some degree. They are using hypnosis without realizing it?

"Yes; as a matter of fact, all your physical living is an hypnotic condition. Do not misunderstand me when I say 'hypnotic condition.' I mean that all your physical senses, as you understand them, are being held to this world, to this physical experience. If you could block off all five of them, or all six of them, automatically and instantly, you would have a projection outside of this sphere. You would have a complete change of awareness."

"Now, if any of the newcomers this afternoon wish to ask questions, I will try to answer. I see we have a pipe-smoker here, and I have always noticed that a pipe-smoker is like an old lady knitting -- it indicates a meditative state of mind.... If only you in the physical world could just remember that nothing is going to hurt you if you remain relaxed and calm."

M.L.: I should like to read a part of a letter that has come to us from J.P., who is much distressed that certain telepathic contacts seem to have been cut off since his arrival in California. (reads from letter)

"I would like to say this -- that I have found in my past experience on the physical plane that when a neophyte has lost contact with his teachers, it is best to let it go at that until such time as his teachers get in contact again with him. But I have also found that people get panicky; they have evidently not learned that anything of importance to them for their advancement in life cannot be had by a snap of the fingers, by command, but must wait for their awakening."

"In regard to this young man and his wife -- I do not understand (of course, I do not know all the facts) why they should be in such haste to breach the mental gap between themselves and this angelic Order. Is there something tragic about it? Are they undergoing any ill consequences by waiting?"

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M.L.: The letter says that it is a matter of life and death.

RAJAH NATCHA: "If it is so serious, and if the angelic Order to which they belong has any understanding about life and these pupils of theirs are important to them, then it is entirely up to them. It speaks there of a 'wise man' -- I do not mean to become lost in philosophical expressions, but wise to what? And in what manner is the angelic Order to make contact with these people, and why 'the wise man'?"

M.L.: Of course we do not know the details, but it seemed an urgent case.

"I suggest one thing: that they spend ten or fifteen minutes of an evening, or - better yet -- in the morning before they begin stirring around, and concentrate their thoughts upon the angelic Order, or the wise man, and I feel sure they will establish the contact again. I am only too sorry that I cannot do more. Good afternoon."

3:46 P.M. CONTROL, THERESA VANDENBERG; former Roman Catholic nun:

"Well, another year has come and gone for you people, and I am sure you are all expecting a happier year. Is it not odd that each year, as we go through life, we say at the beginning of the year, 'My goodness, I am glad that last year has gone! This new year will surely be a better one.' I have learned through my years of physical living and on coming over here that one year is no different from another year. There will be an equal amount of good and not so good."

HPF: Do you think this year will bring us any nearer peace and brotherhood in the world?

THERESA: "There have been men who used those expressions from far back in prehistoric times when men used clubs to strike with. Just as soon as the man with the club had everything coming his way, he felt that all was happiness. Because he had all that he wanted, he figured that it was time to say, 'Let us have peace.' But the one he had struck over the head had no peace. And so it has been through the ages, and so it will go on. There will always be struggle, because only through struggle and trial is there any learning. Man does not seem to progress through peace and relaxation. Without being irreverent I would say that perhaps God in the Garden of Eden thought Adam and Eve were becoming too fat and lazy!"

Dr.GC: You have come a long way from your Church training.

"My goodness, yes! It was only in the latter part of my life that I began to turn my attention to anything except the teachings of the Church. I sometimes find myself wishing that I had known these things at an early age; but then, that was my life, that was what I was to experience -- my expression on the physical plane. The old Chinese philosopher says, 'No man awakens before his time,' and even he has no control over that time. At any rate, I do wish you all a very happy and joyful year, and that you will continue with this work. It is, in our opinion, a great work, and we would feel the loss as keenly as you would, should anything happen to bring it to a close."

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M.L.: We have a good many difficulties in keeping it up - financially, especially -- but we hope to carry on, of course. The boy has to have some way of earning a living, he feels insecure --.

THERESA VANDENBERG: "That financial trouble is a very annoying one. I managed to escape it by living in an Order that more or less looked after my welfare, but I know how difficult it is. We will look into this matter and I think we can do something about it."

M.L.: Since you say that, I will say that we would be very grateful if you could, for we do need help in a material way.

"Well, before long, either I or someone else will come back and talk to whoever is around that is interested, and make some suggestions, and I am sure that they will be helpful. I am just a little tired now; the mental hold is slipping out of my hands so I will go."

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CONTROL LINGFORD: "You are all anxious, I know, to find out whether there is a possibility of your all arriving on my plane in one family group, eh? (there had been discussions of effects of proton fissions, if possible.) We have talked at great length on this matter ever since your first atomic bomb was dropped -- we had watched the whole works in process and we knew what was coming -- I am here this afternoon to tell you that in the opinion of the rest of the Inner Circle, the splitting of the proton would be the ever-loving end of all of you. Of course, there is some speculation as to whether we over here would also be affected. Yes, we would, physically speaking, the ones on the lower Astral, or the ones caught on the lower Astral, would most decidedly be affected by it, putting them through a state of what you would call 'unconsciousness.' Can you imagine what the results of such a beautiful explosion would be? What the effects of those hammerlike blows --"

M.L.: I suppose it might affect the whole solar system; I didn't suppose it would affect your side of life.

"Have any of you ever had the pleasure of watching the psychic body leave the physical body? Do you not suppose it is a physical structure and therefore composed of a form of atoms, molecules -- whatever goes with it?"

M.L.: Is that true of all vehicles?

"Yes."

M.L.: It is a question of just how far the disintegration would reach, what level of matter?

"There will be no waiting in what you call time for reforming of the Earth again. Man's consciousness then will have to extend out quite a way from this -- not present world, but from this galaxy."

M.L.: Probably the people on this planet would come to consciousness on some other level; is that true of yours also?

"Yes, but not for a long long time to come. We have no doubt but that your earth here would be just sucked right into the Sun."

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M.L.: Theoretically, you think this proton fission is obtainable in the laboratory?

LINGFORD: "Yes, we most assuredly do."

M.L.: I think I am not going to ask if you think it will.

"I can tell you that it will certainly be worked at."

I.P.: What type of metal might be used as a shield to prevent its escape?

"If the scientists, whoever they may be, start experiments like that, and their mathematical calculations happen to be wrong in making that shield -- I need say no more!"

Mrs. C: What country is most advanced in this?

"You have in this country the best scientific minds of the world; but an amateur in some other country is liable to do the work."

M.L.: I will ask you this: has anyone on your side accurate fore-knowledge as to whether this will or will not take place?

"I don't like to speak for others on either side, but it is my personal opinion that it will not happen."

E.C.: It will be prevented?

"Not prevented, but just not gone into. The knowledge will be acquired by mathematics and let to stand at that. A scientist does not desire to destroy the world, and, with their knowledge, they are surely intelligent enough to know the results; so, unless a man is mad, insane, he certainly will not carry out the deed."

M.L.: Our concern comes largely from the fact that, as far as we know, anyhow, almost none of the physicists accept the fact of proton fission.

"Be that as it may, it will be worked out on paper anyway. Man creates, and man destroys. Sometimes he is not aware of the process that he goes through to work up to the point of destroying what he's made, but it is done. When man discovers that he is a creator in every sense of the word, he is less likely to mis-use his powers. It is the not understanding of himself that causes the misuse of his powers."

M.L.: Is there any chance of intervention by Higher Entities?

"Yes, there is, but sometimes they can only go so far in their interference with the people on another plane. Every plane is given to help those on another. There is continued aid and communication throughout the planes....."

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M.L.: Do not the scientists of the Etheric planes, for example, understand this whole matter?

LINGFORD: "They understand the matter and are quite aware of the entire consequences; but, even so, they can go just so far in stopping a thing. Not that they could not stop it completely, but if they do, that would also stop men's growth."

M.L.: It would seem to stop his growth if our planet were reduced to a nova.

"It will stop it on this plane, but consciousness is an endless process of endless activity."

Mrs.GC: You said many of us would be unconscious for a long time?

"Exactly, but then again there are many of you unconscious right here."

E.C.: So man would find a new plane for himself to start his development again?

"Yes, he would always do that. Let come the most devastating things upon your earth, but life would still persist. Nature is not interested in one man, or two men, or an entire nation. It can be, in your eyes, entirely wiped out -- like stepping on an anthill; is Nature interested in the wiping out of those thousands, or tens of thousands of ants? No, she would make more ants. Not that I am comparing man to ants."

EC: But it is said that there is a reaction in the heart of Nature when such a disaster occurs -- when the evolutionary cycle is out of, no matter how small the creature.

"There is always a reaction; starting with what you call thought, right on out, there is continued action. Sometimes it appears to work out in what you call sequence, but that is only something that you seem to see by looking at the surface of the picture. When you consider life as a whole, where are you going to get your continuations from? It is a never-beginning and a never-ending. It is something of which the material brain in its reasoning, in the process of what it calls thinking, can gain no clear comprehension. There are many individuals who have the ability to suddenly see all, to see the picture as a whole. But that observation only lasts for a split second of time. That is what they call illumination."

Dr.C.: Is there more contentment on your plane?

"I would not say so; just relatively so."

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H.M.: Could you tell me what is the best way to develop our Higher Self and get out of this "unconscious" state you mentioned; what is the best procedure for personal enlightenment and advancement?

LINGFCRD: "I, my friend, am always extremely interested in trying to help, to point out certain ideas in which you can develop yourself towards learning things about life, but I think, in this instance, I shall withdraw for the time being, and let one of the eminent Oriental philosophers take my place. I have learned so much since coming into contact with these gentle people -- in the two years or so since I entered the 'Inner Circle.' I knew nothing of them before that. I was enjoying my own course, my own line of thought."

I.P.: I was surprised to know that you were not all acquainted with each other in this development of Mark.

"Well, things are not exactly as you think. But I will talk of that another time. Now I shall withdraw and allow one of these great philosophers to take over. I am regretful of not being here oftener, but there are those who can be of more help. I have something to say about 'the man with the pipe' -- yes, Stalin -- and about the Chinese situation, but I will leave that till later." (Lingford withdraws)

3:00 P.M. CONTROL, LAO\*TSE: "Good afternoon. I am very happy to meet all you people here this afternoon. Your very charming American friend seems to think that we -- what do you call us? -- Orientals -- can do better in answering philosophical questions. He will learn too that such confidence is misplaced. It is extremely flattering, of course, and we humbly appreciate it. But, sir, in regard to your question; it is extremely difficult to know just what to say, because you must find that answer within yourself. My telling you may give you an opinion, but it is only my opinion. If I say to you, 'You take this road, please; this is a beautiful road. I have been this way and I know it is beautiful,' I do not tell you the cost that I had to pay to go on that road, to find the beauty on that road. And even if you do take that road, you are still going to find a whole series of different conditions which may turn it into something hideous. But I can say to you that have a very high ideal in desiring to be of assistance to your fellowmen in what you term perhaps a selfish manner -- hm -- do you think that you can do anything that will not bring the just rewards for it, whatever it may be? No, sir; every act, every thought, is followed by either rewards or penalties for doing or not doing it.

"How can I tell you how to advance -- to go on? Go where? Shall I tell you there is some place where you can go to find peace and contentment? No -- because I do not know what would mean peace and contentment to you -- only to me."

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NPF: Would you say that service is the keynote for this incarnation?

"Yes, I would. Service is also the keynote on all planes. I am sure, Dr. Layne, that you know fully what I am driving at when I say that I can give this man no constructive suggestions to put him on the proper path. He has built up in his mind an ideal. I can tell him to pursue that ideal, but I cannot tell him how to proceed. You must learn alone to do it in your own way, sir, keeping this thought in mind: all life is one life -- your life. By what you do, by your thoughts and acts you know you will produce harmony or disharmony. If you follow that thought it may bring you to the state of mind where you will eventually realize that all that is to come to you shall come to you. You shall become the master of your own life, and of the elements around you when you have attained that state of mind. But it is difficult for me to lay down any set laws for you, because I do not know the pitfalls those laws may hold for you."

H.M.: It seems to me that I should live each day for the day; to keep the Golden Rule in dealing with others; to take inventory each night to see what I have done during the day; to grow through friction; to follow my individual convictions -- that seems to me the course through which I will gain peace and serenity.

"Yes, indeed, sir. And so you have answered your own question."

D.W.: Is there any way in which I could develop my psychic ability?

"There is a process by which you could possibly attain that growth, depending on how you use it. You could use a form of meditation, but I would not advise using what is known as rhythmic breathing to bring on a deeper state of meditation until you have slowly graduated to that stage of successful meditation; because the use of breath, or prana, is extremely dangerous for the beginner and neophyte. So, if you will set aside a half-hour or fifteen minutes a day or an evening, and enter into what is known as 'the silence' or within yourself, going to some quiet place and entering into your radiation, later on you will find that you can meditate perfectly in the midst of the loudest noises. Take the most beautiful thing you can think of and dwell on that -- think of it in as much detail as possible. But I would suggest that before you go into the meditation stage, or before you start, it would be well to be careful of what you eat for a few days; and also take a good bath, put on very light clothes, and sit in a room not too hot or too cold, but just a nice temperature."

D.W.: Would it help for me to let the controls know I am willing to do this work?

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LAO-TSE: "You will find that they will be quite aware of your desires are now, in fact, aware of it. But do not become worried if there comes a time when your meditative hour will be greatly disturbed by psychic noises. Try to disregard them. If they become too strong, break up your sitting and wait until the following day. Every effort at true meditation brings on strong reactions from the psychic side unless you have a very wise teacher. That is one reason why I advise against the breathing exercise. I do want you to know I wish you well in your efforts."

(Question from Mrs. C. regarding a stomach disorder, a gaseous condition, and reply from LAO-TSE as to advisability of a fruit diet -- especially grapes -- for any stomach ailment.)

Question from E.M.: regarding the crisis in China.

LAO-TSE: "Yes. And because of the strife, you try to find an answer; and instead of finding the answer, you find the way -- the way to stop the troublesome water flowing through the dyke. You try to stick one finger in a hole of the dyke, and there is another one coming, and if you use all ten fingers -- No, man and all things in nature grow through struggle, strife, continual motion, continual action. The action or the result of action appears evil in your eyes. You are under the impression that it is causing great suffering -- but do you ever stop to realize what that great suffering is doing to the soul of man? You think that I talk very cold-bloodedly when I say that. Suffering is something that only the individual who is doing the suffering can understand. But I do not look on it with joy and say to myself 'It is a good thing; it is causing man to grow.' That in itself has its truth, yes -- but if man does not try to live in harmony, he will suffer. And the bigger the body that is out of harmony, the greater the suffering...For one thing, you must admit that Nature has provided endless time for man to understand that harmony is the best road to life. China, my country, has been in a state of upheaval for many hundreds and hundreds of years."

E.C.: What is the basis of that?

LAO-TSE: "I could say greed of a certain faction but no greed of the other faction; it would be a splendid political thought -- lots of propaganda back of it. But it isn't new. Millions upon millions of people in my country alone suffer and die in the most terrible way; and then I am to say what is the basis of it? No, lady, I cannot say that. I can only say that man has not yet attained the state of consciousness where he can fully realize and comprehend the intelligence of living in harmony with his fellowman, and knowing that no one individual and no thing could come into this plane of existence without plenty already being there provided for it to carry on its existence."

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E.C.: It is said that because of the doctrine of karma and reincarnation the Chinese do not place the same value on human life as we in the West.

LAC-TSE: "H-mh -- There is much to be said about that, and I will be only too glad to take it up at another time -- also to point out the importance of one existence in any country, or what you call reincarnation -- but I would prefer not to talk about it now. Man strives for physical satisfactions and many pays. Emotions of the body demand payment."

E.C.: But human life is not considered of as high a value in the Oriental world as in the West -- by the Buddhists, for instance.

"That covers such a small part of China. Like any other country, their teachings hold together such a small part of China -- not a majority by any means. Your Christian teachings tell you that there is a great and beautiful Heaven waiting for you after death, but I do not see any Christians who are willing to die in a hurry."

E.C.: That comes through error in interpreting Christ's teachings -- the interpretation of Christ's teachings rather than the actual teaching of the Christ, doesn't it?

"That is the interpretation of the churches, as in my country the interpretations of the Buddhist priests. There are tens of thousands of priests living off the people, and the same is true of your Christian world, -- parasites living off the gullibility, the unhappy stupidity of the herd. If that's what we desire, then I do not deplore it; it is a part of life, the same as war. Your machines today that move around your streets at great speeds kill the bodies of an equal number of people, and nothing is thought of it to a great extent. If the same number are killed in war, you think it is deplorable, tragic."

HFF: But at least the motive is different, isn't it? Even though caused by carelessness, the automobile deaths are accidental, while in war they are premeditated.

"Yes, but that makes no difference to the one killed; to be driven out of the physical body by one of those modern machine guns neither than by a motor car does not make a great deal of difference to the entity that has been killed."

E.C.: But it does to the one who does the killing, doesn't it?

"That depends on how well he is capable of absorbing propaganda of the beauty of killing someone -- whether he has a feeling of guilt or not."

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M.L.: Would you say there is purpose and direction in man's goals?

LAO-TSE: "There is purpose and direction in man's consciousness, but not necessarily in the physical existence. The mind has what is known as a body which is merely an extension or extensions of the mind. These extensions are changed in what you call destruction or death of the physical body, but this has little or no effect upon the projector. So, consciously man is advancing. The process of life is wonderful, is purposeful, in going some place; but as to the vehicles used that he is progressing in, therein lies the trouble; therein lies the chaos and the apparent going no place."

M.L.: Civilization and culture are not going anywhere?

"Not in my opinion -- and perhaps my opinion does not matter too much, but that is what I feel. All the great civilizations, all the greatest cultures that have ever come upon the face of the physical world are like the sands of the desert -- the hot winds pass over it and they are no more. But this (touching forehead) defies all the sands of time and the greatest winds that blow ....."

E.C.: You mean the consciousness?

"I do. Now, my very dear friends, I do not like to take up further time. It has been a pleasure to be here to talk with you."

E.M.: Thank you for answering my question about China.

"You are extremely welcome; and I want to say one more thing. What I was saying to the gentlemen about pursuing life, I want to say to each one of you: Pursue life in your own way. Seek to understand your own self. Do not be desirous of learning someone else's way -- because the chances are great that their way will eventually prove the false way for you. But life is no small thing to be answered by a question; it is a great and wonderful thing! In your own right you are creators, gods, no less. But you have been turned around and confused, entering into a physical body and pursuing the desires of that physical body. The desires are all right, but the wrongness lies in losing yourself in them. Develop and try to expand the consciousness and you will find harmony and peace on earth without waiting to pass on into the 'happy hunting grounds' of your American Indians, or 'Nirvana,' or any of the great existing states of consciousness that you are told about. Find them yourselves, in your Selves, now. Good afternoon." (3:45 p.m. LAO-TSE withdraws)

## THE JOURNAL OF BORDERLAND RESEARCH

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