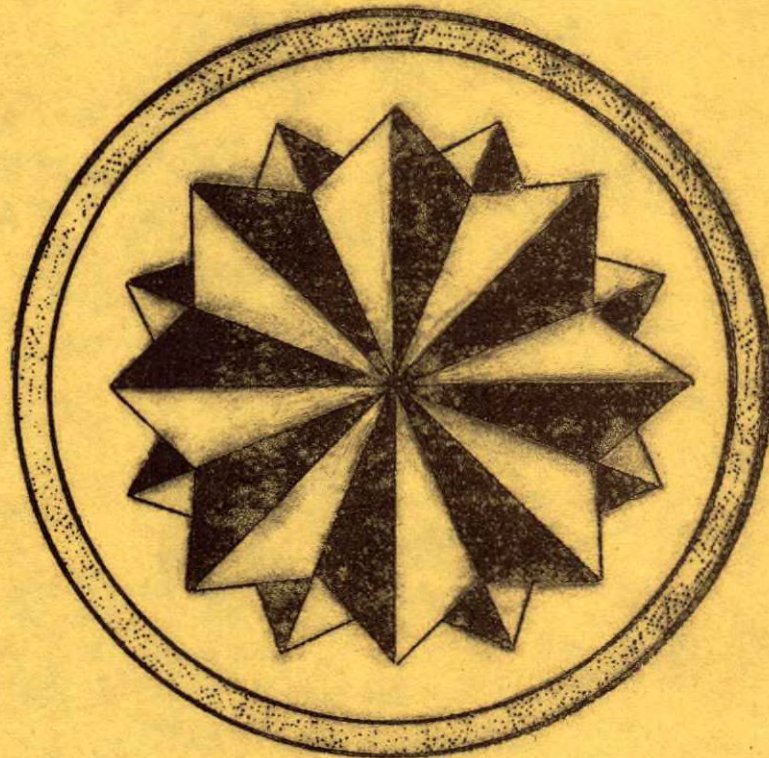


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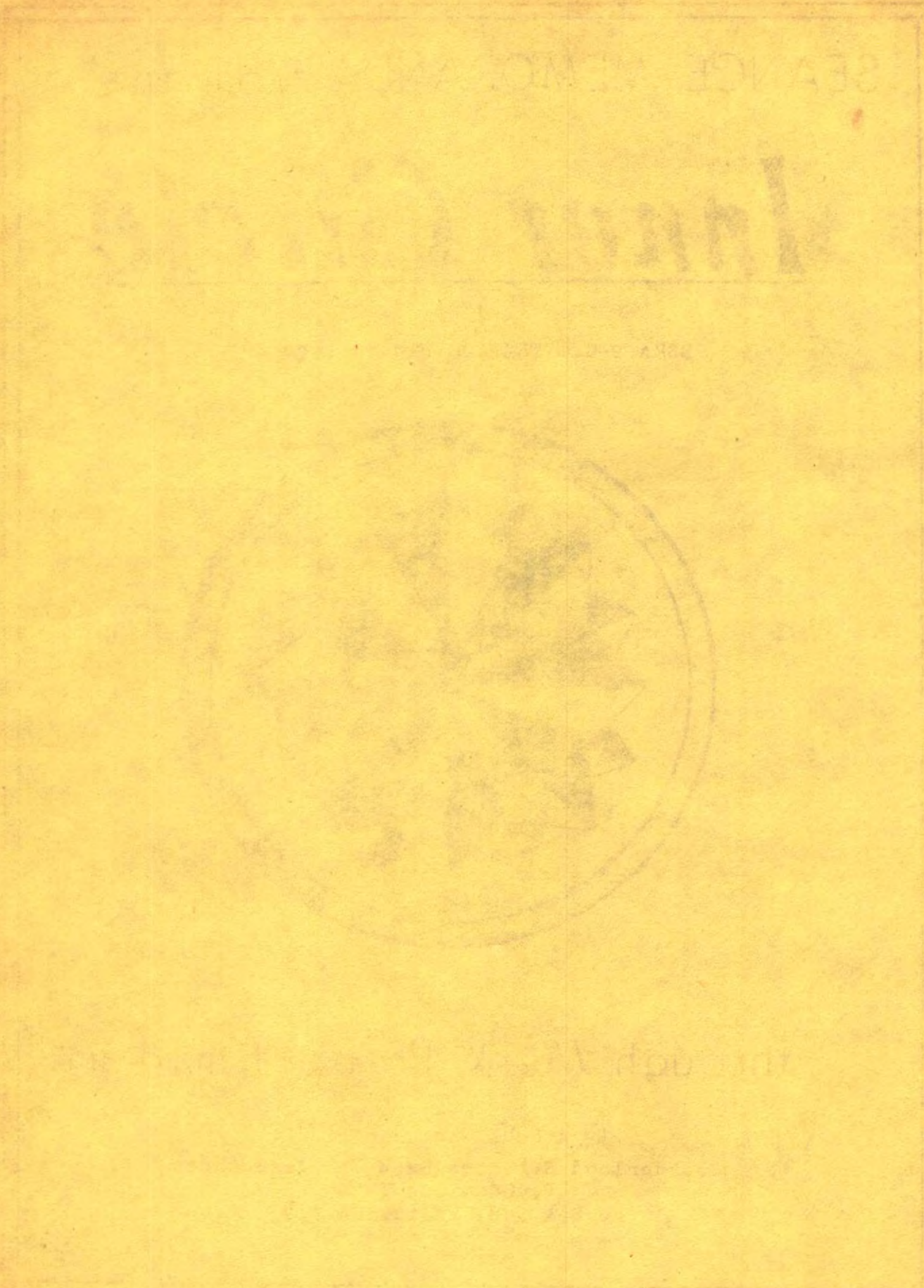
Inner Circle

BSRA 9-C, TRANSCRIPTS 16 thru 20



through Mark Probert, medium

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CONTROL: Prof. Alfred Luntz; Well so little is known about anything. I have asked a number of physicists what they know about matter - what is its lowest form and what its name - energy I have been told. So we have exchanged the word matter for energy? Consciousness, mind, it is the creative force. It is this you move about in. Great mind and great force - God if you wish. You can by sincere effort, by sincere prayer, by sincere concentration bring about the cure of an ailment on your own body or of anyone else, whether or not they are miles away from you, for no one is miles away from anyone. That is one of the illusions through which man is struggling.

Irene P.; Are you acquainted with the new treatment called thalamus therapy? Light to reach the thalamus and thereby cure diseases?

Prof. Luntz: No, I am not acquainted with such, but it can be done, for light in one form is the essence of life, and if we use it to work upon the glands of the body we are using the essence of life. Is this something new?

Irene: Well, a doctor brought it from Vienna and teaches in San Francisco, but he is not allowed to practice or teach this practice in California.

Prof Lunt: Well, they do not want anyone encroaching on their property. If you should be removed from their reach by others using better methods they would starve and we cannot allow that. Then there is the psychiatrist who feels as brilliant as the medicine man and he is going to tell you all about why you are what you are because of what you have been. To tell you this costs you plenty of money. You cannot expect to get well for nothing. It is much better to have a world of sick people than a world of strong people, or the psychiatrist would go out of business and the medical would have to go out of business. Undertakers would have to wait long for us to die.

Sister Seva: What is the cure for an obsession?

Prof. Luntz: Before I could say I would have to know the action of this individual and something of their life in general, because while the psychiatrist needs to learn a great deal, just so do I. I agree with them that many of our mental difficulties are brought about due to conditions of the past.

Sister Seva: This one hears voices all the time. It is someone you know.

Prof. Luntz; How old is this party?

SS: I do not know.

Prof. Luntz: Adult? And when did this start?

SS: Yes, adult. It started about two months ago.

Prof. Luntz: Has she been playing with automatic writing or ouija board?

SS: No, she teaches Science of Mind.

Prof. Luntz: Well, there should not be anything there to harm her. In fact, it should do a great deal of good.

Irene P: Do you remember her? Remember the meetings in Huntington Park?

Prof. Luntz: Yes, I know the lady well.

SS: It started when she was visiting me. Another friend, a Unity teacher, was troubled with the same thing. I think she tried to help her.

Prof. Luntz: Could you tell me some of the things these voices say?

SS: No. They were just questions.

Prof. Luntz: Well, she is not obsessed, nor possessed. She has merely left her psychic door open and this individual needs help. $\frac{1}{2}$ I shall go to her and see her myself. Very often you know, the best of us, the most highly educated, attract to ourselves beings that need help as well as those that come to help. If we have not had some understanding and know what is going on we become frightened, we become disturbed, we cannot help the one that comes to us nor free ourselves, because we have been told that if we hear voices we are maniacs. Hearing voices is not unusual. In fact it would be unusual if they were not heard. Then you would not be sure of the continuity of life. The psychiatrist will say it is caused by a split in the personality. They might make it one again - using electricity - very terrible - because using shock treatment on the brain will destroy brain cells. Tell her if you get to see her soon, please tell her not to go to a psychiatrist - to stay away from the gentleman until I can get to her. Doctors today have an ingenious way to make business for themselves. The blood fluctuates and high blood today can be low blood tomorrow, so if you have that as a cause, if you have a high blood pressure they might get excited. You could go back the next hour or the next day or week or so and find it down to normal. If you get anxious you have high blood pressure - your blood responds to every one of your emotions.

F.H: Is there a way to check through the blood?

Prof. L: Yes, there is a way. The blood may show it.

Irene: Is there any special way?

Prof. L: Yes, a special way to look at certain bodies in the blood.

What is it then - what is the meaning of mind over matter?

Prof. L: There are certain things that happen to us and some of these things cause repressions, inhibitions, and these inhibitions create tensions within us.

We lose the ability to act this way or that way, according to what we want to. You have been taught as a child that this or that is sinful and to do it is sinful and if you do it God will not love you. And you want God to love you. And you want to express yourself. That is why you are here on earth. I do not mean you are to go out and commit murder or arson, but what is for you to do, do it. You are in a particular environment. There are certain laws that were laid down for the good of the people. These laws are good for the whole and we as individuals are not going to break these rules. Try to govern your emotions. Try not to permit them to govern you, but do not repress yourself, for they will not stay down, they will come up sooner or later and take perhaps the form of a disease. Often that of cancer.

IRENE P: It causes some unbalance in the chemistry of the body?

Prof. L: Certainly. It is definitely known that arthritis is an emotional state. Do you think you are going to cure it with a drug? You may after a time, but if that emotion that created that condition is still there, if the desire you have been holding down is still there sooner or later it will overcome the chemistry of the blood again and you will have arthritis, tuberculosis, cancer.

Can we fight them with mind?

Prof. L: To fight means to struggle. If we struggle it is because we do not know what we are doing. For life we do not have to struggle. As long as we do not train ourselves to see things as they really are we still have to struggle. Let those who come into the light see that we do not need to struggle. Let us direct our thoughts to the part of the body that is suffering this illness. Mentally talk to it. Not saying you are not there, or that because I am a child of God and as matter does not exist in God I cannot suffer. If matter does not exist of God then I do not exist either. Existence does not depend upon a body. When man came into the physical chemical world there was cast upon him a spell so that he would forget his Godhood, because if he could remember it he could not stay here. In so doing he became a body and fell into this illusion, this hypnotic state, and that is what we are trying to take out of the hypnotic state.

I have heard the remark - how said that such a wonderful mind should die.

PROF. L: She meant a highly educated mind. What she meant was that that mind should not leave the body. Her mind did not die. The real woman, that which is the woman and is the man did not die and cannot die. At least I hope it cannot or I would not be here, I am an imposter.

* * * * *

NEW CONTROL ----- YADA DI SHI'ITE: Good evening. Perhaps some of wonder where my YU language is. Sometimes it is best not to wear the same coat. Gets monotonous. I have been standing here the last few minutes nudging my colleague Prof. Luntz to move over. Not that I have too much to say, just that I want to come and speak to you and your time is running away - not my time. You say that you do not have time in your world. Sounds confusing. Perhaps I should say that you do not have to go around with a clock in your pocket. Time becomes your acts and little else. Nice people tonight. A crowd. Sister Seva, You are well. It is some time since you have been here. I come to you often and watch how you are.

I think sometimes you are going back in years, you are not getting any older. You must be happy with life. That is all that matters, to be content. To be content means to retain youthfulness. The greatest thing to bring real old age is to become bored with life. So every day try to look for something new to learn, something new to excite your interest and stimulate your wish to live, and live a full life. Get out of ruts and when you get out of one don't hop into another.

Man is rolling all over, from this to that. He thinks, now if I stop doing this because it is not too good, I will find something better over here to do. Perhaps, but still when we get over here we do not turn, we are into a rut also. The beauty of life lies in the greatest law of life, change, the only great and lasting law, the law of change. Be not afraid to change from this to that, from that to this. Whatever is appealing or exciting to you, do it, for this will stimulate the system so that you will be more healthy. The reason man fears death is because he does not want to change. Not because he fears the unknown; for if that were true he would fear himself greatly; for he is the most unknown of unknowns. Remember nothing out here can harm you; for all things out here are your creations. Move with life. Like my most honorable colleague Lao Tse has said, flow with the stream. Do not try to go up the stream, go down the stream, then we will accept whatever we come to, and go over and over like that -- smoothly in great waves. 500,000 years of conscious existence has taught me that. Let me see, Sister Seva, you are how old? I do not like to ask ladies how old because so seldom get true answer.

S. SEVA: I am 76.

YAD: What have you learned in 76 years?

S. SEVA: Not very much, Yada.

YADA: I say to Yada, what have you learned in 500,000 years of conscious existence. Not very much, Lady Seva, What is there to know? What is there to learn? Who is doing the learning? What is doing the learning? What is the teacher? Who is the Teacher? That is a very pertinent question. Someone or something apart and away from you? You go to school, academic school; you sit in classroom; out here is something called teacher; they are saying to you so and so. You are reading. You are writing. You are studying books. But in all these; from the human touch out there to the books, to the people, writers, to the whatever; what are these? Are they anything apart from yourself?

IRENE P: Could only be your understanding of them?

YADA: Only your understanding and acceptance of what is being said. If someone says two and two are four -- if you are not willing you will not accept it. Man in higher learning in the field of physics thought many things and expresses himself in these. These people we call scientists. This year of grace 1952 certain studies have shown the scientists that light travels 186,500 miles per second. Now a thousand years from now, 50 years from now, certain new observations will show light does not travel at that speed at all. Indeed we of the Inner Circle have said that light does not travel at all. We could go into great dissertation on why light does not travel at all, but all of these things come out of our studies of them and then our acceptance of one

theory and rejection of another. Long time ago man says world is flat, and man lives comfortably on flat world. Now man say world is round, man live comfortably but some as when world flat. Man have as much trouble in world today as when world was flat. Man who says world round when world flat is persecuted. Today in one country you say Communist wrong you are all right, Communist good, you are put in jail. Not only in jail but "rub out," "liquidate." Over here in this country you have other ways. You put criminal in jail and you think because he is behind bars he is not dangerous any more. It is like putting animals in jail for a year and think leopard will change his spots. Just putting criminal in jail no good. He has to go through education. You have to get in touch with animal and teach him. Wilderness is not the true nature of the human being - he can learn to grow out of it, but with animals it is different. When he is trained different he is back to nature, but when man is trained differently he is not false to nature.

In YU everything big - trees big - man big - animals big - everything big. Man 20-30-40 feet - you do not believe it - I do not blame you.

"You said we would have earthquakes along this coast."

YADA: Quake come Japan first - tidal wave come Japan - most of it come down - all islands go under water - make great tidal wave - Hawaiian islands - very bad. Perhaps also wash-out. Much of coast inundated and much of our coast earth is like man - must have change.

"Any movement here"?

YADA: Yes.

S.SEVA: I learned of 25 feet change in fault line at San Francisco this year - 15 feet at the gulf.

YADA: In Japan short time ago - you remember we told of this several months before happening. Now I want to say to you to know these things is good for you - for us to come tell you - avoid use of atom bomb in atmosphere and when we tell you things it does not go too far - you manage so that you can help others who do not have the opportunity to learn it.

OHM: You said that going from one body to another is the greatest experience the mind can have.

YADA: Of all mind's adventures, the leaving of the body of the physical world is the greatest. If you train your mind to see things for what they are you will see them as beauty and when you come into my world you will have a beautiful world for you bringing your beauty with you and out of that beauty that you bring, you will by the power of your own creative ability design and live in your world. The difficulty is not to be afraid. You are not going before some fearful God that is going to judge you. You are your own judge, your own jury, your own condemner or upholder. Many come into my world looking for a form called God. Sometimes we find it necessary for such individuals to contact a teacher of high mind and have that one pose as God or as Master or the Creator or the Buddha or any of the other beliefs of God - to greet these individuals - to put them at rest - so that they will not be fearful. I have some of the most pathetic conditions here where one has come and not seen Christ, or not seen one of their

Prophets, whoever they may be, going into the most fearful state of hysterics, fearing they were in hell, and these they had to be put into deep sleep until they had rested and dreamed away, washed away any resemblance of the earth life.

"If it is true that we have to work out everything and carry the memory with us, do we have to come back anyway to work it out?"

YADA: Human beings come into the physical world. You could not live here happily if you knew your own divinity - could you stand to know when you learn your own divinity, awaken to it, become consciously aware of it again? When you come into that state of awareness you again see the great wonder of it all because you see life as what? As yourself. I am all things. I am the "I Am." I am the reality. Let us take you to hypnosis, and you play with it today in your world -- you take an individual when they are very young and you show them something - perhaps get that one to study a page of writing so that they can speak it to you by remembering - it has become so impressed on their mind - 1-20-20 years later or however long that one lives - if that one is hypnotized again and asked whether they can remember back they will recite it word for word without even seeing that book in all those years - why? - because mind never forgets - it never learns anything - it is all known. We do not comprehend? Our wakeful state is not that kind - no matter of high wakefulness or low wakefulness not high or low - or back or forth - these are both illusions man plays with. But your conscious is forever - never was created and therefore never can be destroyed. Of course in matured way of thinking we have been through we cannot understand that which has not been created and will not come to an end. The human mind unless awakened, the centers of the body waked up, excited into this wakeful state, it cannot for a moment comprehend these things - such as space. Your science speaks of space as being endless - no world - forever and ever and ever space - nothing to go to nothing to come from - pretty soon you are crazy - but if you think of space and the reason for it being ever and ever because it is consciousness - I am forever and ever in endlessness - in other words the symbol of life - the symbol of consciousness is the point of the circumference - yes?

"Are these atomic blasts causing trouble in the atmosphere in any way?"

YADA: Yes, very much. You know green lights coming in the sky? Your scientists want to know where these green balls come from - what they are doing. They call them meteors because they do not know better. Like the flying saucers. They are learning better. Flying saucers are from guardians upon your earth. These great lights are chemicals sent from this world to your atmosphere to repurify it after your atomic blasts. You know, not knowing is like child with hammer in glass house - it is no good to say do not use hammer on glass - child has hammer as toy - man has atomic bomb - like to hear big boom. So guardians of earth cannot say "No," guardians of earth have to have methods of protecting earth.

OHM: Is Russia shooting off her bombs too?

YADA: Yes. Governments not caring or thinking of God. Build up much atoms. Pretty soon become stock pile of atom bombs here - pile in Russia - pile in England. What is use of pile? These are going to be used.

"Will they be stopped?"

YADA: No, not stopped. But pressure will be put on. Enough of the world will survive.

"Do these fireballs clear the radiation out of our atmosphere from the atomic bomb?"

YADA: Yes, that is what they were sent for. But sometimes man like child, not thinking, will throw himself through glass roof and will come down on him. Worst bomb to come is bomb let off in water.

"The hydrogen bomb?"

S.SEVA: I want to be conscious of the whole change.

YADA: If you leave in the normal way - not accident. Accident is liable to throw the entity into a sleep for some time so that they have no knowledge of the separation and sometimes it is very simple - very wonderful - no break in the consciousness. Like butterfly coming out of cocoon.

IRENE P: The Chinese say "Cry when the baby is born and be happy when he dies."

YADA: If you keep mind clear, nothing to fear. But on the other hand do not let this idea of beautiful world let you think you can flee this world until your time is ready. Man who takes own life, unless suffering physical pain so great for long time, then all right - go and leave body of torture. Your authorities kill animal when animal suffer for only little while, but let human being live while. body lasts knowing person cannot get better. Perhaps because while that one is still living that one has money in bank. Let us not permit him to depart with little bit.

OHM: You started a very interesting subject a while ago - your interpretation of the Lord's Prayer. Thought it would be nice for the book. Could you give that to Mark sometime? Perhaps the Key of Love also?

YADA: Would be very happy to do so. This is very old - sometimes man wants to help other man who is sick. Sometimes to make man well at a distance would take paper and write certain things concerning man and what he wants done for that one and then taking paper - burning up - setting on fire - burning ashes - throwing to the winds. Man gets better. Here we have same force. You are calling upon mind - substance in which you live and breathe - you call spaceYou put candle in bread or take piece of one's garment that is drowned and you throw out in water and say prayer to God in water and locate body. This force that moves the world and holds all the vast bodies in space - can it not do such a simple thing as move life? Bread with candle -- you have within you at your fingertips the power of all things. Pray within. Seek for God within. Knock - knock - wake up - come out - I want to get to know you - knock - your Christian Bible says knock - not when you are going out but when you are coming in. I laugh, I smile. That is good. There is always room for laughter. For the soul is free when we laugh. When we take life seriously so that we have face like cow we become cow. We do not want to go in pasture - no. Let us face the Great One the One within, with laughter and love - that is the essence of our existence.

Only the body is to be separated from, and then great freedom.

Like man fallen asleep in forest -- This is a tale told often by my honorable colleague Lactse -- Man fall asleep and dream he is butterfly flying through forest. He is having good time. Then man suddenly wake up and dream so vivid he sit there and wonder if he is not now butterfly dreaming he is man. That is the start of reality -- that is the start of the All -- That is Tao.

On another recent occasion the YADA expressed himself briefly on the Bell Witch Case. This extraordinary and tragic episode has long baffled students of occult matters (as it also discomfited self-confident occultists who attempted to vanquish the formidable entity), and the comment of the Control seems to us well worth quoting:

THE BELL WITCH "This strange entity was possessed of much kindness and high knowledge, but also of cruelty and murderous violence. These facts are known to all, yet all the great questions remain -- What wa it -- and Whence did it come, and WHY? Why did it return? Why did it so hate the negro race? Let me say about this, that there are beings which gravitate out of the lower astral and into the high etheric, and there acquire great knowledge. They learn how to live on any of the planes of consciousness. And some of these beings gurn to the dark side, so that we speak of them as "fallen," even as the Light-Bearer fell from among the Sons of God. In this condition they may bring great suffering to others, simply that they may feel important in their own eyes, and have something to do - some occupation - other than to wander to and fro in the earth and go up and down in it. They may even fall into a plane of existence from which they are unable to escape for a long time. Yet there are incantations - had they only been known, which would have dispersed this entity.

8 8

NOTE TO FOREGOING: The most recent attempt to 'psychologise' the Bell Witch story is entitled The Case of the Bell Witch, by Dr. Nandor Fodor, pp 142-272 of Haunted People, Carrington and Fodor (Dutton & CO N.Y., 1951). Dr. Fodor inclines to the opinion that the "Witch" was a fragment of the psyche of Betsy Bell, a 'free-floating group of psychons' energised by her very dynamic constitution on a pattern of autonomous complexes.' He also suggests a kind of 'psychic lobotomy,' but agrees that 'we shall have to revise our notions about dissociated personalities' if his tentative explanations are to apply. If our readers find this less understandable than the YADA's account, there was at least one comment by one of the Probert Controls, several years ago, of which Dr. Fodor might approve, to the effect that in all such terrible hauntings as the Bell Witch case, there was always a powerful hate complex somewhere in the background. (In the chapter following the Bell Witch discussion, Dr. Fodor encounters Gef the Talking Mongocse - an admirable summary of the facts, but leaving Gef in full possession of the field. Greatly to his credit, the distinguished analyst admits his defeat reservations.)

"People who come here are drawn like a magnet draws," said the Yada di Shi'ite after taking control over Mark Probert. "If you were not seeking knowledge you would not come here. Can be convenient, can be inconvenient. Everything is what is for our use but yet can become very annoying -- good when we can use it and not good when we cannot. I said in my language that where there is anything of worth man will beat a path to it. It does not have to go to him, he will come to it -- if it proves of worth. If it does not nothing can hold it in your dimension of time; for it will fall apart of its uselessness; but man sometimes strives to hurry, to force things to work before their natural time to work. If you bring anything into your dimension of time before it is ready it will leave very quickly unless you keep on applying the same method that brought it here in the first place.

"You see? You cannot hold on to anything that does not belong here in your dimension of time unless you keep on applying the method you used to bring it there. Each one of you has come this evening and you have been coming, most of you, with the thought of learning something. But let me ask you, are we teaching you anything? You have come and continued to come back, why? Because what we are saying and what we have said in the past is what you have always heard but you want it repeated and to hear this from other sources so it will come through to you. No man really teaches another something he doesn't know, he merely causes another to remember it.

"In what field of man's endeavor does he learn anything entirely new? Can anyone tell me? In all your scientific studies do you think your discoveries are new? If they were new how could you have learned them? You would have no access to their source at all; so all one is doing is recalling that which is already known; and because man is faced with this seeming block called material-physical-chemical world; and due to his teaching in the early part of his life on the earth he has been led to believe that there is no escape except through what is called death. Is it not true that we do not have to wait until we get to the grave in one sum? Most of us are going piece-meal because we do not know how to take care of the body; but even so, even those of us in the best of health are suffering continual destruction, continual death. Indeed, looking at it from a philosophical side, we are dying every time we learn something of what we call new."

"We are dying and then living?"

"That is right."

"It is reincarnating?"

"It is reincarnation every time you learn something new. You do not have to wait until you leave the physical body and return to call it something new. You are speaking of a becoming more awake, more aware of something out there? No, aware of yourself. The more you

come up, you expand, you blossom, the more you climb out of the old, the useless; for that which you have already learned is useless; it is going backward through your life. Many children cling to the traditional ways of great forefathers. What is to be gained out of traditional ways? To look into the past? Its value is to be found in seeing our mistakes and learning not to make similar ones. Outside of that tradition is useless to man. Change is constant. It is the only real everlasting law of existence, change; therefore we should always be prepared to accept change. To walk in a rut is to decay very rapidly. This of course doesn't mean that we should be throwing aside that which we have for some new, what is called fantasy, new fad. How do you know what a fad is, if it is to be thought of as a fad, unless you look into it, examine it, and see what it is really worth.

"Even today and way back into the history of man all new things are instruments or inventions of the evil mind or what is called the devil. Not too many years ago you had what is called car, and many thought it was a great wrong, that man should try to move about in an automobile. Now today what are you doing, flying. At those times, 25 miles an hour, God never made man to travel that fast. I wonder what God is doing now. He must be very angry. The question now is who gave people who make these statements the right to speak for what is called God? Has God ordained these individuals to prove that these are wicked? Man knows little about God as long as he knows so little about himself.

"You may pray. It is very nice, very helpful. You may read Holy Book, spend many hours over Holy Book. I did. And for a long time I went around telling men what they should know -- what I know so little about myself. Now it may seem strange that I have had conscious existence, continual awareness for 500,000 years and yet in all honesty, in all sincerity, I still say to you I still know so very little.

"We believe because time passes that somehow our very time should do something to us that is called miracle; but it is evidently not so; for if it were the world in which you are would be humming with beauty, with joy, with peace, with love. But look at the world today. It is no different than 500,000 years ago. You are still at war. You are still building great temples to your God and you are still hating one another. Time should teach us something. It may appear that if an individual that was glad -- human being meaning being with intelligence -- was to spend two or three thousand years in a classroom, that he should be promoted to the next class in the next three or four thousand years, no? But learning seems to be extremely difficult. Why? It is because man is laden with an emotional body. That emotional self crouches within man. Crouches within the dark recesses of the body and permits him to observe all kinds of beautiful things. Teaches about God, about love, about his fellow man and he seems to become a very brilliant philosopher. He knows things intellectually, marvelously so, and sometimes he feels himself at last to be a master. He is about to attain that great state of awakening called the Christ-consciousness.

"I use you as a symbol. It would appear that here was a being at last free, but that little self called the emotional self crouches there with a little smirk on its face. Pretty soon a little weakness inside

comes to the surface and the emotional self pounces upon it, sets that one to vibrating inside, an emotional volcano comes of it. You know that not too long ago it was mentioned here what would be the outcome of putting, let us say, a large number of the great masters in one room and locking them in there for a period of time. All these different masters getting great training from different sources. Still they know the one truth. The one truth being -- I am -- what? -- the creator! Knowing this because consciously aware of it. It would appear there would be no disturbances. That would mean that these great minds would have to do one of two things, either somehow break out of that or go into Samadhi and stay there until they were released. Now you do not hold with that if I remember. Do you still not hold with it?"

"I cannot remember."

"Simply that if a group of these teachers were placed in a room together, remembering that these advanced teachers have come from all walks of life. Place them together and leave them with locked door. Leave them for a period of time. Do you think peace would reign? Or would they try to impose their own view on one another?"

"It seems it would depend on the state of development of different beliefs."

"I understand from your teachings that a master should learn controlled emotion, and if he has controlled emotion then there would be no argument," replied the Yada.

"Wouldn't it be a retarding in the group?"

"We do not know. We assume a situation and we make all kinds of postulates about it, so let us remember we are only assuming. Now if an individual has attained a high state of awakening it would appear that we would not debate or argue about anything, for we already know the truth but it is not so much what they already know but what they do not know that would bring up the argument."

"But even if they do not know, a master can control his emotions regardless of what he knows about a particular subject."

"But have you ever been forced to look at anyone for weeks on end?" asked the Yada.

"If we are given a thing and do not give it out, that would be it? Giving it out keeps the channel clear?"

"Yes, but how do you arrive? Now man coming from other countries; now I want to know how do we arrive at his set of truths?"

"By working at it," replied the sitter.

"But I could have told him an easier way," replied the Yada, "and that is where the trouble comes in."

"But a master should not lose control?"

"I wonder if you would define wisdom for us," interposed another sitter. "Is it in the heart or in the head?"

"First I would have to try answering your question by asking one," replied the Yada. "What is wisdom?"

"I asked you -- and you ask me?"

"My friends, sometimes I think wisdom is for the foolish because who else is going to learn wisdom? A man who has wisdom is not going to seek wisdom. That which is called wisdom, to me is not necessary -- the same for you."

"Each has his own idea of wisdom?"

"Yes, and who am I to say they are wrong. Out of what great storehouse of knowledge can I come to one and say, my brother, you are wrong in what you believe. Listen to what I know. Such vanity I could not live with.

"You differentiate?"

"Yes," replied the Yada.

"Knowledge comes after information?"

"First you have knowledge then you have wisdom. That is nice way. Maybe it leaves one in state of suspension. For ages man has sat debating with one another what is the nature of wisdom. This gets him nowhere. Yet it is better than what? Is it better than war? Yes, because one can sit in peace and quiet. If he has wisdom he is merely seeking to understand, not only the physical world but consciousness itself.

"So that is what the masters are doing."

"Yes. Soon I would go to sleep; for that which we already know we have a tendency to go to sleep in front of. So do not become too familiar with people or things or you will become bored. Keep some things secret. Make believe it is secret anyway, whether it is or not. If you are going to keep your interest in it.

"What is this out here?" the Yada indicated space and substance with gestures. "It is my creation. I built it out of my need. If I already knew everything why should I have any need? But you see the not knowing comes about through the inquiring and physical body. When you have acquired your physical body you learn about the three-dimensional world. When you leave your physical body you will see new learning. Will you be learning something new? No, so you can live and find balance in that dimension of time. In each body that man makes, that the individual makes in that dimension of time, he has to make himself. He has to train the body in that dimension of time. No matter where man

moves his consciousness to he is going to be dealing with some form of what you call matter?

"Now, to call matter energy does not change the thought world. Your very thoughts are chemical. Your brain cells are stimulated into doing what is called thinking, by outer stimuli playing upon the nerves and causing an electro-magnetic pulsation to run along the nervous system to the brain cells. This pulsation telegraphs to the brain where it is taken then by that which is called the Real Self, the High Self that operates the physical body, and that High Self or High Mind or operator has learned something new about his three-dimensional world, but it is the thought. The whole works from beginning to end is physical and chemical. Do any of you wish to debate this with me? Now, because I do not like to hear myself talk too much, I would like to hear you talk some. I wonder what would happen if I took the boy under trance and sat here and said nothing."

"You want to consider the things you tell us are food for thought, so the people sitting here thinking are digesting that food; so it does not give them time to construct a question."

"In the 500,000 years of your consciousness," observed another sitter, "have you ever attempted to contact our physical world as you are doing now through the boy?"

"I have communicated not only with three-dimensional world in other times, yes; but I have communicated with many other dimensions of what you call time and I have found this: that there is no act that takes place upon your plane that did not originate in other dimensions of time -- but should I say where they originated -- where any one act originated -- in what dimension of time? I know I cannot say -- I could say on my level of consciousness and was passed down to you? No. For where do I get it from -- or others who exist with me on my level of consciousness -- where do they get it from? Could go on and on; for there are as many levels of consciousness as there are human beings; and you know how endless that can be."

"Can man choose the subject he is going to talk about?"

"Not if he chose, for he has already thought about it."

"Then you admit the term, Outside?"

"No, only to the extent that it appears to be outside. For all is consciousness, but consciousness being like us -- take the Bag as an example of consciousness. It appears to have an inner and an outer, but we can turn it and it is the same. Outer is illusion and necessarily so."

"Isn't a thought the result of a need?"

"Indeed. For without need one cannot think of anything. The question then arises is need something of itself, or is it not a form of some kind?"

"A form of some kind," agreed a sitter.

"It translates into experience," observed another. "Would it be possible to choose our category of thought? Could the thinking itself be chosen, or it arises in the mind?"

"Yes," replied the Yada, "and the whole process of thinking then is a kind of automatic action, for the machine called the brain becomes a receiving station, a broadcasting station."

"For one to think in mathematical terms?"

"There is a chain action there," said the Yada.

"Our bodies are sounding boards and we turn it into chemical action," said a sitter.

"And we find the same process going on all the planes. Man changes because he has been mistaught -- he changes -- he is going into a greater change. It is wrong. You are going no farther than your mind."

"Isn't it received through the brain and returned and is a chemical reaction entirely?"

"Now your Christian Bible, in part, talking of the man Jesus that was placed upon the Cross between two thieves; and one of them complained about his condition and his fear of death; and it is said in your Christian Bible that the Master responded to this man and said, 'Fear not, for this day you shall be in Paradise with Me.' Can you, my friends, conceive of this, what you call bandit, going to the same level of consciousness as the man Jesus? Now I am not saying this because the man Jesus was so holy or godly that he was going to attain a great state beyond that of the bandit. It is not due to the holiness, the superiority of the man."

"His state of awareness?"

"No. Rather because the bandit did not spend his time in trying to see life for what it is," replied the Yada.

"The fear in that individual created an awareness and was the beginning of entering the Paradise?"

"This one, and no one, can attain the higher state of mind unless they apply themselves to it. And to squander the essence of the body, to live in depravity, to live wholly for physical satisfaction is to deprive yourself of a greater state of awareness in heaven. No thinking human being wants to go to heaven. They want a greater understanding of life. Man knows nothing of heaven so it would be entirely foreign condition for him to be in, and when I think of heaven I speak of it as you believe it."

"In your opinion, Yada, what is heaven? Is there such a place?"

"Yes. In the inner teachings heaven is a state of mind, not a place; but it becomes a place according to your desires. Now here is what I mean. If you enjoy, if you actually enjoy your acts, no matter what they appear to me, and no matter what their nature, if you can live comfortable with your acts and with your thoughts, you are living in heaven. It is when we cannot live comfortably with our thoughts that we are living in a hell. When we so act that we cannot enjoy the act, we try to put out there that which seems to be in here; and if due to our individual nature that thought gave us a feeling of guilt; and we still want it in the outer world here, then we are going right into a hell. We are in hell. Can any of you imagine any hell greater than that which can be had through a guilt complex? Do you suppose you can escape having guilt complexes in doing things that are against your particular nature?"

"That is where wisdom would enter into the picture."

"Right. For to act according to your nature is living in wisdom. So you say, how can you say that? People like alcohol, like smoking. That which he does is offensive to me and I believe he is a detriment to society. Let us put him away. Do you think this is good? You think if you take a man who is doing something different and put him away that he will see through your eyes? No. Your mental institutions, your prisons, your hospitals, are filled with individuals that were afraid to act, to act according to their own nature. No, you were afraid. Your society pushed them down and what happened? These unfortunate individuals break out in unnatural acts -- unnatural to you -- and therefore they do that which is detriment to society."

"Where is man's nature formed?"

"It is not formed when he enters into the world but his nature becomes what his environment is. As you move out of one environment into another your nature will be formed to that environment or they will put you away. What would you say?"

"As far as your true nature forming -- would you say a man's environment forms him?"

"Yes, it becomes formed as he comes into that environment and stays in that environment," replied the Yada.

"Then each man in each environment should have the same nature formed. You explain that each nature and each form is formed that way. Then each nature should work in that environment to better it."

"Do you mean the inner or outer environment?" asked another sitter.

"I speak of the outer," replied the Yada. "If we suppose of an individual coming into the physical life that it is his first experience, he has not much ground to work on, to know anything about that one; but when we consider this that I -- this I -- Me -- or when I say me I am referring to you; so the I of you has existed since when? Eternally is all you can say about it. It is all. It makes itself manifest."

This I created and formed to move in a freer state of consciousness, one of these being your physical-chemical world. Now before he comes into the physical world he knows he is going to come into it, and knowing, he prepares himself for the coming, on the various astral levels. On all of them there are schools of learning same as on your earth plane, and each one prepares for his coming. Now if they do not prepare, the coming into the physical world becomes haphazard and becomes a vehicle on a flight in a field that it doesn't want to experience. It is wandering in England and China and Europe.

"Many who have gone out of the physical body knowing nothing of the inner life and merely knowing physical life, seek to return to the earth any way they can possibly make it; however, those who are awakened to any degree will make a study before they will choose their environment. The same thing happens on your earth plane. Individual comes to earth, makes no effort to learn anything about life, and in the end he lives just as ignorant, just as unlearned, just as much asleep as when he came into it."

"Yada, those poor souls who have become dope fiends, from wonderful families, you would think they would have chosen these environments to receive good influence, and yet they become dope fiends. How do you account for that?"

"Those called dope fiends are not as many suppose; or shall I say not such a great evil. The thing itself is not such a great evil; it is what happens when one does this or that. It is the reaction when one does good or evil. I am sure you will agree that many great masterpieces of art and literature have been created under the influence of drugs. So that which is taking of dope is not the evil. The evil lies in how greatly or how deeply the act destroys our ability to have contact with the Great Mind, the Great God. Now the character of the action lies in the way it is imposed on the fellow man. Now many people come into what is called very fine families -- I do not understand. You mean educated? Fine morals?"

"A fine inner intelligence and consideration of other people, and help their children to be the same."

"I can understand that," replied the Yada. "Fine clothes, a fine home, does not make for good family. But remember please, I said man has emotional body and man is infringed upon by outer stimuli, and emotional self can only take so much and the strain becomes too much. Now if you can stimulate certain parts of the body -- how can you do this? Can you use the same amount always? No. This will have to be changed. Why? Because that part of the body will not respond any more to that irritation. Whether it was pleasing at first makes no difference. The force has to be raised. So we find that in one of a sensitive nature the stimuli becomes boring. It is depressing. It is monotonous; so to escape it he takes alcohol or takes drugs. I cannot say it is evil. I can only say it is wrong, to this extent. I can only say it brings early destruction to the physical body because it destroys the brain cells. That is the greatest evil."

"Does it hurt the mental consciousness?"

"Only that it will keep that one from learning greater truths -- that one can become free from desire. I do not mean that man should become free from desire. He should know what he wants and when he does he should use it to the fullest extent. In this way he glorifies his God which is himself. When he approaches a thing timidly his desire is only a little satisfied and in that becomes an evil."

"After death from the physical world of the alcoholic, will the desire be as strong as on the physical plane?"

"It may. And so with the drug. If one on my plane does not help them when they enter our world, it will allow him to stay around those places on earth. He becomes a haunt. But he is not in hell. If that is his desire he is enjoying it. We say man is going to hell. He cannot go to this great heaven as long as he does these things. Whose heaven? If we are orthodox in our thinking then this which I say is evil, and better not listen to it. So go your way. I say these things that they may give you some release; for when we are free from fear it is most divine. We own all things. We are the master of life. We are free."

"You have helped us, Yada, to lose fear."

"Thank you very much. Speaking it to me gives me great desire to go on with this work."

"You are going to speak of an instance?"

"In northern city, I was speaking through boy and a man there rose up and rebelled. Openly rebelled against what I was saying before I got more than few words out of boy's mouth. Do I say this man is foolish, that he should not have done this? No. He responded to his own nature due to his own training. I was simply stating that that which is called the Master Christ did not die on the Cross to save man from his foolishness which is called sins. A sin is a mistake and it is only when we realize and accept the thought that we have made a mistake that we become free. If we do not accept ourselves as making mistakes we cannot learn anything. No teacher died for the world, the world of man's living. That which is thought of as crucifixion was an initiation; and the rite took place and takes place even until today in out-of-the-way hidden places on the earth. But then is this the entire picture of the crucifixion, of the initiation? No. The moment you came into the physical world you started the initiation. Your very existence in the physical world becomes your initiation. Think of how much greater, how much greater understanding -- even though man be a God incarnated -- say any other word -- blood sacrifice has been from the very beginning of man's existence on earth."

A sitter changed the subject by asking about the welfare of the brother of a member of the group, G.O., recently deceased.

"Man very good," the Yada replied, "awake, knows what has happened, knows he is out of the physical body and makes suggestion his brother please to cremate his remains as it is not of him any more. Please to say will his brother make for prayer for him few times, please, asking

only that he receive greater state of awakening. Says he has been to his brother's house and tried to talk with brother's wife and brother's daughter, and tried to talk to his little boy; but felt little boy felt him more than anyone else."

"Has G.O. tried to come here?"

"No, but in not too long time we will try to bring him and see if we can use boy to talk."

"How is Francis?"

"Very fine. Knowing what true nature of life is he is not disturbing himself by emotional upheaval," replied the Yada. "My dear friends, if we are sincere in learning, the first thing we must learn is emotional control. How can we learn this? By trying to see life and acts in our world, whatever state of consciousness we are in, for what they are. They are experience. That is all. Let us see one whom we are attached to through love, if our love is real, if our love is born of wisdom and not fear, emotion, we will know that one is very safe. All mankind walks in the Light. What do I mean by Light? Understanding. And it is truly a Light whether we are conscious of it or not. We are still walking in it and therefore we are safe in it. Now that may seem like a paradox but it is not. For let us look. Can you not be placed in a hypnotic spell and told you are not a body and lose your awareness that you have a body? Or any part of a body? Therefore you can walk in the Light. For when one does not know life, does not seek to understand it, that does not mean that the Light, the beauty, the harmony that balances all things is not there. It merely means that we are not aware of it. Nevertheless man is walking in the Light and being in it he is safe. What can happen to you that has not happened already? You have lived endless physical lives before now. You have moved through space. Eternity through eternity. What could happen to you? Annihilation? Sometimes you may wish that to be true, to be completely obliterated; but you cannot escape that easily.

"Most honored to come to speak to you, to converse with one another with deep inner love. Remember, you are not talking with a stranger. You are talking to yourself."

* * *

The first question was about the little girl in Los Angeles that seems to be an obsession case. The control occupying Mark Probert's body identified himself as Professor Luntz.

"From what the mother or the aunt has expressed," said Prof. Luntz, "I would say that she has an idea that the child is obsessed by discarnate beings - but it is not so. Rather the child is suffering from the fact that her real mother did not want her. This impresses a child greatly while the mother is still carrying her, then from the day it is born it is marked and the marking grows greater as it comes into physical contact in the outside world with its parents. The girl needs loving - affectionate raising - she feels not wanted. This feeling of not being wanted creates aberrations in the mind and changes of chemical substances in the brain cells which in turn causes her to want to flee back into the womb - that is what we call subconsciously - while the little girl was not there while I was talking through the boy, I went to see her at a later time. I found that she is obsessed with a desire for true love. Look what can happen my friends. This desire not only will cause one to want to flee back into the womb for safety, but the acids in the brain cells will cause her to produce ectoplasmic forms of herself in a past life.

"Doesn't it cause a complete derangement of the glandular system - a retarding and a complete reversal?"

"Because the brain cells are not capable of working right in direct contact in the mind and this ectoplasmic form protruding from the body is going to be hideous.

"It changes the cells of the brain to different frequencies?"

"It changes the magnetic rate of vibration. On coming into the physical world we have memories - a former dream called the physical life - for we have all lived here before. Now we have a mental disturbance - that is, forms are produced in a vague way - a jumbled way - like a nightmare in which nothing seems real but still seems horrible.

"If the aunt gives this child love will it take the place of the mother's love?"

"I do not know if she would like the aunt to love her as she would like to love the aunt. We will work with the girl and try to break down this condition."

"It seems identical with the case of the man in Salt Lake City - precisely the same thing - for the same reason.

"In the little girl's case," said Prof. Luntz, "it is not one of obsession but has been born out of her own feeling of lack and and of not being wanted. Another case with its origin the same but we cannot do anything about it. Let us speak of what we call normal personalities --

"We are, aren't we?" asked Irene Probert.

"Without humor or an attempt at it I mean what I say. The personality seems what we call normal - at this moment - why? - because at this moment I have no reason for feeling anything else. I have nothing right now that would appear not normal to my neighbor that was having the same desire."

"At this moment?"

"Yes. If we are thinking right - if we are completely what is called normal we would stop and reason with ourselves thoroughly and become extremely afraid - we say let us not - because this is not normal - I had better not do this or that. Shortly you have no reason for being on this earth. Let us live in this hour. Whatever you do, live. Live what you are doing. Put your full heart and soul into it. Get out of the moment what you want out of it. Let us really go after it. You know why many mortals seem to be such vicious things? Because that one has let go of his entire control and acts out fully the intensity of his desire. Now I do not say go out and murder, however. In everything you do you are slowly murdering yourselves. But to get back to this thing - normalcy - so-called - and in connection with what is called personality - have you not often found yourselves in more what is called reverie - being the hero or the heroine or even the villain - it is very exciting even acting it out mentally if we put our heart and soul into it. Psychiatrists or psychologists would say it is not good to go deeply into this imagining yet no one imagines more. Indeed few of them believes the mind exists apart from the organ called the brain. But that is their belief. Their business. And I do not care to meddle into it. No, my friends, a state of being normal is only an appearance, for man is filled with desires and is a desire being. Even to me sitting here. If I am going to move over there I have to have the desire to move over there, otherwise I cannot move, for the desire activates the nervous system and the senses of the body and produces the heat in the body and the physical energy to get up and move. Not too long ago I went to the cinema with the boy and watched a picture that had been made in India. Now I have been to India many times but in picture form the whole thing is where you can keep your attention fixed upon it. You miss much when you go in person to India because your mind is in too much of confusion to take it all in at one time. But in picture form your attention is centered. However, I have seen many such forms of action in India itself as I see in the cinema. Such as individuals sitting with their hands over their ears until the nails grow through the ears - staring into the sun until the sun burns the eyes out - marking their bodies up -- they are all normal -- can we deny their normalcy if we are going to accept ourselves as being normal and our own acts.

Can we make a distinct comparison between the good and the evil of it - the saneness or insanesness of it. The one who sprinkles holy water in the church - or the one burning out his eyes? They are both basically doing the same thing - trying to make some form of connection with what is called God.

"Are they accomplishing this purpose?"

"Yes and No," replied Prof. Luntz, "It is rather difficult to answer.

"Isn't it barbaric?"

"Again Yes and No. That is very difficult to express in understandable terms in making comparisons.

"I would think they would have to go through it to realize it is one part - one spoke in the wheel of life."

"You are right. Can you imagine what would happen if you took holy water and said to the one who is trying to become a holy man in India - if you said 'That is barbarous - you are accomplishing nothing - have some of my holy water - this will do it - God will love you quicker.' "

"But they have a different conception of God -"

"That is right. In certain cities they have what is called cults. You have taken sex and cheapened it, and appears in your eyes that that is corrupt. These cults in India have forms going through the sex act -- they call this the way to ecstasy."

"You have said you would explain the real purpose of sex - you said you would give the explanation to the boy."

"About that which is called sex I will say this - this energy of the body is the universal cosmic energy of all existence. When we as individuals learn to control our emotional selves we can consciously take hold of this energy or force and use it to heal our fellow man whether we are close to that one or miles away. As I have mentioned before - the world was not made in six days but in sex days, but not sex as you understand it. The western half of the world has such peculiar ideas about that which is called sex - but who am I to say that anything is peculiar - you believe what you have been raised to believe."

"Isn't it the outside environment?"

"Yes. That is, consciousness. It appears to have an inner and outer side. We use either side as we do desire and the only thing in this magic bag is what we put into it through our desires. On the subject of this cosmic nature books have been written in a most profound way.

"In regards to the little boy in Escondido?"

"Part of what you said is true," replied Prof. Luntz, "but I don't think you quite got it. You had too little time. But I am most grateful that you had sufficient sight to see what you did. This lad has brought over with him a knowing of certain things. Now while his psychic self, his mental self is living mostly outside of the body as you saw it is still in operation and fairly good contact with the brain - while it is it is not in the kind of contact which is good for the physical body. The treatment was correct. Very fine. Go to see the lad from time to time. Use your hands on him. You have great power of healing in your hands. Besides your knowledge of so many other things."

"As his body grows his expression will stay with him? That is his own?"

"Yes. The psychic soul will go back in the normal place. Doctor, you have brought over the ability for healing both in contact with your hands and your very presence will do it."

"I saw the little girl too - was my diagnosis correct - and the treatment?"

"Very fine. You have the power of healing and are using it."

CHANGE OF CONTROLS -- Prof. Luntz is replaced by YADA DI SHI'ITE.

"Each of us on whatever plane we happen to be existing are constantly confronted by what are called problems. Because we leave the physical body in what we call death, does not mean that we have become free from problems; for all life, as I have said before, is one big problem. We see it in pieces, in parts, until we become illuminated and see all life as one. Until then we see the parts and worry them. We see them become more difficult, harder to break through, to solve. By that I mean to say the problem seems to consist of an unknown quantity - a strange something - and it appears it is up to us to solve it, and in our efforts we put an emotional pressure against it. Now if I take finger and press against table, the table is going to press against finger in exactly the same proportion of energy. So we have two forces pressing together - nothing gives. Now if I hold my finger off the table, the table cannot press against my finger and the table cannot return pressure because no pressure is being exerted. If we do not exert pressure but stand outside and observe calmly, we shall in meditation observe why this or that is taking place.

"Sometimes in what is called marriage two people begin to press upon one another with greater force than they did in the beginning. They begin to exert their energies in an opposing way. Each is seeking to dominate, to get into control. Now there are many reasons for this. There are certain individuals that love to be dominated. They appear to cringe under the lash of their partner, but let us not

be fooled by outer appearances. Such individuals as a rule were dominated by their parents. They have learned that if they move out of line they will be punished, and they have learned to love punishment, and so they will deliberately do things to make this other one punish them. It is a kind of psychological game with them that they play with themselves and others. This is sometimes a mild form of masochism or a desire to suffer pain. There are those who demand that the other beat them until the blood runs and if they cannot get their partner to do this they will find someone else to do it -- otherwise they will be unhappy - for they must suffer.

"This sounds peculiar, but name one one thing that does not sound peculiar. All life is a great unknown to me. Can one thing be more peculiar than another? It is according to your outlook. Well, you say, it is what your psychologists have called the sex drive. Also called the drive for power, being centered in what is called the sex drive. Does this appear I am agreeing with Freud? No, I am agreeing with life. But my knowing may not appeal to your kind of knowing, therefore you say I am looking upon the same scene with wrong understanding. Then the ones that are doing the dominating, they also are expressing their own inner feelings, which too is a sex drive. Sometimes as two individuals live together for a period of time one begins to sap the energies of the other. We are actually sending off vibrations - tangible if you could feel with your fingertips, but if you feel with your mind - you exhaust with your physical energies - or yours could play upon my body and set up an agitation - so this one is throwing off the vibrations because you are striking them - or as the case may be. They have to get rid of it. It causes a break in the aura of the body - the shield of the body - it cuts through and causes an actual nerve break and that one will go to pieces."

"A crystallization of the nerve endings - not conducting the physical force?"

"Yes," said YADA, "the two people who repel one another are like magnets. They repel one another and should part and let never the twain meet - yes? Perhaps in one way or another we have offended our mate with showing our power, perhaps not in open domination but with energies - without seeing. This way we are going to have opposition for violence seen or unseen makes more violence. Too, if we understood one another as mates we would sincerely begin to know one another's period of ebb and flow - and if we recognized such we would know their high peak and low peak."

"Become able to recognize the awareness as to what is going on between the two bodies?"

"Yes. In many ways it appears that male and female are alike. Many do not believe that, because of the physical difference, but woman is as much a female in mind as a man is male in mind and there are third sex individuals among you. Here we have often a female mind governing a male body.

"Of course," said YADA, "your medical doctors and your psychiatrists are going to do something about this? They are going to shoot hormones into the body - it is abnormal. We are only wearing masks with one another. That which is called sex is not to be made well, it is to be known, to be understood, that is all. When we understand we will put out our hands in a guiding way so that no matter what their desire or need we will help them. To move about so that they will not harm themselves, for it is only when we harm ourselves that we harm others, and we cannot help but harm another when we feel we are so intellectual. It is where love comes in again. Instead of condemning this or that one, let us sit down with them and find what their life is like, what their desire in the past, so we will know them. My act of this moment is not my act, for it was in existence ever since I was - I did not just think about it. It is not something I have always wanted to do nor is it something I have always wanted to do nor is it something I have not done before in some former time. Do I make a plea for tolerance? No. For that means standing for something - standing another - no - let us understand them. Compassion - yea - for we know why they do what they do. We have the deed within ourselves - isn't that true that nothing is changed.

"- - it is true that nothing is changed only as a re-embodiment?"

"That is it. That is true. Everywhere man goes he will have someone saying 'I am an unknown quantity - do not condemn me.' 'Look for me, for in finding me you will find yourself.' There is no such thing as what you call supernatural or mysterious. It is only that we have made no effort to see what is going on behind the scene; when we do we will laugh and say we knew it all the time. We will see the truth of it. All life is one great seemingly mysterious trick and we have to learn the knack of working it. Once we learn we will laugh within, for we will know it is a trick. It is nothing to sit down and fret over - you see I have no hair to pull out anyway.

When we say we would never do what that one does we find that we will have to do it. It becomes most fascinating. I say go with it and you will see the secret. It is not what you imagine. All acts take place in the mind first and they are not more satisfactory in mind than in outer act here, but we have become accustomed to tell the thought to go down, and act it out in the physical body and you go until you find another desire - maybe write literature - maybe paint picture.

" -- put on another coat?"

"That is all. But we make these things important. What is caused when you beat child - especially in sex act. He will have to be beaten in future sex acts because that is his association of it."

"Wouldn't it have the same effect on the child if he were told at the time of the beating?"

"Yes," said YADA, "if you told him why and the nature of sex to the best of your ability."

"I think what she had reference to was that the wrong impression given through words has the same impression as the beating."

"We can destroy another with our words as well as with the lash. Just words. For one may get over body lash but one never forgets word lash."

"Words are the enemy you cannot see?"

"Every man who seeks to destroy whether man and woman or man dominating a nation. Words are power. There was a time when form came into being by the spoken word - Your Christian Bible makes reference - you know - "And God said 'Let there be' and there was" and that is what you are doing - you are saying "let there be"

"Poverty - fear - heartbreak - everything?"

"That goes with it. How often have we said that understanding is the keynote and you are to understand yourself. How would you like to be misunderstood? You do not. But I understand this, that in your everyday world man is under great tension. Tension because he must fall down and worship green god (money).

The god here (jade figure) represents sex, producing not only man but all things. This in larger size has been worshipped and many human beings have been sacrificed."

"Where is the original?"

"Originally from the Mayans. Many thousands of years old. Mayan God. But only the Mayan? No - the human race - gods and devils - man has too many of them and do you know my dear friends in speaking in kind of a mystical way but yet not mystical - like in your history - look for God Yama, God of death or God of fertility - get that one's name as was originally used and get group of people around and chant name of this God and though he may not have been in use for thousands of years you will bring him back - your spoken words will call him back in materialized form into your world. But if you do this and cannot control him he will control you, and not only destroy you but all those around you. So let us go to this God (Mind). I am the God of Wisdom - the God of Light - the God of Love."

"What is the Indian god of Marriage?"

"From this country? There are many from different tribes."

"The two main tribes in South America I am trying to locate."

"Perhaps I think of it another time. Man has so many gods, so many devils, so many imps of darkness and imps of light."

"This is S---Y--- just meaning head?"

"What is head. Head is heaven. The beginning. From here all is manifested into your world. This is the fount. Your material world is the circumference. The fount breaking into parts and moving out in ever a vast increasing circle - but it must all come back again to the fount."

"Yada, you have been talking about desire and we are taught that until one becomes desireless they cannot completely know the awareness of God. Probably I can answer some questions to myself, but how does one become desireless?"

"Let me ask you something. It is ancient Indian trick to answer question by asking one. In your own thinking, by your own reasoning can you imagine becoming desireless?"

"No, that is why I would like to know."

"Neither can you ever become detached. No - because all of this out here (gesturing) is our own dream - we create it out here, then we put in here and show it in laughter, in fear, in worry. We do not believe it, but when we create we hypnotize ourselves, build a wall and say, I do not see that. But my dear friends, everything you do, every environment you come to, every condition you have created. Why does one express himself with the term 'become desireless?' If one wants to be desireless to the physical world, he wants to become desireful to the spiritual world. It is merely a matter of spiritual status. Some matter that comes up within ourselves. Possibly something out here has disturbed us and we want to crawl within - we want to flee from this place in fear so we stifle ourselves. That is called fear. When one becomes faint one is escaping a problem unsolvable to him. When one says to another 'what you have done' instead of 'what I have done' it is not fair to do that. But if you say 'you know what you have done' and give that one a tongue lashing you think you are pretty smart. Now can we not be honest with one another? Have we such little understanding of ourselves that we fail to see our own weaknesses in another. Can we not when we see this to be the truth sit down and say we will explain?"

CHANGE OF CONTROLS -- PROFESSOR LUNTZ is in control now.

"It is a pleasure to come and speak to you again," said Prof. Lantz."

"Could you tell us about the civilization of Ankor-Vat? Why it was destroyed - what happened to the people? In Cambodia?"

"Much of the remains stand today."

"Yes. They were discovered by a French explorer. The main temple about one kilometer square. Yes - one temple - it looks as though the place were deserted spontaneously."

"As you all may know," said Prof. Luntz, "there is a continued record of everything. Not only civilizations but everything that has happened on the earth imprinted in the ethers. It appears that this vast civilization was first founded or started some 5,000 years before Christ. It lasted a little over 3000 years. Started originally by what is known today as a very fair-skinned blue-eyed people called Aryans that came down out of the Himalayas shortly after a violent quake in that part of the country. Do you know anything of this?"

"I heard there was a tremendous earthquake or cataclysm but I have no confirmation of it."

"It shows that these people were highly advanced in many of the sciences. There was at that time, (shortly before the disappearance of these people) a disturbance in the sun - throwing great quantities of poisoned radiation in the air in that section of the world. These people then fled that section of the world, many of them going underground in vast caves. Many also perished from the effects of these radiations. I think if it has not yet been discovered that very deep and extensive caverns will be found in that particular district. Do you know of these caverns?"

"No, I cannot say that I do. I know there are in India but I cannot say in Cambodia."

"Some of them run for miles underground. Other civilizations have gone in the same way too, you know that?"

"Well, Atlantis was swallowed up by a cataclysm - and the Mayans"

"Would some remains be found in these caverns today?"

"Not bones, but very decent burial grounds. Descendants are living there. Due to their long stay underground, the different atmosphere and light and minerals, there has been much mutation in the bodies of these. One of man's beliefs in devils living underground comes from the fact that some of these have come up to the surface and have been seen. Many have different colored skins, like blue and purple, and green and red."

"What do they live on?"

"Food substances that they can raise under these conditions. Certain of these caverns are very brilliant with mineral light."

"Lord Lytton wrote a book on such a subject in the Victorian era. Covers life underground in caves."

"I know not of him but when I was in the earth plane I was so deeply engrossed in being a salesman for God - that is, the high Episcopal God, you know, he is a more just God than the Baptist God - I did not give much time to such things. I am afraid they would have offended my sensitiveness if I had tried to mix them in my religious beliefs. I passed out of this beautiful world of yours

In 1893. I came into it during the war of 1812 in England. You have not changed much today, have you? I come back from time to time to see if the place is still there. It has been reduced and is reducing to an extent that is surprising. In past times England, like every nation that desires to be great, kept on expanding and reaching out to all corners of the earth and gobbling up all within its reach. And like all nations or individuals, once they acquire power they cannot have enough of it, so it means exploitation of something or someone and I am afraid my country is very guilty of exploitation of the peoples of the countries that they got into their hands. Very true. Yet you know we cannot individually or as a nation act one way without acting in another to an equal extent. It may seem that an evil man commits nothing but evil, but if we observe him closely and follow this path we see that he does commit much good also. So it is with the evilness of nations."

"What part of your life was spent in Germany?"

"My younger years," continued Prof. Lantz, "up until I was approximately 30 years old, of earth remembrance."

"How about the flying saucers?"

"I see they are getting around recently in a number of places - of course they have been right along."

"How can people from other planets with different conditions transfer themselves to this planet and still manifest?"

"Because these beings are not from the planets themselves but are space beings. These seeming contraptions they fly in are not as many suppose. They are not of hard built substance. but are mental constructions and then teleported - teleported through space. It appears when they come into your earth's atmosphere that they are three-dimensional substance, and of course they must appear that way for you to see them. But do you think there is any known material or unknown material that could stand the acts that these things go through. Certainly not. But these are of the world of ether and they move not only into the earth's atmosphere but they cross entire galaxies, and seemingly in time. But if you could track them from their original point in space to another you would find they are swifter than light. It is said that anybody moving with the speed of light would tend to become light. I do not think that is too intelligent, because all things are light. We may call them congealed light. This table upon which I will press the boy's weary bones here - it is light. Were it not you could not see it. You may say it is 'reflecting light,' and I will ask you what is reflecting light. I believe you have studied physics? What is reflecting light?"

"Like a ball bouncing on the floor? Light particles on the table?"

"Some of these light particles shoot off and others are absorbed?"

"What is it bouncing from them?"

"Would you like to take my place?" asked Prof. Luntz, "But the light does not travel, you see. That is seemingly a different statement. What is it moving through?"

"Is it a condition brought about by hitting a note in ether substance?"

"There is no actual motion but it is very much like particles in changes of vibration from higher to lower that creates what is light. No one see light - all they see is some of the action of light. Let us go to the sun and get as close as we can, and pretend we are in our mental bodies instead of this bit of cement that holds us to the earth. As we get closer to it we shall see it is shedding no light whatsoever. It appears to be at a distance great streams of light shooting out into space, sometimes millions of miles out. Well, it is said that fire should cast a light, but the sun is something that is not burning. There is nothing in this body that is burning whatsoever. It is, however, particles in a particular plane of motion - higher rates of motion - higher rates of vibration."

"Why does it appear to travel?"

"Because the particles of which the sun is made are moving at such great rates of speed that they cause excitation of the ether. The particles in what you call space. Now we have so-called vacuum existing between the sun and the earth, but what is a vacuum? Would you see something without matter in it? It may appear to be, but all that has happened is that the grosser material has been moved out. The matter that goes to make up the different ethers is still very much there. These are excited and in turn follow right on through until the excitation reaches your earth's atmosphere. At least that is my picture of it. That is what it appears to me."

"What we call the sun is where the vibrations of the earth meet those of the sun? Like an arc lamp where they meet? The positive and negative?"

"Your scientists have had something of this to figure out. Some ideas and theories. In the past the earth was flat and everyone got along fine on flat earth. Got up in the morning and went home at night same as now. For thousands of years - right up to here. And in those times when Galileo tried to show those very fine gentlemen something in his little magic glass - his devil's glass they called it - those great minds would not look into his glass because they did not want to be proven liars."

"Getting back to the flying discs or saucers - the gentleman here Sunday who remarked about your state of awareness - he has talked talked to Mark and the group and I heard him make the statement that the flying saucers have a swastika on them. How about that?"

"And that the honorable Schickelgruber is still living in the earth and is still sending these flying saucers? I suppose Hitler was the originator of the swastika? It is the most ancient of symbols and Hitler studied some of the inner teachings, but he did not have the balanced mind to go with it and he used his powers to glorify himself."

"His swastika was reversed and supposed to be evil?"asked one.

"But this gentleman claimed that it was a right-handed swastika and that all mankind was going to see that Hitler was the second Christ."

"But what about this flying disc with the swastika. Is there any truth in it?"

"Certainly," said Prof. Luntz, "and if it is observed at any time you will find they have symbolic reading on them. That symbol goes back to ancient times. All of the religions when they started they were founts of wisdom and had no temples at all. They originated out of the far East and as they crossed the world they became contaminated with priestcraft. In this case it gathered priest moss - a very sticky substance in most cases, and was not intended to be bowed down to, and prayed to and worshipped in huge temples and churches. It was not for the priestcrafts to get fat with. Today most of these have degenerated terribly, and that is why we are now seeking to find the truth, that they taught so many thousands of years ago. If we have the courage and the tenacity I think we will find what we want. Do according to the necessity of the moment and all will come out for the best."



Prof. Luntz as seen and painted by Mark Probert

-- Is Yuh still spoken?

YADA DI SHI'ITE: It is a universal language. Tear down walls of language then we get truth and converse with one another. It is most honored we are to return to your home. We have so appreciated your kindness in all that you have done for us and for the boy. If man is going to accomplish anything at all in the way of learning, we must cooperate with one another. It is the only way, for no one can do anything alone that is of value. Now, my friends, I am not going into long talk on philosophy, or anything else. I want to listen to you - whatever thoughts or questions you might have, I would be most honored to try my best to answer. It is not that we are gods or because we are out of the physical body, that we are all intelligent; we are still like you, in a state of grace, so all I can say, will do our best, that is all. Life is for truth, for no other thing, so what you are doing called living in the physical world is a part of the great initiation, and the sooner man comes to understand that he is going through this great initiation, the better off he is going to be. Then he is not going to be in a great hurry for accomplishment. You have endless, endless time to accomplish.

Accomplish what? Freedom from this physical chemical life where you shall be able to roam what you call space and time and we call consciousness. You should be able to move in and out of the endless dimensions of this state which you miscall time, for you must, you cannot help taking this initiation. You may have to return and return to this physical world many, many times as indeed you have already done, before you come to a truer understanding of life, what it means, what its inner-workings are. But it appears that what you call the outer man that has not the consciousness to seek to understand himself in connection with the physical life, he lives only to satisfy his emotional body through that law or force called desire. He has not and will not learn to control the emotional self until he is forced to wake up by coming into and suffering in the physical chemical world, life after life, life after life.

I have heard many saying how much more quickly we can advance if this were true - if only we could bring over a little light as to whether we did exist before. Do you think this would be good? In proper keeping with the great initiation? No. I'll tell you why. You bring over every experience. Nothing is lost. That which you do today, every motion or thought, is registered on the big mind. This that you call nothingness, this ether, it is a reflecting ether. It registers every most minute act and thought, so that when you return here that which you call your consciousness, meaning mostly because you have your eyes open and you are walking around, you say you are conscious, but that is not consciousness, that is merely the shadow of consciousness. Conscious and sub-conscious are merely words, are merely tags, and you do not know its nature, so how can you realize what you were in past life or even yesterday, or the day before, or the day before that. In many instances you cannot remember what you did an hour ago, yet you want to remember other lives.

Let us make the supposition that in a former life you had higher learning in inner life teachings, and you pass out of that life and come into this

one. In your coming into this one that which you call your consciousness, that intelligent spirit that knows what is mystery, designs a body and holds it in a particular environment in which it can learn that which it is necessary for it to learn, and it may choose environment which is much lower than that which it has just come from. If it comes over with its former great mental state do you suppose it could learn that which it came back to learn in this low state? Does this make reason to you? Do you not think it is wise that you cannot remember for a time until you try towards it? Move towards it slowly, come into conscious wakeful state of having former experience. Many of our lives' experiences mark us so that we bring over with us thoughts that cause the body to be crippled or subject to disease, so that it would go through lifetime having many diseases. All of these things have great reason. It is not chaos.

YADA: Who is this that is coming back? Perhaps I should not say who, perhaps I should say what are you? You cannot tell me. You cannot tell yourself who you are, for in essence you are symbols, symbols of this great thing called life consciousness. Here you are a body. What is a body? You say it is a conglomeration of what is called chemicals, is that what you are? A chemical pile? Is that all? A chemical pile that will break down in time and become only a different chemical pile - that is all? What is this that operates this chemical pile? I have had many that have said to me 'Who are you, Yada - from whence do you come - why do you come this way?' I do not know who I am, do you? You are seeking that which is called proof of survival and what you need is proof of whether you are living or not. If you could give me such proof then I can give you proof of survival, for all you use to me are words, sounds, creating what is called molecular motions in the air, and the bones in the ear, the nerves, become irritated and carry back to the brain center. Brain is a chemical substance also, and you call them brain cells, and most of your orthodoxy in medicine and surgery say man cannot live without brains. But everywhere you see individuals and their actions tell you they have no brains. But to get down to the sense and seriousness of it - you will find there are many individuals who have lived more or less not learning, and you marvel where does thought come from. When you use the words "come from" you make a supposition that there is a point where things come from. Things do not come from anywhere - they are. But I am not here to convince you. I cannot. Only you can convince yourselves. That is all. Now I listen to you.

- - - May we ask about flying saucers?

YADA: I will do my best to answer.

- - - Could you tell us what they are?

YADA: In telling you I hope my words do not become too trying on your nerves or imagination or credulity. Man is always looking for phenomena. If only he would look into a mirror he would see phenomena. These space things, they exist not on any natural planet in your space. They have a vast very highly cultured civilization in this that you move your hands and you call air. It is air to you, yes, but in matter it is very solid, real, concrete, and every body in your heavens has its

etheric counterpart, and in this etheric counterpart are beings that are guardians of that body, but not alone of that body, for they move throughout all space and time. These that you call saucers and discs and we call God-man in flight - you have become so cynical - you no longer see God except green god - these beings have been making themselves known to your world for aeons of time. They have come to study the conditions of your earth in all of its different branches. They know now that the crust of your earth is disintegrating much faster now than it has in many of thousands of years before - the under crust of the earth. They know, too, that you in your supposedly highly advanced state have been polluting your atmosphere with atomic energy. Perhaps you have heard of great green flashes and blue flashes in your sky. Those are energy forces and are to absorb the radiations you are poisoning your atmosphere with. Then these beings send out balls of light. These contain balls of energy. They are sensitive plates and are used for photographing the inside and outside of your scientific inventions, plans and many other things in science, and when the photograph is made it is sent back to what is called natural state. You understand - you have today television - it is almost on the same principle - only better, for they can photograph things at great distances, inside and out, and when their use is completed they disintegrate them - that is all.

-- Are any humans in touch with these things?

YADA: Sir, I can say yes to you, and mean yes sincerely and honestly, but it will mean nothing to you, sir, it will be no proof that such is true as far as you are concerned because I cannot tell you who they are.

-- What, if anything, should we do about these things?

YADA: There is nothing except if you wish to communicate with them with colored lights. Many times they show you colored lights. You show them some colored lights. But do not cause or wish to cause attack by your planes upon these objects for it will be very unhappy state for your world if you do. They may only retaliate by destroying the plane that attacks them, and they will do so by simply sending out a force that will disrupt the mechanical field that holds the plane together. It will disintegrate.

-- Are any of these people incarnate humans?

YADA: To my knowledge, no, although it may be - of ancient past - there may be some incarnate humans in that realm.

-- How about the R. T. communications?

YADA: I do not want to say. I am very unhappy to not say, but I am simply not permitted. For we do have certain barriers.

-- Do they plan to reveal themselves further to residents of earth?

YADA: Yes. In time they will make themselves known, and their purpose for appearing. Now your observers of these objects might say this is very foolish because these things appear solid, real. The atomic structure, the atomic particles, the rate of motion is brought down to vibratory rates and when they wish to depart they do not depart in distance, they simply change their rate of vibration to a higher state. If you

remember that all is light - all is made up of light - now you can take one of your objects out of the gravitational pull of earth and it can travel faster than light. There is no speed limit. It is not necessarily turned into light after it is away and out from the tremendous pressures on your earth that you call gravitation. There was a time not too long ago when your science said it would be impossible to get beyond the barrier of sound, but today you are doing it. There is nothing impossible to man if he uses this (tapping forehead).

- - Some of these craft then may be from outside our solar system?

YADA: Yes.

- - I suppose in time these beings will reveal themselves further. Have they come to earth?

YADA: Oh, yes. Many thousands of them have come to your earth in many places, but they avoid man here for they know he is trying to destroy that which is an unknown quantity to him.

- - Is it possible for man in his present state to travel away from earth - that is, dematerialize and then return and be materialized again?

YADA: God cares not what you do. Only this, that you come and stay in action, for it is only in your actions that you live. That is all. But man created his priestcraft and has taught great fears and man is afraid to move, and is full of inhibitions.

- - To accomplish this would it be necessary for the individual to know how to control the elements of his body?

YADA: No, not in a change of this kind. If you wish to continue your experiments, I can only say to give it thought from time to time - call upon these beings mentally and you shall be answered. But still in some ways I hope not, because you have a physical-chemical body, and this body is connected up with what is called a nervous system, and due to its training in that environment in that part of time it cannot change the pressures it would take to go out of this world into that etheric realm for a time, for if you returned to it that which is called the mind, you would cause a physical shock and you would have to be put away.

- - Did that happen to Dr. Kappa?

YADA: Yes. (i.e., the shock.)

- - This ship that crashed in Mexico? How about the small silver man walking between the two men - seen walking away from the plane? *

YADA: These little beings coming to earth in what you call saucers - if you hurt them they would go through the state of death the same as you, for the body will have to go through the same process.

- - Once born it must die? Then it did fall?

YADA: Yes.

-- On the supposition that we could erase our fear of bodily death couldn't we project ourselves into the astral and have contact with these entities or beings?

YADA: Yes, you could. For all is consciousness. You may aim for any plane you like - ether plane - mental plane - astral plane.

-- It might be more practical than to try to leave the physical body.

YADA: In that you would be your own master, but, if you let another so work on your mind to dominate yourself, you would be that one's slave. Do not let your mind become controlled by someone else, if you want to become true master.

Mr. B.: Why do some of our famous people deny the theory of eternal life and in the next breath admit they believe in it. Why two thoughts in the same mind?

YADA: I do not understand.

Mr. B.: Mr. Weiss (Houdini) denied the idea of an after life, yet promised his wife that he would return in the after life. Why was there the conflict in his mind?

YADA: There were no conflicting thoughts there unless one was spoken out of fear, because this man Houdini knew much more than he gave to the people or to his own colleagues in the same work that he was doing. The work he was doing he intended to protect, and in order to protect it and keep himself uppermost in the people's minds he took a way of doing it that was very unkind. However, this man has returned and has given the record. Do you know of this? It is sworn and attested to by one of your famous newsmen, and also before the wife of Houdini.

-- It was supposed to be left in a safe deposit box and sealed in there.

YADA: This man it was said never returned. For many years he has been in our world. -These magicians are sitting around saying "Houdini, come here, we are waiting, we are waiting, we have things for you to tell us, come." But that is not the way of life, and not even this great man, and he was a great man, a good mind, and had conquered much fear except the fear of his own success, which he need never have had. He cannot make himself known any quicker, any better than anyone else, indeed a little child would do a lot better.

YADA: But the state of an individual's mind is indeed a tremendous mystery to me and I cannot tell you about another's mind, for I know not the little minute flickering thoughts, like balls of fire, that ride through this thing called the brain. Man is forever seeking to defend himself. It is his own creation, but if he could come to realize that he created all of it he would lose all of his fears, and all of your temples would fall to the ground, and all of your priestcraft would have to earn an honest living. I do not like to insult or to persuade any in their manner of thinking, because each of us can only follow that which is natural to us due to the environment we have been

raised in, and in coming in contact with the people we know, from our neighbors right on through life - you must follow your own way of thinking, otherwise you have only trouble - life is for growth--pursue your growth slowly - do not let yourself be congealed or crystallized in anything - move on freely.

- - I mention Houdini not from hearsay but from his own handwriting. Those diaries were discovered, and I have them, and he did believe in an after world, all through his life, and when he died the last words taken down were, "Bass, I'll come back to you. Wait for me."

YADA: Because he knew that consciousness does not exist in the physical body, therefore cannot die with it. It is a controlling action that does not exist within the physical body, which as you all know, is made up of cell structure. Each and every one of these cells is very intelligent being - they know what their work is to be, but you can kill their knowing by breaking conditions, by poisoning your systems with toxins. You can drive them to convulsions - out of it comes your cancer, tuberculosis, and many, many others, because you have mentally confused your body - by first desiring these things and then taking the toxins deliberately. All these things come about through your mind - brought upon yourself by that which is called your desire body, and if you do not learn to control this it shall control you, and it will kill you before your natural time. Your natural time, my natural time, it is already there. I am not speaking as a fatalist, there is nothing out here waiting but we are weaving the pattern of our destiny, moment by moment, day by day. You say this one was killed by an accident - it was no accident - he led himself to that spot, and everything he did led to that spot because it was not there beforehand. Now why is it and how is it that fortune-tellers see these things - it would appear that they are already there - but no - they are already here, and they make their mark upon the nervous system and the fortune-teller, if he is true oracle - it is that his nervous system becomes attuned to this other one and he knows by feeling this other's nervous system in action - it is hard to describe - I do not know if I make myself clear.

- - Earlier you referred to our inability to remember our past lives and that it would not be advisable to do so. How about recent therapy where people seem to recall past lives? Are they fantasies or are they scenes from past lives - by other discarnate entities?

YADA: You have mentioned several things which are in the realm of nature. We should never say that nature can do a thing in only one way. If it can be done it can be done in endless ways. I would say that most of these remembrances are just what they appear to be. This one has brought over with him a vague remembrance - vague at first, but as time goes on and after his destiny leads him to where he has lived before on earth, the scenes are familiar to him. It is very true this one has brought his own thoughts, his own dream, with him from former time. It is but a dream. It is but a dream - you may say, when do we stop dreaming? That is a very pertinent question. I say you never stop dreaming. There is no condition which you can enter into that is concrete and everlasting. All is dream. Can you see that? Can any of you tell me of any concrete condition which he would like to go into and stay in?

- - What kind of concrete condition do you refer to - a state of mind?

YADA: Some standing condition.- Yes.

- - When the CO2 therapy is finished - the therapy of breathing 30% carbon dioxide and 70% oxygen - a mechanical means of producing "Kamujana"-the relief from anxiety -

YADA: You mean the relief from much anxiety. We build up great tension within us and in time this tension is going to work upon the glandular system and nervous system and break it down. But in time, no matter how beautiful the state you would ask - 'How long will this last' - you will become bored with it - you would find it a horror and wish to get out of it. You know you can just as easily destroy one by loving as by hating them. You can do this - you can smother them. Mothers do that.

- - I would like to know about anxiety. I would like to know about the method of tempering this anxiety.

YADA: You are living in strenuous times, so you say, but if you look back you will find there was never a time it was not strenuous. Always a time when things were better. Why? Because it is only natural to forget pain and remember pleasure. All life tends away from pain and demands pleasure. If we want to live more comfortably we must first try to think more. Many individuals are averse to change. They walk about and it is classified as zombism. What is it that is so entirely important that destroying your own self is needed? You say 'I have all those things but I have not enough of green god'. So if we are not provided with enough substance we create pressure on nervous system, muscles; pretty soon nervous system not work, heart feels badly, and then you pass away and leave everything here, leave wife here, house, children, still there with the same problem that has been your difficulty. If you would think this way you must realize that you have time to do all that is necessary in the hours that you work. Work a certain amount of hours and no more. Then go and have a change, working in what you call play, for that is work but is more pleasant and you relax completely and you say to your mind - tell your muscles to relax - and you search around for the various muscles. Now in doing this you cannot think of tomorrow or the next hour or two so you think only of muscles and tendons - to relax nerves - to quiet down and stop beating your body to death. Fifteen minutes every day and you will not have to go to psychiatrist, and you will not have to go early to the undertaker. Now man necessarily fears that which is called death, but in my language there is no term for death. The word is life - and that is consciousness. And you must seek to keep, to stay conscious in all that you do. You may go into what is called the sleep state but this does not mean that you are unconscious - it means simply that your state of awareness has stepped to another field of action, and if you can hold your consciousness right on through to the dream state, then you may also travel all through space time. Now because I am aware of your interest in what is called projection - in the dream state there is no aka cord attachment when one makes free into the dream world and then enters the physical awareness still in the dream body. There is no aka cord. What do you think of what I have said so far?

- - I know it all - can we consciously know it?

YADA: But you cannot do it? Do you know why? On coming into the physical world you create for yourself a sense body and in this sense body lies the attribute of what is called hypnosis. Suggestion and senses. All of them are subject consistently to suggestion and so you have taken this suggestion, and not only you but the greater majority have taken the suggestions that you cannot do this or that. You can do it. If you can then you can live, and the best way to live is to clear your consciousness that you cannot do this or that. Give this to yourself. Many want to live our lives for us but no one wants to pay for it. All of life in the physical world is a matter of suggestion. Sometimes that which is called the mind - controller- or psyche -wants to escape from the tyranny of the physical world and the pressure that is brought to bear on the physical machine, it does that by closing off the communication with the physical vehicle. Perhaps only in that part you will have a breakdown. A disease which in time will attack the whole organism.

-- I have a genuine interest in knowing - is there any value in this psychotherapy? - Are these real memories?

YADA: They are real memories. In that which is called spirit communication which is what we are now doing, there is really no two worlds, only one world. You are living in it and so am I. It is consciousness. This is a creation of the one world. A manifestation of the one world. And many things come to take place in its endless forms of phenomena. By that I mean to say a medium or sensitive can cause himself to become in rapport with a thought form created by another, or created by himself, and then a certain part of his mind, his thinking mind, will close off, and not tell him that it is his own creation and this creation can attack him. You can create a thought form that is so solid you can make out of this a servant, or you can turn it into what you call a devil and it can attack you. You are so many of you interested in what you call sex - you can create a thought form that can attack you sexually. You can also call upon a discarnate being and carry on sexual relations with that one. You may not possibly say the inner truths to the general masses, for they would abuse them. The power of man as a creator is beyond your present fondest dreams. You can contact and converse with the dreams of the so-called dead, for there are no dead except those that refuse to learn. You go into sleep state- your sleeping body can communicate with beings in my world -in the highest realms. They can move to or go to also into a form of sleep, and go into your world and communicate with you, and they can do it consciously or you can do it consciously. It is better for you all to do it consciously.

-- The technique of control of discarnate beings - why can some of them be under control and not others? How would you suggest a more dominant control of other discarnate beings in the projected state?

YADA: I would like to understand you fully so I can be careful what I say, because it is serious. I do not want to say anything that may lead astray. Do you have wish to control or dominate another's psyche?

-- Not necessarily. But for the advancement of knowledge and experimental work.

YADA: I would suggest that you not try to control, but that you permit that one to control. Wait for his permission to do, but not even then,

not unless this one has a complete understanding of what you are attempting to do.

-- But there are times when other discarnate personalities wish to control you, and if you do not wish them to control you, how can you control them so they cannot control you?

YADA: That is better. Psychic self-protection. First always keep control of yourself. Keep a positive thought - do not let your mind keep a negative thought at all. In this you are constantly making suggestion for proper control - to protect yourself. And this may seem like superstition originating out of beings somewhere called savage tribes - by the use of mantrams - there are certain words you can use and passes with hands you can make that will keep all outside entities from your body. Have you tried any mantrams?

-- But it has to do with conscious control in the projected state. We know that through the power of suggestion we can control our destiny - we can control many things - but there are many times when the power of suggestion refuses to move certain discarnate beings and I apparently have no control over them, so I know there are other ways and means.

YADA: It is because they know more of the law than you do. First you must have full control of your own conscious will. When another wishes to stand in your way, or attack you - you go to the attack - you move toward them - even ^{the} they may stand their ground. And you walk them down - for if you know the full power, the full law, not only no other discarnate but no other projected being can stand in your way. Have you tried the use of breath upon these?

-- No, I haven't.

YADA: It is one of the greatest forces for destroying that which is before you and is opposing you. It is the force of breath and you picture in the mind this universal force which is the creative force which has brought all into being - you picture this as a destroying force - as a force of fear - and you go like this (blowing out his breath and thrusting it out before him with his hands). -- In your time, what you call time, in my civilization there came among the people a little beggar boy who turned out to be sent to try to save Yuh civilization. He used breath to perform many of his so-called feats of magic - - which is not mysterious, it is a natural way, but man today in your world knows not in this. He has lost so many of his powers. Breath-Brahma - the essence of life - of creation - you use it. I will tell you more. I will talk to the boy * and he will write it and send it to you. Concentrate only on love - on understanding one another. You will go long, long way in what is called consciousness.

-end-

Note:* the expression refers to the medium, Mark Probert.

San Diego, Oct. 1952



Mark Probert

At left is Mark Probert as he was pictured in Mystic Magazine, in trance and under control, February 1955. He was born in Bayonne, New Jersey in 1907, died in San Diego, California, Feb. 22, 1969. He was a man of many talents. He served in the Merchant Marine during World War II. He was a dancer, singer and entertainer, also a portrait painter of considerable skill. This he liked best. Below is a photocopy of his portrait in oils of the Yada di Shi'ite, who posed for Mark's clairvoyant sight, for this likeness. Mark's mediumship manifested in different ways in earlier years but the systematic development of it by the Inner Circle began in earnest in 1945-1946, when a series of sittings was held in his San Diego home on 26th street.

The quality of the messages received through Mark was uniformly high, concerned for the most part with questions in science, philosophy, metaphysics and cultural subjects generally. The Controls themselves are fully integrated personalities, highly informed and anxious to serve and inspire their friends in the flesh in every way. Thousands of pages of Seance reports have been transcribed and are available in mimeo book form at reasonable cost from BSRF headquarters. Send 50¢ in coin or stamps for a 20-page list.

Leader of the Inner Circle with its 16 members is the adept pictured at right. At the present time he prefers to appear in a Chinese body to those who have the necessary sensitivity to perceive him as a form rather than as a center of consciousness "whose center is everywhere and circumference nowhere". Under the Yada's guidance these worldly wise, cosmopolitan members of the human race, through Mark, have willingly discussed the major problems which interest people, displaying a praiseworthy tolerance, sympathy and understanding which has won them a wide reading public here in the Western states. Associates are continually grateful for the wisdom made available by them.



The Yada di Shi'ite

YADA DI SHI'ITE: (Makes mantram-prayer). Good evening, my friends. Let us throw aside the fears that we may have of what is called the unknown. Now my tongue is unknown to you so to that extent you do not know me - I become unknown quantity to you in language so I set it aside. It is most honored we of the Inner Circle are to come to speak to you again this evening. There is much to know and so little time for us to learn in. What is this thing called death? Wherein man or anything death? If you as man do not die why should you or I suppose everything else dies but us? This cannot be. If I live, all others live, all else lives. The whole vast universe is life, life. I have had 500,000 years of continual state of consciousness. That may give you idea that I have what is called beginning of life, the end of life. Where there is a beginning we suppose an end - and suppose in the end also a beginning. But this is not true. There is no beginning, no end. When I say I have had 500,000 years of consciousness, it is that I have had continued state of remembrance. You will perhaps have to go and come to this world many, many times before you learn how to stay conscious - have no breaks between. In what you call sleep or what you call death.

Sleep is but another state of your consciousness and so is death. However, when one returns to the physical plane almost always the personality dies. But then you say, Well, that is an end. But it is not an end. It dies as far as the individual having any present state of awareness as in other life. Very much like you having dream. When you go to sleep you have dream- you wake up - when you wake up you cannot remember what you did in that dream and you think it is not important and you do not try to learn what you did. You wake up and you are still same one as before in the dream, only this time you have no remembrance of the dream - you understand? You see what I mean? What you are to do is to in the course of what is called time - time is simply not - time is consciousness - but in the course of what is called time -in the course of this consciousness and what you call experiance- there seems to be blanking out between these experiences - all men - each of us -we are to learn how to retain -to hold consciousness so that we shall become one with the All- or what you call God -there is no such thing as a personality.

GR: Does an entity personalized through incarnation upon this earth continue as an individualized entity throughout eternity, except incarnating under a different family name upon each incarnation?

YADA: As I said, you go into this dream - you become unaware of this out here - this consciousness- and you become aware of the consciousness of the dream. When you awaken again that is all that you have done - you have shifted your state of consciousness from the dream state to this state -from the dream state to the death state. There are many states of consciousness but I want you to listen, my friends, as I said- what is the personality? Is there such a thing?

I.P.: You mean not homogeneous?

YADA: Lady, here, what is your name? Noel? How many Noels are there in the world? --- I have no idea.

YADA: But you imagine several, yes? It is not that they look like you, though.

I.P. I have just acquired a new nephew by that name - in Bakersfield.

YADA: You are so tall, Noel. Others are fat, thin, ugly, homely, or beautiful with gray eyes, blue eyes, brown eyes, different color hair, different this or that - what, or who, is Noel? What I am trying to get at -I want to know who is Noel? A separate and distinct entity? Or a tag you can put on anyone? You have come from certain mother and father and so you say 'I am their offspring', but not really, you are not -we are nobody's offspring but your own. We use bodies to come into the physical world but why

is this - we are 'I' that is coming into the physical world - before this 'I' comes into form - before there is label pinned on it, -who are you? I have had many say to me, 'Who are you, Yada?' I ask the same question. I am 'I' is all I can say. If this is so, then how is the personality going to survive that which is called that? It is not a personality that is doing the surviving - it is the consciousness which is unnameable. Now let us say that you as little children pass into my world. 50 years, 75 years, 1000 years later perhaps you may return in any of these periods of time to the earth, but it is not -

--Reincarnation?

YADA: But it is not John Doe that reincarnates, but this 'I' is all consciousness and it takes form and in taking form you pin a tag on it. Now you can take individual that that has been gone 100 years and comes back. He forgets who he was in past life so it appears the personality has died, but you take that one, hypnotize that one, reach into the 'I' consciousness and there you will find John Doe of 100 years ago. He will tell of that life. Does this not tell us of the continuity of consciousness? Not of the personality, but of consciousness.

I.P.: The state of awareness is all that changes? The life force, the spirit, is the same one but the experiences in the different incarnations come about -?

YADA: Yes. In either case you have no need to fear because all man does, all you have done is move from one state of awareness to another. You are not fearful when you go to sleep at night - why be afraid when you pass out of the physical life? Sometimes I wish I could, but not truly, because this is a vain, foolish hope and shows what-when we make statement like that -

I.P.: Isn't that what you strive for?

YADA: Yes, we strive for it. I am the rock, the tree, the ocean, frog in the puddle, I am all of it. If you could only think of yourself in this manner - if you could, you would see your own divinity, then you would not need to go to the temples and bow before the priests - This is the temple - the living temple of the living God - does that answer your question?

GR: - Well, I am confused. I would like the transcript so that I may study it.

YADA: Words lead only to more confusion. There is always an equal and an opposite. If the pendulum swings this way it is going to swing that way no more no less - we need not concern ourselves about what anyone else considers what is right or wrong - but it is possible for me to live with it - I have listened to many minds in the course of time- all of them are saying the same thing in a different way and because of these different ways -what conflict. We make wars and go at each other. We say the same things but use different words. We are all talking different languages- we build a tower of Babel. Why don't we come down to one level as brothers - I am no different from you, I am you and you are me. If this is true how can I bring harm to you, for in harming you I harm myself.

GR: In common language, am I within the bounds of reason in my endeavor to enlighten the people in having the natural law of survival in the study of science and physics in the public schools, without reference to religion?

YADA: You are within the bounds of reason but out of the bounds of the reason of the majority of minds in the environment of where you are to do these things. What do you mean? - What is the ordinary man?

Hoi-polloi - the common people?

Wouldn't it be better to say the lower body - the average person?

YADA: In your half of the world, yes. But in India, in China - they know these things. But look at the condition of these countries. They are a dying race. Because of some great evil they bring these things upon themselves? No. -

--Have we not already started on the downgrade?

YADA: Your country is young. India and China are very old. These places are the cradle of man. From these places man's knowledge of himself comes. But now these places have gone into decay - into deterioration. Law of changes - everything is having its period of life and its death. All things - including the universes. So how are we going to say?

--That brings up a question. In a book I read dictated by a being on another planet in our solar system it speaks of great world destruction. Large percentage of world, this world, will be annihilated except for a very few who will start the new race. Is this the way it will go out, or will it gradually fade out?

YADA: If India and China are to come back again, 80 to 90% of their population must die.

--That is what it says. They will have to die so this world can exist.

YADA: You see why. Just as you said- too heavily populated. When a country produces more mouths than they can feed, not because Nature cannot supply these things -Nature can supply it, but man in his greediness seeks to control his fellow-man-seeks to become king over everyone - to make slaves. It is black magic - power to enslave- any country that does this will go down.

--What about China? Isn't she capable, now that she has thrown off the yoke? Isn't she capable of re-building?

YADA: No, but if the masses could be educated, yes. But without it no laws could bring about the condition necessary. In China one side of state is taking one direction and the other another direction.

-- - And they are diseased -

YADA: Yes, very much so. It is beyond words to tell you of the condition of China. Communistic government do something for these people? U.S. government do something for these people? No.

I.P. They cannot unless they are willing to be educated.

YADA: We have had plenty of time to prevent Communist control in China. But Chiang Kai-Shok is ruling the people. War is inevitable, for man's greed will not permit him to stop it. You have hydrogen bomb. You know what it can do. I will say this, a very few of these, four at the most, would destroy completely India and China and you would have no more country.

--- How about Russia?

YADA: Russia? Do you suppose Russia could stand up any better under these things?

--- Isn't it doing another thing? If we set off a few more -- the etheric people say

that they have other ways of stopping us than rays in the air.

YADA: Yes, making big storms and quakes. My friends, what causes storms and quakes? I will say something disconcerting - you create storms and quakes. You say, 'No, nonsense!' The other evening I listened to a man talking of gravitation. I do not know that this man knows very much, but I know he feels he does, and so this means he knows very much. But this gravitation is what - is pressure on the earth. What is doing the pressure? Energy? If energy, where is it coming from? According to your scientists, from out of space. But also body has inner fire.--Any spinning body in space is creating an inner fire as well as an outer pressure. These we call stress lines of a body. Now how many pounds a square inch? If you take this pressure off you blow up. Yes, now when quake is going to come this pressure coming down over a certain part of the earth is broken - the ether stress lines become shattered and the ground underneath that is being held down comes up - great upheaval. Great shaking because no pressure - pressure has been cut off for a time.

You have body - is emotional body. This low self is governed by the emotional body. When we become angry we charge the ethers with energy, measurable energy - measurable pressure. Think of many people living in fear - in lust. It is going to shatter the stress lines and pretty soon you have disturbed field - the atmosphere will be aflame. If you could only know the truth of this, but I suppose not too many will take this to heart. You are living in modern age where you have great mind as far as mechanics go, but you are knowing so little about yourself. Have you ever approached animal in fear? You see what he does? He will attack you or run from you because he senses this fear. How does he sense this? It causes you to throw off an energy and it contacts his nervous system. Why do I tell you this? Perhaps in knowing it you will see the value of controlling yourselves. Not permit yourselves to blow up.

YADA: You poison your system when you do this. You bring on disease this way. They start right here in your psyche. Very bad for the nerves. The nerves operate your glandular system. If you stifle them or close them off entirely -

If this is so, what about the other theory I have heard about? If the subconscious does bring about certain diseases by reincarnating. Are you suggesting we try to live on an even keel - normally - naturally.

YADA: It is difficult to say what is natural or normal. It is one thing to you and another to someone else. It is difficult to say that to live normally is right. The word Karma means cause and effect? What is life - life is action. The only time we as individuals are alive is when we are in action, and we are always in action. Now, if this is so, action means to do this and to receive this - cause and effect -effect and cause -cause and effect. If we are going to live how can we keep from making that which is called mistakes? We cannot. What we, I think, should do first is try to break ourselves of having guilt complex over our acts, remembering that all acts are right in this time and place. If you break a law that is in your environment you will have to rectify it in some way, perhaps with your life. You have many laws. Too many. I do not see how you live. But if you know it is a law not to do this or that, why do you do it? You know you have to pay. It is the same in all ways. But you know what nature means? If you do it a few times it does not mean anything to you. We are making sounds, vibrations, tones, causing molecular motion. Is there anything else besides this molecular motion?

-- the third month of the coming year there is a great change coming. Will that month bring back the majority of the boys from Korea? My change will be great in the third month.

YADA: Yes, but other boys will go.

-- I thought all the boys would come out.

YADA: Yes, for a time. UN is going to make agreement with the Communist government in China to bring it to a close, but do not let this fool you, because after that it is going to be bad.

-- Will I have a change in my life?

YADA: I do not know. Only you will know. I cannot tell you and if I did you may take my words and follow them. Life is born out of change. And if we make suggestions to one another we might bring about a change that is not for them and we have much trouble. Here is Karma - making this kind of mistake. Not knowing that you are concerned with it but you have involved yourself in another person's life.

I.P.: In regard to the boys in Korea, they will not all be drawn out?

YADA: Some of them. Only some of them. I tell you this - your country is the only one in the world that is holding the light, and if you let it go out your earth will suffer 5,000 years of darkness. You stand guard, You watch and you help. Do all you can to keep this flame burning. The sacred flame of liberty. Long before your country was settled the guardians of the earth were preparing this country you are now in for these things. - To be holding the light. For this war that is to come will be the last war that man will have for thousands of years.

-- How are we going to have it - if we have the UN - that is putting the light out-

YADA: U N - that means together - working together. Now you have one country called Russia - China and many others between that do not want this unity state of man - they aim to keep the individuals divided because they become better slaves. They aim to keep the individual from becoming responsible for himself. About the Russian people - Russia has exploded the hydrogen bomb and before the British people, in Siberia. No, your country, Russia, China, and all of them, the whole vast world of men, is in a stew. Each of them say they are right. But it is the Governments who say they are right. Your country is the cradle of liberty. The candle that is burning, the light of liberty, is flickering in corruption and hate. A faction that will try to rule you, and Russia is the only country that is powerful enough to fight this faction. I will name no names.

-- How can you foresee the future? How can you see ahead? When we have not lived it yet?

YADA: There is no past, no future, there is only now. That which appears to be past and future is the illusion that man suffers from. You understand? Think of it, man suffers an illusion that there is something called time in motion, but time is not in motion, matter is in motion. Time is not doing anything - it is not standing still or going, either - it simply is not. Time is consciousness. Right now you are aware of this room - an hour from now you will be consciously aware of outside - but the room will be still in your consciousness. This room eternally exists - in the ever-present now. I wonder if you understand.

-- No, not really.

-- There is the solid approach - everything is something - it is there. -

-- What about the third month of next year? It is not here yet.

YADA: That is right. Perhaps if you could be lifted up to distant star - perhaps light years away and you could take telescope and look back on your earth- right in

the spot you are now sitting - hundred years of acts - act is still going on right here - you would see it - nothing is destroyed - if you go 'OH' that sound is never again stopped. Time does not exist.

-- I think I understand. -

YADA: If time is nothing, how can I look forward or backward? If time is nothing, nothing would be there. My consciousness is comparing things taking place - this is growing old - this is decaying - this is falling away - this is changing. It is all the word death means- it is change. The atomic structure of the table -breaking up - it is changing. But could you think of time without these things? It is a matter in motion. The way you are measuring time. But what is absorbing motion? I consciously have created it, and am now destroying it because I need the new experience.

-- He could go into that time by bringing his consciousness into contact with it? Or go back the same way?

YADA: It takes lots of thinking, but it does not mean you have to go (Ugh) it is natural for you. Study it - examine it- but do not become lost in it. Move with the stream. Life is like a flame, and this flame is set in the dark chasms of that body. Soon it will be free again to take place in new experience and new adventure. There is so much to talk of.

-- Before you go, would you speak of the Flying Discs?

YADA: Yes. It is very interesting to have group to study these things. But I can assure you when you find out the truth - none of your modern-day physics applies to it. You will please inform group what I say here, for I do not want them to think I am speaking behind their ears. But I repeat, when it is found the truth about these Discs it will be known as no modern-day physics to be used to apply to their mode of operation.

-- Do they concern this period of life? Play a main part in it?

YADA: Yes. These green balls of light consist mainly of copper and small per cent of aluminum. Others mostly aluminum, perhaps one per cent copper. These forms have been gathered together from the chemistry of the ethers. You understand? When green balls sent is to clean earth's atmosphere of atomic radiation.

-- Is that why they are seen after explosions or earthquake or volcano?

YADA: Yes. Let us go to some of the early civilizations. In that particular time the sun rays radiated on the earth a cosmic ray and they went underground- those that survived. They found protection in caves ten miles under the earth. I must go now.

* * * * *

PROFESSOR LUNTZ: I have come only for a little time, for Dr. Sukuto wishes to speak also. So I will say my piece and hurry away. It is a pleasure to see you all. I, along with the good doctor, have been standing by listening to the rather lengthy conversation of my colleague Yada Di Shi'ite. Before I start running off on other things I would like to speak to you - lady over there. The human body is so - it seems to be built to take only so much. The 'I' of me receives all of its knowledge of this outer world through the nervous system by what is called stimuli. Now I suppose it is known to most of you that in order to stimulate or excite a given part of the body and continue that excitation the mode or the method has to be in some

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YADA: If time is nothing, how can I look forward or backward? If time is nothing, nothing would be there. My consciousness is comparing things taking place - this is growing old - this is decaying - this is falling away - this is changing. It is all the word death means- it is change. The atomic structure of the table -breaking up - it is changing. But could you think of time without these things? It is a matter in motion. The way you are measuring time. But what is absorbing motion? I consciously have created it, and am now destroying it because I need the new experience.

-- He could go into that time by bringing his consciousness into contact with it? Or go back the same way?

YADA: It takes lots of thinking, but it does not mean you have to go (Ugh) it is natural for you. Study it - examine it- but do not become lost in it. Move with the stream. Life is like a flame, and this flame is set in the dark chasms of that body. Soon it will be free again to take place in new experience and new adventure. There is so much to talk of.

-- Before you go, would you speak of the Flying Discs?

YADA: Yes. It is very interesting to have group to study these things. But I can assure you when you find out the truth - none of your modern-day physics applies to it. You will please inform group what I say here, for I do not want them to think I am speaking behind their ears. But I repeat, when it is found the truth about these Discs it will be known as no modern-day physics to be used to apply to their mode of operation.

-- Do they concern this period of life? Play a main part in it?

YADA: Yes. These green balls of light consist mainly of copper and small per cent of aluminum. Others mostly aluminum, perhaps one per cent copper. These forms have been gathered together from the chemistry of the ethers. You understand? When green balls sent is to clean earth's atmosphere of atomic radiation.

-- Is that why they are seen after explosions or earthquake or volcano?

YADA: Yes. Let us go to some of the early civilizations. In that particular time the sun rays radiated on the earth a cosmic ray and they went underground- those that survived. They found protection in caves ten miles under the earth. I must go now.

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PROFESSOR LUNTZ: I have come only for a little time, for Dr. Sukuto wishes to speak also. So I will say my piece and hurry away. It is a pleasure to see you all. I, along with the good doctor, have been standing by listening to the rather lengthy conversation of my colleague Yada Di Shi'ite. Before I start running off on other things I would like to speak to you - lady over there. The human body is so - it seems to be built to take only so much. The 'I' of me receives all of its knowledge of this outer world through the nervous system by what is called stimuli. Now I suppose it is known to most of you that in order to stimulate or excite a given part of the body and continue that excitation the mode or the method has to be in some

manner started. By that I mean the nerves - let us say, of the eye - can be stimulated only so long by a given form of action and then the eye becomes tired, bored, and fails to take in, to receive, to accept that which once excited it so much. The stimuli then has to be either raised or lowered or changed in some manner, some degree, in order to stimulate the eye.

The same goes for all the other senses. It is said were one to listen to a waterfall and hear nothing else they would soon become completely deaf. Now certain things happen to us that tire the nervous system. This causes the self or the 'I' of me to want to withdraw. Now sometimes we may be able to withdraw by simply going to sleep. This is giving the nervous system a rest from the boredom of monotonous stimuli. Sometimes this is not enough. This overstimulation may cause one to faint, or to go into coma and stay in that coma sometimes weeks, months, or years. Then if the patient continues to live, the doctor has to feed that one intravenously and sometimes this is not enough. The coma is simulating death. It is not enough. The pressure is so great we feel we cannot go on, then we desire to end our lives. However, if we, or the patient, or the victim, whatever you call him, had someone that would show sufficient interest in their problem I am sure they would come out of it. That is why there are so many human beings upon the earth - so that each and every one of us will find someone who will be interested in us. To love us and to stand guard over us quite often in a time of great stress.

It is known, and I believe my colleague Yada spoke of it a bit ago, that all diseases of the human body are brought about beginning in the psyche, the mind. Sometimes medicine can do good here, other times, no. The medical world becomes helpless. They do not seem to realize they are dealing with a consciousness and not merely a body. They attempt curing the effect, and not the cause. Your most prevalent disease today is cancer and a close runner with it is heart trouble. Heart trouble is born out of deep and constant anxiety. It may appear the victim is not at all worried and anxious. Individuals who do not show their worries are a greater problem than those who do, for the pressure is being kept within. I think most motors that are generating steam need an escape valve and the human being has an escape valve. - The emotional system - where we can let go. In your present day civilization you suffer from intense repressions - phobias. Everyone is in great, great hurry to do something. When we are like this we naturally become irritated and pass our irritations on to our mates or our friends - relatives - whoever they may be. If it is our mates, perhaps they can stand it for a time but they also have pressures brought to bear upon them - perhaps they break down. Now a nervous system is a form of escape from problems we cannot face - nothing to be ashamed of, but we should be told what is going on. The nervous system begins to jump like anything that is poisoned. When your nerves are jumping you cannot take it for long. Perhaps you will have some disease, faint, go in coma, but it is not necessary.

Now in some cases intravenous shot of vitamin B1 is most excellent to quiet the nerves. In your case, my dear, your nerves are ragged. But there is plenty of help for you. You are living in a world where many suffer great pressures, if not all. I would suggest you get such shots. I would also suggest that every day when you are through with whatever duties you have on hand you lie down upon the floor and extend your legs up in a chair, place your hands at your sides, and relax. You cannot relax if you are going to think of a thousand things. You center your thoughts on the muscles relaxing. Put your mind, your consciousness, in the muscles of your legs, your arms, your body, and you shan't have time to think of anything else. Psychiatrists make a very fine living - not on what they say - they do not cure anyone - you cure yourself. Because you have a couch to rest on, and if you do not rest anywhere else, he will take your money to let you rest on his couch. He will tell you nice things and have you bring out your thoughts and your child life and how your conditions at home are generally. In this way he will sooner or later get to what is

bothering you today, and as they get to it, they also get deeper into your pocket-book. Remember you cannot fail at anything you want to do. Ask yourself this question -- what do you want to do?

Get a job and make a living for my two children. -

PROFESSOR L.: This has brought great pressure on you. I do not know your age, but you have lived this long, and in this part of your life, and all through it you have had a roof over your head, clothes to wear, and food for your stomach. And your children the same?

-- Yes.

PROFESSOR L.: At the present time they are enjoying good health?

-- Yes.

PROFESSOR L.: You are better off than most people. All you need is rest, and get the BI shots. I do not suggest medicine, drugs, but I do this. I think it is very necessary and I say to rest. You cannot do more than you are doing. Do you not think it is most valuable to try to live today, and today alone?

-- Yes, but I always look into the future.

PROFESSOR L.: But you see that creates stress lines, and you find yourself tense. Tomorrow? How do you know there is going to be a tomorrow? You live only today, and don't you think it would be good to stay in today? Think of it. Think of today and live. 'As I act and live today I shall receive tomorrow.' If you keep your consciousness in what you are doing each hour of the day you are up and about you cannot have a nervous break-down. It is because you are reaching out into the unknown, a non-existent tomorrow, and you are not then living today. Are you satisfied in the separation from your husband?

-- Yes, I think so.

PROFESSOR L.: You -- do not feel sorry for this woman. When someone is ill, do not sympathize. Give love. It is the most valuable thing in the world. - You lived before you met your husband, didn't you? Let us not depend on anyone or anything. We do not permit the boy to depend on us. If he has a problem we let him work it out. If it is serious we step in with a suggestion. Sometimes when we become confused, we need another mind - mind that can see in a perspective. You have very lovely children and everything to live for. All you need is rest. There are other men in the world. And when we cannot marry anyone else - cannot love them - that is limiting ourselves no end. For there are many beautiful creatures in this world we can love. We do not need to set our minds upon one. It is very nice, very nice if it lasts for a lifetime that is very beautiful, but you know the very fact that we are born into the physical world means we are going to die - we sign our death warrant at our birth. Now if we love someone deeply and they pass over into my world that love will bind them together-- and so will hate. Let us be free men. Let us not be tied either in love or in hate; For love should give freedom, not only in others that we love but in things.

I believe most of you remember the stock market crash. It seemed to be raining bankers all over the country from top-story windows - because they set their minds on money, and they could not live without it. If you set your mind to have only one you have taken an oath and cannot live without them - the word is the law and the law is life. You have your children to live for. You have them to be healthy for and yourself to be healthy for. Before all I must love myself - before I can love anyone to the degree I love myself I can love another only that, no more. I do not mean sexual attraction - I do not mean biological desire - I mean understanding, which is far superior. Necessary as these others must be - understanding - if we really

want to live - if we really want to see purpose in our life, let us devote our time to others. There are many in our hospitals here in need of your help. They are basket cases from the war. Young men. Men that hardly began to live and now are cut off. Do you have problems? No. You are just weary, that is all. Please, will you go and get these vitamin BI shots. You will find they will bring relaxation to your nervous system. And rest each day. If you will do these things you will feel very good. These are the simple things. You do not have to look for something to do. There is so much to be done. If you lose your thoughts in others - in your children - the nerves will start relaxing. If you feel you want to cry, cry - let it out - that is why we have tear ducts. Do not let them dry up. Every part of us needs to be used. Do not wait. For the waiting grows short.

DR. SUKUTO: How honored I am to be here this evening. My dear, how is your mother?

-- Quite well, physically, but mentally we are not so sure. She becomes quite agitated especially because she is afraid she is losing her mind. I have told her she just forgets.

DR. S: As long as she thinks about going insane, she is all right. As long as we occupy ourselves with something, we cannot become it. As soon as we forget it we become it. Is paradox! - Lady, very soon now, you get nice work. You do not become upset. When upset cannot take nice work when it comes. Do not stop being afraid of it. As long as you are afraid something will happen it will not happen because you are occupied in the fear of it. Keep calm. You have nice work very soon. Come to you next two weeks. Have nice job. Your children very good. You have no need worry about them. You keep mind clear and when good work comes can take. If mind in middle no can take. Boy Scout say 'Be Prepared.' Very good words - Be prepared. We worry so much about being failure, - do not get time to be success. Think of what happened to me. For forty years I am physician- surgeon -forty years I am cutting people up- forty years I am giving pills and drugs. Very few survived -but being medical man can bury my mistakes. Now, is very serious, my friends - so much so that after all these years I say I do not have to answer to sick people.

So I put out witches' brew - throw away knives and swords -not good- man in pieces not good -so I put away these things. I close office and go away. For one year I wander around in thought. What is all this? People come to me many times in bad condition physically, look like they are going to die maybe tomorrow. These people get better, seeming nothing wrong with them. But people come to me and close examination show nothing wrong physically - they die. Physicians do not like mysteries. That is why he has learned to cut up human bodies to see if we can solve mysteries. But answers not in body -inside head. But mind not inside head - only brain in there - sometimes. So I travel different parts of world. I look for answer. What is human being. Why he ruin my practice? I try to be good medical man but do everything but what seems right. I give ordinary sugar, flour, water pill to man feeling very ill, with flushed face, nervous, bad stomach.

One little pill and he is all right. He say to me 'Doctor, you are very fine man'. I give drug - perhaps he get better from his malady - perhaps he dies. If you could talk to me as I do to you. After he is dead, he probably call me no good doctor. What is the human body? Human body is extension of the mind. Little Professor Luntz say this is starting here. I go to India, to China, to Africa, to Hawaiian Islands. I see fire-walkers - very hot fire- walk across- no burn. I go to Tibet with close friend of Government. I see man taking big blanket - put in water -put around self - is freezing. Thaw out blanket, thaw out snow and ice around him right down to ground. Here man generating heat. Other time generating cold. I found that each little cell of this body is an intelligent being. You can talk to it and make it

act as you want to -if you know. By practice you could. Man here know of hypnosis?

-- Well, I had some rubbed off on me. I mean, I have been exposed to it.

DR. S.: Very good. You say to blood 'you go back up there'. Command of mind and body. Say to body 'go to sleep, body, go to sleep'. Body go to sleep. Mind say 'wake up, body'. Body wake up. Take fire, put in mouth, no burn. Many doctors, myself included, have worked where are terrible plagues. -I no get plague. Why? I have work to do, I cannot get plague. I have to get people better.

I.P.- Do the doctors know what they are doing? Are they aware that they are controlling that through the mind?

DR. S.: No. Most doctors take degree in surgery and medicine only looking at corpse body.

I.P.: They do not know that it is a ritual all the time?

Dr. S.: Only in mind. You have heard of sterilization of doctor's instruments. Is not killing, is only putting into state of suspended animation. Say you want to make for very hot -making this ashes hot and making what you call acid on it and life come out. You know?

I.P.: That was proved in the Morley-Martin experiment. Dr. Layne wrote an article on it.

Dr. S.: Very interesting. That is why I say all this because I want to impress you that it is seldom what it appears to be. That which is called occult means back of inside - that is what you do - go inside. Take nobody's say-so. You study - you find answers making for life understandable. And when life understandable is glorious, divine. Then you see your own divinity.
