

PART 12

#151 - 5/8/64

1 ADR. 1906 P. 16

i → You know we do not give up anything but ourselves when we love another. We give up with joy all of what we once thought was wonderful, was great. We must have it, we need it. We do not give ourselves up to another. That is not so. We give ourselves up to the greatest, it is called LOVE

S.E. ii → Irene: This is most necessary for the individual but you know, Yada, people are not conditioned to sit down and really think this out, how much they owe themselves to give themselves "the greatest" as you say. Then you are not giving to another, you're giving to yourself, and, in giving to yourself, you give to another. 598

Yada: Of course. When we give ourselves to love, the person that is the symbol of that love cannot own us, cannot possess us, because we are not giving ourselves to that person. No, they cannot take anything from us, and they cannot give anything to us, which we do not have. We are whole. They are only the symbol, the sounding board of our spirit, our minds, our bodies. When I say "only" I do not belittle it. It is very great. You see? Wonderful!

In time, through long association, what you think of as love may become cooled. I think that we should always be aware of our ability to change in our feelings, not only for others, but for things. We do it do we not? Are our feelings, even hate, are they a constant? Certainly not! This is natural. Don't be afraid of it when it comes. He will take this attitude also in the course of time. This will not mean that his truer feelings for you are lost, but rather the surface feelings, not lost, but happily and wonderfully gratified so that he and you are at peace with yourselves.

You know in the Christian Bible the man, Paul, said, "It is better to marry than to burn." Did he not say that?

Man: Yes.

Yada: And what is the burning? It is that cosmic fire centered in us, that creative substance that is burning us if we do not put it into use. When you give of your body self to one you love, don't be afraid. Give freely, gladly with joy and you will find peace of mind.

I think I'm going to leave. It has been a pleasure, a happiness to come and speak with you. Every time I come here, every time I enter into service to my fellowman on the earth plane or anywhere, more life has been added to me. Brighter becomes my sun. You do me the greatest service to come and communicate with me, and (for me as well to communicate with me,) and for me as well to communicate with you.

Irene:Yada.

Yada: Gratcia, a nochi.

Irene: Good evening, Yada.

Group: A nochi to you.

PART 12 = PAGINAS 598 A 674

of our physical and mental nature. Through desires we keep the body alive. Also we kill it with wrong desires, the desires that are wrong to us, individually speaking. Our tastes become jaded and we eat the wrong foods; we breath the wrong way; we sleep the wrong kind of sleep; we do not know how to relax.

Man: JUst a big mess!

Yada: Yes, but you do not have to be and if you fail sometimes in your struggle to live more intelligently, for that is all it is, there is nothing mysterious about it, get up and go on, forget it. If you do not, you will do something more wrong to yourself. Its giving yourself guilt feelings. Once having done something, if it comes to your mind that it should not have been done, or something in your consciousness told you it was wrong, do you think you can change it by dwelling on it, becoming guilty in your consciousness about it? Forget it! I have heard people say, "Well I can't." Well good, then you will suffer. I have no objections to your-suffering if that's what you want to do. Forget it! You have a long way to go so why pick up rocks and put them in your pocket along the way? Why do that?

Irene: Its very difficult for us to keep in mind, Yada, that we are here to learn. But when we do something that we feel is wrong, this, it seems to me, to be a lesson learned.

Yada: This is so.

Irene: And when we don't have any feelings about it one way or another, we're not really learning that lesson. But when one becomes aware that this was not for them or it is for them, regardless of which one, then this is truly a lesson learned. I think sometimes the happier we are about a thing, or the more we suffer guilt feelings from it, the greater the lesson.

Yada: Of course, of course. I cannot and I never believed I could stop someone from feeling guilty if that is part of their growth. If it is necessary for them to feel guilty, feel guilty - do it good!

Irene: But it really isn't necessary.

Yada: That's all I say, it isn't necessary. But if you are going to suffer, enjoy it!

Irene: Then we become a masochist.

Yada: That's all right, if its part of a person's path. If they feel comfortable being a masochist, then be a good one! I say this more to you, Mary. - - -you do not have to answer this, Do you love this man?

Mary: Well, I think I do. I was sure I did until you started talking. LAUGHTER So now I think I had better look into myself.

Yada: I think so, I think so. Now you could not say that no matter what I said, if you did not accept what I said to be true, to be so. If there was not anything in you that said, "Mummmm, that's a possibility - what you said", then you would not feel that way.

Mary, the physical world is a marvelous place and I think that in your consciousness you know it is a place to enjoy, not be afraid of, but to enjoy. Every once in a while I hear this man, Mark, say to someone when he is leaving them, "Have fun", and then he adds, "because that's all there is to have anyway." This is true. Life is for what you Americans call fun. Its a wonderful word, "FUN", which is joy, pleasure not pain. No matter what anyone says, if in your heart, in your mind, in your feeling self you can say, "I love this man", then do everything to be with him. Sacrifice everything else and it will not be a sacrifice if you love him.

FIN DE LA PARTE 11

This is Irene Probert speaking. It is Friday, July 3, 1964. We are at the home of Anita and Alfred Ganschow in Buffalo, New York, attending a deep trance lecture by Mark Probert and the Members of his Inner Circle.

Yada: Senas and Senahas ena Yada di Shi'ite.

Aud: Good evening, Yada.

Yada: A notch, a notch.

Irene: It is a good evening too, Yada.

Yada: Au kee. It is the forces of life. Pretty soon we are going to have a storm. (sounds of wind blowing)

Irene: We are? Before we return to the motel?

Yada: Likely, likely. It is the god's howling. It has been such a nice experience for me to come here to your home, Anita and Alfred. We of the Circle feel - in English how you say? - - (at home?) - - - Yes, at home. It is a wonderful thing, home. The English word is very beautiful, has a warm sound to it - home.

There is another home that we humans are seeking to go to, to return to. This is the whole of man's story, to go home, to return to the center. Now if you think about it a little bit, you will find all things are in the process of going out and coming back home, everything. The fishes, you know the salmon? The salmon spawns, goes away from their home, their spawning grounds, live their lives, many of them never returning in that body, the body they left in, but many do. And what a fight it is for them to get home. What pain, what suffering. But if you watch them, you will notice they never stop striving against all odds, often beating their bodies to death on the rocks. Going home for anything is a very hard and painful road to take. For man - no less.

Many people come into this physical world and due to their surroundings, their environment where they are getting their training and also acquiring their inner attitudes to their experiences, come to believe that they are only matter, that their life is simply the action and reaction of chemistry, and that when these actions cease to function in unison they are dead and that is the end. They say - "That's all." As you American's would put it - "they've had it". So they think. That is all right. That is a way of learning, also. Who can deny them the privilege of believing what they will, after all it is their life. If they feel comfortable with that belief let us who do not accept that belief, applaud them and say, "We sincerely hope you are happy in it, that is what really matters - to be happy in your belief." Happiness - meaning contented, free from anxieties, false or real.

Because that which we believe may in itself be false, does not mean it is any the less painful to us. All that is to keep us happy, cheered up. Man is a believing being. Not always, in fact very seldom, knowing, but believing. I think that it is by our beliefs that we manage to keep that bit of sanity that a being coming into this physical world can hold on to. So what would I gain by telling another his beliefs are built on false ideas, false premises. What is the use to say, "go, look, seek", if that person already believes he knows. If he has created a pattern for himself that he thinks is pretty, that he thinks is sane, good or whatever, is it not better - (I was going to say intelligent, but this is difficult to say) - to leave him with his beliefs as you found him?

Irene: I think most of us resent having somebody try to tell us how to change the pattern of our lives. I think that if someone were to tell me how I should change my pattern it would make me very resentful and I would strive to live as I had been, all the more.

Yada: All the more

Irene: More diligently, yes.

Yada: So much for resentment. So much for the nature of the human ego.

Irene: So I think what you have said, Yada, is true. When a person needs something and asks for it, it is, then, you should try to help him. But until he asks, he is contented with what he has.

Yada: Why of course. Then why is it that so many of us find it a drive in us to say "Now look, my friend, what you think is not exactly true." Now that is the polite way of saying it! We also let someone else's beliefs irritate us to the point where we become violent with them about it, thereby making our life more miserable than before; to say nothing about making their life more miserable.

One time a man was standing on a road, at the side of the road, and he had just come from down that way. And down that way was the end of the road. It was a sudden end dropping off some 30-40 feet. Now he was standing on the side of the road and he saw another man coming down the road this way. He knew what was down there at the end of the road, but this man did not. The man came walking with his head in the air and perhaps was even singing to himself; whistling (if he had teeth to do it!). Anyway, he was off somewhere else, not on the road, but his body was on the road. GOO

So, I am a wise man - (I think you say in America, "a wise guy", it is a little different but sometimes it is also just the same). So I know what this man is going to walk into. I cannot stand it. His ignorance is getting to me, not that I really care what happens to this guy. Its just that I can't stand to see another so ignorant. I'm so sure of myself - sometimes I am not right. "Come down out of the clouds, just a few more feet from where you are there is a sudden drop". And he says, "sudden what". And I say, "sudden drop". Oh huh, he says, "it is nice of you to think of me that way, my friend, but do you not think I've reached the age when I know what I'm doing, that I can take care of myself?" So many of you have said that, or heard others say it when you try to help them. Do you not think I can take care of myself? I have reached the age of my majority - isn't that a remarkable statement- majority? "Go ahead, don't let me stop you". This is called - non-interference. I know he is going to walk into destruction, but he did not want me to intrude on him. It excited his ego. How dare I. Now perhaps he is right, perhaps he will come awake before he walks into oblivion - that is another word to deal with, isn't it? But perhaps he will not.

Should I go out there and wrestle with him to keep him from falling off there? Should I? I do not think so, because this then is interference, and the chances are, in my effort to save him, we would both be destroyed. He would take me over the cliff with him.

Irene: Well, he asked for it.

YADA: And I got it. Always you get what you ask for. It is not the place of the teacher to tell others, his so called students, or pupils, how to live. That is not the work of the teacher. What he does is make suggestions. But before he makes suggestions he tries to get the attention, he tries to get the conscious attention of the pupil, the student, because he knows if he does not get it, he is not reaching that person. That person is out. They may look in, but they are out! So we can make suggestions. Once you get the attention - make suggestions. Then we can say, "What do you think of those ideas?" Can you arrange them in a useful way in your mind? And that is all the teacher can do, and all he should do. Go beyond that and it is ego, and it will lead to destruction. }
}}

Last night a lady here said she had had an operation, and now she is told by the doctor she should have another operation.

Anita: Yes, this is the fourth, Yada, for the same thing.

Yada: Now the other times, I have learned that these "witch" doctors, these medical men, have sewn their instruments in her! Now those instruments are expensive. They cannot afford to lose them that way, so make another operation, and, of course, charge the patient to get back the instruments. That is likely to lead to that person's untimely departure. I know your licensed medicine men have this license to bury as well as to treat their patients.

Irene: They have a license to practice on you!

Yada: And to bury their mistakes, which is what they will do. What happens to that lady, or man, if a relative comes and asks, "What happened?" Oh, you mean that mistake? I planted it." But my friends, what could my colleague, Prof. Alfred

Luntz say? Should he have said to this lady, "Yes, you should go and get another operation? No, and I do not believe that he did, did he?"

Aud: No.

601

Yada: When any of you feel you have need for a medical treatment or operation, it is better that you find someone who is experienced in anatomy, in medicine, to find out what you should do about it.

Now, we of the Circle, we like to help sick people, people who need operations. We would like to do this and from time to time, we have done it. But I do not think it is a good practice for us and certainly not in your favor when we do it. Suppose you should, the asker should, die after taking the suggestions from one of us? Do you think we should do that sort of thing? It is in your hands. Do you think so?

Irene: What they do with the (information) they get is their responsibility, of course.

Yada: I know that. You know that your medical world is not going to take that attitude.

Irene: No. It endangers even the helper.

Yada: It is - - not only for us, because we can escape - ha, ha.

Irene: For us . . .

Yada: Yes, for you, that is right. And something more - this man, Mark, is. . . Besides your courts of law do not believe in spooks, so they will say, one, Mark Probert, is guilty of malpractice. Only under very critical situations do we tell a person in your world what they should do about themselves. "Is that a good idea?" "Should I follow this advice?" Then, talk it over with someone else also - mostly with someone else who has medical or surgical experience. You know, while there is this thing called reincarnation, we live now - and want to hang on to this body as long as is possible, no matter how old it is. Hold on to it as long as possible. Why? Because you're getting more experiences so that when you come again, you will be more mentally prepared to handle your body, even though you may not consciously know it.

It is like the scientist making substances for killing certain species of insects. One of those is called ??? (DDT?) Yes, that is all right- there are so many of them, I really do not know where to start! Now they have killed successfully a certain species. This happened five years ago and these scientists were beginning to relax in their joy that they had at last found a substance that would destroy this particular bug. Then suddenly they began to see that bug coming back and they said, "Oh, perhaps we missed this one, or that one, or perhaps we didn't give them enough (of the poison). So they pour more of this substance on them, only to discover this is a reincarnation of the bug they had killed of that particular species, and it has built up a resistance against this particular substance, and it now does not destroy them, but they cry for more. They enjoy it! They look at the scientists and say, "Quick, give us the feed, yes", they ask for more. So it is with man. Man is wiped off the earth five times, the human species; he came back again - the sixth time now.

Aud: Is this, then, the sixth root race?

Yada: Yes. You have a little game in your world called, "Go away Peter, come back Paul." Have you ever played that game? Sometimes adults play it with children with little pieces of paper, and they move the paper like this (Illustrates). I do not know if you understand this or not.

Irene: It is

Man: Magic.

Yada: Magic! everything is magic except that some things are not considered magic once they are understood. I think I mentioned this last night, that they are now called scientific instead of magic, because these things are known. What is known? We humans know some things about some things, but not even a spook knows everything about everything. No. And as I have always said, I am not a spook. So you see how much less I know. This life, the physical world is for the creative self to experience in; to feel itself awake in; to come to know its real self in time. It is like I said before about the fishes, the salmon.

Man also goes out from a center and returns to the center. The chemical world is, by its nature, a world of pain, the causes. Yet, when one gets to know it and in that knowing is capable of mastering matter, so called, they find it is no different than any other world as far as pain or joy goes. Can you imagine any state of consciousness that does not consist of positive and negative nature? Can you imagine it?

Irene: It would have no life.

602

Yada: Of course not, no life, no motion. So how can we expect to get through any planes of consciousness without having these experiences. Experiences which I call pressure and you call pain or joy.

PRESSURE. How can we bring ourselves to concoct a god and then ask him not let us suffer? That's what we do. Right down through the ages, man has concocted his gods and has always prayed to them, and when the prayers were answered it made him very happy; but not always - - for sometimes (prayers were not answered the way the person expected them to be.) Not being a god, how could he have his prayers answered as a god would answer them!

Irene: But the god is having his questions and his prayers answered, but the god isn't aware enough to recognize that.

Yada: The god - is man. Man creates god in his image and likeness, not man in god's image and likeness. You know your Bible says, "God created man in His image and likeness". Is that right? It is the reverse.

Irene: Man created god in his image and likeness.

Yada: That is right. And that is why he is always angry, always enraged and ready to destroy much more than he is to bring peace and beauty.

Irene: Is this because this god in his struggle in coming into this three-dimensional expression is in strife?

Yada: Is in strife. So we make our gods in strife as they should be. That is the way they are. The individual finds God, not the masses. It takes effort. } conscious seeking and the ability gathered from our experiences to make our god intelligent. Only then do we find peace. As long as our god consists of the lower self, the ego self, then it is what you have. This is what causes man to build temples and altars and towers, all towers to god become towers of Babel.

Irene: When man recognizes the true god he knows he is it.

Yada: The individual only can do that, not the masses. There is no recognition of the creator in the mass mind. The mass mind is the animal mind. Nothing comes from it but animalism, destruction, hate. Why? Because this is how man came to the earth, created his environment which is just like himself - violent. Now, if at any time I say anything that any of you feel is not within your belief, say so.

Aud: The mass mind then has an idea of an anthropomorphic god and they too will have to find themselves, their mind.

Yada: That is right. Yes, it is, yes. The mass mind god is truly the false god, and the mass mind creates idols, create the graven image. It is said, the Christian God cried out against these graven images. The Golden Calf. Basically this is the story of sex worship. You have the calf which is the young of the cow or the bull. You have the rams and the goats. Basically, the Christian teachings are from Paganism which is sex worship.

Man, in ancient times, was like a young child, his thoughts were taken up with sex, the creative forces. He saw in the creative forces the greatest kind of god.

Then, came down to earth, great beings and gathered certain of these people together, the ones that were more awake, and told them the truth about what they had been imagining before, but did not have all of the truth. But their imagination had started them on the right path. But not knowing how to go about it, they got into many divergent paths and turmoil to abuse the forces. How else could they

do in their ignorance? So these gurus came and gathered more enlightened ones and told them the truth; that sex energies basically were cosmic energy out of which all is created and that there is a more creative way to use these forces than simply the animal pattern. By breath and conscious concentration you can manipulate energy and create form. Now any of the more advanced, even modern, yogans know how to do this. In posture, in breath, concentrated out-picturing of a form, they give it substance, with breath; bringing kundiline at the centers to the throat chakra and breathe out the energies to make a form, the lowest kind of form. But their methods - - there is a word for people who transmute - - ? (Aud: Alchemist?) Alchemist, thank you very much.

603

Anita: Yada, is sound often used for that?

Yada: No, they do not. This depends upon just exactly what is meant by sound. You see, there is sound and there is sound that is not sound. By that I mean to say that the human ear cannot record it.

Aud: These beings, the yogans, when they breathe out, there is a sound created here in the hollow of the throat, larynx. That is done when the aum.. sound is used properly. Breath is used with it. This is one of the reasons it is known as the Holy Word, the word of God. That is God.

Anita: Isn't there danger involved sometimes if used in groups?

Yada: Of course. And if a teacher uses this word in groups, he will know the condition of each mind in that group and he will know just how to use that word so as not to endanger anyone there. The true sage, who is the true master, is always aware of where the minds of his students are and never goes beyond. He lets the student learn first, then he goes a little more beyond.

Think, my friends, why am I saying this to you? Of what worth is it to you? It is worth this to you - to know truth is to have protection in the world around you. You get to know what the world is so you have better protection. One may say, "Who needs protection? From what?" Well, look around you in the world and you will know what. How can you miss? The moment you rise from the bed you have put your foot on the danger road, the road to violence.

Irene: After we have finished learning all the lessons we can on this planet, is it necessary for us to go to another planet to be aware of ourselves being the creator? Created?

Yada: Whatever planet we inhabit, that is the planet we get our physical growth on. Then when we depart from the physical world, we enter what appears to be another world. But you see, this is merely another vibration. We haven't gone any place, we have simply changed our vibration. Now this is the way space ships, which you see in your skies from time to time, which are really not there, they are only spots in your eyes! L A U G H T E R - This is how these space ships travel. They do not travel in directional motion, but they set up a vibration in which they appear to vanish. You have a similar activity in the ships you fly with the propellers. These can go very, very fast, to a point where you cannot see it at all, but if you stick your head there - - you know how solid it is. You know it is there, wherever "there" is. These ships do not fly away, they step up the vibration which causes them to rise beyond the pressures of earth gravity. They are no longer under the law of this world gravity. Now you will be doing this sometime. The scientists will be discovering ways to do this. Once these beings set up a certain kind of vibration that may bring them (instantly) in contact with Arcturus, not only the moon or Mars. They start a different vibration to get to Mars, to get to the moon, to get to other distant places. Now are there some of you here interested in that kind of thoughts?

Man: I have a question. In the last war, in shipyards, in Baltimore, Maryland, I read about it, where a whole ship just disappeared and re-appeared in a different shipyard in the United States. He claimed that the whole ship disappeared.

E. FILADELPHIA

Yada: I know of this, but it was hushed up, and the authorities are very smart. They knew that if anyone did say something to outside people about it (which they did; man certainly does not know how to keep a secret, heh? and he complains about the female), these authorities knew that they would not be believed so it didn't matter.

Man: It is too fantastic.

604

Yada: Of course. Look please. When some of these men and women that have spent many years in airplanes, ships in flight, what you call flight people on passenger ships - - (pilots?) - - yes, pilots on these big ships. These people have seen what you call space ships, but the authorities talked them into believing they didn't. They made fun of them when they said they saw saucers. They said, the authorities said, "That was because you were in your cups." LAUGHTER American people have the most interesting expressions! My friends, from the very first time that any of you make a discovery, there are always those who will deny you. Wherever there is genius there is the braying ass.

The real genius shows his genius by keeping still and going on with what he has discovered. A loud-mouth is like molasses on a hot day, it attracts flies. But here is something that to me is most interesting; these same people who tell all these different things, not only things that were shaped like saucers, but things that were shaped like all different things. These same people deny the words of those who said (and I have been saying for years) that they have seen spooks and talked to them. "Oh no you didn't, you are soft in the head. You saw spots before your eyes that had sheets over them." LAUGHTER All different kinds of spots before the eyes! My friends, then let us take those who do believe in communication with spirits. There are many of these that do not believe in so many other things. They pooh-pooh what you believe or what I believe. Then what can we do? All we can say and intelligently agree to is, that each of us have our own world and make our own world and what is in that world is real to us. If another happens to be with us when we are dreaming, he is with us in the same dream. Why argue, why fight? Did you see? That is all that matters.

I had the honor, years ago now earth time, of having audience with a man that had several years experience in the holy city of Lhasa as a Lama priest. One of the very few white-skinned people to have this. I was going to say honor, but if you were there you would doubt that, as a Lama priest. There are only a very few groups in Tibet, either in Lhasa or outside of it that are doing any real work today. And it is not because the Communists have gotten in there, no. They had gone, as you Americans would say, "to pot" a long time ago. But we are grateful for the few that are still doing the work. This man said to me, "I, in times of meditation and prayer, witnessed some of these Lamas rise up 15-20 inches from the ground while kneeling or while sitting posture, and float. Then he said, "I did it, the first time I was not even aware of it for several minutes. Then when I suddenly became aware of it, I came down on my prayer bones." You see, he became aware of what he was not accustomed to and what he didn't believe in until it happened. And then when it happened, in the moment of realization, he had no belief - belief had not taken place just like that (snaps fingers), so sudden doubt and fear jumped into his mind, in that instant, and down he came, yes.

PRAYER. The royal road to going home, for that is what meditation is. It puts you - aligns you with your creative self. But one would suppose that upon being able to accomplish this seemingly phenomenal thing, such as suddenly rising, he would have tremendous belief. Some of the so-called fakirs, are they what you Americans call fakirs? No, you Americans have fakirs, but you also have fakirs who are the real, the men with knowledge and understanding, and they not only know, but they know they know and are capable of these things - of what they do know - that the human being is not circumscribed by anything greater than their belief, by their acceptance to what they are told.

Lady: I would have a hard time believing them.

Yada: Have you ever tried to tell a truly hypnotized person that he can do that which he has been told by the hypnotizer he can't do? That's why it is so hard for you here now. It is not so much to believe it, but to be able to use it. Belief is nothing if we cannot use what we have to believe.

Lady: If we really did, all things would be possible, even now.

Yada: Of course. And then you know the story in the Christian Book about the man you call Jesus. Be as smart as the mustard seed. You can say to the man, "get thee hence" and it will get hence.

Now, this is not idle talk. It is also said in the Bible about the man you call Moses, that he had a great struggle with some people who were against the sea and felt trapped. And it is said that God realized the position that His people were in, so he did something about it. He said to the waters, "divide, separate", and He said to the people, "go" and they went safely through the sea. Now your scientists will tell you that this was only a little pond and that the breeze came up and did this! If it was only a little pond, why have even the slightest breeze to do it? They could walk across it.

Anita: This really happened, Yada?

Yada: Of course! And is this story a story that belongs to the Christians? Of course not! Did it originate with Christianity? Of course not. And when I say Christianity, it is not Christianity! The so-called Christian Bible is a Hebrew Teaching. There is nothing in it that is Christian. This isn't against it, I'm simply telling you it is not a Christian work. The man you call Jesus, in the book, said to His people who were the Hebrews, or the Jews - (Judaism is a religion, Hebrew is the nationality) - he said, "Go not to the Gentiles, leave them alone." Cast not your pearls before swine", he was talking about the Gentiles.

Aud: Then it was a big success.

Yada: Of course. The trouble is in telling the truth about this story, it can start in the minds of those who do not know a feeling of hate. And is there not enough hate in the world, not only for the Jesus, but the Jesus for the Gentiles; the Chinese for the American people; the American people for the Chinese. The Russians, the Americans - be against everybody - against, against.

Aud: There is a question pertaining to that, Yada.

Yada: Man has been fighting man. Truly he does not care what the other is, just as long as that other is not what he is, made him hate him. Why? Because he does not know himself, so he does not know another. Not knowing brings fear. We always fear what we do not know. Is it not true? But you, who are sincere students of life, you must come to see through hate and understand it for what it is. No matter what the noise you hear going on around you against a people, any people, know what it is. It is the voice of fear and the voice of fear becomes the voice of violence and death.

Irene: I have a question pertaining to that subject, Yada. Why are the Jews not liked in so many countries, as in Germany in the last war? I lived through that period in Germany. What is the real cause of this hatred?

Yada: Go back to your Christian Bible, so called, and you will find, that here these people were persecuted, driven around and enslaved, and it has been this way all through their time on this earth. You may say Why? Do I mean Jews like you have today? Hardly any of these are true-blooded, full-blooded, Hebrews. The Hebrews, the true Hebrew, is black. There is a man in your modern times who is one of the last of the real Hebrews - Haile Selassie - the Son of Ham. Is it not true? These people are a mixture that you have today and a distant mixture.

That which is called the Hebrew. There was a type of this race in my civilization. They lived in the mountainous regions. Some of them survived the destruction of the civilization. It was then they started to spread across the earth.

They kept in a band. They did not inter-marry for thousands and thousands of years. Those that did marry other races were ostracized from the band. But what of the people that are called, "Spanish" people? (Not Spanish, there is another name today for them.)

JEW

Irene: You don't mean Mexican?

Yada: No, the Basque people. They are not Mexican. These people originally had blue eyes and blonde hair. The original Basques were very fair people. They were large people, very big, like the Swede peoples, the Nordic people. It was only through inter-marriage with the Latin races that they lost their fair skin and fair hair.

Irene: Why are the Hebrews, or why aren't some other nationalities persecuted as these? This is the question that is asked here, "Why are the Jews not liked in so many countries, Yada? This is something that is predominately true.

Yada: You know my friends I am going to say something, well, I don't know whether under the circumstances, it may seem phenomenal, superstitious. Well, I do not know that it will sound any more phenomenal or of superstition because all of you sitting here know enough, how to judge the things I say, for yourself. **JEW**
I will tell you this; these people had a curse put upon them, a curse put upon them by another very separate race of people, who later came to be known as the Gypsies. Now these people, the Gypsies, also had a curse put upon them and they were commanded never to settle, to always, forever, as long as any of their kind lived on the earth. 606

Anita: Who commanded them? Who put the curse on them?

Yada: I ask my teacher, please. Yada speaks in his language. . . . Please to forgive me, I must not say. There are some things that are better left unsaid.

Anita: But there must have been a reason?

Yada: Oh, there was. There was a very vicious, a very heinous, horrendous thing done by these people, to a particular Gypsy race. Now you know in almost every country there are Gypsies, yes? And I think you also know that all of them have a similarity in their voice. Very few of them have had contact with one another. They have had other kinds of contact, mental, emotional. It is said in your modern times, the beliefs in the Gypsies that they are werewolves, that they are human vampires. Oh no, this is folklore in the minds of those who do not know.

Aud: I think they must be very psychic.

Yada: Oh yes, there is. The curse continues and will continue. In Egypt there is going to be violence, and in the country of Hebrews, Arabs, even though the Arabs are of Hebrew race. They have a strong link. Is it not so? But there is a hatred there. The Arabs are more like Gypsies, nomads. These are one of the people that had the curse put upon them because they are connected with the Hebrews. Gypsies, no matter what country they come from, have a strain of the Hebrew blood running through them in a way, to me at least, it is sad, sad that this should be; that any human being should have a curse put upon them, a consciously created curse. It is sad. There is a special kind of horror in it.

Aud: What you could call everlasting hell.

Yada: That is right, because there will be no escape from the curse, even though they pass into what you call the astral world. They cannot get beyond the three-levels of consciousness. They have to come back and come back. Out of this comes the story of the wandering Jew. There is no rest (Yada expresses sadness that that is so.)

THE LIGHT IS ONE, IS ONE, HOLY IS THE LIGHT. What is forever? When the curse was put upon these people it was forever, meaning until they have finished their time on earth- no more re-births. Then comes a new millennium. Remember I mentioned this word last night? And comes again the outbreathings of Brahma; comes a new world, a new matter world.

Anita: Does this mean a whole new projection?

Yada: That is right, comes up out of the creative mind - how wonderful - word, any word I use, sounds foolish in my head.

Aud: Yada.

Yada: Yes.

Anita: Remember you were talking last night about the seven principles? It brought to my mind what the statement in the Mahatma letters was if you have learned the secret of 7x7x7, then it goes into infinity, etc. and then about the seven

Rays too - we are being told . . .

Yada: It is very likely, Anita, that I do not quite comprehend what you are saying. This may only be my dullness, my lack of wit, so . . .

Anita: This goes on - 7x7x7 goes on into infinity. You talked about it last night a new outpouring, a new beginning. These Rays too, are they aspects of the all-creative force?

Yada: Of all creative consciousness, that is right, yes. It is like the octaves in music. These are all creative sounds into infinity. Infinity which comes back on its tail like a snake, the snake curling around and getting its tail in its mouth, making the eternal circle. 607

Anita: Could you tell us something about color, or would it be too much to go into now?

Yada: Much too much, should I start and not to leave off would only confuse. And something more, there are other things I think you should get to know before we speak out on that, because it is a very complex subject, and it is wise to have a more concrete background to understand it better. Please forgive me if I sound like I doubt your ability to understand. It is not that. It is that I know the complexity of some of these teachings. Let us go to what you call physics and the law of substance. Is there what you call matter? No. Can I discuss this with someone that has been told and told that there is matter? His very senses have told him this from the time he was able to consciously observe his environment. I do not think I would reach him. That one has to have a background in some other kind of thinking so he can comprehend what I am saying when I say there is no matter - that matter is simply a word put upon the activity of a condition called energy. Now, also, there is no energy, energy is a word! There is the nameless. The only way you can get any communication, any contact, any rapport, is mathematically.

Today in your modern schools of education, there is taught something called dimensions - in which the teachings do not even mention matter. These kinds of thoughts are in the field of very abstract thinking. And this is the kind of thinking that is going to be more and more in your world, because man is going to be dealing more and more with a very abstract condition called space.

There is a humorous song in your world and I have gathered it to myself for the time when I would need it, which is right now! L A U G H T E R It goes something like this, "You're nothing but a nothing, you're not a thing at all", you remember that?

Aud: Yes, of course.

Yada: And this is truth, you're nothing but a nothing. We are less than air. Air? A vacuum, is there such a thing as a vacuum? Not a complete one, not even in nature. Out in the most distant space, where there seems to be a vacuous condition, there is not. No matter the distance of space between galactic systems, there is still something there.

Irene: Yada, you spoke of the condition or the awareness state of the people in this time frame, of our coming more and more into the scientific understanding?

Yada: Yes, yes . . .

Irene: This condition, does it have an affect upon the size of the families? For instance, I have a question here that I think pertains to this:- When we conceive, is it by our choice or influence of an entity who wishes to re-enter? And if so, is this the reason for some in the Asiatic world having 15 or 20 children? Now, will this be the common thing or will we have less and less in the families?

Yada: The latter condition had better take place, and soon. Everywhere on the earth you had better start taking place. Man had better stop multiplying himself.

Irene: But will this have an influence on us, Yada?

Yada: Of course! Because, while I say he had better do it, he is not going to do

it, only when he, by some method, is forced to. Man is sometimes even worse than the animal. He breeds without thought of what he breeds. Educate people of the proper breeding and you will have less people in the world and fewer ignorant people.

My friends, there is going to come a time, unless drastic methods are used, when over-population of the world will become a much greater threat - it is right now - a much greater threat to the destruction of the human being than any other form of threat. I say this in all sincerity. It is so.

Aud: Our mental body has to be working in that direction and the emotional body more in control.

Yada: Is so.

Irene: I think the mental self is becoming more and more preoccupied with more scientific things. Even in the countries that we think of as being illiterate, they too are being educated in things that will cause them to think more.

Yada: That is right. And to use these creative energies for more artistic living. To greater steps of design, so that those who do live on and on, on the earth, will be going into space. Man is going out. He is not going to stop in the solar system. He is going to go on.

Aud: To greater explorations and the psyche?

Yada: That is right. And also will go out into outer space. He will discover an amazing thing - to him it will be - that the depth of space is the depth of the human consciousness. Many people, especially scientists and those who are interested and make a study of astronomy and mathematics and physics, these people have a tremendous feeling about what is called space. The uneducated mind thinks of space as being endless, endless, going on forever and a day. But that is not the nature of space. Creation curves back on itself. This means space curves back on itself.

Irene: Just a moment, Yada, I must turn the tape over.

Yada: Yes. Please, I wish to go on with this matter, but I want to leave for a little while right now.

Irene: Of course, Yada.

Yada: Just a few minutes. Soon I will be back.

Irene: Yes - turns tape.

----- * * * * * -----

Yada: I laugh too! All existence is built on the laughter of the gods. But isn't it strange that we, the created, never seem to know what they are laughing at. This is what brings tears to our eyes, we haven't the remotest idea what the gods are laughing at. I suspect that most of us believe they are laughing at us. L A U G H T E R Yes, we are the god's comedians and tragicterians, (If there is such a word - tragicterians). Especially is this true when we live in the lower consciousness only. Then we become the pawns of fate, the puppets.

Irene: As long as we believe the way we do, sometimes we don't even know that we believe in fate.

Yada: When you come to know and you know you know, it will not be a belief. You see there is quite a difference. When we do not know and we only think we know, we always wonder why our prayers are not answered. This sets us to wondering what the gods are laughing at.

Irene: I was thinking of something so different. I was thinking about the falling in and out of the three-dimensional body!

Yada: Well, you see something like this, but this is not the worst of it. Living in the matter world is not the difficulty of going into the Astral world. To simply be jumping from one place to another means nothing whatsoever, it is simply automation. Until we make this motion consciously, knowing why, there is nothing for us. We are no more than puppets.

Irene: Larry says, "Yada, can I do anything helpful to bring about the happiness I've been seeking these last six years?" Larry will you converse with Yada about this if he asks you?

G O R

SPAC

Yada: Now I am going to listen carefully to you, so you listen very carefully to me, yes? Thank you. As long as one is seeking happiness they do not have it, they'll never get it. Is it not true? Think about it, as long as you are seeking it. We get it only when we stop seeking. Now this may sound, in some ways, like a paradox, but in other ways like double talk. L A U G H T E R I like American expressions, "Double Talk" sounds better than paradox.

Now that I've said that, I ask this: "What do you mean by the word happiness?"
Lady: To know your own mind. Not blaming anyone else, being yourself more. Not to want anything. *

Yada: This is, pardon me, were you finished? I'm sorry if you were not.

Lady: I think so, I think that is my problem, I don't know exactly what I want either. I suppose that's the difficulty, I don't know what I want myself.

Yada: So, no one else can tell you. And why? Because you do not know yourself. So, if they could tell you, you wouldn't be able to know it, to understand it. Before we can get information of a usable kind, we have to be able to understand that which we get. This means we have to have some background upon which this information can be laid.

Irene: Some foundation.

Lady: How am I going to start?

Yada: You have been started for a great long time, since you were born, but you did not know it. You have not known it because you have not known what you meant by the word "happiness". I say "happiness" and I look around the room here and you can be certain each person will give you a different idea of what that word means to them.

Aud: That's right, that is the thing we don't know.

Yada: Yes. But you see how can one have happiness living in the physical world. Let's just talk about the physical world. How can we have happiness in the physical world when we do not know what to expect here? We often come to feel that we are what I said earlier, puppets. We are at the mercy of what seems to be an emotionless, indifferent puppeteer. A puppet at the mercy of the puppeteer whom we do not know. You see, the puppet does not know there is a puppeteer; any more than the human knows there is a God. We do not know it. They have no understanding whatsoever. They can not. How can I understand 2×2 is 4, if I do not know the meaning of the word four? So I say, "who can tell me?" The person that can tell me immediately becomes my "god", my source of understanding.

* There are some races of people in the world today that cannot understand any number above 2, 3 & 4, 4 is the limit. Does that sound strange? Of course it does to those of us who know better. Until the puppet can awaken to the fact that he is the puppeteer, he will go on struggling in the world of puppets and not know why or what is pulling him around. He is at the whimsical mercy of what he calls his fate. I'm not laughing at you, but in my own state of amazement of myself and what I went through. It took me a bit of time to awaken to the fact that I am the puppeteer. It is only then, that I stop jerking just to amuse myself, watching its inane motions.

Irene: We can't become aware that we are the puppeteer until we begin to consciously act consciously, and the more we act consciously the more we become aware that we are the puppeteer. It doesn't happen to us overnight does it?

Yada: Of course not, but it sounds easy doesn't it?

Irene: But it isn't easy.

Yada: When explained it sounds easy to those who understand the explanation.

Lady: May I ask a question?

Yada: Yes, please.

Anita: Acceptance and adjustment goes hand in hand and will lead to happiness?

Yada: Of course, that is right. If we do not accept and be willing to adjust...

Anita: No compromise.

Yada: Oh no, if you compromise, you are back where you started from.

609

Anita: It's acceptance?

Yada: That's right. Acceptance. It is intelligently thought out.

Anita: It does not mean cowardly.

Yada: Oh no.

Anita: Great struggling to attain that acceptance.

Yada: That is right. As an instance of this kind of acceptance, there have been great teachers in India and China and many parts of the world, real gurus in the highest sense of the word; whose physical bodies have been very, very bad physical structures, suffering dreadful ailments. Yet these beings have lived in those bad bodies for years and years, with pain racking them, and then suddenly their ability to rise above the pain. There is no one free from pain who enters the portals of matter.

Aud: A sample of self-mastery of matter.

Yada: It is so. Once one masters the matter world, one is free; but, like I said before, there is a price. Are you willing to accept?

Irene: I'd like to put forth another question, Yada.

"I have the feeling that I am more acutely aware of people and life in general than most people in my age group. This feeling puts me in a confused condition at times. Am I just imagining this feeling, or does it have some special meaning?"

Yada: I am stewing, would you have patience while I stew? Is there an age at which we awaken more than at another age? Quicker or better? Is there? what is it, at what age?

Aud: No age.

Yada: Exactly, and that is of no age particularly. It may be suddenly, a thing in the mind of one at a very small age - what you call "tender" age. Or it may not come to us until we are tottering. The age of tottering. Sometimes, if we live long enough we turn to it. In that instant, the instant before we (Yada speaks in our modern language) "sign out", "get off the stage", in that instant, suddenly, we get the Light. And when we do, we are always astounded, amazed of what we see. This is not what I have seen before. It is incredible that I have been looking at this thing for so many years, 50, 60, 70, 80, 100 years or more - and now someone is shining a light from somewhere on this thing, from a direction that I did not see a light before. Be prepared - Stay awake. And to do this kind of staying awake, you do not need to take a drug of any kind, nor take into your system coffees or tea. The beautiful thing about it is your wakefulness is natural. The age. What age are you lady?

Irene: This is not from a lady. Will you speak to Yada about your question?

Man: Thank you, I'm seventeen.

Yada: Seventeen. Wonderful. Now I understand what you mean when you say, "of that age". I understand, because there are very few, Sir, very few of that age who have any sense of wakeful awareness. And it is all right, because when you do get this state of wakeful awareness you get a pain with it. This is what I mean by the price.

Irene: He was wondering if he was just imagining it.

Yada: No, he's not imagining it, because it is not outside awareness that has amazed him. You are now seeing and looking at things, the same things - or so you think - that you looked at before, but now you are looking with the inside eye. You have a sense about these things that you did not have before. You have a feeling. Think of that. People say, "I feel this", or "I feel that" and they use this word very carelessly (we use so many other words carelessly, we humans).

FEELING. It is in our feeling world that we have rapport with one another; that we exchange these feelings through the feeling called love. Think of that. LOVE IS NOT A PHYSICAL CONTACT. This thing called "love" comes to us, (and I mean between man and woman, I mean that kind of love right now) when it is real, it comes before there is any physical relationship very often. The physical relationship then comes to bind it and to give it life, energy to grow. My friends, the seeking of Truth is a personal work. Do not concern yourself with what others...

or what any other age thinks. You are the seeker. Seek and do not be afraid. Walk carefully as you seek and should you discover that your light is to be bright, then be careful how you shine it in someone else's eyes, because it may only blind them and cause them to attack you in fear. You know when one is asleep, the deeper in this sleep they are, when you awaken them suddenly and put a light in their eyes, they do not think you are doing it for their benefit. They will bite you and kick you and beat you! The human still has the animal in him, the very vicious, vicious animal.

There is no animal that is as vicious as the human when he is vicious. None. Because why? Because the human animal has the power to do something that no other animal can do, that is become personal. That is a shocking thing, because he becomes personal with your body and your mind and he will kill you. He will vampirize you.

If you know you are different the best thing to do, is not to let another think you are different. Keep your light cupped. If you want to share it with one who you feel is stumbling in his sleep, then put your hand over it as you approach him, just a little light, because he has none.

Aud: Unless he asks for it.

Yada: That is the time. But even then, still only give him a little, until he becomes accustomed to it; until it penetrates his mind and causes him to ask himself, "What's holding that light?" "Where did that light come from?" Instead of that, it's quick - with the claws and teeth and fists. But if you give a little, you give him time to wonder. He is not startled, not frightened. He is simply pleasantly interested.

Aud: His interest is aroused.

Yada: That is right. Thank you for expressing it in that English word. That is exactly what I meant. You see, my friends, how could I teach without you, how could I do it?

Irene: On the bed, Yada, is a very sweet baby (Horace & Doris')

Yada: Yes, I know, I have been there with it several minutes before I come back to take Mark.

Doris: Thank you, Yada.

Yada: You are looking so very well, the mother of the child.

Doris: Thank you.

Irene: The father does not look bad either.

Yada: Well, I was coming to him, but you pushed.

Anita: It is that little boy you helped Doris with, Yada.

Yada: Yes, I know. It is good healthy child, mother, how do you feel.

Doris: Just fine.

Yada: How wonderful. Listen to those words, "just fine". Is there a greater word than health? For when the mind is free from the torments of the body, you can at will go and have communion with the Light. But it is very difficult to do anything, to go anywhere, when your mind is held by the torments of the form.

I spoke earlier of great gurus, great teachers, but I am not speaking of those now. I am speaking of the ordinary human being, who is not really ordinary but believes himself to be, struggling in the world which to him is an unknown quantity.

To change the subject (but not too much), I speak to this gentleman here, the young man. My friend, whatever you do in your seeking, please keep this thought in mind; you are living in the physical world. It must be so to you who live in it. Keep yourself bound. Do not wander aimlessly, keep yourself bound. You are going to be making a living in your world. This means you are going to be a money seeker. As long as you live where it is necessary to do this, you must have a mind that will be sharp enough to do it. Stay where you are. When you wish to go into other realms of thought, go, take your body where it will be away from harm. Do your studies alone. Think about what you study. This is called assimilation and digestion of mental food. Go where your heart and mind move you to go. Associate with those with whom you feel comfortable, with whom you know love you and trust you and you love and trust.

Irene: It is only natural that we have to, at times, seek out people who have a similar understanding of life, but it is difficult to find them, Yada.

Yada: It is so, and when we associate with them, then it makes it safer for us, for ourselves to associate with those who do know, because we get to know them better through those we know.

Anita: This fine young man will not be lost. He has a very kind brother-in-law he can turn to. 612

Yada: Keep faith in yourself, in your feeling of life. Do not permit yourself to be frightened about your judgments. If you have any doubts, turn to those you trust and you will fare well. That is what humans have friends for. That is why there are so many of us in existence who need one another. (Man could not find a greater consciousness in existence than himself.) When he first came awake from his animal state, wherein he did not know he was an animal, he was an automaton. Then, suddenly, he got the Light (suddenly meaning millions and millions of years). By his experimentations in building different forms to live in, he finally came to the thought of the form of a stick with a ball on top. LAUGHTER And then he started to sing his hallelujahs, but not before.

Irene: Can I give you another question?

Yada: Yes, please.

Irene: In the first chapter of the book about the Magic Bag, it mentions the existence of two states of consciousness. Why the two separate states, since we were all created equal?

Yada: The Bible tells you of the fall of man. Question - did he fall by himself, or was he pushed? LAUGHTER. Knowing the nature of the human, I feel that we feel he must have been pushed! Meaning, we didn't do it, somebody else did it. Gods, devils, or our next door neighbor, but not me - I didn't do it. There are not two separate states of consciousness, but you hypnotic, hypnotically suggested different world. I make myself a world which is a different vibration than ever before. Now I am the Creator, I am. I create always in my own image and likeness. The higher consciousness of me said, "No don't do that, you'll be sorry the day that you do." But I, this creative desire being upon me, haunted by it, I had to create, I was in that state of consciousness. I did not ask the price and I would not have cared had I known the price. I could not have stopped, because that is my nature to create. So did I fall? Am I, man, a sinner? Of course not! I acted according to my nature. Oh, my friends, how is it we can torture ourselves with guilt over something we did not do and we do not do. We do what is natural for us to do. But then there are a certain number of us who become ashamed, because we do not know what we are doing, and in not knowing, we get guilt feelings. Anyone who creates a god, immediately gets a guilt feeling, because he knows gods are always superior.

Irene: He is condemned if he moves.

Yada: If he moves. Oh yes, he is immediately condemned. Any action that he takes will be evil, any action at all. So the Christian God is saying to you, "Man, how dare you live, how dare you."

Irene: We do not see that we created this condition that we would be chastised, you know, Yada.

Yada: Of course not.

Aud: And it would be just moving to the next step up.

Yada: That is so. Look my friends, would you not think that the human being, if he is as great as I say, (and I'm certain many of you sitting here believe him to be) wouldn't you think he would have seen through this fish net of false concepts. It's as sheer as the best grade of silk.

Again I go back to your Bible and hear the man Jesus say, "I come not to bring the world peace, but a sword." Do some of you remember that? (Yes) The sword of what? You see, the disbelievers, they attack this and say, "You see what kind of a God you have? Same old story, raging crazy god, always wanting to kill. But this sword is a sword to cut away, to cut down the dross in us, the lower consciousness;

to cut it away so we can see. It is a sword to attack the enemy, the lower consciousness.

"I go to prepare a place for you. In my Father's house are many mansions, I go to prepare a place for you." Does it mean Jesus went to prepare a place? No. But Jesus said whatever died on the cross, it must die, if the Christ is to go and prepare a place for us. For the Christ is the Light and the Light is the Eternal.

T.A. Irene: It is in me - it is in all of us.

Yada: Of course, of course. 613

Irene: Yada, another question. "If nothing has a beginning or an end, where did we humans get that idea from?"

Yada: Remember, I spoke a little while ago about there being no vacuum anywhere throughout all nature, which means there is no beginning and no end. Now there is a vacuum, the only real vacuum to be found anywhere, is in our head!

LAUGHTER And the moment we recognize that that vacuum consists of endless things, then we will see that there is no vacuum.

Irene: Leaves that sky black and blue.

Yada: Yes, yes, my friends

Irene: Anita, will you talk to Yada about that.

Anita: Yada, Mrs. Snowden introduced me to this medication. I am anemic and this is a liver extract, comes in a vial, a tube.

Yada: (Talks to his Teacher) I will take a moment to discuss this and then I will bow out please and have my Honorable, Dr. Nikkioi come.

Anita: All right.

Yada: For I know the hour is not growing shorter. It has been growing longer for quite a while and now it is growing shorter. Strange, heh? Time grows longer and longer and then shorter and shorter!

Irene: Yada, there is quite a bit more tape and there are a few questions here that I feel perhaps

Yada: Excuse me please, I do not think I can take these questions. Please give me the other one again.

Irene: If nothing had a beginning or an end, where did we get this idea from?

Yada: Because that which is called "time" lends that appearance of beginnings and ends. Now what does that mean, "by the appearance" of it? Because the only appearance of time that you can have is motion. Something in motion is something called matter, or energy, or anything you wish to call it. This is the only way you can know about time, is it not so? Is there anyone here who knows a better answer than that? I always look for better answers. No matter what I think I know, perhaps somebody else knows better and I'm in the process of learning too.

MOTION. The way motion is, what you call three-dimensional motion, the human being gets the sense that things are melting away and being recreated and then melting away again. In one sense of the word it is true that the matter world is materializing and dematerializing out of the body of Light, the Eternal Light of Creation. This is where the humans get the thought of beginnings and ends. It looks like a child is born; it looks like he stays. The time goes on and on and he gets older or longer and longer in the world, when in truth, his time is getting shorter and shorter.

Aud: Amazing.

Yada: That is right, amazing! And imagine how we can, we who feel the urge to know a little something of life, how can we not be amazed when we begin to find what we are looking for? Beginnings and ends take place in our heads, yes. We believe in beginnings and ends.

We take a seed; we put it in the ground. A smart farmer goes on about his business after he sows the seed. He knows that he has sown it in proper soil and so he goes on sowing, not looking back at each seed. Now the foolish farmer, everytime he drops a seed in, he comes back after a little while and digs, digs, digs, and says, "What are you doing down there." LAUGHTER "You are wasting time, come on, come on."

You know why the butterfly becomes such a beautiful creature? Because not a butterfly, but a caterpillar, his mind is so concentrated with consciousness that he does not think of anything else. This makes a perfect being a caterpillar.

Yrene: This is happiness.

Yada: This is true. Oh yes, this is true happiness. Then comes a time which turns into a grub. You know the grub? (Aud: Yes) Now in this state involved with being a cocoon, it doesn't care about anything else and is interested in what it has been or what it is going to be.

This, again, makes a perfect little grub perfect. Now you can take the grub and cut it open and you see nothing at all that looks like a caterpillar that has been, nor a butterfly that it is going to be, nothing at all. It is a colorless liquid. Isn't that amazing? Amazing? But it is all there, the being of the caterpillar and the grub. The blessed triune is right there. Then suddenly comes a time when out comes this little magic creature from a magic bag and a cocoon, it lives, butterfly consciousness, perfectly. So all it needs is one day that is all it needs, one day. It is eternity all the time needed to become that which it always was.

Now, I go to the oak tree, big. But something very strange, I only put a seed down there, where did all that come from? All that substance - I look up at the masses. In one of its stages of growth, I could have taken my little finger and pushed it down. Now, ten thousands of me it would take to push it down, or to hold it. That's real magic. Magic - in that little Magic Bag called the acorn, the whole forest.

An eternity of forests, because in the Light there is a symbol which in an English you call tree. As long as there is that symbol of tree in the Light of creation, trees will flow to the earth. As long as that symbol is there of man, the form of man, will flow to the earth. Destroy the symbol and it will be the end of that species. Look, I think it is time I withdrew.

Yrene: I have some more questions left over from last night, Yada. Why are some people left handed? Does polarity or incarnation from a different planet come into this?

Yada: No, no, it is a condition of the brain which is also a condition of the nervous system. Now there are some people who are not really left-handed that have learned to be left-handed. Their parents or helpers have not seen to it that they became that which they were, right-handed. But there are some people that are left-handed by the patterns arranged in the brain. These you must not try to change. It is natural to that person. To the ones it is not natural to, you are likely to find other disturbances within that person, other emotional disturbances. If you can become successful in changing a real left-handed person to a right-handed person, he will have emotional disturbances that he would otherwise have had. Now I can't tell you how to go about learning this, but you can learn it and what to do about it in your world.

Is there any reason why more people write with the right hand than the left or vice versa?

Yada: It is by adaptation to conditions in the brain. I do not know if I have any more to say, Yrene.

Yrene: Thank you, it is my joy.

Yada: Thank you very much.

Before I depart, I wish to say your baby, Horace and Doris, is in good health. Keep conscious of giving it proper food, proper rest, proper thoughts, and in rest and it will continue to have good health.

Yrene: Thank you.

Yada: Please to pardon, I will leave so that my Honorable Colleagues

may see me. All right?

Aud: Thank you so much Yada.

----- * * * * * -----

Dr. N.: I am Dr. Sukuto Nikkioi. I am now in your home.

Anita: And we are so very glad to have you.

Dr. N.: Thank you.

Anita: Maybe you heard what I said to Yada about this medication, a liver extract, to be taken orally, and I would very much appreciate your opinion on this.

Whether it would be advisable for me to take it. It can only be obtained in Canada, you can't get it here.

Dr. N.: It will certainly not do any harm. Would do you very much good. But you cannot get it here?

Anita: I could have someone to get it for me from Canada.

Dr. N. Do you no harm, do you very much good, yes.

Anita: How about Vitamin B 12, should I take it in addition to this?

Dr. N. Yes, Vitamin B 12 is one of the most remarkable substances for the human body. It helps keep the body's infections down.

Irene: What do you think of yeast.

Dr. N. Yes, it is very good, but has some qualities to yeast that if the blood is not in good healthy condition, you could have some difficulties.

Anita: It has the tendency to form gas.

Dr. N.: Yes.

Irene: I have been advised to take it and I don't know.

Dr. N.: In what form are you taking it?

Irene: Powder. It is in the other room if you want to look at it.

Dr. N.: How has it affected you until now?

Irene: I haven't had any ill affects from mine, but I understand there are many different types and some of it doesn't seem to agree with some people. This is my first experience with it and

Dr. N.: I know what you are taking, I have already seen the container. I think it is very good. In fact, I have seen it, not here, but with Mark in the hotel.

Irene: Oh, I wasn't there then when you visited.

Dr. N.: No.

Irene: When I asked about it, I was doing so in Anita's behalf, whether it would benefit her also, because - - -

Dr. N.: I think she had better indulge in the other and leave that alone for the time being. In short, do not mix the two.

Irene: I have some questions, but I think they have been answered. I think the Doctor should, if he will, answer this, "Am I correct in presuming that the physical condition of my husband is caused by raging tempers and jealousies, and things of this sort"?

Dr. N.: I think the husband's condition, his physical condition, causes his uncontrollable rages and temper, and not the temper that creates the condition. Do I speak clearly?

Anita: Then this condition has been with him all these years?

Dr. N.: As long as one suffers the way he has within himself. This man has never been very well physically. So now, with the passing of time, he has grown worse and this sickness may very well have caused his temper.

Irene: This is another question the same person has asked.

Dr. N.: Pardon. I do not have a great deal of hope that he will be in the physical world for very much longer. (Talking about Mr. Snowden)

Anita: She sort of expected that, Doctor.

Dr. N.: And he will be considerably better off. My friends, so long as you cannot attain to what you think you should have, do you not think it better that you let nature move you into a better condition. Be not afraid, be not afraid.

Irene: Doctor, you don't come often enough to remember to hold on to my body, do you?

615

Dr. N. There are times when I feel the need to talk loudly and other times when I think I am talking loudly.

Irene: Yes, I know, yes, I realize this. I would like to ask another question. Could my bad curvature of the spine with the extra vertebra have been caused by a former-life accident? (For Mrs. Snowden)

Dr. N.: No. It is a birth accident. Is the person . . .

616

Irene: Yes. Would you talk to Dr. Nikkioi about your spine?

Mrs. Snowden: Yes, Doctor, it's a very bad curvature and when I was at the Mayo Clinic a few years ago, they showed me the xrays with the extra vertebra which caused this terrific spinal curvature. I was wondering if a dream that I have had from childhood, over and over, that I was falling off of a cliff, could have happened in a former lifetime. It was interpreted by a medium that it could have happened in a former lifetime. And then in something that I read - a book about reincarnation - I wondered if this could have happened in an accident?

Dr. N.: What is the body? The body first is a thought in the mind of the creator. It is very difficult for me to speak this way, because an honest man cannot be devoted to both medicine and physics in the physical world. But never mind. Biology. Now in all of these things are there only one substance or substances called genes and chromosomes?

Now, how do these things make one what they are? How? Is it simply chemical action? Or is there the thinker there putting his ideas on chemical plates, blocks, and moving them according to his feelings about himself. This is the way we bring back from one lifetime to another - we impress the mind, the mental self, impressions. The genetic pattern makes them. It may very well have been that such an accident did take place, but you would suppose the fall would have knocked off a vertebra instead of adding on. Now in the accident, the mind - before you died - the mind marked what was lost in the accident and what was lost was a vertebra. So in the mind, it kept this thought of vertebra, vertebra, I am short a vertebra. The brain is very much like the modern computer. It can only record that which is fed into it. Same with the brain. The mind retained this thought that was fed to it in fear. You see, the unconscious self knows everything, every little stick, mark on face, known on body, is known to the unconscious self - there is a story about it. It is kept very busy.

Irene: That gives us also the marks in the palm of our hands.

Dr. N.: That's right, that's right. There is a possibility that this is what happened to you. Also there is the possibility that the mind had another thought, it remembered having an appendage, tail, and wanted to hold on to it. I do not think that it is a too painful thing, do you?

Mrs. Snowden: Well yes, it gives me a great deal of painful difficulty. I can't bend over.

Dr. N.: It gives you pain?

Mrs. Snowden: Yes, it often does.

Dr. N.: That is bad - sad, have the doctors suggested anything?

Mrs. Snowden: Yes, they suggested surgery a little later on. What would you think about it?

Dr. N.: Between us, I do not like to think of it. LAUGHTER For 40 years I practiced medicine in Tokyo and little by little I came to realize that I was doing practically nothing for my fellowman. I came to realize that I knew nothing about the body or about the mind. In those times I did not separate the two, body and mind. For 40 years I experienced people coming to me, some being brought because they could not bring themselves in such bad condition was their body - mangled by very violent accidents.

These people, their appearances, and my examination of them said that they would die, that they could not possibly live. But they did! Not only did they live, but some managed to rub away all their scars and made it possible - as though nothing had happened to them. And then others, who came to me said, "I am going to die", but all my examinations showed nothing wrong with them whatsoever, but they

died, just as they said they would. Is this not enough to make you want to go? What madness, I said to myself, what is going on here? Whose doing is this? I became, in my mind, like a Princeton fighter. I have operated on people and put them together again in quite a different way than nature put them together, and I was amazed, looking at this operation later, that the body was functioning just as good this way as it had the other way.

Man: Doesn't make sense, does it? 617

Dr. N.: It does not. So I locked my office in Tokyo, I threw away all the witches brew and decided to go and seek something that would say, "Life is a sane thing."

Anita: Is that when you decided to travel?

Dr. N.: I did. I went to most of the world. I lived here in your country.

Irene: In New York City?

Dr. N.: And San Francisco, Long Beach, many places and here in Buffalo, New York.

Irene: Did you come to any satisfactory understanding? A reasonable satisfaction, not of course, full understanding, because

Dr. N.: I had to accept something, though nothing ever seemed to completely satisfy me. I had to agree to an agreement. I wish I could tell you that I know, but I can't - not and sleep.

Irene: Doctor, how did you meet up with the Inner Circle then?

Dr. N.: That is a very long story.

Irene: Sometime, if you don't mind telling us, I would like to have you tell us.

Dr. N.: I will. And not only that - am I talking too loud? (Aud: No) I will see if I can get the rest of the Circle to tell how they came together.

Irene: This is wonderful. Some of them have told us a little bit, but because we feel very close to you people, we would just love to have you tell us about these things.

Dr. N.: I think I had better go, because before....

Irene: Yes, I know. Thank you for coming.

Anita: Thank you Doctor. It has been very nice to have you here.

Dr. N.: I wish to thank you and if you do have the operation, which I feel you should, may I attend? (To Mrs. Snowden)

Mrs. Snowden: Yes indeed, yes indeed.

Dr. N.: Thank you very much, but only if you will promise me not to tell your living surgeon that I'm there, laughter - or they may not let you get up. Either that, or they may not perform the operation!

Irene: You attended my operation and they didn't know anything about it.

Dr. N.: And you have been very, very

Irene: I certainly appreciate what you did for me.

Dr. N.: Thank you.

Anita: Thank you for being with us, helping us.

Dr. N.: We could have no life without you. You are helping us, give us reason and purpose. You be of good cheer.

Aud: Thank you Doctor.

This is Irene Probert speaking. It is Saturday, July 4, 1964. We're in the home of Alfred and Anita Ganschow, Buffalo, New York, attending a deep trance lecture by Mark Probert and the Members of his Inner Circle.

Yada: Senas et Seneha, Ena Yada Di'Shite. Agnotchi.

Group: Good evening, Yada.

Yada: English, huh? As you Americans would say, things are muddy enough without having a language you do not understand, huh? No, I was saying this man, Seneha, man in San Diego, had from you a letter, humorous stories (Mark had received letters from Ed. Schultz with jokes in them.

Irene: It was some time

Yada: You just think it was some time ago.

Irene: I had more but I didn't have time to give it to him.

Yada: Very nice, for laughter is a great necessity for the human being. Without it, he starves himself, almost more than the lack of love. To be able to laugh can keep you alive when nothing else can do it. And you know, my friends, when we make a joke on ourselves that's when its better. That is so.

Now we come here to this home for a little hour, we of the Circle are most grateful to be invited here.

Anita: We're happy to have you. Yada, very happy.

Albert: A great privilege, Yada.

Yada: Thank you. Now if you will extend that appreciation of life to yourselves, I would appreciate it much more myself. To give love is one thing, but to give it to yourself is even more, because the more you can consciously and understandably give love to yourself, then you have much more to give to others. But the frustrations of your daily living cramp your feelings of living. Yes, you limit yourself because you get these pressures, you get guilts and shames and anxieties and worries about this and that. Pretty soon you have no appreciation for yourself.

Many, many people die at their own hand only because they suffer the disease of lack of appreciation for themselves. This is what starts persons into depressions, states of moodiness wherein the personality draws itself inside, tries to hide, wants to crawl off in a corner and hide. It gets tired, it gets weary. Everything becomes monotonous to it; monotonous patterns everywhere. They lose faith in themselves. When drawing within is not enough, they kill themselves. Sad. Very sad. Do you have here in your country, anywhere in your country, a place where a person getting into depression can call for help? Ed. S. Yes there is. They can call a certain number by telephone, New York, Chicago, and a person responds.

Yada: Should have in every city.

Irene: We have in San Diego.

Yada: Should have more in the coming years, because in your civilization advances in material knowledge it falls behind in spiritual and mental knowledge.

Ed. S: Yada, the strange thing is, the person who was running this thing, she, herself, committed suicide. I forget the city, but it was in the paper.

Yada: I suppose, considering that, we should say, "Well, what's the use? Let's let life alone and let people alone and let them do what comes naturally for them to do, including suicide." But you see, if I did such a thing as that, let go and leave people alone; have no interest, no pity, no compassion, I too would commit suicide. I would be driven to it.

Now suicide is not always, by any means, killing the body. It is very often something worse, killing the spirit. Many people think that when one dies here in your physical world, when they lose the physical body, that in the next world they are safe; they got home safe. Ha, ha. I know an American story about this. Later I will tell it to you. Very interesting, very fascinating.

But the truth is, my friends, that there are many suicides who commit suicide in the astral world. Then you must think where did they go from there? What went from there? If the spirit goes from the physical body into the astral world, if the spirit is the body that one exists in, in the astral world, then of course. And if it is possible for them to commit suicide there, then they must go into a higher realm.

If that were so, then the whole human race, when they caught on to this, would commit

G18

HUMOR

S.E.

suicide. But you see, it is not that. There are ^{DEAD} people born in the astral world, before they become born in the physical body, committing suicide in the astral world, is throwing yourself for a period of time into a state of total oblivion. Now, as no such state actually exists in the mind of the individual, you can see it doesn't hurt the astral world to have a person commit suicide. But it causes a lot of extra work and, of course, increases employment because you have to have guides and caretakers and watchers over these people after they have withdrawn so deeply within. You have to have somebody there to guard their mental body and see that it is not misused by other beings who know some laws in occult work and metaphysical work and they could take that sleeping one and use that body for their own particular ends. Yes. The negative side of man does not drop off the moment his body does.

Anita: Does this sort of thing happen quite often, Yada?

Yada: Oh of course. Just as often as over here. There are many people in your physical world who know how to capture the minds and the spirits of living people and make slaves of them. You do it right here.

Irene: Yada, Ed Schultz has a couple of questions to present to you. This is a very apt time if I may say. When we here, members of the audience have passed on to the astral world, will we continue to have the opportunity to listen to you and the teachings of the Inner Circle, and if so, is this privilege likely to continue even after Mark and Irene have also passed on to the astral world?

Yada: You know, my friends, there are some questions that almost forbid answering, because they are of such a very private nature. Pardon please, I do not mean that you are intruding on ground where you should not. No, of course not. If we are sincere with one another, if we truly have love for one another, we can never feel that we are upon one another's privacy at any time. When we find that another is trespassing, then we do not let them know it -- though they may know it, we know the nature of their trespassing. They may not be aware of the nature; they only see the surface of their trespassing, such as, "You are on my property." There is something bigger than that I would see and so I would not approach them in any hurtful way. I would invite them to trespass further, and at the same time, try to get understanding as to why they are doing it, from them. But.....

Ed. S: Yada, may I say, one time on a tape we heard you say when you are teaching like this before an audience, that at the same time there are many astral people listening to you, astral and physical, they are coming and going. We wonder will we have the same privilege when we get over there?

Yada: Yes, of course. Perhaps not from me. Perhaps I would not be there as a teacher and perhaps I would, and perhaps not, under the same name or title as I now use. Titles belong in given realms. Now there are many people who have attended our talks who have gone on into the astral world, both very young, and quite elderly people. They have all come to listen to talks by many other beings, and from us occasionally. But we did not use the names we use when communicating with you here on earth.

Many people have asked me, "Yada, will I see you when I meet you, when I pass from the physical world?" And how can I say no? How can I say that? Because, you see, you see me in an earth way. You see me as Mark made a picture of me, that is, those of you who have seen a picture of me. But in the realm where I exist, I do not look anything like that at all.

Irene: But each one becomes aware of the other because of the state of awareness they are in. If I don't have an identical awareness as yours, I would not be able to recognize you.

Yada: This is so. And more. But in the same more I may say that in the way you emotionally look at life, it could, what I am going to say could lead you to the thought that I am making big for myself - what you call

Irene: No, we're justing different.

Yada: Busting?

Irene: You mean boasting, Yada.

Yada: What you call brag. It is simply this, my friends: I live in a world of the formless, I make a form according to what I think is needed of me, anywhere at any time. I came only once to the physical world I came knowing and I left knowing. I had a short period of time during which I experienced the vacuum in the head which is what

every human being experiences at one time or another. Then I regained memory of my true nature, which is no greater than yours. It is the same.

And shortly after that my physical body was destroyed by a quake - and when I say a quake, really I mean a series of them that destroyed my civilization and put that section of the world, where my civilization existed, in a period of darkness that lasted for months. Total blackness, the kind of which even the strongest light could not be seen at any great distance. Making light with wood and the sap of wood, the fire would glow dully in the dark, pitch black.

Occasionally your world, your present world has known such blackness, certain sections of it, for a few days. But this one endured for months. Occasionally in those months, the blackness would be lighted by fire in the sky. To those who lacked education regarding the nature of space, they thought that the sky had fallen down and that's what brought the blackness. But it was a change in polarities of the earth.

Irene: The earth's poles had changed?

Yada: Magnetic poles. The magnetic poles changed and this brought darkness in my part of the world and it brought the death of some 80 million people. I was one. My body was crushed by a huge stone from my temple.

But I was taught. I was awakened to what matter is, both my physical body and all other kinds of forms around me. I was taught that this body is principally breath. So I concentrated my spirit body, my mental body, seeing my physical body lying there. And when I say lying there, it was mashed there.

To the physical eye it would have been very bad, but it was not bad to my eye. My training had prevented that and I drew in the energies which this body, this physical body was made up of, I drew it up in me; thereby taking it with me. Taking what? My body? No. my energies. The body is a form, yes? I took my body as pure energy/breath. You break down a cell and down to its final constituents and it is breath. Do you want to debate that with me?

Ed. S: I wouldn't because I think it is true.

Yada: E grati ya. I am pleased. But on the other hand, I am sad because I feel in an argumentive mood tonight.

Ed. S: We also make much of breath for that purpose.

Yada: Yes, yes. but in your part of the world, and you know, my friends, not only in the western half are things not known about the Inner Teachings, but most of India, of China, most the people of these places, most of the people of the Far East, they do not know any more about these things than you do in your country.

Irene: When a person comes from India, it doesn't necessarily mean they know about the Inner Teachings.

Yada: You see, in some ancient times, and there were many ancient times, many beginnings for man on earth, but largely speaking, like I said last night, man has come and gone from the earth five times and he is now on his sixth run. Yes, the race is on, the race-race. And you know, the only one that is going to win is the human race. Now, every peoples of all colors should hear that because that is the only one that can win, because that is the only one that is running, is the human race.

I know that many people have taught that we humans descended from monkeys and we started out as monkeys, as the apes, what you call those others? the chimpanzees. No, it looks to me like you are now going back to it. LAUGHTER. There is much more monkey business today than back then! Back in those days, true, man did look like a monkey, but today he doesn't look like a monkey, he only acts like one. LAUGHTER. But to get back to myself, which is what all of you are going to have to do sometime.....

Irene: You are being funny, Yada.

Yada: I feel funny. It's a good American word - funny.

Irene: It even sounds humorous, doesn't it?

Yada: It sounds funny. I had completed what I came to the earth to do. What was that?

To get earth experience. Many people, not yet knowing my story, have asked me why I come to earth. They thought I could tell, I could know in their minds that they thought I was going to tell them something real - - - what you call?

Ed. S: Grandiose?

Yada: Yes, grandiose! You know what is grand beyond words? Life. Life - there is nothinglike it. you can be sure of that. There's nothing nearly to compare with it. No thought, no idea, because it is all (ideas), all things.

S.E

Life. Love it. Live yourself. Wonderful! Live yourself But you cannot, and I cannot, do that if I am afraid of myself.

Going into the astral world, you may be through with me. You may attain a state of consciousness where you no longer need such as me. It may be that you will have found enough of yourself to get along with yourself. So you do not need a little Yada to help you. You have had a little Yada. Now you will have found yourself. Perhaps you will do it before you depart the earth; and I feel if you possibly can, it will be better than waiting 'til you do go because it is difficult. it is more (difficult) to learn in the astral world than it is here in the physical world. Do I hear anybody asking why?
Ed. S. We were thinking it. 621

Yada: Laughs. Think about here on the earth plane. Have you not often said to yourself. "This is very hard to learn. This or that is very hard to learn." In fact, it is very difficult for one to keep their attention upon one thing for three to five minutes - just that one thought. Keep the attention on one thing - not five minutes, but three minutes, exclusive of all other things. Can you do that? Very difficult. It takes practice, much practice and tremendous amounts of patience with yourself. It is needed, great amounts of wanting - to be quiet.

Most of the western minds, the trouble in meditating is that they haven't the patience for it. Most are in such a constant inner sweat to be on the go that when they do hear about meditation and its physical value and they start practicing it, this is the way it happens and why they fail: (Yada - gesturing, squirming, scratching) half a second, next to the half a second LAUGHTER FROM GROUP.


Yada: You see, the body is not itching by itself. There are thoughts uncontrolled - thoughts in the mind that irritate the nerves, cause little sweatings to go on and to irritate the surface nerves, creating acids, these little bits of sweatings, by impatience.

You have what is called in your world a machine that tells people whether they are telling the truth or not . . .

Irene: A lie detector.

Yada: Yes.

Irene: It's not very accurate, Yada.

Yada: This I do not know. How much of life is accurate? 

Irene: None.

Yada: So you cannot expect a machine to be accurate.

Irene: The only time that anything is accurate is right now and then it changes the next moment.

Yada: That is so, that is so. How are these things operated? By little changes in blood pressure, in muscle expansion and contraction, in unnoticeable amounts of perspiration. All the time you think you are going to fool the people who give these tests, but if they know what they are doing, they cannot be fooled. Now do you want to truly fool them (the machines), and to fool the people too? Then learn patience. Be not afraid of anything for it will make you sweat; the thoughts of things make us sweat, thereby exposing us to the glaring eyes of those who claim innocence.

Learn to meditate. It is easy if you will conquer your nervous system. The first thing you must learn is to relax. Practice relaxation. Practice, "All is well with me", no matter what someone else said to you about you. What about what you say to yourself and about yourself. Do you believe that? That is what is important.

Many people roam the world looking for what they call happiness. Each one of us has a different idea of what happiness is, but take just one person with their particular idea of happiness. They can find it - but not by looking outside of themselves, for that is not where happiness can be found. In fact, the moment you look outside of yourself, you are in misery, because you are looking at the illusionary world, a very hell world, not that it is by itself. In fact, nothing is anything by itself, because there is nothing by itself.

* All works depend upon all other works. All people, individually, depend upon other individuals. Nothing stands, walks, or sleeps alone. Nothing. Everything is in action and if we realize that all action is for our (growth), for our benefit, for our education, then we will never feel guilty about anything.

Most people who suffer insomnia are burdened with guilt feelings. They may not be aware of it because some of your most educated people in the world have been poor sleepers, some of the nicest. In fact, I have found more so-called evil people who sleep better than many good people because these evil people are certain they are not evil and the good people are certain that they are not good and this is what keeps them awake. 622

And why are they so certain they are not good? Because they have been conditioned and have conditioned themselves to think that way. The conditioned mind regarding good and evil, has them tied. They have no sense of freedom. They must stay awake because they fear something will be happening to them if they go to sleep. Some of them put it differently; they say, "I am just staying awake to see what is going to happen next."

Aud: "I don't want to miss anything, Yada."

Yada: That is so, and that is the way it is with all who stay awake. They fear something may happen that has not happened before, if they go to sleep. Now I had a man say to me that he suffered from great fear of going to sleep because he was afraid he was going to die. Now truthfully this was not his fear. Truthfully, the man wanted to die. The man was wishing himself to die but was afraid to accept it. He was fleeing; he was running. This was the mechanics of his way of escaping, escaping from guilt, anxiety, uncertainty.

My friends, each one of you here, whatever your ages may be, you have lived that long, yes? So what is it to make any one of you here think that you may not live equally as long as you have already lived? Of course, of course. But very often the conscious mind wants to do one thing, but the unconscious self has another desire. And sometimes the conscious self loses control over what is wanted.

"I want to live. I want to live." How long? Oh, if I say how long, I am likely to die at the end of that time, if I say. So this means I want to live forever. That is quite a little while to live, isn't it! But this is a natural desire because we do live forever.

"But, Yada, you are not thinking like I'm thinking. I'm thinking of living in the physical world forever!" Now this would be very nice, if all your friends could live forever too. But if they can't, and only you do, it would be sad. You would not like it. At the end of half of forever, you would want to leave.

Did you ever think of half of forever? Laughing. Because man, the individual, very seldom do we understand ourselves. We make all kinds of fanciful wishes, but most of these come out of our state of uncertainty regarding our true nature. This means if we would make efforts to learn what our nature is, our fears will vanish. If we are to live safely forever, we must learn to go along with what is called change. If we do not go along with change, which is the only eternal law, think of that, the only eternal law is change - if we do not learn to go along with it

Anita: We are going against it.

Yada: And just a year or two years, or three years from now, you would wish yourself out of the world, or you will wish yourself out of the world before then. The person who goes along with change stays young. Besides, his chances of sudden death is very small. He will enjoy his stay, however long or short, he will enjoy it, because he goes with it.

Many people when they reach a certain age, they get the spirit of a mule obsessing them. "Don't push." Before, you couldn't stop them; they were running so hard. Their vitalities were bursting all over the place. They did not know what to do with these vitalities. they had so much. Now, for some strange reason, a few more sun-ups and sun-downs have left me with very little energy. Why? How is it that a sun-up and sun-down can reduce my energies in such a startling, terrible way? How? Why? What has the sun coming up and going down to do with my lack of energy?

Now some people say time improves things. Ha, ha. Did you every see anything that time improves? Tell me.

Aud: Whiskey! (Laughter from group)

Yada: True.

Aud: Wine!

Yada: Yes, alcohol, huh? Kethra (Yada laughs and tells his teachers in his language)

But if you learn to slow down and use your time of slowdown to regain your energies you will live longer. That is what relaxation is for. The art of relaxation becomes the secret to not only a longer life, but also a healthier one. 623

Now I am going to stop right here and go back to what you may think I have forgotten and that is, why a certain group of former earth people decided they would use some of their endless time to rectify a condition that they threw out of balance in another period of time in what is called "the past" of this man's life. (Meaning Mark Probert).

⊕ You see, when you do a thing for one reason, there are generally a thousand little other reasons tied up with that one reason. And so, the one reason that we use this man's body is that some of the members who belong to this group lived in China at the time that this man (Mark) was living there.

He was doing a certain work that he felt was necessary to do, and these, some of them objected because his work would have taken from them, their slaves. In short it is a karmic condition that once this man, and this lady, Irene, pass from this earth, their work is done, as far as this period of time is concerned.

⊕ As for myself, I have yet work to do. After Mark and Irene have departed, I still have some earth work to do, but it will not be in this part of the world. This means we must leave with someone here on your earth, the work that has been done, to be carried on as well as those of you here can carry it on among yourselves, and to disseminate it to others, to the best of your ability, not as Yada's work, but as a work of love and understanding.

Personalities perish. Personalities die. Personalities go into oblivion. Personalities do not count. Truth teaching counts, and if you can grind it out on these mechanical jiggers (tape recorders) it would be even better. Why? Because no personality can become involved in it, so there can be no jealousies, no envies, no one wishing he was Yada or someone else.

S.E. Please remember when you wish you were somebody, make that somebody you. I say in all sincerity, there is no greater being in all existence than you and I speak to you individually.

Personality has caused murder, both retail and wholesale. It has caused sickness and insanity. Personality is an ass. It belongs to the ass-self, the lower emotional self. Forget personality. If you have truth coming from you, forget that personality and do not let any other one hang onto it. They will vampirize you, I promise you that.

Though you may not believe in vampirism, all the more danger you will be in (his language) - that is the time, I said in my language, that the devil rides high - when the personality is being projected, "Look at me!" You? Attention is what I am crying for. I have fallen back to my babyhood, "Look at me! Take care of me!"

⊕ The baby, because it can do no other, wets its clothes. But it is growing and it will go on wetting its clothes. There will be no age in which it will not do it. There is (a word, English word, called "weaning".) (There is one thing that no human can ever really be weaned from and that is love.) And when they are weaned from it by negligence of others they become the living dead and as such, are vampires.

Yes, there are all kinds of vampires besides those who suck the blood from the body. How about those who suck the energies from you to get your attention? That is vampirism. Now when we give to one another attention without their calling for it, because it is necessary, we know it is the vital substance of life and that we blossom and bloom and grow better, more fully, more healthy. Then those we give love to, we are not letting them vampire us. We are giving and they are taking. It becomes a natural condition and balance.

Irene: Yada, I have some more questions. Anita wanted to know, because many times Yada has said he manifested here into civilization five times. I wonder where and when?

Yada: Now I do not think that is so very important. By important, I mean this, I mean it would do nothing for you to know this, absolutely nothing. It may cause my name to be mis-used, however, by those who do not understand the nature of the work I am endeavoring to do and, therefore, the nature of the work that this man and his wife are endeavoring to do. Anita, I do not think that you want really to know that. Let me ask you this, and even here you need not answer. Why? What prompted you to ask that question?

Anita: Because I remember from all the lectures I have heard, there were indications of one time, but I won't mention it now. Just curiosity, Yada.

Yada: Kethra. (Yada speaks in his language to his teachers). I have said it before, some years ago, I appeared once in a civilization known as the Mayans. You know of them?

Anita: Yes, that's the one I mean, Yada.

Yada: Also, I came to the very early Egyptians, this was long before pyramids rose in that land. The shape of the pyramid tells a story, a story that will become a fact at a future time as it was a fact in the past. These buildings, they are pyramid-shaped, being the strongest to stand up under the weight of water. A good portion of Africa was once under water. They will be under water again in - should I say a near future. Why not a relatively near future?

I came to a people of China, long before China was a powerful nation. China is very old. India is relative in age to it, but not quite as much.

I came to the people of Persia. I helped to do some of the rituals in the mystical practice of a group known as the Magis. The Magis were Persians.

My friends, everything that I say of myself that may sound great to you, there is not any of it that you either have not done or will not do at some future time.

Anita: I understand that, Yada.

Yada: The reason that I hesitate always to tell, though in the end I will tell, but the reason, the greatest reason for my doing so is because there are certain types of minds that will take this information and abuse it, but mis-use, by pretense. I say, I always know when this happens.

Anita: Nobody has tried to do it this time.

Yada: Sometimes, my friends, certain things happen to us and we wonder why they happen. Sometimes we blame God for it, if we believe in such. Sometimes we blame the devil for it, if we believe in such. And then there are times when we blame evil spirits for it. An evil spirit is someone who is not me. But there is something else that brings about the curse we put upon ourselves, it is known as guilt.

You know the man. Hitler? I'm sure you do. This man, in the eyes of the Christian, if he is dead, according to what was said, if he is dead, which he is, without any "ifs" about it - dead, as far as the physical world is concerned. But they say he should be in hell, eternal, everlasting damnation. Now doesn't that sound Christian to you? This is Christian. Isn't that sad?

It is not really Christian. This comes from the priestly system, not from the teachings of true Christianity, but from the priest-craft.

But this man will earn what he gave in pain and suffering. He will reap the wild wind. Genghis Khan slaughtered many millions of people when he tried to conquer the world. Have you not observed, in studying conquerors of the worlds, that none of them ever conquered themselves? That is why they all failed to conquer the world.

Unless you can conquer the inner world, you cannot conquer the outside one, for the outside one does not really exist. Is matter ever the same today as it was yesterday? Of course not. The material world, so called, is melting away like snows in the sun. The energies, the building blocks, I think you would call them in American talk, they are floating away into the vastness, of what? Of emptiness? No, of itself. Matter turning back on itself, keeps going; keeps the world going. But it melts away.

So, what good to conquer it, huh? What have you got but a handful of nothing? It is like going to sleep and in the sleep you find a great beautiful priceless gem. You know it is this, and in your great feeling of excitement and happiness (isn't that a strange word - happiness?) you grab it. And then you wake up. Where is it? Where is my precious stone? The reason you lost it is because you woke up.

Same way here. When you wake up it means you change your values. That, which you prized before, vanishes. The value that you once held on that thing is gone. You have awakened to a greater truth, to the realization that you were that precious stone that you found when you woke up. And that useless stone, that stone of glass was what you held when you were living in your emotional lower consciousness.

That is the true nature of reincarnation or rebirth - waking up. Yes, I die to live. That is the only way I can live. Every day I not only die a little bit, but I pray to die a little bit that I may wake up a little bit more after each death.

624

Anita: Yada, another question. Please explain the difference between reincarnation and human reincarnation.

Yada: Irene, you sleep.

Irene: Do you want me to read another question?

Yada: No this is all right. Anita did. . That is all right. Already she has asked it. Yes, is all right. (speaks in his language)

Irene: I'm glad you had me awakened, Yada, because my neck feels in need of attention.

Yada: This is what I thought. I wanted to get you out of that bad position.

Irene: Yada you know the other night you were speaking to us about the flowers that grew in your civilization and you said they were quite large?

Yada: Yes.

Irene: Were yours this size?

Yada: Oh bigger, bigger! And the petals thick, much thicker than that. And the aroma, you could not wear one on you.

Irene: It was not offensive though?

Yada: No, just strong. And could very easily, if you found your head around one, could put you to sleep like a drug. As long as it was in the open it was all right, it relaxed you. Everybody who came to see you would become relaxed. Some of them did not know what was going on. They felt so relaxed and they always gave you credit for it, saying, "It is so nice to be around you, I feel so relaxed!" LAUGHTER

Irene: This could put a girl at a disadvantage if her lover was not honorable. Well perhaps he could, to a degree, take advantage.

Yada: Yes. And she always hoped he would! The female has not changed in 500,000 years.

Irene: I don't think the men are complaining.

Yada: No, I didn't say so. but this was used exactly as you are talking about. It was then called the love flower. If you give a thing a nice name, it is more acceptable.

Irene: We have a flower that grows on a vine called the Passion Flower, but I don't understand why.

Yada: What does it do?

Irene: I just thought perhaps if the petals were brewed or something, it could act as an aphrodisiac.

Yada: I have become very acquainted with your American ways and your Americans feelings about humor, very. And I am fascinated with it and find myself caught in a trap, a wonderful trap. It gives a person a ready feeling of humor, of pleasure, of joy. And this is what life is for, not for suffering. Many people getting into the study of metaphysics and occult subjects or they get into the studies of Christianity, and the first thing you know they begin to have long face like cow.

Irene: I have some more questions here.

Yada: Yes, Anita asked me one.

Anita: I read this one to Yada.

Irene: I repeat the question, Please explain the difference between reincarnation and human reincarnation.

Yada: There is . . . I think we should ask the question, before making statements. Is there more than one life? Are there two or three or four lives. And I do not mean reincarnating, I mean like this: There is only one sun, isn't there, in your solar system? Now if you are standing in your modern city when the sun is shining and you are looking at a big building with many windows you get the illusion of as many suns as there are windows, yes?

And if you did not know; let us suppose you had been hypnotized and set down in front of this big building with a thousand windows and then you were told to awaken to see the many suns. The chances are you would not see a building there at all; you would simply see the suns, a thousand suns. Same thing with the thought of a thousand lives, each one different than the other. What of a thousand dreams, each one different than the other?

But in a living dream or a sleeping dream we have the one condition to contend with. It is called wakeful awareness. Where am I. Where is my consciousness? Here? There? Cum si cum sa.

Irene: We have one sun that shines all the time. We have night and day and we can have it. We have clouds but once we get above the clouds, it's all one sun and it is always shining.

Yada: That is right. Now it is the same way with life. (The life in a bug is the same life that is in you or me.) Now can you offend the creator by killing that bug? No. But if you do not, that bug may offend the creator which is you. If you let the bug take control of your home or of your position relative to it, then you are going to become offended.

Kill that cow to eat? Why not? Something is going to kill that cow and eat it, if not you, the worms. And the worms will not care whether they offend "God" or not. They do not even think about what man calls God, so they are eating all the time. That is their nature, and it is man's nature too, to some extent.

Remember please that you and I, we live in an existence that is parasitical. Now I did; you still do. It is necessary so. There is nothing wrong with it. Everything is eating on everything else. Doesn't that make you feel uncomfortable? Yes, because there is no where else to get its sustenance, no where but in existence.

Rebirth. How to accept it? Does the human life, the life that has once become human through the pattern of evolvment of physical evolvment, or what you call evolution. This life has acquired something that no other thing has yet. It is called self-awareness. Now my friends, you can see very clearly that in due course, whatever time it may take, the whole vastness of the created world must return to itself.

Rebirth? Everything returns to itself no matter how often the life force expresses, expands, goes away; it must eventually come back to itself. Au kee? I didn't say o.k. I said Au kee. Sometimes people think I say ok. Do you see what I am saying, please? Everything - so it is of little value just to learn about our own personal going out that door and coming back in it. We must know that eventually, even the door must go out. (speaks in his language)

Irene: When do we reach the point where we can remember all of our accumulated knowledge? Or do we ever?

Yada: I think I mentioned last night that there is no such thing as accumulated knowledge, because knowledge does not come in quantities. You may be able to deny this. There may be something called a peck of knowledge. I do not know. No, our awareness depends upon a something called quality. Quality. There are endless degrees of wakeful awareness.

Returning to myself? Have any of you heard the story of the little lamb who told his mother it wanted to go out and venture into the world to see if it could learn about what life is? Have some of you heard that story?

Aud: I have, because you told it before.

Aud: We heard it on a tape, Yada.

Yada: Oh, then I need not tell it.

Aud: Some of us haven't heard it.

Yada: I will make it very short. The little lamb went away and in time returned home. The mother said to it, "Little lamb, what have you discovered about life?" The little lamb said, "I have discovered that life is all one", and the mother said, "Well, smart little lamb! But one what?" And the little lamb said, "One lamb!" LAUGHTER So it is with man. One light. One God. What do we mean other than the creative force? The creative self. Let us call it self instead of force. The Creative Self. There is not . . . Yes, you are wanting to ask another question?

Irene: In reference to what you were just saying, I was thinking of a time when you were talking to us about the heavenly state and samadi, and you said when one enters into samadi they become aware of all their awareness. But it's just a fraction of a second; it lasts just a short time. This is the next question - Some sources say that Jesus is in the holy City of _____, in Tibet. Other sources say he is on the planet Saturn and comes from time to time, close to earth in a space ship. It reminds me of Mother Mary, Yada. Are either of these statements true? No answer

Yada: The tone of your voice sounds like you are about to go into hysterical laughter! (his language, laughing)

Anita: Yada, it's true that so many pamphlets make all sorts of statements.

Irene: These are things that have been written.

Yada: First I wish to say something about samadi, you know how, your machine do something?

Aud: Yes.

Yada: Well, you did it to the machine, no wonder it will do it to you sometime. LAUGHTER It did it to me, it shut me off. The moment it shuts off, I have to shut off.

Irene: In the middle of a sentence sometimes, and you are talking about something very interesting and the tape runs out.

Yada: That is the way with life. Just when you feel life is most important, most exciting, it runs out. Where are you going? What are you going so fast for? And we grab, like quicksilver, the harder we try to hold on to it, the faster it runs out of our hands. If we handle it gently, don't squeeze, huh? Don't squeeze. This is way to handle love, don't squeeze, the moment - oh well, you can squeeze, but don't squeeze- LAUGHTER I know what you were thinking!

Irene: You're feeling very humorous tonight, Yada. (Yada speaks in his language)

Yada: Joy to the Light.

Irene: Anita's tape is just about ready to be turned over also, Yada.

627

Yada: Then may I please withdraw for a little while?

Aud: And when you come back, we want to talk about samadi, if you will please.

Yada: My friends, I want to say something else. I think tonight I will not go on for so long a time. I feel that it does little good for the man's body and less good even for Irene. They both need as much rest as can possibly be for them and I thought if I stopped at an earlier hour, and I hope that if I stop at an earlier hour, you will please forgive me.

- - - - - Yada returns - - - - -

Yada: I think it important that I return to what I was speaking of earlier, the question of reincarnation. I think there is an important thing that we should all try to keep in the head and that is YESTERDAY'S LIFE DOESN'T COUNT. Today's life counts. What happened to me has happened. It is a dream that I have awakened from. I am now dreaming and this dream is important. (If I keep myself concerned about my sins of yesteryear, I cannot stop sinning.)

Irene: We relive them mentally all the time, if there is such a thing as sinning.

Yada: There is, but it is such fun! LAUGHTER

Irene: It isn't sin, unless you think it is sin.

Yada: The sin only, in anything that we do, is involving another in something that we know will harm that other. To harm ourselves is bad enough, but to bring harm to another is worse, much worse. Evil

Irene: Even if it's just mental anguish.

Yada: That is right, because forgiveness does not come from another, it comes from me. S.E. I must forgive myself first if, I am to get forgiveness. Now, I may not be able to find the one I hurt to get forgiveness from him. Then look at the kind of pickle that put me in huh? So how can I get out of it? Suppose he has died by the time I get around to thinking I made a mistake in using him. How am I going to get him ask him to forgive me? It may be that I cannot.

So, I forgive myself. Now even though you may be able to go to that one, you may be able to find him, but perhaps he may not be in a mood to forgive you. Perhaps his sense of hurt is too deep. You must learn to forgive yourself first. It is no use going to God and saying, "Please forgive me." Is no good unless you forgive yourself first. Then you may ask gods and men to forgive you, at least with the hope of getting it.

Irene: It would seem in the larger sense, Yada, as you were talking a while ago, all life is one life, so you are really asking the Light to forgive you for offending T.A. it, so if you forgive yourself, then you

Yada: That is right, but we cannot even get forgiveness from ourself if we have gotten guilt feelings. We torture ourselves more than we torture others, by guilt feelings. We become our own worst enemy and it is said by many a sage on your earth that this is so, that the human is his own worst enemy. }

Irene: We were saying the other day, never to do anything that would allow another to belittle you.

Yada: That is right, to think badly of you. To think negatively, never give another this opportunity. It is also not very good to tell people of your misfortune, because so many are happy to hear about it! LAUGHTER This is so. We have that quality within us of both sadism and masochism. }

Some people are frustrated masochists. Yes, these are called sadists. And a sadist is a frustrated masochist. So if you tell another and if that other happens to be a masochist, he will enjoy hearing because your pain will bring him pleasure. And he will aim that right back at you, wishing you worse fortune than you have had so

he can have more joy. Of course.

You see, the psychology of the human is extremely complex, especially those who do not know yet what they are, what really they are; where they really stand in the scheme of existence.

Hmm..... has this man been eating something?

Aud: Yes, he has, a slice of bread.

Yada: He has right now a crumby mouth, and because he has it, I have it. You see what can happen to you just by association? So be careful whom you associate with.

Please, did I ever tell you the story of the man who was very rich and was tired of being rich? Did I ever tell you that? It is also the story about life, and people who have money and who already have much and cannot get rid of it. They will always have much. No matter what happens to the much they have, they will get much again whenever they want it. Some people are, by their past memory experiences, like the great King Midas, you know the man who touched everything and it turned to gold? Midas. What an uncomfortable life that must have been!

Now this story is of a man who lived in India. He was a maharajah, for only the maharajahs are the real wealthy of India. This man one day awakened up in his head and realizing that material substance was not bringing him happiness, was not giving him peace of mind. He had neglected the gold of his mind.

So he gave away everything he had and he became a kind of guru and a kind of meditator. So he stripped his clothes and wore only a loin cloth. He gave away everything. He would go and sit with all those other meditators - and in India a meditator is one who puts his mind upon his navel, hoping that it will help him to yoke that mind with the higher mind, called God. There are thousands and thousands of these people all over India. They spend most of their life sitting and gazing at that not too pretty spot there.

So he sat among them for quite a little while, in deep meditation. Now you can see where it is necessary for these people to develop a fat stomach, how is a thin man going to watch his navel without getting a crick in the neck? With a fat stomach you can do it better. So to be a good navel-watcher you have to get a paunch. This means developing the stomach before the mind. Little bit reversed, isn't it?

Now this man spent much time, months, months. Then, because he was an otherwise bright person, he couldn't tolerate it any more. His navel is not that pretty. So he decided what he will do, instead of stopping meditation upon it, he will manufacture a navel, he will make one. So he got himself a piece of jade and he cut, made a pretty navel, jade navel. So he put it there and he started sitting again.

And while he was busy concentrating on his jade navel, the man next to him, who had been happy as he was with his own navel, was now distracted. Never before had he ever seen a green navel and he began looking at it and losing interest in his own. Soon he could bear it no longer. He reached over and said, "Sir, what are you doing? What have you got there?"

"What have I got? Can't you see? Green navel."

Man: Is what?

Is jade.

Man Jade? Never heard of jade navel, perhaps you will make me one, huh?

Irene: Where did you get it?

Yada: Yes. where did you get it?

First man says, "I made it."

Second man - "Will you make me one?"

First Man: - "Yes, of course, I'll make you one."

So he did. So then the man next to him saw it and he wanted one. So he made him one. So after awhile, three, four, five, six, seven want one. So he opened a little shop. Then to his surprise business becomes big. He opened a big factory and he is back in business again. He is back making vast amounts of money.

So you see, you cannot possibly, if you have, you can never lose. Many people are afraid they are going to lose what they have, never asking themselves how they got it in the first place. They made it, but they seem to have forgotten it.

Anita: To those who have, shall be given.

Yada: That is right. And from those who have not, it shall be taken away.

Irene: But if you know that you have everything, then you do have everything.

Yada: That is exactly what this man knew. That's why he found it easy to give away in the first place, because he knew he did not own it in the first place. Money in the bank, today in your country, is important. But there should be only one bank - right here in yourself. This way you will never be broke. The world is your bank - that which you need, not what you want, because only the lower self wants.

The lower self, the greedy self, it always wants. It thinks nothing. It is not concerned with need, only want. That is why there is so much waste in the world. Let us concern ourselves with our needs, and you can be assured our wants will be taken care of. Same way, the story of the man in positive thinking. Have you heard that? So I do not need to tell it.

Irene: Perhaps the others haven't heard it.

Yada: I'm pretty certain, isn't that so. Everyone here has heard it. How important it is, how very important it is, if any of you sitting here are thinking of teaching, making your life of helping your fellowman to understand themselves better, do not forget to use humor. Very important. Now I speak of whatever you have there to speak of.

Irene: Before you left, Yada, you said you wanted to say something more on Samadi.

Yada: Yes. With the use of breath in sitting for meditation and you want to project yourself into higher states of awareness. Do most of you here know what the lotus position does? Do others? Do you know the purpose of it? Well, I will say to those who do not know, all right? It is a method of sitting - a position. The mechanics of it is to open the base of the spine so that the forces, the sex energies can start coming up the channel that leads to the king chokkra, or opens the pineal gland, stirs it.

Now, what is the use of doing that if it is just to knock yourself unconscious? No good. Many people manage to get the forces, by the use of breath, up to the king chokkra, and instead of going to this heavenly state, this tremendous state of at-one-ment with the light, they go out like a light! Because they do not know that they should stay conscious, only this time the very high state of consciousness called samadi - that heavenly state - that feeling of at-one-ness.

Now, in breathing you call up, you excite the snake or the fire force. My friends, you are not ready for this. If your feelings are such that you cannot handle this force, it can upset you mentally a long time after you have stopped practicing it.

Have a reason. Why are you wanting to go into this high state of consciousness? Is it to escape from the pressures of the world around you? If you do it for that reason, you are in trouble. You must do it for only one reason, so that you may know what it is to be one with the Light. Just for that reason, so that you will know that you cannot die; that you are eternal; that only the lower self dies.

Entering Samadi will prove to you beyond a shadow of doubt that you will not die. And you will find why you cannot die. The answer is because you were never born. Your body was born and you put a guide over it, the body self, called the lower consciousness. The lower mind is the guide over it.

The lower mind belongs in the physical world. It consists of all the appetites of the body self. This is why, until you have had conditioning, knowing how and why to control the lower self, knowing why the higher consciousness should come down and put a little more pressure on the lower self to quiet it.

Until that time, that lower self should keep awake in the physical world, not try to lose itself in any form of psychic running. Stay in your physical self. Enjoy your physical self so that at some time when you truly start rising to the higher consciousness, when you truly have put the lower self down, you will have no anxieties about your life, your future. You will not have any uncertain fears as to what life is like in the higher consciousness. You will not feel the lack of being a body.

There are many people, my friends, who go into the astral world, who are not ready to go into the astral world because they have not learned how to live in the physical world yet. So they are still hungry to express through a physical body. It is like one is in a classroom. They are forced into higher grades only to find they are not ready for it. And they hunger to go back to the lower grades where they feel less embarrassed,

lower grades. This is what
at a time. He knows
There are some who come back
They are projected into higher sta
ing taken lessons in this life, but
past. Now they may have no awareness
memories forced themselves down into the
automatically. There are people who gather themselves
interested - American things. They do not know
These are memory patterns of
r painters, master musicians, masters in
you, they only know they have the impulse
to stop them is to kill them. Great writers, Great
at the obsession is. Great writers, Great
and with the drive, a religious person would say,
the spirit" if it is of use, of help to your fellow
it, drink it, BE IT. For only then can
ive in is haunted by thousands and thousands
of unfinished work. Why do that to yourself
say, as he is going out of the world, what
ngs, "Goodbye World, I've had it!" And he
are so subtle, and perhaps have been suppress
recognize them, to detect them.
nevertheless, and not knowing what they are and
some way of discovering what they are and
friends, the greatest part of magic is th
ot be willy-nilly about it. LAUGHTER. You
results and satisfaction. Find out what
in meditation. Be honest with yourself.
of starvation like the jackass who could
feelings are so subtle, the thought
tter to try to know? Do something
he sitting gains only call
t is called consti
many people
what

what I said. There is no Jesus. There never was a Jesus, but there was an Aesus; Aesus the anointed one; Aesus, a given name from the mystical Hellenic Schools of Greece.

The man known as Jesus to you, it was a given name, Jesus for Aesus, when the story was stolen from the mystery schools, from the initiation. all of it, including the virgin birth and the death on the cross.

I do not, my friends, I do not enjoy telling this story, because most people in your American country have been conditioned to believe, to accept that same person called Jesus, with the title given Christ, died for their sins, both of those who have been born into the world and those who have yet to come into the world; he has died for each and every one, all those who came before him, all those who have come since and all those who will come after. Hah, this means you have nothing to do.

Irene: He will never finish paying.

Yada: He will never finish paying and you can never stop him no matter what your passion of pity may be, of sorrow. This is the most maligned being that has ever come to the earth. Think my friends, if the story were true, think a moment. Who should get the glory? The one who let himself get murdered on the cross or the one who betrayed him so he could be hung up there? The one who betrayed him! Judas Escariot, the character in the Passion Play, in the inner teachings, in the real initiations in the mystical school. Thousands and thousands of years ago and since, down through the ages, Aesus has come, taken his initiation and returned to the Light. Please, I speak not of one, but many.

Anita: You are speaking of the advanced individual.

Yada: That is right. Those who have gone through the initiation. And always there is the betrayal, one to play the part. What is the betrayal? What can betray me more into destruction than my lower desires?

Irene: Not another person, but the emotions within yourself.

Yada: And the person, in the initiation, acts as the symbol of the lower self. Now, the Jesus, or the Aesus, taking the cross and dying, it was the Jesus dying, the body self, the lower self, dying so that the Christ self could come into its own, could become aware. Oh, there is so little time to explain this so that you can comprehend it clearly. Because, unless we comprehend clearly we cannot live with what we learn, not comfortably. (speaks in his language)

My friends, never, please never accept what I am saying, do not believe it. I do not want you to believe it. I want you to look. to go on looking. I come. I speak my feelings, my thoughts to you, in love, in great love for the Light. Yet you have to take your initiation, in time. You are going through it right now. You are on the cross. You are on the cross of matter. The lower self is dying on the cross of matter. You may not be conscious of it, but through that suffering you will find the Light. I can assure you, you will.

Irene: Come into your own Christ-ness, your own wisdom.

Yada: Is so.

Irene: Yada, didn't the Atlantean culture last a million years?

Yada: (Coughing) My friends, whatever tool you have to work with, use it to the best of your ability. don't curse it. (Coughing more now) This man finds it very difficult to let go of tobacco, not knowing, not really knowing that it is not tobacco that is destroying him. No, it is his frustrations of life itself. This is what he is doing. This is what you do when you abuse your bodies either in eating, sleeping, drinking, the very natural things.

Yada speaks in his language, chanting, a mantrum to aid Mark.

E grati ya. A notchi.

Group bids Yada good night.

This is Irene Probert speaking. It is Sunday, July 5, 1964. We are at Anita and Alfred Ganschow's home at 142 Shepard Avenue, Buffalo, New York, holding a closed meeting for Mr. & Mrs. M. by Mark Probert and Members of his Inner Circle.

Yada: Senas and Senahas' this is Yada di Shi'ite.

Aud: Good evening, Yada.

Yada: It is your ha de ci, "still day time".

Irene: Were you out with us while we were taking pictures?

Yada: Au Kee.

Irene: We had asked you to show up on the film with us.

Yada: If I do that people will be sure I'm a spook - LAUGHTER.

Anita: We wouldn't mind though.

Irene: No, it would be our honor to have you with us.

Yada: Thank you. For making pictures of that kind where you attempt to get an image on the film like you use, it is always best to concentrate for a while before you take the pictures. Picture in your mind, as much as you can, the person that has departed the world of matter and hold that thought; try to get it as clear in your mind as can be and then ask the Light to assist you. Your chances of getting a good picture will be very much better than taking a chance snap-shot.

Anita: Oh, Yada, you should have told us this before! LAUGHTER

Irene: Sometimes when people didn't expect to take any object.

Yada: Oh yes, this I know. It happens much more often than is noticed. For when one has their picture taken and then they look at it, they are not looking at anything but themselves. They are not interested in anything but themselves. All their attention is on their image there. So many times the friends and relatives have been photographed from the other side of life hoping to get the attention of those that were photographed here, but having been passed up instead. (The vital energies of the body will produce the proper light for photographing a spirit being.) You see, in the blood is something called cell salt and it is very much subject to what you call (man-photosynthesis?) (Yes, that is it) Without that cell salt, this xrays would not be possible.

Anita: There are twelve of them, is that correct?

Yada: Yes:

Anita: I do have them all. Is it good for us to have for supplementary.

Yada: Yes, of course.

Anita: Would you advise us to take some of each or more of a particular kind?

Yada: I think before you do this, it would be better to have a metabolism made. Many people today are taking vitamins promiscuously without knowing what they are doing. So, there are some of these vitamins that create conditions that are very unfavorable to the body, because the body is getting an addition of what it already has. Vitamin D can cause dryness of the skin. (Vitamin D?) Vitamin D. If you take more than you need of it. Vitamin B12, especially by injection, is extremely good for the body, for it produces against your common cold and other infections, much more even than Vitamin C. Yes, you find out what your body may be short of and

Man: I take all of them.

Anita: I take Vitamin B12 in tablet form, Yada.

Yada: Hum... what is the yellow?

Anita: The yellow. I have been giving Mark and Irene, they have been taking Vitamin C Complex with bioflavonoids. This is one of the cell salts.

Yada: They are very good.

Anita: It is good? and then we have xerunphas...

Yada: They are all good, but just do not over do it.

Irene: What did you say was better than Vitamin C sometimes, Yada?

Yada: B 12.

Irene: You have told us quite often how beneficial B 12 is.

Yada: Yes, very good.

632

Anita: Thank you, Yada, that is wonderful information.

Yada: Yes, thank you. Truly, man never has gotten a full supply of living vitamins from his food alone. So I think today it is smart of the people to create these mixed vitamins to give to the people. Very good.

Anita: Have you been observing the vitamins I have been taking, Yada? Are they all right?

Yada: Yes, very good. Always if you are going to take vitamins also take minerals with them. Do not take either minerals or vitamins alone. Do not take them on an empty stomach, always eat something before you take vitamins and minerals. Yes, it can be very upsetting to the gastric juices and cause indigestion.

Irene: I would like to ask you, Yada, it states on the box of my watercress tablets to take them one-half hour before meals.

Yada: This is not a vitamin, that is all right.

Irene: This is not concentrated vitamin so it will not upset me?

Yada: No, no. I think when taking any kind of extra supplement it is better to have some little thing in the stomach. Watercress is a marvelous medication for the lungs that may be suffering tuberculosis.

Irene: Did you say it would help me?

Yada: Oh yes, it is for any difficulty of the lungs, watercress is a wonderful medication. It is a lung disease medication.

Irene: Do you think if I could get the liquid, the juice from the watercress, the juice from anything of that sort is much better than taking the concentrated form, isn't that what you told me?

Yada: Yes, but it depends what is the condition of the stomach. Some people can take certain kinds of things that other people cannot take. Watercress in fresh or pill form is very good for the body. But I would feel a little something in the stomach is better to have, especially if it is concentrated.

Irene: Well, of course, watercress tablets are concentrated.

Yada: Yes, of course.

Anita: This is the Vitamin C with bioflavonoids.

Yada: It is one of the most nutritious things for the mucus membranes of the body. It keeps it from suffering rapid breakdown into bad substances, what you call phlegm. Yes, if people would take this every day, every day, there would be much less disturbances in the various membranes of the body.

Anita: This is one of my mineral tablets.

Yada: It is very interesting what you do with these things to make them enticing to those who have to take them! A little bit of coating of sugar. How we always have to appeal to the child in us, hum?

Anita: That goes along with this one, that's the vitamins.

Yada: Yes, these are all very good, yes, yes. Now also I suppose you know that there is a very bad thing in the practice of vitamin selling. Most of it is very bad, meaning it is no good for you, because it does nothing, it is not vitamins at all. It is sugar-coated things, flour and water. And a great amount of money has been taken from the unthinking public in this way.

Anita: There is a lot of fraud going on.....

Yada: Man is a strange creature. He cries out in pain of his own life and yet thinks nothing of creating pain in another.

Anita: But you know, Yada, some people want it cheaper too. They don't want to pay a few cents more so they get what they pay for.

Yada: That is right, something for nothing. And who gets the something? You know who? LAUGHTER. It is always when we think we can cheat and get whatever it is we are after without paying the price, that is the time we pay twice as much.

Now my honorable friends, do you have some direct questions to ask me?

Man: Yes, I have.

Yada: Thank you.

Man: Would it be well for me to give my brothers and sisters, I have two brothers in Germany and one sister, any more information of these teachings? Can they accept it? I've been away so long from them, I do not know them any more. Now that I have awakened, I would like to share, but I might do more damage than good.

Yada: Did they have an awareness of these teachings before?

Man: No, no, none at all.

Yada: Have you written or contacted them since you have been in the work?

Man: Yes, my brother especially, but not my sister, or . . .

Irene: Your sister was here.

Man: No, no. My brother gets some teachings from Austria, the Agui Yaga teachings and, on the tapes he has sent me, he is hesitant. So I am not sure at all what I should do about it really.

Yada: Pardon a minute please, I speak to my teacher. (Speaks in his language). My Honorable Friend, never can you hold yourself responsible for another's acceptance of any thing, much less truth. You do what you have to do and let him do what he has to do. Leave it to him. Now you can say this when you are writing to him, "I write this to you with the thought that you may be interested, that you may get something of worth out of it. If you do not, that is your decision and I am certain you will be honest with me and let me know when you communicate back with me." That is all you can do, we must never prejudge someone else's abilities.

Man: Thank you I'll do that.

Yada: That is right, never, whatever someone does with what they think wonderful. This should tell you they are on their own particular path. They can only go as far as they are capable of according to their ability to accept whatever it is they are seeking to know.

Man: I will do this, Yada.

Yada: Yes. Please do not be concerned one little bit if he shows negative face. Never be concerned.

Man: It was so hard for me to accept because I wanted so much to share this beautiful information, and this beautiful life they can partake of, this is my biggest problem really.

Yada: Of course. Now Mark's older brother, who lives in New York, he is very acceptable to the teachings. Then he has another brother that is in New Jersey and he can take it or leave it. But he is very kindly about it, it does not get him excited one way or the other. Then he has a younger brother in San Diego who simply tolerates it. He does not attend the weekly meetings nor does he ask for any of the material. If he wants any, Mark and Irene have to guess about it and they send it to him.

Irene: He seemed to be quite pleased with his copy of The Magic Bag.

Yada: Yes, but he does not truly understand it anyway, he is simply kindly about it, that is all.

Irene: They deliberately set up a block against it, because they are just not ready for it.

Yada: Yes, that is right. Now he has a disturbance - the younger brother - a disturbance that is called the John Birch Society.

Man: Yes, I've heard about it.

Yada: This is what is called an emotional disturbance organization. Now why do I say this? I say this because I know that they are seeking to become violent and they teach violence. Let us suppose what they say is true about a certain group of people. My friends, let me ask you something, go back down through the history of man on earth and tell me when violence has ever.....

Man: Solved anything.....

Yada: That is right, solved any problem either personal between two persons or between nations or between tribes. When? Has it ever? It has not. Let us go to Germany and this war and you find a man that had these notions. He did not have them at first. He did not seek to be violent. The people very much liked him, and he did many good things, intelligent things for the country.

Man: You mean Hitler?

Yada: Yes, that is right and he did many nice intelligent things for the country. Then came the monster of power setting upon him, the monster to control, to dictate, to own. Now in all this violence he did something that he should have know, his occult teachers, because he was an occultist, should have told him about the law of it. It is called the law of violence.

Man: Creates more violence.

Yada: Creates more violence, This is all it does. But what did he do, how did he help bring the violence back upon himself? He collected up all people that he felt were not right for Germany, in his opinion and he drove them out of the country or killed them, or had them killed. He was seeking to make what he called a pure race. This was ridiculous, because he himself was not a pure German. So this should tell you that he was seeking power, self-aggrandizement. Now the moment he did that, the moment he brought violence to the people by driving them out, or destroying them, he was literally driving them back; for in the course of time there were more mixtures in Germany after the war than there was before the war was ever started. Yes, because he captured people and brought them in. He brought prisoners back into the land of Germany where the prisons were. He brought people together and he brought them together, forcing them into inter-marriage by association, producing more and more impure blood!
Is sad.

Man: It amazes me how people often fall for all these things, they don't think, they just accept the things they were told to. 635

Yada: When the human consciousness is not conditioned to understand what life is, what it is about, they are all ready to get something for nothing.

Man: This must be the basis of everything.

Yada: That is right. Everyone thinks (this is a natural thing), because of their fears of life, they are thinking or are told that they can get something for nothing.

Man: That is what most people think everywhere.

Yada: Yes, that's right LAUGHTER

Irene: He was especially prejudiced against the Jews.

Yada: Yes. Now the truth is, this shows you that these people, Jewish people, at that period of time and in the first world war were dominating the finances of Germany and strangling the German finance world.

Irene: They're doing it now. It is almost world wide.

Yada: That is right, that is right. Yes, the House of Rothchild, the owners of the Krupp Works, you have here in this country. Do you not know you have a tremendous hatred for these people?

Man: Same thing.

Yada: Yes. You know it is very odd, if you do not know the truth it is always very odd, there is magic in life, and (if we do not know how to manipulate this magic, it manipulates us to our destruction.) You know the story of the magician? (No) And the magician's helper knew nothing about magic but he was very curious so when the magician left, he made the mistake of leaving his magic hat behind. The magician's helper was told by the magician before he left, to clean up the place. So he gets a broom and water. Then he sees the magician's hat and he put it on. Immediately it gave him the power of magic and because he was a lazy fellow, he decided to let the broom do the work for him. Then he remembered while the one broom was working doing the washing, why not have two brooms and get it done quicker. Two brooms enslaved to him, two pails of water. He got it started with the wishing, he got started in brooms and then he couldn't stop them. He got so excited he lost his hat, his magic hat, and quick the brooms add up. More brooms, more brooms, more water, there was no stopping. And all the action became insane action and instead of cleaning, the dirt became worse, increasingly bad and water was filling the place. It was only because the magician suddenly came back and found his magic hat that he saved the day. So it is when man aims in his mind to destroy one thing, you see in his mind he is thinking of only one thing. The one thing being in this case, "if we could only get rid of the Jews every body would be happy." So he did get rid of the Jews and what rises up in its place. Something else you can be sure. That something else was the Russians; that something else was the Americans; that something else was the English, the France and many others - the Chinese.

Man: There was no end to it, were just too strong, like the brooms.

Yada: That is right, exactly so. Where are you going to stop. My neighbor, I've got to get rid of him, this whole block here will be ruined. The best way, the best thing to do would be to get rid of himself!

Man: That would be the simplest anyway.

Yada: Yes, that's right. The whole problem begins there. When we sleep, when we live in ignorance, we do ignorant things, and we get the results of them. Had the man, Hitler, had I say. It is a foolish word, because when things work one way its no use saying anything about how they could have worked. Had Hitler kept his attention on Germany and the German people; had he truly had feelings at heart for the German people; he would have become a saint. Today he would be a worshipped man, even though he still could have been just as crazy. Crazyness mostly is doing what I do, not like you do.

Man: Could I ask you another question?

Yada: Yes, please. 626

Man: I was wondering about inherited genes, etc. My two uncles and one aunt, plus my father all died of stomach cancer. I was wondering if I will be getting it too?

Yada: (Speaks in his language) My honorable friend, were I you, I would at least, not less than once a year, get a thorough examination, with that thought in mind, to see that you do not develop it. It is because of your genetic inheritance that if you know this in advance, you will take caution and have a look for this ailment and let the doctor know what you are looking for and what you want them to look for. But otherwise your doctor men are very unsmart; very un-smart.

Irene: What is the possibility of him going over to Montreal and being examined by those doctors there, or some doctor that uses laetrille?

Yada: This is all right, but be examined by somebody who knows what they are doing. That is all right.

Irene: They use a system of examination of the blood that tells them of the acidity of the system. Anita wanted to ask you, I don't know whether she did or not, if it is advisable for anyone to take a series of those shots if they do have a potential or possibility of having cancer.

Yada: Yes, yes.

Anita: But do they administer it to such persons?

Yada: No, I do not think so. They do not use it for a prevention, but rather as a stop.

Irene: As a cure.

Yada: Not even as a cure, a deterrent let us say, because it is to stop, yes, from growing any more. They do not give it to you unless they feel sure that you have the ailment in some form or another.

Irene: In '58, Yada, you know, when I was operated on, they did an exploratory on me?

Yada: Yes.

Irene: There was evidently no show of this cancer at that time. Now in '64 it was showing.

Yada: This is why I say to have an examination every year, at least once a year. Perhaps even twice a year would not be bad. And then if you had gone beforehand, taken a series of examinations from the time you had the operation, but you neglected to do that.

Irene: Well, what doctor could I have gone to. I had no confidence in the doctors that I went to.

Yada: Sad, because you see, you had no confidence and then you were told by doctors you had no confidence in, that you had cancer. So what....

Irene: there was an ailment that showed up and Dr. Melan really is the one who discovered these, you know, after they manifested

Yada: It is all right, because it is, as you American's would say, you cannot drink spilt milk.

Irene: Can't cry over it..

Yada: Of course, that is right, and now things are being done for you and it is showing a very good chance of being arrested, and I feel that in time it will start reversing itself. Yes, always, and this wonderful thing with me is to help you as helper for you have the unusual talent of self control and detachment from anything that is happening to you.

Irene: Thank you, Yada. I have had the honor of having you teachers tell me how to acquire this, Yada. LAUGHTER.

Yada: You know something, we could spend a very long time here passing it back and forth, couldn't we. LAUGHTER.

Irene: I know that when you told me that people must put it to work, you can't do the

work for us, but if you give us the key and we don't open the door, it is our fault. I have had good reason to use what you have taught me and I have found that it works, so I have confidence in what you tell me. I think most people have confidence in what you tell them, but they are too lazy to try to do something.

Yada: Thank you. Yes, of course. Now there is going to come soon to your world, very soon, an excellent substance for the restraining of leukemia.

Irene: Yes, I heard that last night, in last night's paper.

Yada: In case you recall, I mentioned this more than a year ago.

Irene: You did?

Yada: Yes, that this will come and I feel it is going to come either right at the end of this year or very early in next year.

Anita: Is there one kind of this remedy, or are there more - so we will not get mixed up again.

Yada: The medical society is using this and so you know, if they are, that they are going to make it very good because they don't want to take any chances of not being able to take up some more collections! But you see, they are going to have this drug for the restriction of cancer of the blood. This will leave them a great deal more time yet before they will say anything about a cure for other cancers of the body. It is just something to get money for.

Man: Same old story - - money.

Yada: That is right, and that is a cancer in the minds of the medical world. Yes, is the money - money. It is almost unbelievable that humans would do this to one another.

Man: Deliberately.

Yada: Yes, deliverately. Man hardly changes any even at the threat of death. Threatening a man to be good will not make him good, it will even encourage him to go on with his evil ways.

Man: Just for spite.

Yada: Yes, that is right.

Man: Could I ask you a question this reminds me of? Will we ever have birth control, will we ever find something we could use safely?

Yada: Yes, there will come this - - but you know it is my opinion, fact is saying it is my opinion is that people will think I am Opinionated - LAUGHTER. But yes, it is so that the method you talk of in this country of giving these corrections or preventatives to backward countries, better start charity at home before you become a backward country! LAUGHTER. From over population.

Man: That's true, it should be our biggest worry, or is already - they cannot keep this up.

Yada: That is right. China, India, there are 20 million people born every year in China, 20 million new people falling into the matter world in China alone.

Irene: And about half that many die, so they are always increasing about 10 million each year.

Yada: That is right.

Anita: Yada, what can we do to help young people - and what can they do in a safe way, not to become detrimental to the body by using these things?

Yada: I will say this; you have a thing in your world today, it is a rubber thing; to use this is very bad for the body. It cuts off the electrical flow between the two people and excess use of it will cause consumption of the organs.

Irene: You know, Yada, when Francis was a baby and I was operated on, the doctor told me then of a medication or application called Lactical B. It is a jelly-like substance, administered with an applicator. Then after that he told me that Cercane bought them out. Now it is on the market and you can go in any drugstore and find it on the shelf. I used it thereafter and never did I become pregnant. I don't know whether it would be a safe thing, but it is a jelly-like stuff. My son and son-in-law were operated on and it has affected them not at all as far as the function of the body is concerned.

Yada: This is, so far, the safest thing you have, is for the man to get an operation. Now this is so and it is a very simple operation, yes.

Man: It is yes, I know this.

Yada: Then the thought comes to mind that maybe later you might like to have another child - then what? Too late?

Man: I think - unless you know how to practice what is called "rhythm control". It

Yada: It hardly works with anybody! And the reason it doesn't is because it is not the natural thing to do. When passion is upon one they have no other thought in mind. I am going to say something and it may strike you as being very amusing, and it is, but it is also a truth. That is that the sexual climax is called the poor man's samadhi and you can understand this. If people could know, really understood the sexual climax, they would come to see that it is samadhi, the only time that the human gets into atonement with the Light. This is what makes it so tremendously exciting. *

Man: So powerful.

Yada: That is right. So many people murder for it, commit suicide. Whole nations have been destroyed because of this force running rampant. 638

Aud: And all for a climax.

Anita: If the male would use self control and withdraw at the time of climax, wouldn't that be preventive?

Yada: No, it is not a very good thing to do for the male and it is certainly not very pleasant for the female. And more than this, more children are born through seepage than probably through pregnancy direct.

Anita: All these things are very important and people are so afraid to ask.

Yada: Of course, of course. Now especially in this country you are taught to be ashamed to talk of it in spite of the fact that this is an amazing phenomena. Yet it is all over your books, your papers, your . . . everywhere.

Man: All over and always in.

Yada: Yes, in the lowest form of it. This is what makes for dirt. This is what dulls the mind of the young. Their appreciation for the beauty of this wonderful life giving force has become cheap evil. Oh, it is sad! The most wonderful thing that exists between man and woman has become an evil. It is no wonder that the priestly system teaches that man is born of evil, because that's what they mean, born of sex.

Irene: Most always it is a mistake so they call it evil as you say. A sin, sinful, that is what sin is - a mistake.

Yada: It is a sin to be born, but it is not a sin for a priest to help somebody be born.

Man: Yes, that is what they do all the time.

Yada: Yes, exactly.

Man: They are against birth control.

Yada: Of course. Man, he is so frustrated by his unbalanced thoughts and his natural desires, that he has been forced to unnatural desires. Sad, very sad.

Man: Could I ask another question, Yada?

Yada: Yes. A moment, I wish to say this, this year, or the beginning of next year, there will come out to give to the people, because your government already has it, a substance you can take orally and have no concern about side affects. And it will not leave side affects in the female which might later produce crippled children, no. Shortly after the climax this substance will dissolve in the body and disappear - and your government has it now.

Irene: You mean you take this before your sexual intercourse and it is absorbed in the body afterward. This must be taken every time prior to sexual intercourse, is that right?

Yada: No, it will last for several days, but perhaps if you go over that time then you may get into difficulties if you do not use it again. You see, otherwise, it would destroy the ability completely if they didn't have to take it again.

Man: To safeguard.

Yada: That is right. You see this substance can adversely affect the cellular body, the substances they are using now, it could produce cancer. So be very careful using these things, be very careful.

Man: We never did, because we never trusted those things.

Yada: It is very difficult I know to live in the physical world, very difficult. But I think it was last night, I mentioned that in the astral world, there are sexual relationships, and that birth can take place. This is difficult to understand right away, but not when you realize that matter depends largely on how energy is arranged in patterns, how many blocks and how each block is arranged in relation to the other. And so we find this block-building world in the astral very much like here. Then when the child is born in the astral he gets actual experience for anything from six months *

to a year. Then he is drawn into the physical stream and is born into the matter world.

Anita: Is this an advantage? I think this doesn't happen every time.

Yada: No, of course not.

Anita: Is there an advantage?

Yada: Not especially so. Only for one who is coming down from other planes. They are born down, born down, born down, and then fall into the lowest vibration which is the matter world. That which is called a master, one who has completed an almost final initiation in the matter world and then died before He took his final initiation, went on up to what is called seven planes of consciousness and where he did not rest, relax and as you American's say, "take it easy". No, he studied more and got experience of what life is like on that higher state of consciousness where he would go when he completed his final earth initiation, go direct - - TURN TAPE - - -

And so again we go, heh? Yes, my friends, I was listening to what you were saying. Never eavesdrop if you are afraid to hear the truth about yourself, heh? LAUGHTER.

These glass eyes (contact lenses), when they appear to cause trouble with the eyes, it is not the glasses that are doing it, but the carelessness of the wearer getting germs on them. They should always be put in a solution that will sterilize them before putting in the eyes.

Man: I keep the glasses clean and -

Yada: This is true enough, but few people are careful to keep the hands clean before they put the eyes (lenses) in. The hands are heavy with germs so wash very much the hands before putting in the glass.

Lady: Is soap and water sufficient?

Yada: Yes, but good, then the chances of getting infection will be very little. The eye itself is a very tough tissue and can stand much pressure if not done suddenly. Sudden pressures on the eyes can cause blindness. And if it is of equal pressure, slowly done, will cause little trouble, but the same pressure suddenly applied, can cause ruptures in the eyes. Motion is a very mysterious thing. It does not take, and I think most of you here must have had this experience, it does not take much motion of your body, coming up against an immovable object, to cause damage. Now you can put the same pressure slowly against an immovable object and cause no damage.

Irene: Yada, do these lenses, your eyes should be tested regularly, or sometimes the lenses can make your eyes feel full and irritated.

Yada: Yes, of course, and the same thing if you have ordinary glasses, it applies to direct lense glasses. Be careful when you are putting these (lenses) glasses in that you do not breathe on them or you pass germs to them from the mouth or from the nose.

Man: Yes we should know all this for there are more people wearing these in my family, three of them.

Irene: The young man you were talking to the other night before last wears them, Yada, and then Adolph's sister has them.

Yada: Yes, very wonderful things in your times, had nothing like it in my time, or at any time in the history of the world, never. Yes so it is a completely new invention. Now sir, you wish to say something?

Man: Yes. Why do I sweat so much all the time? My wife says it is not normal, "I'm normal", she says. LAUGHTER.

Yada: No, I think it is all right. You have sweat glands that are very healthy and also it means it keeps your pores clean. Now, when the pores get stopped up because of a lack of sweat, then it is difficult to get them started again and you can get, and easily, skin infection.

Man: Sometimes in the winter time, I get a little rash, I've never figured out what it is, but it really doesn't bother me.

Yada: Sometimes the rashes like that come from the clothing you wear.

Man: I could not figure out which.

Yada: It is especially in your modern times, when clothes are made of synthetic substances. Never, if possible, wear nylon underwear.

Man: I never have, usually cotton or something like that.

Yada: Very good, yes. Now I know the ladies are inclined to wear very delicate underclothes and most of them today are made of either silk or nylon, but mostly nylon and other substances.

Lady: Are acetates all right?

639

Yada: Acetate is very often irritating to the skin.

Irene: I've never had any difficulty with nylon bothering me, but some women do especially with their stockings. They break out in rashes, but is orlon as irritating to the skin? Is it likely to be?

Yada: Yes, but also some people can become allergic to it, especially people that do not sweat very much.

Irene: I see. Many people can't wear wool next to them.

Yada: No, wool is also an allergy for some people.

Irene: They make orlon that is very similar to wool, you don't feel the stickiness that wool has.

Yada: Orlon is much better than nylon. Then there are substances, acetates and other chemical-created products from coal tar, that cause skin trouble.

Irene: Nylon is made of coal tar.

Yada: As to your excessive sweating, would you like it the other way and sweat almost none?

Man: No, I'm happy the way it is you know.

Yada: Now Mark hardly sweats at all. His sweat glands are not functioning good.

Man: I have another question. I have a drive that makes me try to convince people that there is more to life, especially to my in-laws. It seems to be some kind of a compulsion with me. LAUGHTER. Is it the ego, a compulsion to show off or whatever?

Yada: No, it isn't that. I'll put it this way, the taste of honey often drives one to want to share it with another. In fact, sometimes honey can become like a drug to the taker, and the more it affects them this way, the more they want to infect others with it. Because why? Because we get much more pleasure doing anything with someone than alone.

Man: I know this but you know, for some people, but there is no pay for my saying it I just like to talk about it.

Yada: Because the taste has made little impression on them. They enjoy it but they can do, like you Americans would say, they can take it or leave it, (Yada hesitated and Irene supplied take it or leave it) thank you. In that moment the thought wouldn't come back to my mind and Irene became my mind for me. We should always do that for one another, not push in, but when we feel there is a sensing, a kind of knowing what is wanted (Man help out). Yes, help out. It is falsely believed that a spirit being knows everything. They may, but because of their humanness, they too suffer from forgetfulness.

Something more I wish to say to clarify my position. I am not a spirit being. I did not die the human death. Now you will not die the ordinary death, and in time, sometime, I am certain you will not. You will simply transmute your energies. You will not leave a body to return to the dust or the elements. Because you may need the elements you will take it with you, although they say you can't. LAUGHTER.

Now, may I please tell a kind of joke in reference to this? It is the story of a woman who died an old maid and she had put upon her grave a marker, the statement, "They said I couldn't take it with me, ha!" LAUGHTER. This is what comes from my association with Americans.

Man: I love it Yada.

Yada: I think Americans and people that come from other countries that become Americans, there is something about this land = that is not in the land of it, but in the spirit of it, that is of a very humorous nature; much more humorous than serious. That is why they have stayed behind in spiritual growth and have gone so far ahead in mechanical growth. They do not take themselves or life seriously. It is very difficult to cause an American, especially when born here to take life seriously.

Man: This I know. I notice this at work, wherever I go, same problem every day.

Anita: May I say a word, Yada, concerning these lovely people. They have been so faithful in coming and have been contributing toward this generously so we could keep it up and I could do for Mark and Irene the way I did. They have been most honest in every respect; sincere and wonderful to us.

Yada: Of course and we deeply appreciate it, we know it and appreciate it. My friend, there is nothing wrong about your wish to share your honey of life with others, but....

Man: I have to learn to control my enthusiasm.

Yada: I think I would advise it, yes. For you know the process of growth is a very personal experience and while it makes all of us at times very excited as we go further along the path, the things we discover we want to run back down the path and share it with those behind us. I think you can see that mostly they are not yet on your particular point on the path. They are not up to where you are so they mostly do not comprehend what you are saying. You have to wait until they catch up with you, then you can tell them, not tell them, because they will know, but you can share it and talk of it and live it together, but otherwise you cannot. 641

Now you go back to your Christian Bible and you hear the man, Jesus, telling his disciples, "I talk with two tongues, using one to you for your ears, and the other for the uninitiated". You see the disciples were the initiated that went along with the Master. Otherwise, if they were not knowing as He, they could not understand Him either.

It is said, when he was hanging on the cross he said, "Father, forgive them for they know not what they do." They were not understanding at all. So you can see right away that the story of the murder as the Christian Teachings people try to make it, a murder for the benefit of the ignorant, it has no sense to it. They could not understand. It says the multitude stood around and grieved as he hung there and died, they felt "sorry" for Him.

Man: It was just vise-versa.

Yada: He felt sorry for them, because they knew not.

Man: What they were doing.

Yada: That is right. And in their ignorance the majority they looked at Him with one eye shedding a big tear of emotion, of blind emotion, and the other eye looked with gladness at his suffering. It gave them what they were looking for, masochistic satisfaction at his pain. You see they did not understand whatsoever. How could they, they had been living a life of masochism, and sadism; how could they comprehend such an act?

Man: It was a deeper meaning to that all.

Yada: Of course, yes. At that time, something more, they did not crucify criminals, they stoned them to death. Also, observe the fact that there were two other so-called criminals. He was crucified between them. But observe, they were not nailed to the cross as He.

Man: No, they were just tied to it.

Yada: Tied, that is right. Observe something else: one of these thieves turned to Him and said, in great fear, "Oh Master what is to happen to me, I'm afraid to die", And He, the Master, said, "I say unto you this day, fear not for you shall be in paradise with me." Think of that now.

Man: They are going to the same place He is going eventually.

Yada: Yes, yes, but eventually. But according to the way it is written, it has no meaning. He said, "I say unto you today", this is what I said today. He said eventually you will be in paradise. What can happy with the wrong punctuation.

Irene: Didn't you tell us, Yada, that this man, this Great Master, who knew how to control the elements, would not have allowed himself to be hung on the cross.

Yada: Of course not, that is so silly, so foolish. In the Inner Teachings as an initiate...

Man: So this whole thing must be a fake?

Yada: Of course it is.

Man: No such thing existed? This is the thing to try to get out of your own mind, we have believed it so long.

Yada: That is right.

Irene: This is all told in allegory, its symbolic. ←

Yada: Yes it is. It took place in the great mystical Greek Hellenic Schools and not a murder. The man was tied there and the apostles were the high potentates putting him through his initiation.

I think it very necessary that you make an effort to find the truth of this, and you will discover that there is history and there are sixteen crucified saviours.'

Man: Yes, I have a pamphlet of it at home. It states there were sixteen of them.

Yada: That is right. Read it carefully, because man is a peculiar animal in many ways.

Man: One reads it, but it is so difficult to understand, because we were told differently.

Yada: There are so many things that you have been told, but told in such a way that they are useless to you because they are not true. They have truth behind them, they were taken from truth even as the story of the initiation was stolen by the great mystical schools of the Hebrews and translated into a story of murder. Your Christian Bible has nothing to do with Christianity. It is a book of the Hebrews.

Man: I have one more question, I don't know, it seems kind of silly.

642

Yada: Nothing is silly.

Man: Most people are violent by nature, avoiding illnesses. I am not violent, is my being a musician the reason for it?

Yada: You have inherited good glands. When the glands are functioning properly the chance of your being ill is very little, very little, even to getting cancer, tuberculosis, any of those things, heart trouble. You have been free of this as long as all your glands function properly. Now in this country many people suffer from stomach disorders. They think very little of it, calling it mostly acid stomach or indigestion.

Man: That was my problem for years, not knowing anything. But eventually I ate the right foods and now it is gone.

Yada: Of course. Keep the glands in order and you will have a good stomach. The acids of the stomach - if the gland that secretes hydrochloric acid is in any way injured by improper food and especially does this happen in your times, not so much by food, but by the kind of things that are drunk in a widespread way. Alcohol that is improperly aged or. . .

Man: It is mostly because it is mostly artificial, like in beer, it is only by chemical reaction that it is aged.

Yada: That is right. This is why it is bad to drink and to drink excessively and especially in man, this affects the prostate glands. So be careful of the amount of beer you drink.

Man: My father had this problem with the prostate gland and he did drink it to excess.

Yada: Something else that is very disturbing to the prostate gland in the man and in the ovaries of the woman is the drinking of carbonated water. Very bad. Very bad also for the kidneys. Something more that is on the market is water that many people, not knowing, drink in great quantities.

Man: You mean Coca Cola?

Yada: That, of course, is one of the carbonated waters; but distilled water is very bad. If you drink spring water it is very good. None whenever there is an epidemic of some ailment in a city or town, or wherever its source comes from, the reservoirs of the water of the cities or towns. Very Bad. Yes, try not to drink city water.

Man: We do not. Anita pointed it out to us how important it is to have good water.

Yada: That is right.

Man: I think you mentioned it once about the B cell, is it in any way affective or is it our imagination of it? Would you have any comment on that.

Yada: Yes, it has a little affect, but mostly it is imagination. In spring water you will get all that you need, good spring water. Now many people say the substance they are putting in the City water is good. It is not good. It is a poison. Though it is put in the water in very small amounts relative to the amount of water, it is not good. Anything that is poison is not good. Is against life, yes.

You want to keep good teeth? Massage the teeth. Perhaps you can use the finger, but you have brushes. Do not use tooth paste, very bad for the teeth. Put dry tooth brush in mouth, work up saliva and brush teeth with that. Saliva is a protective skin on the teeth. If you loose that, your teeth start to decay. Sugar destroys that.

Man: I try to keep away from that as much as I can, I use a lot of honey.

Yada: Very good. But especially molecules of white sugar destroys, eats away the skin of the teeth. Now perhaps it is that you like to have sweeter breath, so you may use some mouth wash after brushing with the dry toothbrush. The substances you take for mouthwash do not kill germs, it is not that powerful. Yes, if people know what it takes to kill most germs, they would be horrified. Germs, some of these in the mouth, some of these mouth germs, cannot be killed with the hottest kind of fire, electrical heat. They survive it.

Irene: Do you know what we call _____?

Yada: Yes. Do not use that. It is too strong. It is destructive, especially if it gets

down in the stomach, to the hydrochloric acid.

Irene: I don't use it for that, but I find if I have irritated gums or anything of that sort....

Yada: All right to rub, put in a little bit, rub and then wash out. That's all right, very good. Just do not gargle with it.

Irene: Well, I don't gargle with it but sometimes I put a little in my mouth and bend forward and swish it around where the irritated parts are and then rinse my mouth out. It seems to have wonderful healing qualities. I can do this one day and the next the irritated places have disappeared.

Yada: Yes, very good.

Lady: May I ask you something, Yada. I'm bothered by headaches that seem to start in the shoulder mass and work up the spine to the base of the skull.

Yada: (Speaks in his language). This you have and Anita have and most women have. They are tension headaches, inner anxieties of which you are not aware. Some people can emote real good and thereby get rid of their tensions. Other people are not given to emoting and hold their anxieties within, not expressing them. This builds tensions along the spine outward, this way and up.

Lady: I also have an arthritic condition in the spine. Would this do it?

Yada: Yes, of course, but this man also has arthritic conditions in the spine, but he never suffers headaches. So you see this also proves there are tensions, anxieties. You feel and have felt, that you can do more than you have been doing, you can do better than you have been doing. Especially has this occurred to you, not consciously, but it is there, since you have been married. Now especially you will find men and women who have been career people suffer from these kind of things, arthritis, neuritis, headaches, what you call these headaches? (Migrains). Yes, migrain headaches. You will never find a stupid, disinterested person with migrain headaches, nor arthritis, nor neuritis, never. Headaches belong to people who are ambitious and bright.

Man: I never had any. LAUGHTER.

Irene: I have noticed under her eyes (Marie) these dark circles and these are the type of dark eyes that Kenny, my son-in-law has and he complained quite frequently of very severe headaches. It makes him very ill, you know, at times.

Yada: Yes.

Irene: And I was wondering if there was more to her - - you know I don't suffer from headaches very often.

Yada: That is right. Now many people think that women who have these dark circles get them only at their period time.

Irene: No, I don't think so.

Yada: That is right, that is not true, they do not. It is anxiety circles. It blocks the blood around the eyes. It closes up, pinches the capillary tract of the skin around the eyes. Also, anxious people have strong leaning to earaches. All these are anxious people.

Irene: That's where mine pops up. I was wondering if I was stupid because I don't have headaches. But the earaches, yes. LAUGHTER You saved the day, Yada.

Yada: Please say nothing to Mark what I said, heh?

Irene: He, Mark, has it in the legs.

Yada: Yes. You know what it is from, because everything starts in the mind, everything.

Irene: What is it?

Yada: This is a long-time pressure of anxiety, of failing in everything he tries. All through his life he has had this.

Irene: He always feels whatever he does isn't important. He was telling me today that if it wasn't for you this work wouldn't exist. He is always sort of belittling himself you know, Yada. It makes me feel sad.

Yada: You see he wants to badly, he has always wanted to and to get up and go (Yes) This desire to accomplish in the form of getting up and going. Now it slowly works on the nerves, the muscles, and then on the, what you call the veins, closing off the blood so it cannot nourish the life, the life which says to him, 'Don't move or you will make another mistake'.

Marie: Is there anyway I can rectify this condition?

Yada: There is not so much .. what is? (a motorcycle racing the motor was passing by)

Irene: It's gone now, Yada.

643

Yada: It sounded like the devil in action.

Man: It sure does. LAUGHTER

Yada: No, there is not serious enough damage done yet, so you cannot do anything about it. Now I will say something that diet will do you very little good, because it is not from improper diet, either in your case or in Mark's case. It is from anxiety. Now, anxiety brings pressure upon the glands so that what is called calcium substances that builds the bones and keeps them strong, are simply dropped into the joints of the bones or along the edges of the bones building nodes or what is called barnacles. Now this is a glandular condition. So is arthritis and neuritis. I would suggest that you get some warm oil treatments to your back from time to time, and to your shoulders and proper massage, working up in here in back of the skull where you can put your thumb inside in there (Yada demonstrates)

Irene: In the hollow?

Yada: Yes, in the hollow.

Marie: With oil or something?

Yada: Whatever was most pleasing in smell and in touch.

Lady: Would a chiropractor help?

Yada: I am not in favor of chiropractic treatment to one who has had calcium deposits in the spine.

Marie: Massaging would be better?

Yada: Yes, a masseur is better and advise him not to twist your back at all in the neck, he could break the bones.

Irene: I don't know what they have here but in San Diego in the "Y" and Y.W.C.A. they have very good masseurs. Now usually in a health clinic or health club they have these.

Yada: Yes. Now olive oil is very good for such massaging, but it has an odor that is not always pleasant. If you could put some kind of perfume in with it and if your husband would not like to do it to you, go to a professional massage place.

Man: I think she should because I haven't the patience for things like this.

Marie: You can develop it.

Man: I suppose I could, yes.

Yada: I suppose you could. LAUGHTER I think he could before he married her! LAUGHTER

Man: Yes. Ha, ha, ha

Irene: Anita, you had oil of wintergreen you had said was so good to rub on places that were hurting. I wonder if this would help her, oil of wintergreen?

Yada: Yes, very good, very good. Now also there is a very good substance you can get on your marketplaces, in the bottle that Mark uses sometimes?

Irene: Oh you mean Absorbene Junior.

Yada: Yes.

Irene: He also uses Ben Gay, which do you think the better of the two? You think the Absorbene Junior does Mark good?

Yada: Not necessarily. If you are going to use Ben Gay then I suggest you first use heat to the back. Heat - then you rub it on. But most important of all is, that you should learn to relax, you are much too tense.

Man: She knows it too.

Yada: Pardon for asking, but what did you do before marrying?

Marie: I was working in an office, operating a machine.

Yada: I have the feeling that you were ambitious for something more than that though. Something stopped you - what? What were you ambitious for? What?

Marie: Nothing that I can recall.

Yada: But you have been since a child.

Marie: I can't recall it.

Yada: Somewhere you became frustrated from whatever it was, so that now you cannot recall it. Practice relaxation, practicing twenty minutes a day, ten in the morning if you can and ten at night, complete relaxation. There is one thing also in massage, I suggest you would get better results if you are massaged by a man, not by women.

644

You see here in your country is something else, peculiar feelings of men and women between them. They seem to be a little bit ashamed of one another, or something. I like that American expression, "added or something". It covers a multitude of sins!

Anita: You're so right though Yada, you're so right.

Lady: I know when I was young I was quite unaware of my. . . .

Yada: Of course, because your ambitions were building up inside of you. You could not decide what to do so it put you into a sort of half dream state much of the time. What to do? It creates a tremendous change in the body, strains and stresses. One may look like they are perfectly relaxed, yet inside of them all the muscles and tendons are drawn like strings on a bow. Ambitious. Inside yourself you say there must be something more. How boring, there must be something more.

Man: This is the truth. I know too that it is so because I was always dissatisfied and she too was dissatisfied, but since we have come to know better and the teaching of the Light, she has ambition to learn about it more, no longer dissatisfied with as before.

Yada: Of course you do but still it is not something that is within your conscious self. It is your unconscious self. This is where the trouble comes from.

Irene: It is hard, Yada, when a person has lived like that for so long, one doesn't even know the strain.

Yada: That is so.

Man: Would hypnosis help to find out just what is in the unconscious that is bothering her?

Yada: Yes. Hypnosis, I suggest that if you use hypnosis either on yourself or your wife, or anyone else, that you first have someone that knows the nature of the physical-self, anatomy. Now in hypnosis you can take away some ailments very nicely, but there is a danger. If you do not find out first what is the cause of the ailment, what is at the seat of it, you might cause that person some bad trouble later.

Irene: They might develop something else?

Yada: Yes, that is right, might not know what it is now. Irene, you feel all right?

Irene: I feel fine. I feel much better today. The soreness of the body that I did when I fell you know, all that seems to have left me now.

Yada: Very nice.

Irene: After 11 o'clock this morning, early, it was still with me, but now it seems to have left, Yada.

Yada: Very nice. I hoped that my efforts had relieved you some.

Irene: I was sure that you were helping me as it left me so suddenly. I tried to do the things you suggested such as taking a hot bath and resting more and all of the things you told me to do and I know if I cooperate with you, you will help me. If I don't do anything you can't help me either.

Yada: That is right. If we are going to help one another, and we should always, always we must cooperate. There is nothing gained if we do not. I have tried treating certain people by the use of mantrums and passes with Mark's hands and some of them dare me to heal them!

Irene: Dare you! LAUGHTER.

Yada: So I don't, I don't.

Anita: For several weeks now, for 5, 6 or even 7 weeks, I have a little pain coming on the left side on the back of my neck. It seems. And when I turn I have a certain pain there. I just wonder what has happened to it.

Yada: You please. This tendon here is very tight, very stiff and as you become hurt you feel it up in here?

Anita: Yes, I do. It hurts right up here.

Yada: Yes, I do hope what I am going to do will not disturb your neighbors.

Irene: They have the television and radio on, they won't hear.

Yada: That is very nice. (speaks in his language: - a healing prayer or mantrum). You tell tell me when you feel it is better (continues speaking in his language).

Anita: It is gone, Yada.

Yada: It is gone, very nice. You made it go.

Anita: Thank you, Yada.

Yada: Gratia. You know this makes my neck feel good! LAUGHTER. When the forces of life, of creative substance go rickoshay, go from her to me, or if you are doing it from the one you heal, so the healed and the healer is benefitted. It is so, you cannot serve another and not be equally served.

Now I do not think that I should sit here and do any resting after helping Anita, and leave you leave without it. Would you like to come here and me try again?

Irene: Come over here, dear.

Marie: Yes

Anita: Adolph's machine is acting up after about two hours.

Man: It always does towards the end.

Yada: Talks in his language, then healing prayer or mantrum.

Now as I have said to Anita, I say to you, when you feel a relief, tell me. You feel the heat from my hands (Mark's hands) this is healing radiation. You too can do this with one another.

Yada gives his blessing - tape ends.

646

This is Irene Probert speaking. It is Sunday, July 5, 1964. We are holding a private lecture for A.R.K. in the home of Alfred and Anita Ganschow, in Kenmore, NY.

Yada: Senas et Senehas, e na Yada di Shi'ite.

Irene: Yada, you are to give A. your special attention.

Yada: She just gave me her special attention when she was so kind to bless me.

(A: Oh you heard me? Thank you for coming and being with us.)

Yada: E gra ti ya. It is my joy and it is my life.

You know, my friend, if you give yourself to life, releasing yourself from all former fears, you will find that life gives itself to you much more fully. The only thing that bars us from a full life is our fear. Think of that. I know it is not easy to do. It takes work. It takes willingness. It takes honesty with oneself - and these things are very, very difficult to come by, especially for us who were not conditioned to understand these things.

When we first come into the physical world, all of our conditioning is for fear.

(Why is that, Yada?)

Mostly it acts as a kind of protection for us.

(Self preservation?)

Yes, yes - and self preservation in an environment that we do not understand. So fear, in the beginning, is natural. But when we come to a state of consciousness where we have some understanding of the world around us and we make no effort to understand it, we go on through our whole life - however long - with fear, - which then acts not as a protection, but as a very real barrier against our learning and enjoying our life.

(We are trying to eliminate that fear.)

Yada: Alright, then what must you do? You must make a conscious effort - every day - to look at the world around you, to know what is going on, and to try to comprehend the meaning of these things that are going on around you.

WHY are people acting the way they do - not only in your immediate environment, but in the entire world?

WHAT is causing wars and promises of wars, sometimes called threats of wars, but it is more promises.

Why? I think you will find it is what I said it was - fear; fear coming out of our misunderstanding of one another - individuals, neighbors, and mass neighbors such as nations.

Now, here in your country, there is in more recent years an effort made to have the American person study Communism, to know what its nature is so they know what they are afraid of, so they can stop being afraid of it and respond to it intelligently. I may add that they are doing the same thing in Russia with regard to the Capitalistic world, with their young people. They are educating them to know what Capitalism is and where its weaknesses are in comparison to weaknesses and strengths of Communism. Now this was never done before, since Russia became a Communist country, and it was never done before regarding Communism by your country. The Americans avoided and tried to prevent the people from knowing anything about Communism. And it is because of these conditions, this learning that has been given both here in your country and in Russia, that the man Khrushchev has slowed down in his drive to take your country by force; the idea has gone by. Now the truth is that the Communists, when Stalin got control of the country after Bolshevism slaughtered thousands and thousands of people - many of them quite innocent of any harm or wrong - a policy was drawn up saying that Russia would, under no circumstances, that could possibly be avoided, that would either start a war, or should they be forced into one, to not continue it. They would do everything to keep it from happening, or stop it before it got too far. Because why? Not because they are merciful and do not want to kill, but because they know better about wars. History has taught them that the best way to war is in a cold war wherein the Communists plan, and have planned, to eat nations out from within,

sending the ones in there quietly -
(Undermining - ?)

Yada: That is right. They will never start a war and they will do everything to stop one, even though other Communist countries try to start wars, even though the Russian people - the Communist people of Russia will to some extent help these other nations - just as our nation is helping the other sides of these countries. When there comes a real threat wherein the Communist nation, Russia, will become actively engaged in a hard war, they will give up; they will let go. (Comment: As a matter of fact, we two big nations, who really are so concerned, would not fight each other. They let the smaller ones take it out themselves.)

Yada: But in case of any open war getting started, where atomic power will be used, Russia will not prosecute a war. She will give up the land taken, if necessary.

(How does Catholicism play a part?)

648

Yada: Oh, a very big part! Very big part.

There is much talk going on now in many of the Communist countries, with the Catholic Church making all kinds of promises to get back into these communist countries, to get control. You see, Russia did not throw religion out of Russia; she did not destroy the churches. She did not even close them. What she did was what you in this country should have done a long time ago - she took religion, as a business, out of the hands of the priestly system and gave it back to the people where the people can go to all the churches they want, only these churches are run by the state - which is the way it should be. Religion should be taken out of the hands of the priestly system and given back to the people, where it belongs.

(Catholics?--)

Yada: They are drying out your country; they are bleeding it to death with tax - free religious owned property.

The Catholic people are like sheep - they are like the Protestant people, the church goes - and I do not say this with any sense of harm or objection to any religious group; I say it for one reason only, because it is true that the people who attend these temples do not know anything about the inner workings of the temples. They know only what the priestly system permits them to know, and no more.

Powerful? One of the most powerful businesses in the whole world! They are vastly wealthy, far more wealthy than all the Maharajahs of India put together.

Now, my friends, religion is a natural thing with man, a very natural thing.

It is an inner feeling. What he is doing - or striving to do, and very unconsciously, is to find himself.

Now, the business of religion, the priestly system that operates these temples, know that man is naturally looking for himself, and they take advantage of it and tell him it is really not himself he is looking for, but a GOD - a God who is really not in him at all but up in the skies somewhere.

(? That is what they told us right along.)

Yes. Now even though this is true they say, this God needs to be supported. He cannot be worshipped if he does not have a sensuous temple to be worshipped in. He must be worshipped in all his glory. What these priests mean, is all their glory!

This is the religion of The Golden Calf, the idol worshipper. If the people, here in your country, do not do something in the very near future, if they do not open their eyes to the fact that religion - and especially Catholicism - is getting control of the real estate in your country, pretty soon will come a time when they will be in a position to put you off your land because it will not be yours any more; it will be theirs.

[Comment: Then we ourselves can do our own worship, within ourselves.]

Yada: That is right. Have you heard, the physical body is the living temple of the living god?

[Ourselves?]

T.A.

649 T.A.

Yada: Now we go to all the animals in all creation and we find, again, the living temple of the living god. In other words, the life force, The Creator itself is operating (every one) of these living beings - creeping, crawling, flying, digging, boring, walking, talking, temples. It is therefore, I think, intelligent not to harm any temples if you can possibly avoid it. That is all.

Many people believe, and it is true, that there are some religious groups in India who worship the white cow, the white bull. Also there are some who worship monkees. Throughout all India there are Gods for everything.

Now the trouble is that these teachings did not start out in the way they are being used. No, because of the way they are now being used, and have been for several centuries, India is suffering the consequences of the ignorance of her people: filth, starvation, disease, rampant everywhere.

It did not start out this way. Cleanliness was once worshipped, thought to be one of the most wonderful conditions of God. Even in your Christian Bible, it is said there that cleanliness is next to Godliness. Yes? So it was in the ancient times believed.

But a priestly system always springs up among its people and destroys the true teaching. They turn it into a business and this brings poverty and disease wherever you see a "priest". *

Spain is owned by the Catholic Church. Therefore it is a breeding ground; it is a fine culture of the microbes of Catholicism.

[Comment: They get in unseen.]

Yada: Yes, they get in unseen; and because of their nature, they make a fine culture for Communism then.

[? But they don't go together?]

Yada: No, but they do. They do because Communism is telling the individual how to live, and so is Catholicism - to live in a very certain way, the way you are told to live and no other way.

[Comment: Their motives.....]

Yada: That's pretense. That's pretense! They are both big business, big businesses. It seems kind of like a paradox, huh? That Communism and Catholicism could be bedmates? But they are.

Proof of how this is, or how this could have been is the man, Hitler. He made a pact with the Pope, that if Hitler would turn the German youth over to Catholicism then Catholicism would go along with the Nazi regime. (Did the Pope raise any objections to the thousands and thousands of Jews being massacred? None whatsoever.)

And all this hue and cry from the Church about the American negro situation is nothing but fraud, pretentiousness.

OH, IF THE PEOPLE OF YOUR COUNTRY COULD BE MADE TO WAKE UP TO WHAT IS GOING ON, TO WHAT YOU AMERICANS WOULD CALL CHICANERY, OUT AND OUT CROOKEDNESS OF THE WORST ORDER....

[Does this come from the top?]

Yada: The top knows. That's why it can go on. They do not care about America; they care only about themselves.

[Selfish!]

Yada: That is right. They seek to be masters, get control of the human race.

Catholicism, like Communism, seeks to get control of the youth of the world. I do not think, it is not my observation - although you have many crooked politicians in your country, it is not their desire, it is not the desire of the kind of democratic government you have to control the youth of any country.

There is, of course, a desire to have always the friendship of all countries and you too will do political conniving and pretentiousness and a good deal of crookedness to gain your ends.

This business you are now carrying on, of trying to feed and supply so called backward countries, is not with any love for those countries by the politicians who are promoting this sort of thing, non at all. It is to get their friendship for they are in a position around communist countries and they would become a helpful place for your country, should any war come.

[Question -

Yada: Of course it us conniving. And they call this politics, and everybody winks and looks the other way.

[Comment: I have absolutely no desire to vote.]

Yada: I can understand that. Let me take you back - I think I will start now and talk of that. I think I would rather do that, and we can talk about this later.

[Comment: I don't want to lose the trend - but I do have some personal questions.]

Yada: I will just take you to a certain point and then I will go back.

[I am not being selfish now, am I?]

Yada: It is for you that I talk.

Look back as far as you can, in the history of your country. It may appear to the historian, that this country was discovered by an Italian by the name of Columbus; or that it was perhaps discovered before by another one called America Vespuccius.

But no, the Vikings were here long before. A great Nordic people came to your country and they did not go only to such places as the Aleutian Islands and Alaska and places like that. They were right here, on your mainland. The Vikings. Moreover, there were a people before them, long before them.

[How long?]

Yada: Over 2500 years before the Vikings, which came a thousand years before.

Now these people came down from the north, the north meaning China. They came, not as your modern Chinese people, but were tall, slender, very cultured people, with long faces, high cheekbones, and looking more like Koreans than Chinese. They had blue or green eyes - almost never was a brown-eyed person found among these people. They had straight hair which was often the color of henna - mostly because they used henna. Where did they get this idea from, of dying their hair? From the very ancient Egyptians. Strange, strange.

Now these people were not even yellow in color but were very white. They came from a very cold land, up into the reaches of Tibet. There was very little of what is called summer in that part of the world, especially so at that time, for these people came in the time of the ice age. The first ice age.

It is not thought that there were people going around at that time. Do you know anything about the history of the world then?

[No.]

Now, once this earth was mostly tropical; yes, mostly tropical. Then came the ice age. It did not have its origin sliding across the earth. The first ice age came with ice from outer space. For months and months - ice - rain, rain, rain, ice; freeze, freeze, freeze. And it did not fall in small quantities - your worst storm today is as nothing, compared to the storms then. As nothing.

Huge blocks of ice fell from the sky. It would be interesting if you could only take a look back, a look back to watch your world and what happened to it from its beginning.

[Yada, Can you picture it for us, because nobody else can do it for us, and we are interested?]

[Questions are asked regarding where we go when we leave the physical

..... or you would go to another place after

I'm also interested to know where that would be.....]

Yada: But you see, last night I said I'd better not do this because it will not be of any real value to you, so why take up the time. But there was something else. There are some things better left unsaid before certain people because they mis-use it. There is a saying in your Bible, "Don't cast your pearls before swine". It does not mean people are swine, but simply that they do not understand.

[Comment: You would be subject to ridicule.]

Yada: Yes, and ridicule which is walking on, rubbing dirt on that which is clean and good.

[Question: Yada, will we all know and recognize each other from this plane...?]

Yada: Oh I think so.

I think you will all meet in the world beyond here - that is, if you can wait for the coming of those who may not come right away after you have gone.

[Questions: Will we recognize and be recognized as individuals....?]

Yada: That is right.

You are and I am - we are all where our mind is. That is all.

If we feel the need to go on to other planes, and it is in our power to do so, we'll do it. And we may never meet another that we once knew, again, never.

[Comment: A little sad isn't it.]

Yada: Yes and no. It depends.

Aren't there people that you once knew, that you have not even thought of, perhaps for years and years? Yes, you see it is not so sad.

The moment of passing is sadness, and perhaps - depending upon how strong the link between people - for a time thereafter; but we, each and every one, have our own life to live.

If you have any trust in the present, it shows that you must have trust in the future.

[A question is asked about whether they will see Yada in this other plane....]

Yada: That depends upon your state of being. I cannot say that. That would be, if nothing else, very rude of me. No, we cannot do that with one another. How trusting do you know yourselves to be? I cannot say. That is something only the individual knows. That is why life so often - especially on the earth plane, is so difficult to live - simply because we do not know one another. How can we when we do not know ourselves.

You have, I know, for years and years, you have been most kind, most devoted in love to me, for all of us of The Circle, as well as to Mark and his wife, Irene. You and your husband then encouraged others to come and become faithful to the teachings.

You see, not our teachings but the teachings. The moment we say this is my teachings, or the teaching of my teachers, we are in trouble. We are trying to corral truth, and this is where the devil steps in.

Keep all personality out of it. Do not permit yourself to project your personality into the teaching, if you want to live comfortably. I think you know how quickly the people, who do not yet understand themselves, how quickly they will tear you to pieces!

[One of my questions is pertaining to that]

Yada: I will speak of world events later. I will speak with you now.

[Question: What is this condition I feel, or have? A pain around the navel.

I am very tense at work and don't know why I should be but I am. I get home and try to relax ... I know one shouldn't eat when in distress, but I am hungry and then that pain comes ...]

Yada: I think what I see there, is not what you suspect.

So often people, in your present time, think only of cancer. But what appears there, is a rupture, a tear inside the lining -

[Would that be from surgery - or from giving birth?]

Yada: It can very well be. And something more - it can be the pain of scar tissue. It looks like a tear. Now it may be a bad one, I do not know what you would call bad or think of as bad, but I know it is sufficiently bad because it is giving you pain - and pain is nature's way (good old nature!) of telling one they are having some trouble. It is a signal that something is wrong with the body. So do something about it. Go to the Doctor, have an exam. Tell him what you feel because doctors are notoriously bad guessers. They have

to be told what you have and then they tell you - and lead you to believe that they told you in the first place. But they do the best they know how, so they cannot really be criticized.

[Do you think an operation will be necessary?]

Yada: It may very well be -
[Oh no!]

Yada: Now do not be concerned. Do not be worried. Look please, do you have a motor car?

[yes I do.]

Then when something goes wrong with the car, what do you do? You do not get frightened about taking it to get it fixed.

[Because I won't feel it!]

But you see that it is needed so you go ahead and get something done with it. It should be the same with your body. It is a kind of motor car.

You will not suffer. Today you are very fortunate. You have a way of being able to take substances to put you to sleep. In my time, we used mostly hypnosis which is better than the use of drugs; there is no after-pain or after-sickness as with taking drugs.

Hypnosis. By the power of suggestion, you give them what is called post - suggestion - when you start to come out of the operation, you will not feel any pain all during the time that you are convalescing. It is a wonderful thing. I know that sometimes you use this in your hospitals, and under certain conditions you use hypnosis. But nevertheless, if it is true that you need the operation, get it. Do not delay getting it because your condition will not improve with time.

Love yourself. When we love ourselves, we use our intelligence, to protect our bodies. So you go and see what the trouble is and if you should decide on an operation, I will be there to see that you come through alright. May I do that? [Yes, but will my heart stand it? My heart palpitates ...]

Yada: That is only nervousness. You do not have a bad heart. You have a nervous heart which is from anxiety, uncertainties. Lady, are you married?

[No. When I talked with you privately, last fall, I didn't put my words correctly. I asked if you could find me a male friend. There is one but he is married and he is my boss, and getting too demanding!]

Yada: (Laughing) That is what you should do, not he! He is in no position to demand.

[That is where I think my pain comes from - he is my boss -]

Yada: Yes.

I want to say something here, that you may not have what I seemed to see as a tear, but you do have something wrong with where you have been operated on.

[From years ago?]

Yada: That is right. You can get what is called scar tissue, that will pull up on the tissues around it - especially when you get nervous or tense.

[That's when it seems to be aggravated.]

Yada: Now I want to ask you something, because it is always better when counselling anyone about anything, it is better to find out from them what they feel about what they are doing, or are going to do, before you - as a counselor - say anything to them

[You always come back with a question, don't you?]

Yada: While I may say to you, go and do so and so - or, you should do that, in some ways that would be taking advantage of you; that would be leading you wrong. So it is better, if you are going to take another person's life in your hands - and that is what you do when you counsel - you are intruding upon another person's life and you are therefore living a little of that person's life - so is it not wise to handle that life as carefully as you can? Of course.

652

S. 15.

Yada: Do you love this man? Now think about that before you answer it.

[No, I don't really love him as I did my husband.]

Yada: You could, in other words, get along without him, yes?

[yes.]

653

Yada: Second question - You see, to be a counselor, you have to have a long nose! Now, he hasn't - Mark hasn't a long nose, but I have. So, second question: Is his wife healthy?

[No, she isn't.]

Yada: Hmmm. You see, having an unhealthy wife and a healthy husband is a very difficult combination. It is very difficult for the male to be married anyway. It is not the nature of the male to have only one mate. It is not the nature of him but he is forced to, everytime a civilization is formed, every time four or more people are going to be together - to protect themselves from one another. Imagine that! But it is true. they form laws

There are many, many husbands who have very healthy wives but the husbands are insecure in themselves so they must always be testing themselves so see if they are still 'men'. That is the ego of the male.

Now, if a person has suffered much abuse of his or her body, only by mis-use by bad eating, wrong relaxation - many things - excess of alcohol is one of the biggest things to destroy one's natural sexual drives - and tobacco doesn't do it any good either! Nothing of this is said on your picture boxes (TV), but alcohol is one of the quickest ways to make, especially a man, impotent, especially if it is used in excess.

My friends, I think that men and women should never associate themselves sexually with one another if they have no real affection for one another. Even though they may have no intention of marrying, or even if they have intention of marrying, if they do not really have affection it is one of the worst things the human being can do, because it brings him down to where he started from - a dumb animal who gets his satisfaction from rape.

Now there are many, many marriages - legal marriages - that have turned into just legalized rape. Isn't that sad? This is poison to the body, poison to the body.

[And there are marriages where only one person gets anything out of it.]

Yada: Oh yes.

[One partner has sexual intercourse and the other person feels neglected.]

Yada: Of course. This happens many times. And does it happen among the old and elderly? No, it is very often among the young, the very young, because they do not know what love is. All they are feeling is a momentary drag, a pressure that they have no way of stopping. And the social system has made it so that they cannot release this pressure unless they legalize the act. This creates a thousand bad marriages to one good marriage. Do the young know, automatically, the art of sexual communication? Do they realize that it is the highest form of communicating with the human? Of course not. Sex

All it is you have been taught, or have taught the young - if you have taught at all, is to go ahead and find out for themselves - which is mostly what happens. We are taught it is dirty, it is evil, and practice it only when you must.

The love of a mother for a son wherein she becomes in love with him, turns him into a homosexual. There is not one case of male homosexuality wherein the mother was not responsible. Instead of mother-love, which is natural and expected, the mother suddenly has a true inner love and a physical desire for her son. Now this is repellent to what is called a present-day-society system, but how do you think man and woman multiplied in this world?

To cover this, in your Christian Bible, this mother/son relationship which went on between Cain and his mother.... It says in your Bible that Cain went into the land of Nod and found himself a wife. They could not come out and say that

Cain had associated with his mother. But yet, there is another side to this. The Land of Nod was where another human race had already been developed - and there were many races. The story of Adam and Eve refers to the Adamic race, not the individuals.

654

How important is our appreciation of one another, in any of our dealings with one another? It is of the utmost importance.

A civilization dies, it rots, it decays, lacking this wonderful quality called love. You see, they didn't have it in the beginning. In one of the beginnings of races on the earth, they didn't have it. Many people ate one another! Their environment was so savage, so cruel, not being able to get food, the weakest died.

I love life. When you love life, you love everything about life. Then this causes you not to center your attention upon any one thing or one person; you give your love to everyone alike. Among other things that this does is it keeps you out of trouble.

[To love everyone - wouldn't this cause trouble between the sexes?]

Yada: No, not if you do it intelligently. Of course, if you make the aim to stir the sex in another, then you are going to get exactly what you ask for - perhaps not in the way you ask for it, which mostly is the way it happens. Yes, because today, in your world, you are all tied up inside. You have been taught to frustrate your natural desires, so your desires become unnatural after a while.

It has happened down through the ages. Man is always this way - and woman is always that way too. Although in your modern times you try to teach that the female has no desire of her own but must be stirred by the male, this is not a fact. Woman, the female has just as strong desires, without anyone stirring her at all. Much of the love-life of men and women goes on in their heads. When they are not practicing it physically, they are thinking about it - which is natural. But you have been taught that this is un-natural; to think about it is evil.

All things made by man, and then externalized in thought, are imperfect and therefore bound to have sudden unexpected changes in them.

Lady, it is my opinion - I do not tell you anything, it is my opinion that if you do not want further and more serious involvement with this man, that you should do something to slow it up and break it off.

[Lady: That would affect my job.]

[Irene: It isn't the only job!]

Yada: Of course. This is what I see. His chances of marrying you are not very good at this time. And something more, I do not have the feeling that he wants to, anyway. He'd rather keep it as it is.

[Lady: He is 74 years old now, so my own intelligence tells me this.]

[Irene: He probably gives her a lot of financial security she wouldn't have if she were to change jobs.]

Yada: Then, be a real female; play it carefully.

[Lady: I feel I have been playing it cautiously.]

Yada: Yes, because it may be that he may leave you a little more secure when he goes; it may be. But try not to involve yourself too deeply. While he is as you say, clay, he is not a weak man. He has very good chances of living to be at least 80 years of age.

[And his wife?]

Yada: I do not think his wife will live too much longer.

[Why do I get these feelings? I push them away -]

Yada: No of course not. Why push them away? If you see these things to be, that is the way they are to be, so admit it to yourself, and forget it. For if you do not forget it, you get guilt feelings.

[Guilt feelings about his wife?]

Yada: Yes, of course, because you see yourself in her place, and then you do not like it when you do that.

[Feel like a bad woman?]

Yada: That's what you think because you project your consciousness in her place and you do not appreciate that very much - which is another reason to break this association off.

[If I did that, he would not go with anyone else?]

655

Yada: Oh but he would! So if he is doing you any good at all, go along with it. Be patient, without guilt feelings or misgivings. There's no reason to have guilt feelings.

[I have to be so secretive. Of course, my daughter - my husband has been dead for over two years - what her reaction would be if she found out]

[How would she find out if you didn't tell her?]

[- and she is beginning to realize -]

Yada: How old is daughter?

[She is 25 - has 3 children of her own]

Yada: Then you must tell her she has her own life to live. You do not try to live her life and she must not try to live yours.

[When the time comes - if the opportunity presents itself -]

[I: I would just tell her you have to live your own life - even if you are at home, you want this evening for yourself.]

[Lady: Also there is this other person. She is in the lecture group also and she has been trying to find out what I do on Tuesday night, trying to get it from A- and this puts her in a situation which I don't like either]

[I: I don't see why anyone has to give an account of themselves everytime they are asked. I would be very blunt and say it is none of your business.]

Yada: I think you will in the future - and you must. For your own good, you must. Be quick; be alert, and you will save yourself and others who wish to pry - you will save them embarrassment if you will be forthright and tell them that you have a life of your own and they have their life. Yes, you do it.

I feel also - this man - as I said earlier, age should have nothing to do with slowing down our sexual desire, and it hardly ever is the cause. What happens is we get mental blocks through anxiety or a feeling of insecurity.

Many women make the husband feel inadequate in other things, so this leaves them be inadequate in sexual relationships.

It is the same with a child. You teach or tell a child he is not capable of this or that, or call it stupid or belittle it in one thing, and soon it becomes stupid in everything. See what we do to one another?

More especially can this happen to a man or a woman who is truly in love with one who criticizes them or belittles them. This is a form of domination and obsession. This is where I have said there are more living people obsessing other people than there are people from astral worlds obsessing living people.

There are many mothers who do this to their children. They obsess them; they possess them; and in so doing, ruin their lives.

I will stop taking here and listen to whatever else you may wish to say.

[Lady: Irene said to tell everyone (it is really not their business how I run my life, as long as I am not hurting anyone else.) Also there is my Dad. His money has almost run out and I do have him in a nursing home. Drugs are very expensive. I have applied to the Welfare Department who say when his money is almost run out they will reopen his case. I don't have the earning power to keep him in the home nor can I take care of him in my home. He is a semi-invalid with no control of his urine and is senile.]

Yada: How old is he?

[He is 81. So there is another anxiety there, which sometimes gets overwhelming]

Yada: Strange, is it not, that some people respond to years in a very negative way while others may be much more in years but very youthful and vigorous still. There have been people upward of 100 years who show no sign of senility, and there are others who are beginning senility in their 40's - and sometimes in their 30's! So senility is not really natural. Many many people live with a good clear brain and a good body for a long time.

If this is so, then senility cannot be natural. It is coming more from a genetic inheritance than from foods. If you have ancestors who were good in old age, lived a long time in good health, you can expect to live in good health for a long time. Then too, there are some who live in bad health for most of their lives and yet do not suffer senility. I say senility is not natural. It is inherited from generation to generation. It comes from a weak and poor genetic system.

Just as there are people who are born a genius in music, in art, in literature - often these people, these geniuses - their immediate parents may be very ignorant and stupid people, but somewhere back beyond them there were brilliant people. Sometimes there are two or three generations of stupidity and then there will show up in the third generation, the brilliance again. And this sets people to wondering, 'where did my child get his genius?' Oh, he brought it back from another life!

I say this is possible of course, but also brought it back from another life of his grandfather or great-grandfather. There are many kinds of lives we inherit knowledge and a good body from. The trouble with metaphysical people is they are willing to settle for the most uncertain of truths, simply because these things have come to sound romantic, therefore appealing.

Truth should be the most appealing to anyone seeking earnestly to know truth, regardless of how it may disturb our former beliefs. *

Yada asks person how her daughter is.

[Oh, doing very well. Owns a home in the city here and desires to sell it now to pay off small debts. If they sold that home they would be able to clear off debts and really enjoy a little freedom. That's a good word.]

Yada: Well it is such a very much used word in your present time. It is an over-used word truly because it is mostly used without understanding for the depth of its meaning.

Freedom. We may cry for freedom forever, and, the only way we can get it, is by running away from that other. But when we cry for freedom for ourselves, within ourselves, we cannot run from ourselves, to get it. We have to become more aware of ourselves. We have to get closer to ourselves. We have to get more friendly with ourselves, chummy with ourselves. Before, we were strangers to ourselves; that's why we had no freedom. Freedom is something we have or do not have.

[Q: Something we express or do not express?]

Yada: If we do not have it, and when we are slaves to ourselves, we become easy slaves to someone else.

What I wanted to say is that your daughter is going to succeed very nicely in getting rid of the house and paying off debts and will start anew.

[She is a beautiful soul. I have always thought that.]

Yada: That makes me think something else - Can you not trust her? Her Judgement about what you are doing?

[I have a feeling she would say, Mother go ahead.]

Yada: I am certain of this also but I think she would also advise you to be very cautious and do not involve yourself in any difficulty you cannot get out of.

[Yes, I think she is a wise girl.]

Yada: Will you please extend to her the affection of the Inner Circle. [I will.]

And you be of good cheer and do not put your stomach in nervousness. Relax. You are alright. You have no reason to make yourself tense, but I would go and at least have an examination to see what to do about the condition.

[I have an appointment at the end of July.]

Yada: Thank you. [Lady: Thank you, Yada.]

Yada: I wish to say here that we of the Inner Circle are extremely grateful to you, Anita and Alfred, for the wonderful work you have been doing for us, for The Light, and for Mark and Irene through the years. We want to ask you to extend this thought, also, this sense of appreciation, to all those who have taken an interest in what you have started here in this house, interesting them in the Inner teachings, the teachings of their own inner life. [Comment:]. Please tell them also we appreciate their interest and what they have done, with your assistance, right here.

[Anita: Sometimes they thank me, and I tell them to thank themselves for being able to see and comprehend. 657]

Yada: Yes, yes, but we of The Circle do want all of them who come here, and have been coming here, to know how much we appreciate them and what they have done again, for others.

[Anita: We have done so , with very great love, Yada.]

Yada: Let me take you down into your modern times, down into Cuba and the trouble there. There is going to be no escape for this man, Castro. He is not able to do like Batista, the one who was evicted and whose place Castro took. He will die.

[Q: A natural death?]

Yada: I think, sometimes, the death he will die will be caused by "lead poisoning".

[Q: From chewing on pencils?] [Laughter]

Yada: And not from chewing on pencils!

In a way it is sad, because he is an actor of life. He is playing the role he came to play. Had he not done what he did, he could not have survived on that island.

[Q: What will come out of it?]

Yada: Not too much of anything because if a man gets into his place, after he is ousted, the Catholic Church will again hold sway there and the people will go back to enslavement there by the Catholic Church. They will go back to the same poverty and ill living as they did when Batista had it - and before he had it, when others had it - when the church had control.

If the American people, when they more or less had control there, had they treated the people like humans - but no, they did not. The big cartels kept the people as slaves. America is paying now the price for this sort of evil.

[Q: You don't think, if Castro is put out, that some kind of regime would be set up there so people could live more comfortable lives? They must go back into the hands of the church?]

Yada: This is right, because here in your country Catholicism has a very strong hold, and you can see that immediately that Castro is driven out, the Catholic Church will again control Cuba. There will be no between conditions. Until your country ties the hands of the great octopus of Catholicism, there is going to be no changes made in any country where this religion has control.

[Q: To whom can we go and whom can we trust?]

Yada: Not very long ago, this man Mark, was reading the paper - a writing there, in which the Lutheran Church was attacking Masonry. Now the Lutheran Church is next door to Catholicism; so is the High Episcopal Church of England, and therefore, of this country. Now the aim is not the end of Masonry by what seems to be the Lutheran Church; it is not only the Lutheran Church , but by Catholicism and the Episcopal Church.

[Q: How much is Masonry ruled by Church? To some extent I know] Of course, because even Priests become Masons. They do it to get in, to know what is going on!

[They get into everything. Yada, this country is really founded on the Laws of Masonry -]

Yada: You go back, when you were in the "Land of Nod" - did you meet any Gains there? [I doubt that I can recall -

Yada: Yes, that in the very ancient of times I was speaking of a white Chinese, white Asiatics that came into this country. Now, before these people came, beings descended from the outer spaces and they gathered up beings who were roaming the earth here in your country.

[Q: The white Chinese?]

Yada: No. The white Chinese did not gather up people; the space beings gathered up these ancient Asiatics whose source was in the upper mountains of Tibet. They lived in the ice and snow. These people were taught a form of what you today would call Masonry.

[Q: The white Chinese were taught by the space beings?]

Yada: But then it was more Masonry than it is now. Today, unfortunately, this order has become a business. I am most unhappy to say this because it is supposed to be an order of the spirit, of the mind, of the Inner Teachings of Light.

[Q: Regarding this, the laws of our country were based on laws of Masonry. Do you think Catholicism will try to revise the laws of the country, to try to get a stronger hold?]

Yada: Of course. [Comment: They are doing it now!]

[Comment: You told us the other night that Kennedy was not elected on a majority vote but on his father's money. This tells me that Catholicism has a greater hold than the average man understands.]

Yada: I have been saying this for many years, but what I want to say first before we get too far out, is that these beings from space taught these people - these white Chinese - a law.

They taught that North America was to be designated as the Cradle of Light, and no matter what happened North America would survive all the halocausts that may take place before man begins en-masse to live more sanely.

[Q: Is there any way - I think the space beings - this continent is their responsibility. They had a reason for wanting this continent to be the holder of the Light. Is there any way we could call upon them to help balance this condition?]

Yada: You see - I am in somewhat a difficult position myself -

[Q: You can't reveal - ?]

Yada: That is right. You may, and you do, call upon me and I call upon you, so that we can learn from each other. But there are some things you may not ask me to reveal because I am not in a position to do it.

[Comment:.....I was looking for a way to appeal to them. This is what I wondered about. They chose this country to hold the torch of freedom; they had a particular reason for choosing this continent among all others -]

Yada: Yes. In the event of a halocaust, a world halocaust, the Light will continue to burn here. Should this Light by any chance go out, the whole world will suffer a period of darkness, meaning ignorance; meaning tremendous suffering; meaning the wiping out of all knowledge of scientific things, of inner teachings - for 5000 years!

[Q: How does it look now?]

Yada: It looks very good. I do not see it happening.

[Q: How is Catholicism managing to worm its way into so many places? No one should have power to upset the foundations of our country. It was based upon truth and Light.....seems to me there would be a protective shield over our country.]

Yada: There is, but not as you would understand it

Is there any strength acquired by no struggle? Man must struggle. Even though the light of life is standing in the balance to be lost, there must be struggle to keep that light going. Without struggle, the light will go out.

[Q: This is where our work comes in. Once in a while crops up the presentation of documentary film on space beings - so called saucers. Last night we saw a documentary picture - not just a fantasy. Is there a deeper meaning - if they are reminding the public that they are accepted as being real by the government?]

Yada: Of course it is accepted by the government.

[In a round about way, they keep presenting it to us even though the papers -

[Very good friends - honest friends -]

Yada: That is what counts, sincerity, honesty with oneself. Then how could we be otherwise with others? I am leaving now. I will come back in a little while, so you can get a little rest. [Thank you, Yada.] *

Yada: It is my honor. And keep, in the heart, good feelings. Put aside any fears about what you are doing or others are doing. Everything is as it should be ←

[A.R.K: Yada, would you tap me on the head once in awhile?]

Yada: Now you extend to me, not only a wonderful privilege to be of help, but some-

July 7, 1964

32

This is Irene Probert speaking. It is Tuesday evening, July 7, 1964. We are in Alfred & Anita Ganschow's home at 142 Shepherd Avenue, Buffalo, New York, holding a deep trance lecture by Mark Probert and Members of The Inner Circle.

Yada Sinas et Sinehas, ena Yada di Shi'ite.

Group: Good evening, Yada.

Yada A notchi, (speaks in his language)

Ed Schultz: We had to see you once more, Yada, before you go west again.

Yada: E grati ya.

Group: Thank you very much.

Yada: It is my honor. Thank you very much. Thank you all very much for the attention and kindness you have so much extended to us and to this man and his wife,

Anita: We are so happy to have you with us.

Yada: Ah, yes.

Irene: We are very grateful to the people for being so loyal and coming to the lectures. This has been a great help to us.

Yada: It has. Without such, our work would be impossible, without your interest. Now it is not so much your interest in us as personalities, but your interest in the study of life. That is more important. It may be and it would be expected, if you put us in the background, put our personalities in the background, forget us, but do not forget yourself and your teachings and your learnings of life, your desire to seek and go on seeking, no matter what else may happen to you. DO NOT PERMIT YOURSELF TO SLIDE OFF THE PATH.

My friends, when one person feels called upon to enter into association with another person, the first thing he must remember is that he is handling another person's life. He is literally taking his time and his attention, which is his life. Now if this is so, it is of the utmost importance that he give that person a better life; show him the way. Otherwise he is wasting that person's life and no one has enough life to be wasted, even though you may stay here a thousand years; yes it does not make any difference. For this life is for the educating of one's self into knowing what the path is back home, returning unto our source. And we can, if we are getting careless, not only lead ourselves off the path, but lead others, and this is the greatest sin that anyone can commit against his fellowman.

While we humans, who are really adventurers into our own creation, while we have endless time to go back home in, we still have none to waste, either by misdirection or by our own lack of interest which would amount to what you Americans would call dilly dallying.

Irene: I have a question, Yada. So as not to make the same mistakes a second time, I would like to know about the circumstances leading to the fall of man. Did the higher consciousness create its own lower consciousness and then give it free will? If so, did then the lower consciousness lose its relationship or rapport with the higher consciousness because of its desire to express its own individuality?

Yada: When the higher consciousness permitted the division, the, what you call, creating of matter, it caused a state known as duality. In doing this, it gained something called material consciousness, awareness of its environment in relation to itself. When this happens, and it has been going on since let's not say when, we lost our will, we didn't gain it; we lost it. This is part of the work, TO GAIN BACK OUR WILL, OUR ABILITY TO WILL OUR LIVES.

It is believed, mostly by the Christians, that God made man and gave him a will so as to make it possible for him to choose between right and wrong. My friends this is simply not so, simply because man looks - with the kind of body he has, looks to be what is called a human or a very separate species of life. We are not humans by birth. The naked skin body does not make us humans, or belonging to the humans species. We are still animals, belonging to the lower order of things.

It is not until we begin to think, to intelligently rationalize; we have no power to make decisions until we become sane, until the animal is cut down from us. Look at the world of man today, even today in your modern times. How much pressure does it take, on practically anyone, to bring out that - not the animal, but the beast.

659

The majority of us, down through the endless, endless thousands and thousands OF YEARS, ARE here to get control and put down the beast. This beast in man is the same as the beast in any beast, it is insane. It doesn't will to anger or not to anger. It doesn't will to do any negative or positive things. Whatever positive things the majority of us manage to accomplish in our lifetime, very seldom do we think these things out, do we think not only of the cause - what causes us to do what we do - but the effects.

We inject insane emotions into what we think is our decision to do this or that. ⁶⁶⁰ That is why in the majority of the times, in our doing, we get more hurt and we hurt others more often than not.

Do you think it possible for a sane human being to even think that war can make for peace and intelligent living? Do you think that one human being who has not control over his emotions, can think about doing the right things? Because he cannot. The majority of us do what we do because we are compelled to.

There is something inside of us and that something mostly is the lower emotional self which I call the beast, and very often call the schizophrenic ass in us.

Now I know that we human beings do not like to be criticized. We want to be praised - and we should. We should endeavor to praise one another, especially while we walk around in the ass mind, because we are dangerous and criticism can hurt us enough to cause us to want to turn and rend the one who criticizes us. That ego self is a maniac and is ready and willing and able to show his claws and his fangs.

Now, getting on the path we are beginning to become humans, beginning to earn that title, a marvelous title for the next step - can only be thought of as the eternal god within us, the creator. T.A.

Yes, it is said the man, Jesus, when crucified on the cross, He arose again on the third day. It does not really matter how many days it took him to do it, the fact is that he did it. And what arose? The creative self, the Christ-self arose out of the human which he had been for so long on the earth. He did not gain that humanness over night, anymore than anyone else.

I speak not of the Jesus who permitted himself to be murdered on the cross. There are many, many Jesus' who are seeking to do that for their own glory and for their masochistic feelings for life. This is not the one who finds the Christ.

Man did not fall. If he did, someone must have pushed him. But no, he did not fall. He was sent by the higher mind. The lower mind was sent by the higher mind to adventure into the lower-mind creation. That's what this is, a lower-mind creation. That's why there is so much violence in it. It belongs to the lower mind.

Very often when one passes from the physical world, that lower mind still survives and keeps the person in this dream. They become what is called earthbound. But they are not earthbound, not earth per se. They are lower-consciousness bound.

The ancient Egyptians, when they buried their royal people, putting into the tombs all that person owned, gold, silver, all the precious stones, everything of physical pleasure. Before they buried that one in the vault, in the tombs, they had people, men who would gather around in the tomb, around the dead person, the pharaoh, the queens, and they would chant. They would hold a real seance. What a seance!

They would call in all the earthbound greedy people, people who lived their lives purely for physical satisfactions, misers who loved gold and precious stones for the sake of having them. They would call these into being and tell them they could have all that, all the material wealth of the pharaohs and the queens or others, but they would have to stay there.

And they told them there was the possibility that these tombs may be broken into and these things taken out. When this happens it is up to you to go and pursue those people and get these things back. Curse them, destroy them, and bring death to the, or they will come and steal your possessions and you will never get them back.

Anita: Yada, when was the pyramid first built?

Yada: The Geisha Pyramid - 25,000 years ago. It has been under water. It is very, very, old.

Irene: Yada, during one of your recent taped lectures, you happened to mention that life and consciousness in the astral world is a very personal matter.

Yada: So it is.

Irene: This from E. S. and he would like to know, could you enlarge on this in some detail and you started to tell us why it would be more difficult for us to learn in the astral world than it is now in the physical life.

Yada: Yes. First I give comparisons between this world and the astral world. This world is it not a personal one? Do you and you live in the world together? It appears when we do not think about it, that all of you, and let us say I was in the physical world with you, that all of you are living in the same world. But you are not.

While you share, your mental selves share the idea that you are living in one world together, in truth each one of us live in the physical world alone, in the astral world alone. But our creative mind lends us the idea that there are many of us and that we are associating with one another. Are we?

Think of this a moment. It seems this way. You can have the same state if you practice, you can create a dream world where you go to sleep and enter this dream world and you can have anybody in that dream world you want to have. And to each of you it will seem (sound of brakes squealing) Yada makes exclamation . . . GG1

Irene: A car putting on its brakes. . .

Yada: So you like the world you live in, but that's all right. It is, as I said, how you respond to it. That's what makes it.

Unintelligible comment made

Yada: Of course. The astral world, same situation. You can get the feeling of living in a land where thousands and thousands of people are going around you. There are conditions, created there, of what you have here.

Now, go into jungles, and when one dies in the jungle, when a jungle inhabitant dies he finds himself in a jungle life. How else can it be? Can you imagine a jungle man, in dying, finding himself in a kind of astral location that looks like your city here? Of course not. This would be real hell if that were true.

We can only abide by that which we have been accustomed to abide. If at any time something goes wrong in that location where we find our consciousness, we know it immediately, because it is not the same as we have been trained to expect. The unexpected turns our environment topsy turvy.

Aud: We have to learn to live with equanimity, Yada?

Yada: How many of us have trained the animal to that extent?

Aud: I'd imagine very few.

Yada: That is true. You take any animal and project it suddenly into a different environment and what do you find? It is in a state of confusion the same as the human animal. And not all animals, four-legged ones, adjust any more than two-legged ones. Some do not adjust at all, they go completely insane, and die even, the same as humans.

Irene: Will you explain why it is more difficult to learn on the astral than it is in our physical?

Yada: Of course, because there you have no physical body to hold you down; that is right, no physical body on the astral plane to hold you down. Your thoughts - you are living in a world of thought. Well you are living in one here, but you have a plusin the world here, a belief in matter, a belief in weight, so long as these beliefs hang onto you, you will find you will be living them in that world.

Now in the astral world, most of us discover that we are quite free, much freer than we dreamed about when on earth in the matter world. When we find this, we automatically want to play with it. We want to do things we couldn't do while on earth and as we do not know how to go about doing these things, we find ourselves in a state of confusion.

For instance, you want to go somewhere. One of two things will happen to you when this thought comes to you in the astral word - the moment you think of the place, you will be there. There will be no thinking and waiting and going; it will be simply thinking and you will be there and you will be doing that which you thought.

Now here, you can think of a thing, and wait as long as you desire to do that thing, or don't do it. But then again, you have a similar condition here, wherein if the thought is real, you will find yourself doing that thing. It may take you a little longer, but you will be doing it; in fact you will not be able to resist it. Self-suggestion is just as powerful as suggestion from someone else and, often, more so.

Now some people pass from the physical earth and it is so real. Real; by that I mean so much like the earth, the astral world is so much like the earth that it takes them time to accept the fact that they are not in a physical body anymore.

Aud: When you were talking about this last Saturday, you did not finish the answer. You got as far as pointing out the difficulty of concentrating now in the physical world when we try to meditate.

Yada: This is the same as what I said before in trying to think now, instead of meditate. In your physical world, you can sit and meditate upon anything you desire to, but observe this - how difficult it is to put your mind on a thing and hold it there for any appreciable time. How difficult to concentrate and hold your attention.

Observe, please, animals in stalking other animals, especially the cat family. Observe that extreme ability to concentrate on their prey. Observe the body action to this extreme concentration. It lines itself up perfectly with the prey. It prepares its muscles to act just as its prey's muscles are going to act, so it can be on it in an instant. It times its muscles to the action of the muscles of the animal it is stalking.

Concentration. It is quite a large English word and it is a much difficult thing to accomplish. Very difficult.

Aud: Can you give us a lead, Yada?

Yada: A lead on how to do this?

Aud: Yes.

Yada: There is only one way and that is to do it. There is no telling one how. You see among other difficulties the western mind has especially, of course they have it in the East, all over the East, every Chinese or Asiatic is not knowing these things any more than everyone else here is knowing them. There are as many disbelievers in Asia as there are here in your country. There are probably more, because there are more Asians, that's reasonable.

But look, the body. Is the body prepared, in your world, in your present time, in your environment, are the muscles kept in tone? Does one practice? Is some widespread effort made to teach the people the art of relaxation? Just relaxation. Can you really relax?

You know, real relaxation, when we accomplish it and we want to come out of it, we cannot jump up right away. If we could do this, we would most likely fall over dead, because the body would not be prepared for it.

But watch one who cannot concentrate. Watch them sit and watch them not relax, but think they are. And something disturbs them and they will jump right up and there will be no difficulties with them, because they have not centered the mind, they have not relaxed. They have not put all other thought from their consciousness.

In sitting in meditation, the American mind is doing this sort of thing. If it is a married man or married woman, "I wonder if I will make enough money to be able to send my child to college?" The child is not quite able to walk yet and they are worried about sending the child to college. "I hope that I manage to survive long enough so that I can see them grow up."

"I'll do mantrums", or what Americans call prayers to God. What a dull life for him, to have nothing happen to him. I'd pray, if I had a child, to have all kinds of things happen to him. Do you not want an interesting life? I'm sure you do. Do not ask for less problems, less difficulties, because you are then asking life to ignore you. I know there are times when you wish it would.

I know I've been tempted, when I lived on earth, I've been tempted to do that too. That is an emotional thought. Very often, people whose body's are in suffering accomplish a great deal more, not only for themselves but for others, than people who are in good health, because people in good health generally are not driven to do anything. They feel they have endless time. None of us have endless time. We have no time to waste.

MEDITATION. Get first a body bath so that there is no surface irritation from perspiration from the sweat glands. Then when you sit down, or lie down, or stand on your head, if you know how to do it that way, you can meditate just as well if you are relaxed.

Before you try to relax, the beginning of it isto sit, you see this man (Mark) sitting this way and I am sitting this way. When I am in this man's body it is my body now, so I have to move it back and forth. This is the way to sit. In this man, I find the muscles accustomed to sagging.

662

Irene: That is mostly because of the pain he is going through most of the time.

Yada: Of course, of course, but you know, sagging does not help; no matter one pains, it does not help. In fact, it adds to the pain because it closes off the nerve centers. When you do this, you shut off nerve centers in the solar plexus, in the spine, in the head, in the lower part of the body.

When you are going to meditate, I suggest you sit to do this and I suggest you sway the body. Sit up straight, sway the body this way a few times. Get a feeling in your mind regarding the organs of your body and try to line them so that none of them are sagging. Work a few times back and forth this way.

Now you can do this better if you take the lotus position, but not everyone can take the lotus position. Then you come to a center. Then you bring your eyes up here; you do not need to have them open.

Q. You center them above?

Yada: Right into the nose, the roof of the nose here.

Q. Just below the eyebrows toward the nose?

Yada: That is right. You know why you do that? Only really for one reason, you are making an effort to center your consciousness. You are looking at the center. Now you can open your eyes and look down on the floor, wherever you are sitting, and choose a spot. You may even make a mark there so that you can center your attention on it.

Then you in-breathe and out-breathe, with no great effort, three times; three in, three out. While you are doing this do not try to calm the mind or free the mind or blank the mind. Most of us, our minds are already blank; you do not have to try.

I say to you, let your thoughts run as wild as they want to run. Just don't listen to them, don't look at them, pay them no matter. Let them go, like monkeys, go, go, go. You will find that suddenly the monkey has stopped running, you become aware of it, that they have suddenly stopped running.

The moment you become aware of it, you are not thinking "my thoughts are all gone", You have your mind completely centered upon whatever it is you want to ask or think about - your uppermost thought. And you are not asking it with the conscious mind; you are not consciously there anymore. The ass self is asleep; it's out of the way.

That which you need to know will come to you in that instant. Now you may not be able to remember what you got when you come back to the ass consciousness again, but it is now on the edge of the unconscious self and it will come to you automatically when you are not seeking it.

Suddenly, when your mind is completely tied up in your daily living, when you have no thought of communion with the higher consciousness, it will drop into that conscious self and you will say, "where did I hear that before?" You may not even realize that it was given to you by your higher-self while in meditation but it doesn't matter.

Who ever asks where gold comes from when they find it? No one ever asked "well how did I ever get this? "How did this ever happen to me?" they are going to lose it because they are saying they do not deserve it.

Whatever comes to you, either by someone offering it or by your discovering it somewhere, accept it with love and appreciation and thanks to the great mind. This is called graciousness.

This is the basis of the Asiatic seeming politeness. They accept graciously. Americans have a way of fighting everything, even things given to them. "Oh, no, no, don't do that! Why do you do that? Oh that very, very nice of you. Oh, I wouldn't want to take that from you!" The person wouldn't want to give it to you

Aud: A person giving it to you, it makes them happy to give it to you.

Yada: That is right. They wouldn't do it, unless they wanted to. This is what they want to do. Even people who make a show of giving. . . .

Aud: Still you may take it.

Yada: Of course. When you take from that person, they may not feel happy about it right away, but later they will. Because, you see, a person who gives without want to, just to make a show, they are the worst ones for wanting love and not being able to get it. They are the most hungry for love and not getting it.

663

One who gives freely, with no thoughts of getting, has no feelings of frustration in life, is not anxious or fearful that life has passed him by or is passing him by or may. A free giver is a free liver.

Aud: Another question?

Yada: Yes, but I have what perhaps may be a foolish pun. I was wondering if anyone thought what I thought when I said that,

Aud: Yes, about the liver?

Yada: Yes, ha, ha. You see how the mind works? Here is mind reading. Now was I reading his or was he reading mine, or are there two minds to read?

Aud: Only one, Yada.

Yada: That is right. There is only one mind. We all live and have our being in it. When more people understand this, human beings will stop building physical temples to their gods. They will start honoring and taking care of the living temple, of the living God.

I have no objection to anything a human being does in the physical world or anywhere else. That is that individual's business; it is his life. I speak only of sane living. That is all. I criticize no one for what they do. I simply say if man is going to live more comfortably in any world, he has to learn to think, to reason, and to know who is the master. Who is the Master. Until the individual can consciously let go of his fears and anxieties, he cannot claim, "I am the Master", not, and live it.

Many people, in the study of occult and metaphysical things, want to know what is the magic the alchemist knows in turning the baser metals to more precious ones. The first thing to do is to turn the baser self into the more precious self and this is not as hard as so many teachers, both in the East and the West, have been leading man to believe. You see, magic.

Magic is the work that we do regarding things we do not know. When we know what we are doing, this is the scientific approach; all the mysteries vanish for I know that I know. If you want to get confusion in the physical world, you can get it with the least effort by forgetting to think. You want to get the same situation in the astral world, or in any world? Then leave the work of life, your life, to somebody else. Easy, huh! Very easy. Yes please?

Marie: I have had two experiences, one a vision, one a mental picture. Was my receiving these, in any way, caused by a special feeling of love at that moment.

Aud: And she will describe to you some of the details of this, Yada. She didn't want to write it.

Yada: Please do.

Marie: The first one was before my husband and I were married, like you would project a picture in the middle of a room. I saw him from the shoulders up. The other time, I was lying down. It was only a few months ago. In my mind, I saw it. It was a stairway and people standing around it as though agitated, as though someone had fallen, or something that had happened at that moment. Could that have been a vision?

Yada: Perhaps. It may also have been an anxiety thought that took place perhaps months before that moment and now projected itself as anxiety; people in anxiety or uncertainty or confusion. Do you see what I mean? Now, in your dream - the other was a dream you say?

Marie: No, it was not. I was awake.

Yada: You saw your husband? Marie - Yes.

Yada: From the shoulders up? Marie - Yes.

Yada: Was this after you had been married to him? Marie: No before.

Yada: Had you seen him before? Did you know him before? Marie: Yes, I knew him.

Yada: Of course, the mind produces all kinds of imagery and, as a rule, the reasons for any one of these lies in the creator of them, the individuals themselves. It may have been promoted by your very deep love and affection for him. Strong love does this. More often we humans, when we care for one, and strangely perhaps, but I do not think so, you find it making imagery of those we hate as well.

Now you see what you are doing when you take an image of a person in your mind; when they come to you as an image in your mind, they are there, attracted by one of two things, intense love and wanting of that person, or intense hate. Now sometimes love and hate

have the peculiar way of becoming mixed so that one is not certain whether they truly love that person or hate them, because that person may be acting as a contest to their personality.

Now I want to be clear and I hope you understand what I am saying. Anything, any desire could have brought the imagery of your husband to you. And, as I say, the cause could be a rebellion against a feeling of being dominated. Now, while the female, most of the time, not only wants to but expects to be dominated by the male, yet there is enough male in her to rebel against it also, to try and fight it. This in a way is a form of sadism and masochism.

If we are going to understand ourselves, we cannot back away from any possible imagery about why we do what we do. We've got to know, then we not only understand ourselves better, but we will understand those we associate with better. Whether we love them or hate them, we will know why, what is back of it.

There is many a child that shows an excessive love for his mother whom it actually hates but is afraid to face the thought that it hates its mother so it puts up a front of love. Then this creates internal conflict within the child and it may drive he or she to all kinds of oddities in action and in thought. Love. Very strange word. Perhaps not the word, perhaps only what we humans do with it. Is that not possible?

Anita: Yada, couldn't it be a projection from the other?

Yada: Of course it could just as easily have been her husband's desire to be with her in a protective loving way. Oh yes. And so he projects an image of himself. Now did he project it out there where she seemed to see it? No, it was not visualized through the physical eye but through the mental eye. This means his desire to protect her, to be with her to act as a symbol of love, he excited nerves in the brain, optic nerves, which gave her the impression of an image of him.

This is what we of the Circle do when we want to present ourselves to Mark. We do not come and stand in the room with him, although to him, through his looking eyes, it seems we are there in the room taking up space. But actually we are not.

Very often, a vision is like a voice in telepathy. It is another kind of telepathic communication. Do I make myself clear, please? Yes, very often people think they hear a voice, and perhaps many people will hear it, standing in the same place, hear this voice speak.

They may jump to the conclusion it is a spirit being, if they are believers in spirit beings, and they will not think of anything else. And it will be difficult to convince them that perhaps it is not a spirit being, but a telepathic communication from someone in the physical world, some thought, some stray thought.

Utter stranger somewhere, perhaps somewhere that person is sleeping, somewhere has an intense feeling, an emotion about something, has an experience in the dream and projects the thought of it and the imagery of it into the surrounding spaces. But not actually in spaces as such but into the larger mind where we all live. And anyone who happens to be in the environment where this thought is projected to, may pick it up, may record it. A living person.

But when is a living person not a living person? We think, those of us conditioned in the physical world, think when they are in the physical world they are living. People in the astral world, when in the astral world, say they are living. You know, you hear people speak much about this life, and then reincarnation back again to this life. But hardly anyone ever talks of the meat between the two slices of bread, the astral world.

Irene: I think it is sort of thought of by most people that part of our life is not remembered. We don't seem to be able to recall that so well.

Yada: Many people, many of us will, in the physical world, have memories of the astral world. Many of the experiences we think we had in another lifetime, took place in the astral world, not only after we lose the physical structure, but before, in projection.

A person goes somewhere and suddenly they say, "Um, I've been here before, all this I know, I know it like I know the palm of my hand. Yet I do not recall ever having been here before." And if they know anything about rebirth, of course they are going to jump to the conclusion, "Oh, I know! In another lifetime."

But perhaps not. It may have been right in this lifetime, while you were mentally)

busily engaged with something right here in front of you, a part of your mind may have run away and went roaming and lived a little life in that place. And when it came back, it forgot to tell you - you, the conscious self.

It forgot to say, "Oh did I have a time! You want to know where I was? I was having a wonderful time. Oh, but I'm not going to tell you right now. Later. Later." 666

Isn't it amazing, when you think about life, how much of everything seems to want to be later. Later please, when we, we want it now. Now, now, now. You feel this way so much in your world, you have written songs about it like, "There's no Tomorrow". And so there is none if you don't want it.

If we learn to live now, keep as much of our consciousness with us, do not let it roam around that way. Hold it back. KEEP AWAKE. KEEP CONSCIOUS when you are conscious; sleep when you sleep. No one is dead before they are dead, so don't try to be; don't think about it. It is of no use.

You do not think about whether you will have a dream tonight when you go to bed. Very seldom does it occur to one, "Will I draw a blank when I go to sleep tonight, or will I have an exciting dream? Will I have a real life dream or will I bring my confused and fearful thoughts into my nice dream and destroy it; turn it into a nightmare?"

Here is a man dreaming a beautiful dream. He goes to sleep and wakes up in a beautiful dream. You see what he did, he took beautiful thoughts into his sleep with him, restful thoughts, and everything was nice. It was unbelievably nice; never had it felt so good before.

Then suddenly that little imp of darkness, called fear, called guilt, called anxiety, leaps into his dream and tears it into a horrible nightmare, rends the beautiful asunder to bring ugliness and causes that person to wake up in terror, very often, but glad to be awake.

Terror or not terror. Yes. Do not let yourself enter the dream world, called the astral, and tax anxieties with you. Take love. Learn relaxation and don't be afraid. Many people being born into the physical world, coming here, the thoughts that they have to leave the astral world frightens them.

Irene: Yada, one hour has expired and if you want to withdraw now.

Yada: Oh, is so? I think I will withdraw for awhile and then you can all rest.

Thank you.

Group: Thank you, Yada.

- - - - -

Yada: My honorable friends, if it is your will to make a picture of me, thank you very much.

Irene: It will be a flash picture, dear.

Yada: Yes, I understand. That is what life is, a flash. So everytime you are moved to do it, do it huh? My friends this is to be our last night here for whatever life has to offer us.

Anita: Makes me sad to think of it, Yada.

Yada: Anita, you know there is no parting. Always in the Light we are one.

Anita: But I do like the physical part of it!

Yada: Laughs

Irene: That's what we get for getting tied in this three-dimensional world.

Yada: As I said earlier, as the mind is conditioned to think, it thinks. It can do no other. But your sadness honors me and I too am sad. How wonderful that we can have this sadness for one another, huh? How wonderful.

Irene: If all goes well, we expect to be back here this coming fall. I am thinking of it now and thoughts are things!

Yada: Is so, is so. I can only move as you and Mark can move.

Irene: Well it seems that this is the only way I have ever been able to arrange these lectures, to have the idea and then get busy and do something about it, set into motion, doing, so it starts other balls rolling, and the first thing you know, things have been created to make it possible.

Yada: That is so. Now the trip - when you started out from San Diego, I was most concerned that you get as much rest and relaxation on this trip as possible. And then getting here, it occurred to me that we better not go on from here to New York and

Chicago and places like that - to go back, because the heat is going to be much more in the coming months and it may very well be one of the hottest summers for most of your country that it has seen in many years.

Aud: Have been predicted too.

667

Yada: Yes. So I suggest that you who live here drink lemonade and stay cool.

Q.: How about beer?

Yada: Oh all right. But do not overdo it, because that would be punishment in itself. You won't have to wait to go to hell, you will be in it. Beer is good for the body. It is a food and a nourishment if it is not overdone. Now beer, when overdone has bad effects on the prostate gland of the male and it is not very good thing in its effects upon the ovaries of the female.

Irene: When we overdo with it, too, isn't it inclined to make one gain weight, which is not a good thing?

Yada: Is so. It is one of the best bay window makers. LAUGHTER But I spoke of the most serious effects. Everything - man is given to do anything he wishes if he does it in moderation. And what is moderation? It is something for everyone. Each one of us has our own kind of moderation.

Alcohol, after a certain age, which is generally 35 or 40, when drink in small quantities everyday, is good. When a man or woman drinks alcohol before those years, is not good, is very definitely not good. After those years it has a tendency to keep the arteries open, and as years go on, arteries have a way of closing, no matter what you eat or drink or not.

For the body manufactures its own chemistry, and different kinds of chemistry at different ages and different amounts as different ages. The mucous membrane of the stomach and the lower bowels have a tendency to deteriorate and the replacing is not so fast as it used to be; and thereafter, after a certain age if you are not careful what you eat, you can suffer considerably from a very modern ailment, called constipation.

Chronic constipation is a memory of being a child so this is kind of a child disease. We go back to our childhood when having chronic constipation. Now you may ask what I mean by that. Now there is a question.

Observe the activities of the child's mind when it cannot have its own way. If you permit it to believe that you do not love it and are willing to give it some leeway, it has a way of threatening you. It will hold its breath. If you permit the child to do this very often, the idea of gasping for breath gets back into the unconscious mind and may, in later years, work its way out as asthma. You have impressed the respiratory tract to this kind of breathing, gasping. Soon you have a physical infection there, brought on by a mental state.

Then you have the child that is taught it is not getting love, so it will not give love. So it tries to end its life by retaining its body excretions. It will refuse to eliminate. Here you have the mental cause for bladder trouble, for kidney trouble, for bowel trouble. You see, all these ailments can be traced back to the mind of - mostly - the activity of the child mind.

Irene: What of sinuses, Yada? I have a question here: I am bothered by sinus headaches. Can you tell me why and what I can do about it?

Yada: I think one of the most important things is to cut the mucous forming from your diet. You like starches? (Answer - Yes.)

Yada: Milk? You like milk? (Answer - Yes.)

Yada: Eliminate those things, starches and milk. They are mucous forming, more for you perhaps than for someone else. But here again we have early childhood expressions and these early childhood impressions are also about our foods.

If a child is forced to eat certain foods, in adult life he will not eat these foods and the sight of them will make that person sick and the smell of them cooking will turn their stomach. It is the memory of being forced to eat that kind of food. Then this, in turn, in order for that person to protect themselves more openly so that people around them can see how they are being hurt, they create an ailment, what you call allergy. Somewhere in your childhood you were forced to eat these things, especially to drink milk. Is it not so? Answer: - Yes.

Lady, ordinarily milk is for babies, especially cow's milk is not good for adults, sick or well. The adult stomach does not digest these large curds of cow milk. Now goat's milk, you ever drink goat's milk? Very good. You can do this. But for the time being, let us say for a few months, try to stay away from any form of milk and from starches as much as possible, such as white flour.

White flour is often used in various cakes also, not only in white bread. ⁶⁶⁸ White bread is not very good for the system especially because of the way the flour is bleached. It is bleached with a poison, a very deadly poison. More than this, your store breads are not fit for human consumption. In fact, I do not think, if it were me, I would not give it to pigs.

While I may sound funny, I do not mean to be. Lady, drink the best water you can get, and it is my observation that there is no city water anywhere in the country that is worthy of drinking. Spring water you can get right here. If possible, get it. Most everytime there is an epidemic of disease in a city, town or hamlet in your country, you can trace it to water, the people's drinking water.

Do not eat candy. Most candy is not good to put in your system, again, white flour and grease, like on the candle . . . ? (Tallow, wax?)

It will not get out of your system once it gets in. It is one of the causes of hardening of the arteries.

Aud: Cholestrol?

Yada: Yes, but this is a wax from candles. You may as well put sugar on candles and eat it. You can get ample sweet from honey, but buy untreated honey. All the honey in your big market places is not good to eat. Get untreated honey. Man always tampers with everything he has.

Q: Yada, the untreated honey often turns to sugar, does it make it less nutritious?

Irene: Anita was asking me what amount of honey would be advisable. She was saying her energies run out so easily, Yada, and I suggested she take a little honey between meals, not with bread.

Yada: That is right. Even a level teaspoon.

Irene: And she was asking me if it would be fattening to her. Not this much, huh? Burn it up moving around?

Yada: That is right. And it will give you energy.

Irene: She needs something. She looked rather pale yesterday.

Yada: Also there is a very old treatment for sinus. It is honey and vinegar and water. Have you tried it? Take a teaspoon of honey, a teaspoon of vinegar, not ordinary vinegar but health food.

Comments: - Pure apple cider vinegar from the health food store?

- Wine vinegar?

- I got Sterling in San Diego, a pint of vinegar will last a long while.

Yada: Yes, because you only take a teaspoon, very level teaspoon in a glass of water.

Q: Warm water?

Yada: It does not make a difference.

Aud: Yada, do you advise taking these between meals or with meals?

Yada: I think it better not to take it with meals, to take it better on an empty stomach, before you eat. One of the best treatments for sinus.

Aud: You take it often?

Yada: Now in the beginning you try. First time you take it, see how you feel because sometimes vinegar has a way of upsetting the stomach for those who have not had it before.

Aud: Some people start out with a half teaspoon.

Aud: Each person lives in his own world, must be his own governor.

Yada: Each person has his own stomach! Which is very good. Ha, ha. Very fortunate to have one's own stomach.

Irene: You take the teaspoon of honey, but for vinegar you have to build up a tolerance.

Yada: Now it may not bother you at all, a teaspoon, but I would try a half teaspoon first for two or three days, and see how you feel.

Aud: Wouldn't it have a tendency to?

Yada: Not too much. And because it does this, we will leave that stand for right now. That is, I suggest you do that, yes?

Anita: Does that combination of honey and vinegar have a cleansing effect on the intestinal tract?

Yada: Oh yes. That is what I should have said, exactly those words, because it is so.

Aud: The good part about it, I'm sure you will agree with me, is, you can take it for sinus trouble, but if there is anything else in the system that needs correcting, it will correct that too. _____'s brother was taking it for sinus and he said first thing you know, that my - - he said my sinus trouble is gone, but something else is gone too.

Yada: He say, I have what you call, hemorrhoids, and you know, he suddenly became aware that his hemorrhoids hadn't hurt him for quite some time. 669

Yada: He had bleeding ones and no more now he has them. And one of the reasons why is that it also heals hemorrhoids, because it destroys the cholesterol deposits in the blood, which is in the veins. It thins the blood, which causes the swelling of hemorrhoids to go down. You have this combination of effects there.

Aud: It wouldn't give you anemia?

Yada: You would have to drink a great deal of it for that.

Ted: Yada, what is your opinion of carrot juice, raw carrot juice?

Yada: Oh very good, one of the very good things. And celery juice. Mixing these together flushes the intestinal tract and also flushes the kidneys.

Irene: When we are home, we get a pint of carrot juice, a pint of celery and watercress juice.

Yada: Yes, watercress juice is one of the very best things for the lungs.

Aud: Dr. Norman Walker, I think he is in Newfound now, has written a book about _____

Aud: Are you familiar with that?

Irene: Yada has told us for so long about the benefits of carrot juice.

Yada: What I suggest to all of you is to breathe no word of this to your medical society. They will feel you are cutting their throats and they do not like that. They are the lovers of the Green God. So if I were you, keep it to yourself. Do your own treatment when it is still in the stage where you can help it.

Irene: They don't have a juice bar here in Buffalo and I think it would be a wonderful thing if you, Ted, started one.

Ted: I thought of starting one after a while.

Irene: You don't think you will now?

Ted: If circumstances were better, I may.

Irene: A juice bar here would be a wonderful thing.

Yada: You have some questions here?

Aud: Yes, I do, Yada. What is the reason for the great unrest in the world today manifested by the wars, the segregation problems in the United States and evident in the unrest and lack of self-discipline in many of the teenagers and young people?

Yada: The schizophrenic ass in human beings and that may sound a very short and sharp way of putting it, but it is the reason. How can insane people do intelligent things? We have to get sane. Man is still in the stage of fright, the same as he was when he lived at a time when dinosaurs used to look in his bedroom window at the wrong time. That's why there weren't so many people in those days. It was very discouraging.

Today you have automobiles taking the place of dinosaurs as a threat to man's existence. Yes and that is no falsehood. Think my friends. Think a minute. Why the unrest? Do you think a sane people could permit themselves such slaughter of their own species in a so-called cultured time as you claim to be?

Should one person be killed in a sane environment, should one person be so killed then all the people would go into mourning and to shame. But in an insane environment, where insanity is the order of the day, it is thought nothing of. You get your paper; you sit and look at it and say here are so many people killed, maimed, blinded; then you turn the page and see what is going on with people playing ball games.

Irene: It is so commonplace, Yada, it doesn't make any impression on us. You know it is taken for granted.

Yada: Yes. Here I have watched the picture boxes. I have watched people, there is a

story being told about some very awful things happening to human beings. And then that goes away and is instantly replaced with some person who is striving to make a name for himself in politics. And instantly your mind, which has been watching maiming and killing, becomes cold over it. You haven't had time to get your real thinking attention before you are shifted off to inanities by the insane politician. A worldwide

How? How can you do this? Then I listen to stories of people, men and women who are criminals, criminals of the worst kind. You keep them in your jails for an indefinite time and then you have trials. Then does the truth come out? Very seldom. The only thing people seem to be interested in is whether or not the prosecuting lawyer is a smarter talker than the defense lawyer.

So it becomes a game. Then if a man who is a criminal is getting shot, wounded, hurt by your law officer and he is dying, do you let them die? Oh no, you are Christians; you couldn't do that! So you make him better so you can put him to death by the state. And you say no, you are not insane?

How? How please. Is it possible that one people can attack another people because of their race, color, their creed, their anything? How can they enslave, destroy, brutalize, murder a person because of their skin coloring, their nationality, their religion? Now, religion one can change if they are not too emotional about it. But you see, religion - man's belief in God is an emotional thing, and a very deep emotional thing. It is in the race mind, not only in the one individual.

The color of skin is not something one can help. They cannot go back and take another color. And if they did, somebody who was not that color would still hate them.

Here in your country you make a great cry about freedom. In fact, there is a big stamp right in the middle of your state seal. It says, "Freedom", but it does not say anything about freedom for what or to what or of what. So what happens? Freedom, in the minds of the majority of people, is simply a license to do whatever they please, with no control.

Do I come to tell you how to live? No, that is not my work. I come to tell you how it seems to me would be better. Then it becomes up to you, it is in your hands to think of it that way or to reject it. It is your life. I cannot live it for you. And to pretend to be a saviour? Even the smallest kind in the lowest bracket of saving? No. Only you can save you,

From what? From ignorance, that is all anyone can save anyone from, is ignorance But even here, it is a do-it-yourself job. Yes, there are American expressions in your country I am very attracted to, because they are right to the point, like do-it-yourself job. I think that is wonderful.

Do you want to die on the cross? Its a do-it-yourself job. If you enjoy others standing around looking at you with tears in their eyes, but no understanding in their eyes, just emotions, then go and get yourself crucified by trying to save someone, you will. Every saviour gets himself crucified. They ask for it.

Crucified? There are many ways to be crucified besides being nailed to a cross. We crucify ourselves every time we intrude on another's life, and we tend to crucify them. LIVE YOUR LIFE AS YOU SEE IT, AS YOU FEEL IT. And you know you cannot hurt anyone, nor yourself, if you do so with love, feelings of appreciation for the world around you.

This difficulty with races has always been so. I look back, down to my time; I saw it coming then. One of the reasons my civilization was destroyed was because of hate, hate of one person for another. The world does not grow en masse; its growth is gained through the individual.

Do I see any surcease from this insanity in the near future? I am sorry, but I do not. In fact, I see it getting worse before it gets better. Hatred does not die slowly. Anita: So it is up to the individual to make up and make his life saner?

Yada: That is right. As you learn and then others see and it fits them in their mind, they will follow you. But if you try to go out and look and tell them don't do this and don't do that, they are going to come looking for you with a gun.

Anita: Could this lead to the destruction of our civilization?

Yada: Of course, of course. Look please; let us go back to history, as far back, and we find the birth of a civilization; its growth and decline and its death. This is in everything. We find the birth of a star, its growth, its expansion, its contraction

and its death. It is everywhere present from the biggest to the littlest. Death, meaning change. That is all. Is anything born out of nothing??

Aud: No, it must have the ingredients to be born.

Yada: Of course. This is why virginity is nothing. It is useless. It is only useful when it ceases to be virgin. Love is virgin until it is properly used and then it is the water of life, of existence. Without it, all dies. All dies, not only humans.

Irene: Yada, in 1945 the beginning of the Aquarian Age was supposed to have started. We are supposed to be in the Aquarian Age now. Is this not so?

Yada: Yes it is. It started in 1945, It was opened by a period, the period being the going off of the atomic bomb.

Aud: But ~~this~~ was not what the Aquarian Age depicts. 671

Yada: Yes, for this is when the exploding of the bomb brought life. It was later that it brought death. It manifested to man the story of Aladdin and his wonderful lamp. To explode the bomb, Aladdin had to rub the atom with several million voltage bullets of proton, which is a part of an atom. Aladdin - man.

Aud: Yada, the Aquarina Age, according to what you have told is, is supposed to have been a transformation from the building of the body to the expansion of the mind.

Yada: Is so, but this sometimes hurts your teeth to have your, quote "pupil" quote you.

Irene: No, I didn't make this law

Aud: And you didn't make this law.

Yada: Oh? How you know I didn't?

Irene: Well I could have made, I think you are trying to pull my leg.

Yada: Put it up here. L A U G H T E R

Irene: If this is supposed to be the Aquarian Age, are we still just muddying the water and coming into an understanding? This is 1965, almost 20 years that we have been coming into a better understanding of life.

Yada: Oh you think this is possible in 20 years and it has not been accomplished since man came back here and he is now going to accomplish it in 20 years?

Irene: No, what I wanted to ask was how long does an Aquarian Age last? What period?

Yada: As a rule it lasts for several thousand years.

Irene: Oh it does? Then we are just beginning to get our feet wet?

Yada: What you call in Theosophy?

Irene: I'm not a Theosophy student so I wouldn't know.

E. S.: Is it also called the Aquarian Age?

Yada: is called Kali Yuga.

Irene: Oh that doesn't mean anything to me.

E.S.: A long time?

Irene: What's a long time?

Yada: Jokingly - 24 hours. LAUGHTER

E.S.: Millions of years.

Yada: That is right. Now there are measures of half-million years. 500,000 years ago is a half-million years. A thousand years, a thousand and twenty-four years my civilization lasted.

Irene: Yes, but when your civilization was created, at the beginning it seemed it wasn't the idea of enslavement; it was after.

Yada: It was after the civilization had grown up that it became very naughty.

Irene: Yes and they enslaved these huge beings.

Yada: You see, Yuga means vast body, but it referred not to the size of the civilization but to the sub-humans that lived there before we super humans got there.

But several thousand years is the Aquarian Age. Man has as much time as he wants to learn in, but because people do not learn en mass, that is why everything is so slow; that's why the growing is such a slow process.

Irene: But there seems to be such outstanding things that are supposed to take place in this particular time.

Aud: Will the color of humans be changed to all look alike? Will we all be speaking the same languages and comparative thinking will be about the same? Is this what we will be calling the "Golden Age"?

Yada: Many people, a great more number of people than now, will be speaking the English language. It will be the chosen language. But the English language to be will be more

Aud: Unified?

Yada: Yes, and more

Aud: Simplified?

Yada: Simplified! I could not think of that simple word!

E. S.: There are several simplifications now, now in the youth, being taught to the children and they are learning very fast.

Yada: This is very good. And then something more, to help people to understand one another better, wonderful simplification of mathematics, higher mathematics. This early business of teaching complex mathematics in complex form will be out-side, gone.

You see, those things were done only when man was in a stage of foolishness and he imagined his superior nature and he enjoyed making things complex, for himself. Anything that was simple belonged to the peasant, then, after a time, the superior mind began to see that the peasant mind was something to look forward to because it enjoyed the simple things. Yada is amused, ha, ha.

Irene: I think, Yada, that the controllers, the government realizes that they must educate in mass, people to cope with this time frame of the machine age and they can't teach them the mathematics they used to and it can't be applied to the things they need.

Yada: This is so. And in the time that you need to know it in. Everything is going to be done faster. Everything is going to be stepped-up in speeds. So in order to speed things they have to be made more simple. It is the complex that slows things down. You will reach a point where you will not be and.... and-ing about things. You will say this is and that is. And that is the way it is, less perhaps, if - - and - - or I do not feel like it right now. Ha, ha, ha.

Aud: Calculus.

Yada: Yes, yes. Now why is this hurry-up business coming to your world? Because man is making his first upward step to returning from whence he came. Originally man was a space dweller. He is going back to it. Not only will he be inhabiting other planets, but he will be inhabiting space itself. He will learn to live in space itself without falling down, because there will be no place to fall down to.

Everything will be up and you can imagine what prices will be. L A U G H T E R

Irene: The children who are being born in this era, are very capable of understanding.

Yada: So, parents get smart. Yes, this is fact my friends. In coming years, from this time on, you are going to have smarter, smarter children, children who will be born knowing.

Irene: It has already been suggested that parents be given the opportunity to be introduced to these newer system, these teachings.

Yada: Yes, so they will be ready for these children because all they are coming to this world for is a brush-up course.

Anita: They are more advanced souls?

Yada: That is right, that is right. For a time in the past and it is still some today, is the story that says children should be seen and not heard. In future times, better be careful adults will have to be seen and not heard. Children will be shouting all over the world. You will have a worse time controlling your children than you are having now by far. The only thing is that they will be doing more complex things, more complex things. You will have to invent newer kinds of locks and bars to keep out these children who become criminals.

Aud: They'll all become expert alchemists.

Aud: Disintegrate all the bars and all that sort of thing.

Yada: I don't know if it will go that far, but understanding mathematics you can open any lock or bar. Mathematics and the laws of Physics and the nature of atomic structure, you can wipe away matter.

I am wishing, because I enjoy so much talking with you, I am wishing we could do so for hours.

Anita: So do I, Yada, and think we all do.

672

Irene: We have another twenty minutes, Yada, and we can say a lot in twenty minutes.
Yada: Well let us try.

Annie: I have a question. ^{U.S.O.} I read in Fate Magazine that some phenomenon is going on in the Indian Ocean and that some ships (boats) see it for the last 100 years already, something like a huge wheel, 1,000 feet across with spokes going out in straight lines and more or less stops. But at the same time the whole huge wheel travels a certain rate of speed, about 60-miles an hour.

Aud: In the water?

Aud: In the water and they go underneath the back two wheels at the same time, one this way and the other that way.

Aud: Are you aware of this, Yada?

Yada: Yes.

Aud: Is it made of pure light?

Yada: Yes, I know of it. I wish to speak with my teachers a moment, please.

Kethra Now this is the way I understand it from my teacher. You see, I have a teacher too, which shows everybody is at some level of stupidity, huh?

L A U G H T E R.

One nice thing about being stupid, it means that you have a great deal more time to live in order to learn. If you are only a little bit stupid, you only have a little bit of time to live. So don't get too smart too quick! }

These wheels are from light, or let us not use the word light, but energy rays sent from space vehicles. This radiation is not a visible one in space but when it hits the water there is considerable phosphate, a little animal ~~that~~ makes a glow when energy light is shown on it. Now sometimes the moon will show these phosphorous lights. But they are not, as a rule, patterned.

Here you have an intelligent thing going, a pattern, a series of patterns is made. If you should ask me why these beings are doing this, I would like also to be able to answer it, but I really do not know. I only know that this is the method which is being used, invisible light rays in the water in that section, because there is a great deal of these minute living things that make phosphorescent light possible.

Now these wheels of light, Kethra there is, for several years now, more or less, a study of the bottom of the ocean floor by these space beings. They are studying the different changes that have taken place on this earth through the sea beds. Beneath the sea beds this examination and testing goes on. This earth goes through periodical examinations from these beings.

They do not come to interest man further in his religion. They do not care about his religion except to make note of it, showing the state of the human's advancement on the earth in this period of time. These beings go also to the tops of mountains and they study the snow and the layers of snow, testing how much potent radiation is being carried to the earth through snow, ice and rain; also testing how much the earth is heating up, and it is heating up at the rate of one degree every five years. And the reason this is, is not just from heat from the sun, but radiation coming from different parts of the solar system and beyond the solar system.

Now there are galactic systems that are separated by millions of light years, some even trillions of light years. It would appear that in the middle of the vast spaces would be a pure vacuum; but big mistake. All these galactic systems are connected by an auric light or bands of energy that reach from one to the other.

Thin layers yes. But what is thin? What do I mean? Thin? Fat? The question always is, how thin, how fat. There are many radiation bands around your earth, not only one or two. There are many. They stretch from the earth to the sun. Closer to the sun, the wider are these belts and the more potent. Kethra

How very fascinating! Creation goes on and on and on. What can I say? How on? In a straight line? There are no straight lines. There is no such thing as a straight line. Some of your scientists, your mathematicians, your physicists will tell you there are no straight lines, relatively straight, yes, but no straight lines. You know why? because creation turns back on itself. Creation is limited and unlimited.

Aud: Unintelligible question asked.

673

#63 FIN DE LA 7/7/64 PARTE 12 P. 16

Yada: Yes it is when you think about the size of some of these galactic systems, some of them measuring to the trillions of light years across. Ka-sida! Can the human mind begin to think of this? Of course not, of course not. Energy travels in periddical bundles and these bundles fall of, fall off and fall off until they are turning back upon the center of which they started from.

Aud: They get out to the outer periphery where it is colder and fall back. 674

Yada: That is right, that is right. My honorable friends, I, and we of the Circle extend our love, our appreciation. We leave it with you in hope that you will leave it with one another. It, The Light. E grati ya, A notchi.

Anita: Yada, may I extend to you my love and thanks and to all the Members of The Inner Circle for coming and for having been with us. We have enjoyed it immensely.

Yada: E grati ya. And we of the Circle had equal joy and pleasure.

Yada speaks a blessing in his language.

E grati ya. A notchi.

Anita: Thank you for the blessing, Yada.

Group: Good night, Yada.

$$\begin{array}{r} 674 \\ - 443 \\ \hline \end{array}$$

231 PÁGINAS A ESCANEAR EN 4-1-2011

→ 10, 11, 12
 231 13 PARTES ; 77 PÁGINAS CADA 1 DE LAS 3 PARTES

$$\text{PARTE 10} = \frac{443}{+ 77} = \text{PÁGINA 443 A 520}$$

$$\text{PARTE 11} = \frac{520}{+ 77} = \text{PÁGINA 520 A 597}$$

$$\text{PARTE 12} = 598 \text{ A } 674 = \frac{598}{+ 77} = 675$$