

# PART 15 : 819 A 889

#137 - 3/16/85

- 11

him. Now how can one break through the barrier of their own creative self? How can they break through it? It takes time. It takes willingness. It takes patience and it takes a massive amount of sincere interest in yourself. You see, my friends, many of us humans suffer from a kind of built in state of boredom with ourselves, so we become impatient with ourselves. This keeps us out of communication with ourselves. Do I make reason please, do I make intelligent what I say?

Doctor: Yes, you do.

Yada: How important it is to grasp what I am saying because there is nothing to be gained if the listener doesn't understand. If the student does not comprehend then there must be some other way to get to him. Something's wrong with words.

Irene: getting at yourself, but not using pressure to get off yourself.

Yada: Oh yes. You do not do that. You do not use pressure to get at yourself. Often we frustrate ourselves to accomplish something by trying. Let it come to you. Let go.

Irene: But I think, Yada, about what you were saying a while ago, it has been my experience that not becoming emotional has helped me more to get with myself than any other thing that I know of. Just expecting everything that happens, well so it happened - so what, sort of a detached nonchalant attitude. It made me become more integrated with myself.

Yada: Yes. And getting this kind of integration is called getting patience. No hurry. Many people getting into the study of metaphysics and some far into occult studies even, want to hurry. They feel an urgency and it is false.

Irene: Well I can certainly say that I went through that too, Yada. But I think there is always a silver lining to everything. There is always a light side to a dark side and everything has its good points. If nothing else, this illness has taught me to become more integrated with myself.

Yada: Because it has given you the need to be patient.

Irene: I've had to. This is one of the things that tires me quickly, to become emotional. I become very ill just as soon as I become emotional.

Doctor: You get in touch with yourself which would be considered this (I-am-ness). This should also be treated geographically although its not really connected with geography. But it has been one of the techniques that I have used and I think I have been capable of getting in touch with myself occasionally.

Yada: I think you have been doing this much better in the last year than you have at any other time before.

Doctor: I agree with you.

Yada: Thank you. You have had these kinds of experiences that have literally forced you to take patience by the horns!

Doctor: That's a nice way of phrasing it (Laughs), yes this is true.

Yada: This has removed a great many other fears from you that now you have more room to move it.

Doctor: This has given me the ability, I haven't communicated with birds especially, but I've certainly had tremendous rapport with a dog. I can communicate with him.

Yada: If you can communicate with one animal you can communicate with all of them, because there is only one protective consciousness for the animal. It is not a thing divided up into pieces.

Doctor: No, it isn't. But I used the word geographically, because I start out specifically in a certain area.

Yada: Oh that is all right.

Doctor: And then I activate all the other centers. But these are merely qualities after another order and after another function. Its all the same thing but doing something different.

Yada: That is so.

Doctor: On a different level.

Yada: And always remember patience.

Doctor: You can't do this in a hurry. It won't work that way.

Yada: That is right. You have endless time, so if this is so, then why hurry? You will accomplish, as you learn from experiences, how to act, how to best act with each experience.

S.E

819

Irene: Yada.

Yada: Yes.

Irene: You know when you held the private lecture for Helen quite some months ago, she wasn't present, but Anita would like to know if you would tell Helen just how you think she is doing now pertaining to her, well herself. Is this what you wanted to know Anita? What do you want to know? You said you wanted Yada to comment about it. You'll have to tell him.

Anita: I want Yada to go on and toward the end I want to ask a question.

Yada: Speak of what?

Anita: Oh, how Helen is doing now since she has made the change.

Yada: Just by asking Helen, how do you feel you are doing?

Helen: Much better, much freer.

Yada: Now you see. I ask this because who can really know about Helen, but Helen? Who can really know? I can see some things, some states of awareness that you have climbed to, but the one who attains to a plateau is the one who gets the view. Can the man down below on another level of ground tell that one on the higher level what they think? I think not. The seeker after life, by his experiences, comes to have certain feelings about these experiences that he didn't have before and if these appear to him to be more intelligent, more constructive, he knows. He is aware of his own growth much more than someone else.

Now I may climb to a higher plateau than you for the time. Then I may say to you from my view, "You're doing wonderfully well," or "You're not doing so well." That would tend to take the moral starch out of your legs, so you wouldn't want to climb higher. It would give you a sense of insecurity. And if I said to you that, "You're doing wonderfully", when perhaps you are not, you may try to leap with this high state of doing and strain beyond your energies to attain before you had attained it, thereby falling down. So I'd rather say, "How do you feel you are doing up there? How is the view to you now? Tell me"

You know, when you go to a doctor do you go and sit and say nothing to him regarding your feelings of your sickness, if any? He is not a mind reader. In fact, most doctors are very poor mind readers, because their mind is upon bodies, not minds. LAUGHTER If you doubt this, listen to them tell you that you are physically sick because that is all they are looking at. They do not see the source of the sickness so their treatment is no more than a palliative. No, you tell the doctor what you feel. You give him, I think you call them, your symptoms, then he guesses what you have from those symptoms. He guesses. Mostly he guesses wrong, but still guessing is better than nothing.

I do not like to leave your life to my guesses, even though I know my guesses are factual. Can you see it? Can you know it? Do you know this is wrong with you, or this is right with you? Then how can my saying it tell you? How can my saying it make you aware of it? All you are doing if you do not accept what I say, is taking it by acceptance.

Irene: You have to know it.

Yada: You have to know it (from your own inner feelings.) Do you feel improved from what you once were?

Helen: I feel better. I feel its a time of transition and I'm still, I'm impatient to grow out of it, but.....

Yada: It is said the man Jesus was in a boat with fishermen, but he was not interested in fishing, he wanted to sleep. And there came up a big storm, but he kept on sleeping. This was very irritating to the fishermen that he was not up and demonstrating a lot of fear. The fishermen did not like this, they were jealous of him. So they said, "Wake up, wake up, there's a storm. The boat is going to sink, do something about it." He said to their emotions, "Peace be still". For it was their emotions that started the storm, their fears, their anxieties. He was not speaking to the weather, he was speaking to their emotions. "Peace, be still." No hurry, no hurry.

You are now in the divine spot. You are at this moment, on the highest pinnacle. Who can become that which they are not? How can this be done? How can I move to where I am not? Now I do not wish to speak in parables or in what you call double talk.

Irene: Yada, the word is pronounced "Double", not doublee.

Yada: What do you do with the "e"?

Irene: That's what we would like to know.

Yada: I still want to say the "e", this comes from my kind of training. In my language, almost every letter in a word is sounded.

Irene: Your words are spelled phonetically, ours aren't.

Yada: Yes. Sometimes I get careless with my expressions and I say "au kee". In Spanish it is a true word, it is "aukee" which means "here". In my language "get" au kee - so- the entire letters are sounded. Languages!

Anita: Yada.

Yada: Yes.

Anita: I wonder if you could give us some information on this situation: Helen and I are going to see very dear friends of ours in the Los Angeles area. Both of them are very much interested in the teachings. Both of them have not been too well, although Irene has tried (This lady's name is Irene). She has been very weak and occasionally very sick. We were wondering if you could give us some information on this situation?

Yada: Is he also sick?

Anita: He has recently been rather depleted because his mother died. Then he came East and stayed there for a few days and then came back here. Ever since, Irene his wife, has been ill.

Yada: But he is with her, his wife?

Anita: Yes. Its just a certain weakness I understand. I was wondering if this sort of thing has something to do with vampirism? Could you throw any light on this situation? Would you have to have the last name?

Yada: No, no.

Anita: His first name is Eugene and hers, Irene. They are lovely people and wonderful friends to us and they are interested in the teachings.

Yada: Pardon, I speak with my teacher (Speaks to Kethra). It seems Irene has an infection in the intestinal track and this is robbing her of her energy. I think if this is looked into by a doctor, it could be stopped.

Anita: In a particular location, Yada?

Yada: It seems to be between the upper and lower bowels. She is suffering somewhat with malnutrition because of this infection there. It very well could create an infection of some kind in the blood stream. So I suggest something be done about it soon.

Anita: Up until now this infection has not developed in the blood stream?

Yada: No, but there is definite trouble in the upper and lower bowel. It seems she is not assimilating her food.

Doctor: Is this the \_\_\_\_\_

Yada: I think it more \_\_\_\_\_ than \_\_\_\_\_

Anita: Is the cause of it known?

Yada: The cost?

Anita: The cause of her trouble, what caused it?

Yada: Shock.

Doctor: In other words, the inside system has stopped functioning.

Yada: That is so, no, they have no function at all.

Doctor: Is this a positive or a negative infection?

Yada: No, I am not sure of this. I speak what my teacher tells me.

Anita: There is nothing she personally can do. She should go and see a doctor?

Yada: Yes, yes. Now she is still suffering the reactions to the mother dying. How old are these people?

HUMOUR 821

Helen: I guess they are in their late thirties.

Yada: Yes.

Anita: Very lovely people, a lovely couple.

Yada: I would certainly like to know from you how she and he come along.

Anita: Perhaps you could be with us, Yada. We are going to meet them Thursday afternoon.

Yada: Yes.

Anita: Would you please.

Yada: You

Anita: We'll be back Thursday night for another session.

Yada: Do not frighten her please.

Anita: Oh no.

Yada: But say to her that you are just suggesting it might be well for her to see a doctor for she might be suffering from malnutrition. If you perhaps put it this way so she will not become upset.

Anita: I'll do my very best, Yada.

Yada: Yes, thank you. But I would suggest she have a good examination.

Helen & Anita: Thank you very much, you have been a tremendous help.

Yada: Thank you. To Irene: You have something to say, some more questions?

Irene: I haven't any more questions. We have about two minutes on the tape. Do you want to say anything more Helen or \_\_\_\_\_. Well there is a question among Ed. Schultz's questions. I don't know whether Anita - Mark was mentioning the same condition happens to him occasionally. He says, "Now and then I had the experience of an ice cold drop of water striking me from various angles or directions impinging on my skin. What could be the cause or meaning of this phenomenon? So I thought this might be of interest to Mark as well as to Ed.

Yada: You know throughout the body is an inter-glandular nerve system. It is some of these nerves. . . . .

Doctor: Junctions?

Yada: Yes, thank you, occasionally break, they suddenly split. Now when this happens it causes sudden retraction of blood from that particular point on the body and the whole mechanism is so sudden that it feels like cold water.

Doctor: It causes the breaking substances within the \_\_\_\_\_ itself to break down.

Yada: Yes, I am very happy to have you here so you can express in these terms.

Doctor: These are the terms that are being used today.

Yada: Yes. So that the situation can be better understood when heard later by someone who understand these things.

Doctor: Not only this, but something needs to be done about this mentally, I would assume.

Yada: Often these nerve breaks come from a sudden lack of calcium in the nerves.

Doctor: And the unsaturated fat is \_\_\_\_\_

Yada: Yes, oh yes. I do not know, I have no suggestion to tell you what to do to prevent this.

Doctor: Would you mind. I think I have a license so I would suggest something.

Calcium should be considered very definitely. The unsaturated fats, that is as in safflower oil.

Yada: And plenty of protein foods.

Helen: He is strictly vegetarian.

Doctor: Ah, here's his problem. If they would take some of the glandular food such as kidney, this would start increasing the \_\_\_\_\_ factor.

Yada: Yes, also heart.

Doctor: Yes, this will provide Vitamin C, which is very necessary in situations of this kind.

Irene: There are certain things we can't get from anything but the glands.

Doctor: Even though they are vegetarians they should consider this. I've been one myself many years ago but I'm not now. These are a few of the things you can do and then balance out the diet with a good vitamin regime and you'll find these problems will disappear.

822

Yada: I am asking for your judgment on what I am going to say: Do you think it intelligent to refuse to give your body certain kinds of food substances when it is in vital need of them, because you have made up your mind that you do not want to? It would be just as intelligent for a person who is striving to reach a certain destination and suddenly along the way finds he cannot go his favorite way any longer because something has happened to the terrain so he must detour, to say to himself, "If I can't go the way I've always gone, I won't go." Now this is a lack of reasoning. I think it much more important information for him than how to communicate with the birds! Now I have great respect for this man, for in many ways he is brilliant.

Irene: But he is not responsible for the order in which I asked those questions. 823  
Maybe I should have asked that one first, Yada, and the one about the birds last!  
LAUGHS

Yada: But speaking of vegetarianism, it is very good if it is not overdone, very good. When I debated on a subject like this and said what I have said, I had a man say to me, "Would you eat poison?" I replied, "You're always eating poison. You can take the best of foods and turn them into poisons, depending upon how your emotional self is, you assimilate or refuse to assimilate your foods.

Irene: When a person is deficient, as evidently Ed is, would it be better for him to eat a little of these glands each day. How often would he have to eat them?

Doctor: Once, twice or three times a week.

Yada: Yes, that would be all right.

Doctor: Evidently he has been a vegetarian for a considerable length of time and if he is anemic he is going to have to add some liver to this. This pretty well goes without saying, he is going to have to have some liver and iron shots.

Yada: Do what is natural, what you know is necessary, do that. When difficulties arise do not refuse to do anything that may overcome the difficulties no matter what it is.

Irene: You're deficient in it or you wouldn't be out of balance.

Yada: That's true. Now there are some teachings and very valid teachings, that for certain sicknesses it is suggested the patient drink a certain amount of his, or her, own urine.

Irene: Yes, I heard of that.

Doctor: The \_\_\_\_\_ therapy, yes?

Yada: Yes, but a very valid one. I never care who says what, it is what he says that is enlightening. Is it valid? Then do it. Urine contains potassiums that wash out of the body and make the body sick because of lack of them.

Water - some kinds of water, what you call distilled water, is very dangerous to drink, because it washes all the mineral content out of the body.

Doctor: Due to the fact that it is void of minerals.

Yada: That is right. Do what is necessary and be wise enough to know that it is necessary. Take any measures.

There was a man in history (cannot now recall his name) - - oh yes, Hannibal, you know of Hannibal? (Aud: Yes) His enemies did not know that he had good human guts - - guts in your way of saying it means "courage". There is another word that perhaps is not so hard on one's ears, is called "sand". Hannibal took his army over the Alps. They, his enemies, thought it couldn't be done, so they didn't expect he could do it. Because they didn't expect him to come that way, he did, and there was no pressure put upon him until the last moment. They said, "impossible", in fact they didn't even know he would try it, so he did it. It was necessary. This was the only way he could possibly have conquered his enemies. He would have been lost if he had gone another way, if he had taken the easy route, the possible route. Need is the mother of invention. It is also the mother of courage.

Irene: The moral for Mr. Schultz: if you must eat a little meat, then eat it.

Yada: Yes, of course. Make no to-dos for yourself. Is it valid? Then I will do it. If there is any possibility of accomplishing, I will do that, I will take that road.

Irene: Usually when we say, "I never will do so and so", its the very thing we find ourselves having to do.

Yada: Yes. Very often also when somebody tells you this or that is impossible, you tell them, "The impossible will only take a little longer!" The human being can accomplish whatever he sets his mind to do, if he sets his mind, and does not include "buts" in it. \*

Doctor: "Ands" or "ifs".

Yada: Yes, very small words aren't they? But they have caused nations to collapse.

Irene: What is it, Anita?

Anita: I was thinking of the teachings of the Karmic relationship in eating meat and things like that.

Yada: There is none. This has no valid truth to it. Now the soul will not be disturbed one little bit, if your mind is not disturbed. Coffee?, Irene bought coffee.

Irene: Yes, it has a wonderful aroma, doesn't it?

Yada: That is good, very nice. Today you're using quick coffee.

Irene: Yes, instant coffee.

Yada: It is a powder yes? Very interesting. There was no coffee in my time.

Irene: But you did have beverages?

Yada: Oh yes, like from different plants.

Irene: Dried leaves and seeds.

Yada: Yes. Some of them were very good.

Irene: Oh I imagine so. Yada, I wanted to tell you that - you know Helen? She was involved with a very lovely dinner over at the Bali Hi that I love to go to.

Yada: Yes, that was nice. I was there. LAUGHTER

Irene: Then you know that everyone there had a highball, what we call a highball.

Yada: Yes.

Irene: And I had some Creme de Cacao over ice. This has a little bit of alcohol in it. Now I want to ask you if that little bit of alcohol does a lot of damage to me?

Yada: No, the little bit you had, no. But if you later had another little bit, you see the alcohol does not immediately leave the body and if you soon add some more to it, it has accumulative effects and with your condition there its not very helpful. It tends to weaken the treatment, the leatril?

Irene: I think there is so little in it, Yada.

Yada: No, this will not hurt you, but please you don't do it again, heh?

Irene: I also wanted to ask you, I spoke to Carl (Dr. Ray) and we were wondering, he isn't sure and neither am I. You know there are certain foods I am restricted from, such as what we call crustacean, or shell fish. Does this mean I have to do without shell fish for the rest of my life, or else run the chance of developing a condition that is unfavorable?

Yada: Yes, yes.

Doctor: Thank you.

Yada: You see crustaceans, due to their way of living, being more or less scavengers, they have properties in their cellular structure that cancels nature.

Helen: All shell fish?

Yada: Yes.

Irene: When I think of the shell fish, I think of the lotus blossom that gets all of its nutrition from the slime and I often wonder about things like this. Everything is in change and as it changes it turns into something different.

Yada: Yes, this is true of the lotus blossom, but it is not true of the shall fish-crustaceans. We must not let relations ships of this kind confuse us.

Irene: That means I can no longer look forward to a bowl of clam chewder?

Yada: Oh, that's good! You don't know how fortunate your are. LAUGHTER.

Irene: I love it though.

Yada: Oh, that is why. I know people who love drugs and so they take them because they love them so much. But pretty soon these drugs simply love that person to death!

1 ABR. 1986 16/C

#134 - September 9, 1961

This is Irene Probert speaking. It is September 9, 1961. We are at the headquarters of The Inner Circle Kethra E'da Foundation in San Diego, California. This is a closed lecture for a group from Arizona.

YADA: Senas et Senahas, e na Yada Di Shi'ite. 825

GROUP: Good evening Yada.

Irene: Yada is saying "Ladies and gentlemen, I am Yada Di Shi'ite. Yada has been speaking in the Yu language, welcoming you into this "casia" - this home, and will speak in English shortly.

YADA: E grati ya. English, au kee?

My honorable friends, we of The Circle welcome you to this house. In my language, casia means house - spirit - or spirit of the house. Whenever you have made reference to where there is learning going on, -ya - the spirit of life. My name Ya-Da means Ya - spirit; Da - light. Yada Di Shi'ite, meaning the spirit or life of a tribe or mystical order called Shi'ite, which had its origination in my civilization of Yuga in the Himalayan Mountains 500,000 years ago. Is a long time huh!?

Today I come to you and we talk of what you desire to talk about. I can of course follow a pattern of talk of my own, but it may take too much of your time.

Irene: We were discussing how to conduct this session and I told them they can converse with you just as they do with Mark and as it is a private session there can be questions from the group.

(Q: I have a question regarding a previous tape and the term "think". We in our studies at this point consider the word "thinking" to be of the intellect and not as a feeling of our being. I would like a definition or clarification please.)

YADA: In order to do what is called THINKING, we must be self aware. Now it is of course what may be called the high intellect which does the thinking. That which man calls thinking, which he believes he is doing most of the time, is simply remembering ideas of the past; what he did before.

THINKING is originating new ideas and we can originate new ideas only when we are self aware, conscious of our own being - "This is ME talking". Well, to the extent that I am able to express myself in words, I will be talking to you in clear ideas. There will be no wondering what I am saying. This happens too often in your world, among people here on earth. In trying to communicate our thoughts to one another we get into many difficulties largely because we have been badly conditioned in the use of semantics - the MEANING of WORDS.

I may be talking to you in what I think you hear to be explanatory words - words that will give you a clear picture; but if you do not comprehend my words, I'm not explaining anything to you - nor you to me, if I do not comprehend what you mean. When you use a word, especially pay attention to the semantics in striving to learn the nature of our own being.

In what is called ordinary every day contact with one another and with things, experiences, it is difficult enough for us to translate our experiences into words for another; so think how much more difficult it is when we start on the path of higher teaching

How much more difficult, how much more we must strive to stay awake and ask ourselves "What am I SAYING? What do I MEAN by this?" No one can teach another anything if they do not use words that the other can comprehend. And indeed, it creates irritation when this isn't done; it may seem we are talking AGAINST what the other is for, and desires to hear about. So we start a war when we use the wrong words.

In your world you should have schools for teaching communication. Strange, is it not, that man has been on this earth evolving for millions of years and has not seemed to learn the value of words, the tools of communication. The truth is, each generation has to re-learn this. Man cannot be talked about very clearly as an entity that has lived on earth any amount of time, for life is a PERSONAL experience, not a mass-mind experience - a personal experience, a personal dream, a self-created dream. 826

Those of us who are seeking to know, discover that neither gods nor devils are responsible for man's position here on earth or for his coming or his going. MAN is responsible - and this means individual man. As we grow mentally, individually, then we grow collectively - enmasse - is it not so?

You will know this, I am certain, that it is very difficult to speak before groups of minds because you will find your words will mean something a little different to each one of you in the group; and the brain is translating and sorting all of these sounds and making references to them according to the way the individual has been conditioned to understand certain words in his environment and through his particular teachers, so that he has literally not a word pattern in his brain but sound patterns. And some of these sound patterns can become very painful to us. You have heard of people who are called word conscious? Word conscious. Some words to one may act as an insult, an affront; they are pained by these. We must become aware, if we are going to act as teachers to one another, we must become aware of the depths of our words, the value - intrinsic value, basic values that are there. Words can either be caressing, healing, kindly, loving - or cutting, brittle, acid. Oh yes, I say all this because in our talk today, if I use a word that any one of you do not quite grasp the meaning of, or feel the shade of meaning behind -not only the word but the tone in which the word is used. One can use, what you Americans would call, very vulgar words in their own language, to someone who does not understand that language - and if they SMILE while they are doing this, that one is very happy to listen to them! WORDS CAN KILL, OR GIVE LIFE TO! Now I listen to you please.

(Q: Based on the capability of the identity, in generality, in referring to creation of the body, we know man is capable of destroying this body, his creation, in many ways; but in seeking knowledge with determination to grasp knowledge as rapidly as possible, how much danger does he actually hold in destroying his own creation in order to have knowledge?)

YADA: There are two kinds of creation: conscious and unconscious. When we are not very learned, our efforts to learn from the point of intellectual understanding, we can destroy our creation - our unconscious creation, or we can destroy the conscious creation - which may be simply of a sensory nature, therefore illusionary.



Do I make myself clear? This "out here" which you live in is not the world of actuality. It is what YOU call reality, or sensory. Do you understand? As we learn the true nature of our being, we do this by the process of being able to eliminate the illusionary world. How do we do this? We come to know it, KNOW it for what it is. This does not mean we write it out or try to project ourselves into the vacuous limbo, but in the realization that this IS illusionary. Then we no longer fight it. We know how to control it with our brain. We know how to do this by being able to control thoughts that kill us. There is no further cause for anxiety or negative attitudes to the world we are in, because we now know it for what it is.

The actuality of your world is what you call atomic structure, yes? Do you ever see matter? No, you see the surface - not of the atom but of the measuring cones of the optic nerves which are able to measure certain numbers of vibrations per second. This then makes a surface for us, a surface for the eye, a surface to touch or feel, a surface for taste, or hearing; for sound creates a surface against the ear, the ear nerve. We know this is all sensory and any one of these senses, attitudes, our ability to measure any part of the so called physical world may be changed. Is it not so?

Then what is the atom? What is this actuality block called the atom? The academic teachings have given the student the idea that matter and energy are two different conditions. They are not. There is only ONE condition which you refer to as matter. But is matter MATTER? Surely not. It is a word and only a word, in reference to an unknown quantity. THIS, the basic nature, the cause, the originator of that which is called atom, is another word called mind - or something higher, which we refer to as the Christ or The Light.

Christ is not a person or personality. Christ is Light. Hermes is Light, the bearer of the Light. Is that not so? The only mystical teachings of Hermes, the Hermetic teachings comes from the Greeks and mystical schools; this is its origin - Hermes. Then we go to what is called Lucifer. The Christian withdraws in a sense of fear when you use the title Lucifer, the light bearer. What is THE LIGHT? A message, a message regarding the truth about we humans as creators. The message of truth says YOU are the Creator. Find yourself. Yourself, in this instance is the big capital Y - the Christ within.

Going back into the ancient Hellenic teachings we find a man called Aesus. In the Christian Bible, which is Hebraic, Aesus is Jesus - the original Jesus. The Hebrews stole the story of the Greek mystical school teaching which is a story of initiation and great rituals in connection with the various Centers - mystical centers of the human body. Hermetic seal is in fact The Light. Hermes, the light, is sealed in a karmic body, or flesh body.

(Q: The characters described in the Hebrew Bible are fictional but refer actually to different portions of the body?)

Is so, all couched in hidden words which are called mystical words, mystical titles like Jesus the Christ, like the men called Paul, Luke, Mark. All these, in the Greek school, mean Centers which we have to develop. And we do this by practicing the Yoga rituals of the mystical breath. We awaken these centers.

Judas Iscariot, the great betrayer. Let us say that the story in your Bible is literal, is true; that a man, a great master was betrayed by one of his followers. Then follow this with the teaching in which it is said that man was BORN to be a sacrifice for his father which is in heaven, to assuage the anger of his father against the rest of creation. Is this not ridiculous?!

Yes of course. In the mystical school, Aesus took his last great initiation. The cross he was placed upon is not the Christian cross; it is a Greek cross, the Roman numeral ten which means what you call time. In the initiation the ones on the cross is the beginning, is the one. Then he goes through what you call ten degrees - really nine degrees, for the tenth is the final which means you cannot go to eleven; you have to go back to one. 828

I AM THAT LIGHT. This being goes into a deep trance - But before I speak of this, take the man Jesus, where he was crucified, murdered. Blood letting. I think you already know that story of blood sacrifice has been with all people down through the ages, in all religions - blood sacrifice.

In my time, we were sun worshippers - e Ka - the central point of light. In the Egyptians, e Ka - Ka, the sun, the light. This is the story, the TRUE story of man. The adoration of the Light, out of which we have come. We are beings of light. Now we can only discover the truth of this, apart from our intellect, to know factually - which can be had only by experience, yes?

We have to learn how to purify the body, its various centers. We start by learning proper food eating, by learning emotional control -not emotional frustration, because we have that already. We do not want to frustrate our desires; we want to promote them, build on them, because it is through them that we create. So we have to know how to consciously GUIDE them. This gets us off the ass.

In the Inner Teachings the ass is highly respected. It acts as a symbol of the low emotional self which rides us, until we learn to get it off our backs and ride IT. You see the man Jesus going into the city of Bethlehem and he is riding the donkey. He looks a very reposed rider. The donkey has no fight in him; the donkey USED to fight him when it was riding HIM. Now HE is the master, the conqueror. That ass is himself.

How fortunate one is that in this life - in any life, he begins to wake up a little bit, to come to know that there IS a greater side to himself. He may not be certain of this but it comes as a feeling to him in the beginning - a greater side! Only then do we begin to let go of our quest in the karmic body, in the karmic world, the world of matter. We stop fighting it for we now know it is the shadow of illusions we are fighting. I think you Americans call it shadow boxing - where no one gets hurt, but no one gets anywhere.

One of the rituals we must practice - those of us who seek - is the use of breath. Now we dare not stir our creative forces, or kundalini, or the fire force, until we have learned why we are like we are. This means not seeking to know WHO I am but WHAT I am. Yes? WHAT is me? Now that is not good English but it is good sense. What am I? I am a composite of experiences. I am a Creator and I CREATE the various worlds of states of awareness besides where I am.

Now if anyone feels perhaps I am not correct please say so because we come to learn from one another. When the teacher, or anyone who claims to be a teacher, feels he cannot learn, you'd better get rid of him. You, the student, better quick grab your hat and run! So, I come to learn with you, from you. This means nobody needs to feel great. We can walk together on the same ground. You do not need to look up at me, even though you may be sitting lower than me. This is one of the greatest troubles with man in his ignorant state; he believes somebody is either greater than he or less than he. This drives us to either looking down or looking up. In either case it is bad for the neck! Let us look on the same level with one another's eyes. Only then can we have truth and understanding.

829

What is the secret of life? To learn how to breathe? You can see the necessity of purifying the body. This does not mean being saintly; this does not mean you have to stop eating this or that, but KNOW what your foods are doing to you and act accordingly, choose accordingly. Some people are still in the state of mind where they can eat meat and it will do them no harm. As a person has reached a point where he can no longer function through the generative centers, and if he tries to eat meat, it is blasphemy. You cannot go back once you are on the path, whatever path it is; whatever level of consciousness you reach, you cannot get off it. You HAVE to go ahead, otherwise the forces of your creation - the creative powers within you will turn back upon you. And like the snake, the asp, will sting you to death.

People have come to me and said, "Yada, I am a vegetarian. You must think it is right not to eat meat". I say, "What do YOU think, because you are the one who is going to eat it or not eat it - not me!" Do you still have a taste for it? Do you like flesh? ... I am having a little trouble with this man's (Mark's) tooth, but that is alright - we must work with the tools we have. I only have to wear them some of the time - he has to, all the time!..... Eat meat? Do you like it? Then eat is for as long as you have a desire for it.

If we have a desire for something and do not act upon it, act to satisfy it, it burns us up. Now this is another colloquial American expression - I'm Burned Up! And this is TRUE because our anger stirs the creative forces within us to such an extent that if we stir it deeply enough it can kill us - cause apoplexy, or stroke, heart failure. And if it doesn't do this it can turn back upon us and cause kidney trouble, liver trouble - it breaks down the pancreas gland, creating diabetes.

I have said it and I will say it again: Every disease is created by the mind; created by the mind, and the inability of the mind to control its emotional body.

(Q: We have used the words understand and govern - and also in domination. Can you clarify?)

Yes. Now, if we understand, what IS it we understand? We understand our own beings, our own nature. We understand that we are not simply flesh or carnate beings. We are abiding in and with a carnate body. If we, who know this, would look out here, we suddenly come to the realization - or slowly - that it doesn't matter what is happening out here!

It does not matter, that place where we become excited. We look at it in level consciousness. This is what is going on. What CAUSED this condition? What can I DO about it? What is its origin Where is the TRUTH of it? Is it all illusionary, that is created by the BELIEF that something is happening which is not happening? Mostly that, yes. The ass, the lower emotional self is concerned only with one thing: I MUST SURVIVE. This means I must not be put down, I must not be dominated by another ego. I must not, for every time I am, I am dead to the degree that I am dominated. Part of my personality, my ego self - we are not speaking of the Christ self, but the EGO self. This is my point of survival; this is the shell, the kernel in the shell of my survival - the ego, which is enlivened by emotion.

When we recognize the Christ within us, the true creator, <sup>830</sup> then we are not concerned about emotional attitudes. We let the world of emotions rage and storm around us and it touches us not, because we know it is a great dream, a drama of the low emotional self having fun with itself. This is it. This is what the man Jesus or Aesus said at initiation: I am IN the carnate body but I am not of it - the Christ is not of it. This is I think very clear.

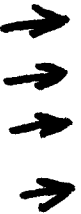
Those of us who seek to dominate another - let those of us who know, be compassionate with them, knowing that they know not the truth. Truly they are in a panic to assert within themselves survival - not survival of the spirit, of the Christ, but the low ego speaking "I must survive; I am a BELIEVER in matter!"

In ancient times the word 'hell' came from the Hellenic and meant grave. It was believed that one must go through much prayer and ritual to save the soul or spirit from going down into the grave and decaying with the physical body. This is where the idea of the Hebraic heaven or hell originated - being buried - the soul along with the body, going down into the grave and perishing.

My friends, man being a creator - conscious and unconscious, has created all the gods, all the devils that the world knows of. These beings did not create him. You have heard people say, especially good Christian people say "he was ceated by the devil! Of course this means THEY were created by God (laughter) and by God they were!

Now I intend no sacrilege because it is a very serious thing when we truly begin to contemplate our Christ-ness - is most marvelous most glowing jewel - the sun, the light bearer. Without the sun - we worshipped the sun, not as a god, although we had many rituals and many similar word symbols such as Hermes, Aesus and others. These act, in some sense, as Gods or what you call under-gods or lesser gods.

God or gods without opponents - meaning devils - cannot exist. Positive cannot exist without negative. Is it not so? This is why, when man comes to know truth, he finds life is a wheel. The wheel has two sides to it - the dark and the light. If we are going to get a true knowledge of our being, we MUST go around the wheel. We must experience night and day, black and white, ying and yang, alpha and omega. But to the Christian, "Oh No! Black is evil; I cannot tolerate it! My God doesn't like it!"



EVIL

WHY must one seek to dominate another? As I said, only because THEY feel lost - the dominator feels lost, insecure, uncertain. Strange isn't it that we should develop a dominating personality when inwardly we feel a state of loss? This is to cover up our lost state, to send to the outer fabric of our being the idea that we are superior instead of inferior. Why should it matter to those of us who know truth, that we must have our own way? I must have my own way only if all other conditions are suitable for me to move freely. The moment I find myself fighting walls, being blocked, I am back in the storm of life.

Now these blocks may be there, to some others, but when I KNOW truth, I am not aware of them; I walk through them as if they do not exist. And others, who THINK they are there, are amazed! - "Oh what a miracle! He walked THROUGH the WALLS! How could he do that! He must be a son of GOD! A SAINT!" So instead of trying to KNOW how I did it, they all bow down to it - and all they got from it was a bump on the head.

How do I walk through walls? Because I do not recognize the walls as barriers. My state of awareness, the level of truth upon which I walk, does not recognize barriers.

In your world there is a book written by a man who was a naturalist. It is called The Unobstructed Universe. Have you heard of it? This indeed is where the conscious seeker exists - in an unobstructed universe. Those who do not know they are walking in an unobstructed universe are circumscribed, surrounded by barriers on all sides, limitations in one form or another.

I wish to speak to my teacher for one moment. Kethra .... Please I must withdraw for a few minutes to give this man's body a little rest and relaxation. When I return we can talk more.

Friends, I have returned from whence I did not go. I was speaking in part about the purification of the body, which is prerequisite to mental growth. I do not like to say anything to people in your present day world about stopping habits that are detrimental to the body. This man smokes. Tobacco is not natural to the body therefore it is detrimental to the body. Alcohol, unless used in small quantities, is equally unnatural to the body. Here also we must talk about excessive eating. Eating is one of man's greatest pleasures. It is difficult to say whether or not we should put it before sex, because if he does not eat he can have no sex! But overeating is a sign that the creative forces, the kundalini is suffering - suffering from the want of its own expression. It is of little use to stop expressing ourselves through our generative centers if we are still driven by all other excesses. Here, people say to me "Why do you not stop your instrument from smoking?" I answer, I did not START him smoking, he did! It is a sign of frustration so he is literally smoking, not tobacco but frustration. An excessive eater is not killing himself with food but with frustration of some other desire. The excessive eating is simply a substitute or an effort on the part of - not the high consciousness, but the ass, to substitute another unfulfilled desire.

These things we must know if we are going to follow The Light consciously. So I do not say stop drinking, stop smoking, stop having sexual gratification; for if we stop eating, we are dead.

Only some people can stop eating and most of these people are not doing this consciously. A chemical condition takes place within them in the way they think, which causes the glands to act normally without food. It supplies itself through its inner being. You have heard of people in your world who have not eaten food or have not had water or any liquid for a long time. They have what is called "the holy stigmata". How do they get this? Is it that God is so pleased with them that they are being punished by bleeding to death? No, they have gotten into mental rapport with a belief, an idea. Since all life is created by ideas, the mind, the production of the mind, we can see how these things are made possible. There is nothing holy about them; much of it we may say is unholy. 882

(Q: People who have conditioned themselves to be like this - do they breathe in different ways?)

Yes. Their emotional selves create a new form of breath - like a person who is suffering hysterics - listen to them breathe. (Yada demonstrates) Is it not so? Or if there is hysterical succession, the breath stops and they go so deeply within that no one outside can reach them. They have to come out of this condition by a change that must take place within themselves. That is why the mental doctors find these people unreachable until they can bring them out again, cause the consciousness to project outwardly. But you will find, in all these changes, a change in breath in all these different attitudes. In one who gets angry - listen to their breath - FEEL their breath - it is HOT, with kundalini fire which can be destructive, for it can start the blood pressure to go up, bringing on apoplexy, heart attacks.

Breath, the secret of life. How can one learn to breathe deeply when the lungs and respiratory tract are choked up with tobacco tar? In the lungs are filaments, little hairs, which become so coated down with tobacco tar they cannot filter out the poisons we breathe in. Soon the body absorbs these into the various tissues and we have many kinds of diseases. So it is true that in many ways the use of tobacco is the basic cause of a variety of diseases in the world.

I know this man will not like to hear me say this but this is TRUE. I know he would like to stop his use of tobacco, especially this excessive use of it, but there is much within him that feels crowded and dying. So, to equilibrate himself with these presences, he turns to tobacco which for a while holds him in balance, but is secretly killing him. So you see my friends, it is not, in a way, tobacco that is killing him but the closed up fears, frustrations, anxieties - many of which he - and you - are not aware of their nature, do not know they exist, so you cannot be blamed. It is your environment, your social system, the laws of your social system that create many of these strains upon you. It is amazing that the individual lives as long as he does today. (Maybe he is learning to be detached).

Let us say I can only hope so, but the process he goes through to learn this, is extremely painful to his physical body.

So my friends you may find yourself serving not god, or the devil out there, but the devil within you, and the god that you shut

yourself off from, which is the Light of Wisdom, of knowledge, of understanding. To have true wisdom is to learn how to use knowledge. I cannot give anyone wisdom; I can only give them light, or information, which by their use we can say that one has wisdom. Yes?

(Q: In referring to the devil within - I do not blame him because I created him?)

883

Of course, because you see, the devil is simply the ass, the emotional self.

(Q: When one becomes aware that in smoking, etc. - the basic causes are these frustrations within - it is still difficult to become aware of what these frustrations are?)

Of course. It takes one who is called a mental doctor - even a more experienced one - a long time to bring his patient to the light, the light of his folly, which then causes the folly to cease. It is not easy, my friends. The mental doctors you have in your world, spend such a long time studying their work that they must make big money by the time they start to practice; and they make it from you. We have to have the psychiatrist within - and if we knew how to put him to work, we could clear ourselves up. But even so, without the psychiatrist within, the psychiatrist outside would get nowhere.

To GIVE love is one thing; to be able to ACCEPT it, is quite another. So many of us suffer such guilt feelings about ourselves that we reject love; we become afraid of it.

(A question is asked regarding longevity - the length of life.) Well Sir, I go back and reiterate the fact that in order to have an extended life in the body, one must know the NATURE of the body, what it IS. So what IS it? It is chemical. This means we have to know what kind of chemicals to put into our bodies in the way of food substances to prevent the more rapid breakdown of the tissues, than the building up.

It is like the universe, which at the present time is breaking down and building up, more or less evenly in balance. In some bodies in space, this is not true - such as Mars, which is not any older than the earth. Yet Mars is an older body chemically. Its chemical composition is of such a kind that it is breaking down faster than your earth planet. It has lost great amounts of water, and water is a vital force to all things - animate and inanimate. When a body begins to lose its water content, it literally dies.

MARS

Let us refer to one with diabetes. This man is diabetic, as you possibly know. Diabetes is the drying up of the body. His age is 54 but he looks older; and his body is older because of this chemical change - the drying up of the liquids of the body.

Mars had human-like beings on it. There are still a few survivors of this dying planet, who live in satellite bodies around Mars. These beings do NOT come to the earth. Those you have seen which you call saucers, should have been called sorcerers. They are SPACE beings. These beings do NOT live on planets, they live in other dimensions or frequencies of matter which make up what is called space, because matter and space are one.

MARS

To live long, you must be careful of what you eat, but if you have been in the process of wrong eating for many years, you can not suddenly turn around and change the condition you created by years of mis-use. It takes time. It means you cannot put good food, vital food on top of old food which has been poisoning the body. As it is said, one cannot put new wine in an old bottle or old wine in a new bottle. There must first be a cleaning process, a purification process. You must be careful as you go through this ritual, that this practice does not give you a sense of holiness, because then you will become a bore to everyone around you - and if the food didn't kill you, THEY would! 834  
This is one of the troubles with man as he struggles up the path to the Light - the ass within him causes him to be a bore, not only to others but to himself, which leads him to kill himself. 33

Suicide. Many of us are committing suicide daily, by what we do to ourselves; driven by our desires, compulsive actions which are motivated by the patterns within the unconscious self - not the conscious self. That is why the person is dead before he dies. Dead means ignorant. It does not mean dissolution of the body. We do not like to be thought of by others as ignorant or dead, but in the Christian bible it says go not to the dead for the dead know nothing.

Christians believe this means go not to meetings to communicate with dead relatives; the only dead they know is the corpse. That is why they feel cut off from those they love who pass away before they do; they see the death of the corpse which is already dead before the life force goes out of it - dead from ignorance.

(Q: Irregardless of our level of consciousness we know of a thing called value. The big problem is in the use of value we become attached to it. If we could break this attachment we would know things for what they are?)

Let us say we are about to do some kind of work. Considering the nature of the work we are to do, we need certain tools. We have tools at hand but perhaps we may think these tools are inadequate. But until we can get others, and the capability of using others, we had better use the tools we have, and get busy!

I would like to go back for a moment to what you call longevity. One of the important tools to use is breath. Breath is the greatest way for the human being to get oxidation. The greater the oxidation, the better the health, the health of the cells - they will not die so rapidly. This is one of the ways in which those, who do not eat food, continue to function normally.

Yes, what are they breathing? Due to the way their breath has changed, the rhythm of their breathing has changed, they are breathing something called PRANA. Prana is vital cosmic energy. How vital? we are breathing living beings, which is something more than simply oxygen and hydrogen; we are breathing living beings, beings seeking re-birth in the world. The atmosphere is filled with these minute living beings, who seek matter bodies.



Prana. The main reason it revitalizes the body is because they stay in the blood stream, and go to the regenerative centers. Here, they mate or mesh with the chemical bodies or substance that goes to make the chemical body, called genes and chromosomes. Since the female breathes this also, they revitalize her body, but then pass out of her body. The male, carrying the seed, the seed of physical life, returns these seeds of light or intelligence, which mate with the chemical substance, so as to make an inanimate chemical substance into animated and intelligent substance. How wonderful! How marvelous! We are beings of The Light!

835

(Q: The area of attachment - each thing we do, we seem to become part of it and we can't let go of it??)

Oh yes, this is what is called being persecuted, being haunted. You know, my friends, we speak of houses being haunted by spirits or ghosts but there is no house that is so continuously haunted as the human body/house - haunted by its own unrequited desires. It is the most difficult thing to de-spook the physical human's house because desires can never be satisfied; they can only be pacified. Soon they come back again; they say "Here I am, here I am! You thought you got rid of me, but here I am!"

We seek to rid ourselves of the pressures of our desires and when we do, it is only for the moment, that we can get them out. IF YOU EVER BECOME SATISFIED IF IN ANY ONE OF YOUR DESIRES YOU REACH A POINT OF TRUE SATISFACTION, YOU WILL NEVER HAVE THAT DESIRE AGAIN.

So you see, desire belongs to the low emotional self. It is through these desires that we create. Our emphasis should not be to get RID of the desire, but to learn to guide it, to control it, to move it intelligently. Intelligent how? - In paths that are in balance with us, satisfying to us, and therefore to others around us.

We cannot ever satisfy ourselves in anything, when we do not bring satisfaction to others. We cannot be frustrated in ANYTHING without bringing frustration to others. Is it not so?

You see, my friends, there is a value for private talks because I could not talk this way to an open group. There would be little understanding. The truth in what I say lies in YOUR ABILITY to recognize it as so.

(Comment: We will be playing these tapes for others who are interested.)

The fountain of youth is the learning of truth. Is poetic, huh?

Attachment. We need not become attached to anything, true or false, because truth lies in USE - the ability to use. That is the truth. Is it not so?

I have had people say to me, "Excuse me but I do not believe or understand what you are saying". The latter expression was the true one. I say all right, do not TRY to; let it go. Do not drop it or throw it away; just put it in what you call a pigeonhole in the mind. Leave it there, and you may, for a time, forget it - you will anyway, whether I tell you to or not!

We are not THINKING when we try to force ourselves to believe something which we are not capable of understanding. Belief is not enough. Faith alone gets us nothing. To KNOW, brings us alive makes us youthful; to know. Your scientific world does not really claim to KNOW anything about anything. Everything is theory with them - for the moment, for today - for tomorrow may bring new light upon the subject and cancel out what they thought was true today!

(Comment: There is no more permanent law than the law of change!.)  
My friends, it is wonderful to have a scientific mind, not to always be standing in doubt, because clearly this creates a blank space. But to set it aside for the moment and say this MAY be so, but let us study some more of the factors involved here and we may get a better light upon it and find greater truths concerning it - or see the greater usefulness in it.

To a man who knows nothing about diamonds, these are only like pieces of glass so he may keep it as something pretty; but to one who knows its other value - called money, he is much ahead of the other. Even his love for the diamond is deeper and more concise, more fitting than the one who knows not its monetary value. Basic value. What do we know for now?

It is said "Sufficient unto itself is the day". Today is where we live - this hour. There is a song in your world; in part it says, "this hour of sweet fulfillment". Perhaps you know this song? This hour of reality; this moment of my being in eternity. There is no other reality or actuality or being-ness. There is no such condition as the past or the future, nor indeed the present. All of these are tied up in ourselves, our own sense of awareness of ourselves. Do I make it clear?

What I am thinking Sir, is to point out the uselessness and the banality of anxieties about the next moment, the next hour, the next day. We do not live tomorrow. These are the crutches which become monsters to us in our dream world when we go to sleep. We turn our anxieties into monsters that pursue us in our dreams.

This monster which is about to eat me up, is my anxiety about my child, my husband, my wife, my loved one of some kind - even my job, my work - everything. What can you DO about a problem you find facing you? Then DO IT. Try to recognize what you can DO and do it. What you cannot do, DON'T do! (Laughter). This is how we get into trouble - we try to do what we cannot do. (Amen!)

In your world is an expression called "Roger". What does it mean?

(Comment: A form of agreement - I agree - or, Right!)

Was Roger a person?

(I believe it was an expression used in the Air Force.)

"Roger" has a strong sound to it. But let me tell you, it was taken from a useful person who was acting as a soldier - I am not sure but I think his name was Samuel Roger, but I know his name was Roger and he did an heroic deed. Also the use of another word - in the inner teachings is the story of one called Amen Hoptek. Today you use this word as the ending for prayer or the joy of statement - as in saying the truth - "Amen"! So this word has been used through the centuries.

Amen was someone who made a statement of truth. Amen belonged to the White Brotherhood; he tried to bring the story of one god, long before one called Jesus or Aesus.

Aesus is simply a title meaning One Anointed, or ready to be initiated. So when you say Amen do not say AY-men; always say AH-men, for AHmen means glory to the truth. Wonderful eh?

807

(Q: Regarding breathing - if you cleared these areas of emotions and negative forces, would not then correct breathing come?)

Yes, the kind of breathing that would bring good health to your daily living, and increase to the point of bringing even greater purification to the body. Then you would be ready to learn certain kinds of breathing that would open the King Chakkras. First one must open the #1 gland at the base of the spine, where the fire force is, and you must take a given position to do this, the lotus position for example,

WHY is this? Is this something that is mystical? NO. It is a position in which, at the base of the spine, little centers are opened. This then opens the spine, clear into the brain; opens the channel, the path, so the light- called Kundalini or creative force, can move up the spine without effort.

This is the difficulty of the physical body - nerve blocks are created along the spinal path so that the fire force cannot work and continue to work. When the blocks are removed, even though you are awake and going about your business, the spinal path can continue to work so as to keep the mind and the brain clear.

What kills the brain is lack of oxygen, au kee? Lack of oxygen. The more oxygen the brain can get, the clearer the thoughts. This is why it is nice, and indeed necessary, if you are able to do it to spend a little time standing on the head - to get the brains back into the head! (Laughter)

(Irene: Isn't this the first part of the body to react to different breaths? When one does not know how to use proper breath the brain can become so stimulated that at times one can become mentally unbalanced?)

It is so, and moreover, it would benefit us not, indeed it would create a greater unbalance by using breath without starting other things first. Start by trying to realize that your life is all right; it is safe; nothing out here can harm it - only you, your attitude is going to harm it.

\*  
\*  
\*

You see, NO experience in itself, my friends, can either harm us or do us good. It is our ATTITUDE to our experiences that harm us

(Q: A person going against advice and performing these rituals by themselves, without a teacher, stimulated the Kundalini so that in one night he dehydrated over 39 pounds - and didn't know how to stop it! It was their ATTITUDE that caused this?)

Yes, his or her attitude of not knowing, working in the dark. This is called playing with dynamite, playing with fire, yes! My friends, when this force is stirred by breath, it can burn your body to ashes! You can become your own do-it-yourself crematory!

(Q: Is there a reliable source we can find when we are ready?)

Lady, and to all of you my friends, unfortunately I do not know. I would make no suggestions or recommendations to you in this respect. In the western world, and even in the East, there are a few but you cannot contact them.

SHC

Man's nature, largely speaking, is such that the nature of the human being is blasphemous. The moment it touches the possibility of having power over another is the moment it becomes a demon. And those who come into your cities and live your city life - no, I know of none.

Therefore this means that you are going to have to seek your <sup>808</sup> own light, your own path, slowly. Approach it slowly, in simple ways. Be not afraid. First, as I said, proper eating, emotional control. Become detached from daily irritations. You can do this, with effort. Kindness, thoughtfulness - these indeed are the first paths we must take. Someone had to start teaching these things first, and people had to start learning them for themselves. Someone did. That means if someone else could do it, so can YOU.

(Q: You have taught us the teacher is within, and if we are made aware of the danger of things to look out for, we can help ourselves. But many are not aware and go into it blindly?)

And most of us, I am sorry to say, who discover there is a broader side to ourselves, try to rush into it. We seek it as in curiosity-seeking - "I wonder if this will work?" Then suddenly, BOOM, it worked - but they are not there to enjoy it. (laughter) It worked! So my friends, let us go slowly. Let us learn a lesson of slow approach. The buds do not become flowers instantly; they start as a bud and experience bud consciousness first. From bud consciousness they grow, expand, open. By degrees, we accept the light.

Man has always been this way, rush-rush-rush. He is not going any place but there is what he is after. When he gets there he wants to there - . There is nothing wrong in this; it is his pattern and he must follow it. In the space he is in, that space is natural to him. Suffering therefore is natural for those of us who suffer, because we suffer in ignorance. It's natural to us. Take the baby for example. The baby learns by experience. He sees the fire glow, sees the embers glowing; it fascinates him - oh it is pretty! - let me have it! OH - let us not do THAT again, huh!? By experience. And we must not be afraid to let our children experience life. Warn them, guide them by love and suggestion but do not try to stop them from growing by experience.

(Q: Fire walkers, before they learned how, were also burned and learned by experience.)

Yes by experience. Fire walkers must first learn to rid himself of guilt feelings. This means he first must go to any one he felt he has hurt, and ask for their forgiveness. He may not be able to get it because he may not be able to contact that person, So he must also learn how to forgive himself first. Before we can accept from another, we must forgive ourselves first. Yes?

A.E.

We learn to let go. What brings so many of mankind back to the earth? What is the strongest pull that throws him down into the matter world time after time? GUILT. If we can rid ourselves of guilt and shame, we can rid ourselves of the need for punishment. Because you can see that guilt, to us, means we need to be chastized, to be punished. "Oh I was wrong' I am evil. Someone should hit me!"!

When the fire walker comes off the fire, someone is there to lash him with sticks, very often making the skin dark and even to bleed. This is to take his attention off the possibility that he was not good because the fire is just as likely to burn him after he gets off the hot bed of coals as it was when he was walking it. What is driving him to punish himself is guilt; this is the hot coals - the hell that is much hotter than the Christian Hell, is guilt. And that's enough!

(Q: Prof. Luntz mentioned that he did not know if he would have to come back and pick up another body through the biological path. Now he did not take his body with him, is that correct? Is it so that we must come back and clear the physical body and take it with us?)

Of course. Let me ask all of you if you have any knowledge of how one takes his body with him? (A comment is made but is inaudible) Breath. Prana is the essence of the physical body. We take it with us. My body was crushed by the temple blocks; stones came down - in this earthquake; the whole mountain chain - Himalayas!

Be careful of rapid motion. Slow motion is rhythmical, very nice, no destruction; everything moves WITH the motion, in unison. It was the quake that pulled down the big temples; massive stones weighing many tons came down. I was buried - my physical form, by these huge stones. Because of my training I knew instantly it was only my body, the chemical form, beneath the rocks. I said to myself, What will I do? What was I taught to do? What do I know is the truth about this?

The body is breath. Breathing is a mental process which is passed to the nervous system which translate it to the muscular system and causes what is called lung breathing. Yes? So I used thought and I breathed outwardly first and then inwardly. In doing so, I brought the vital forces back up, out of the chemistry of that which was lying there looking like me - a little distorted, and flattened out me - back to the centers of light, back to "god", the eternal light.

My friends, unless you have something more to say to me I think I shall withdraw. This man's body is getting a little beyond my ability to use it for his benefit. Do not let me go if you feel unsatisfied. If I withdraw for a time, there will be regeneration of energy enough for me to return, but unless you have something you want to talk about, I will not return.

(Q: Is there a little something simple to do in living truth day by day?)

I will return and talk on that; I want to rest this man's body.

You were asking me about something to do in daily practice?

(Q: We feel that by getting the most out of life every day, is the quickest way to know ourselves?)

Yes, of course. One step I would suggest is to try to avoid anything that is not pleasing to you, because it creates tension in the body. Many of your people today are doing work they find no joy in - outside of the money they earn. So they kill themselves early. And the money they made is spent by someone else - who did not make it!

LOVE what you do and put yourself into that which you love.

Give your consciousness to it. BE AWARE, and this will give you more joy in the thing you are doing. FEEL it!

Let us speak a moment on man's communication with man, sexually. Many men and women cohabit, with no love for one another, or love for the act itself. The momentary pleasure they get from the climax is very unsatisfying, therefore creating MORE tension in both the people. First, they do not have love for one another, affection. By this I mean they do not understand the other's needs - their true emotional, mental, moral, physical NEEDS. They seek only that momentary physical thrill. 840

This often leads to what is called female frigidity and causes tensions in her which turn to inner hate, disgust. She then seeks to run away either legally, by divorce, or without it. She seeks another mate. This of course leads to murder and suicide. It is not that this man has any great love, which is appreciation, for his wife - or she, for the husband; but that the wife or husband has become a possession in the minds of these people - something to own, someone to be dramatic for.

You know, we are gregarious, we humans. We are what you Americans call show-off, and unless we have an audience to show off before, we are very unhappy. Take the child, a child who throws tantrums. If you put the child in a room where he has no audience, he soon gets over the tantrum. An adult - if the husband or wife walked out while the other is throwing a tantrum, would soon get over it because they have no audience. We like to dramatize ourselves. If we only realized it, this is the ham in us.

When we have appreciation for one another we communicate it by voice, quietly, with calmness because we KNOW what we are talking about. We do not fight the other's opinion because we know they have a right to that opinion. We realize they are speaking from their level of understanding. Though that level may be very low, based purely on emotional feelings, we who know, realize this and do not try to contact them with what we feel to be our superior knowledge. Instead, we say, "Come let us sit down; let us discuss this thing intelligently. I have no war with you. I do not hate you. I would not be married to you if I hated you."

But this is the way we act toward one another - as though we hate them; as though the other intends us damage. I think in many cases we DO intend damage, because we intend it for ourself. We feel so frustrated it leads us to suicide - not necessarily putting the knife across the throat, or using a gun - but suicide by an overdose of emotions, which brings on high blood pressure. Then we do what we call 'blow our top'. Is true, is exactly what we do, blow our top. The blood pressure goes up and up until we blow up from the head.

We must so honor ourself that we will not debase our creative forces simply because they are nagging at us, at the creative centers, the low creative centers. When I say 'low' I'm not trying to debase the creative center; it is there for proper use. But to use it without love is to shame it, disgrace it. It is a sacrilege to ourselves. Yes, this is true prostitution and we can do the same kind of prostitution with our emotional desires to argue, to fight. This is prostitution of the energies. The same energies we use in anger, are used for the generative centers for sexual communication with one another. Why spill our seeds on the ground, through the mouth? This is masturbation of the lowest kind. Do we, who think, WANT this? Certainly not. Sex

So we must mate with those we love, those who understand us. This gives us a sense of relaxation, satisfaction. The body loses its tension because each appreciates the needs of the other. 84A

When you get up from sleep, get up slowly. Do not permit yourself to be jarred out of your sleep. Learn to train yourself mentally to wake at a certain hour so that you are not frightened out of sleep by the loud shouting machine you call the clock. It is very bad for the nerves. You wake up startled, not prepared to be awake. All the organs of the body are driven into sudden wakefulness. Are we suddenly driven into sleep? Very seldom. And when we are it is what is called coma or shock, is it not?

Sleep is the most natural thing for the body. Each organ of the body shuts down its great activity in its own time, slowly, each in a different time. You find all the muscles relaxing slowly and the body letting go; the consciousness withdrawing from its awareness of itself as a heart, lung or kidney.

When we have pain in the heart, lung or kidney, we have what is called heart/lung/kidney consciousness. In your world when someone asks how you feel, you say "I feel fine. I feel good". This means you feel nothing. It is only when we suffer, when the body has pain, that you feel yourself as a body - which means you feel badly.

Mind and body are not natural to one another. They do not belong together. It is an experience that mind must have, to be sure - mind that has not yet learned certain things that are necessary for it to learn. So, mind suffers when it comes in rapport with matter. From the very beginning, from entering the seed, from the transportation of the seeds from the male body to the female body the process is painful. Then the process of removing ourselves from the comfort of our mother's body becomes a shock, what you have come to call birth trauma. This is the beginning of our pain in the physical world - I have fallen, literally, I - consciousness, I - the Light, have fallen - or gone down into hell!

You have heard the story of the man Jesus; it is said that as he passed over, he went down into hell and then rose into heaven!! He didn't go down into hell when he passed away from his physical body; he popped down into hell when he came into the matter world. Then he rose into heaven - or the state of NO FEELING, no material sensation, when he withdrew from the body. This man will NOT have to be born again through the biological path.

Being born through the biological path is one part of Initiation. It is one of the degrees and rituals that we, man, must suffer. We, the creator, must suffer to come back to the Light, to consciously realize the source of our being.

When matter was created by what is called the UNconscious mind or the not-aware self, it was not aware of its creating. It sought to be consciously aware of itself so it would not have to go through that great initiation called matter before it became consciously aware that 'I AM THAT'. TAT TAT SAT- that I AM the reality, TAT SAT OHM. I AM THE REALITY.

To do this, it started out in little waves. It created little vibrations that formed into nodes or eggs. Then these eggs broke their shells. This is called division. The amoeba, the first egg of creation. The gathering together of atoms to make what is called a molecule. These molecules became one-celled beings. Then came division. In having experiences, there came the intelligence that there was very little advancement by the process of division - there must be some other way. But it went on until the time came when cells were built on top of cells; Still nothing much happened. Various forms of living creatures were made, but no consciously-aware creatures.

Then it developed a stick with a knob on it - spine and head. **842**  
Inside the knob it had to make a machine called the brain. This brain became an instrument of measurement, of conscious measurement of what was going on in the dream world.

After a time this brain became SELF-aware. "Oh" he said, "I am frightened! I am different from everything else and there seems to be nothing comparable to me, nothing on my level that I can go to for counseling, to pat me on the back and say 'Don't be afraid everything is going to be all right'."

This means to give me love, encouragement, to protect me, wrap me in love. This means to let me feel I am wanted. That is what LOVE does - gives security, a feeling of being wanted, of importance. Without love, my friends, we die - and we die a terrible death. **Love**

So, go to your bed and get up slowly. Do not move too fast. Then sit there and start meditating a little bit. Meditate on the great powers you have - the wonder of your own body. Just that - the WONDER of your body, that YOU CREATED IT! What a marvelous work you did! Do you know what IT takes to do this?

I have people come to me and say, "Yada, I am a little tired of all this talking. Do you not do phenomena? Make yourself appear!" Oh, you want magic? You want phenomena? Phenomena which you cannot imagine the depth of? Then go look in the mirror. Just look at your eye. What a marvelous instrument! Is there any picture in the brain that even resembles what is called outside here? No. It is by electrical energy, which is nerve energy. Is called neuron, a process of neuron shower, you would say in your world. No picture; just a sensation on nerve ganglia. How wonderful! Out of that nerve ganglia sensation, is my dream - color, sound, form.

How wonderful. How marvelous. Can man debase this body by abuse? Sit there and ask yourself this question: I need freedom. Can I get it when my body is aching due to the way I have treated it? No. How can I meditate when I must do this - (Yada coughs). How can I feel no pain, or good, when I feel something bad or negative with my body? When am I going to stop responding to my lower emotional tastes, which are jaded? I eat this because it tastes good - so I commit suicide by taste alone. Not good huh?

You see, I do not argue against compulsive desires as something of an effrontery to a god, but simply as intelligence. It becomes an effrontery to our intelligence to mar the body, to destroy the body. We cannot recall our god-ness or the light within, when we cannot breathe right. When the 'ass' is aching, the Christ cannot come forth.



Think, getting out of bed, "How wonderful a being I am!". And when you say "I" am, you mean ALL human beings. This thought, this realization will lend us a greater sense of honor, respect, love, for all living beings. Yes? This kind of thinking also prevents us from being afraid of facing the day; whatever problems may lay ahead, we are ready to either do something about them or be smart enough to know what NOT to do - which is nothing; and still not be afraid, not be anxious.

My friends this is very difficult because, to begin with, most of us are hypnotically conditioned toward anxiety, fear, guilt, shame. Your social system .... I made what you call a burp! It feels very strange - I feel am being lifted out of my body! (laughter) This burp should put you on guard to be careful about what foods you put in your body and what attitudes you take to your experiences You can see the folly of becoming enraged about ANYTHING, for all you are doing is killing yourself!

Use that energy not to make rages but to make love with. Wonderful. I mean physical love, yes. It is very good, very necessary. Many of us suffer from this terrible sex fear, especially Christain people who connect sex with god. Their kind of God looks at sex as evil - and still tells you to go and create more of yourselves! This is ridiculous, Huh? Of course.

In the Inner Teaching, the fear of sex means the love of it. The love means understanding of it so that one will NOT do something to harm oneself.

Many people suffer from what we call personality allergies and they can get skin rashes when in the presence of certain other people; they can get sick at the stomach. There are people who can vampirize us, live off our energies. Do not permit yourself to be lived on, to be eaten alive in this manner. Put up a guard around yourself, a guard of love.

When you arise from bed, in your consciousness you should say, "I stand in The Light of my own creation. I stand protected in the light of my own creation. NOTHING can come through, that I do not want to come through!"

Develop patience both with yourself and with others. Patience. You have endless time to do what you want to do. That which belongs to us, we need not strive, fight, storm or sweat for. It will come to us by the light of our own thinking. We will get it. Perhaps we may wish we hadn't got it! (laughter)

A man may say to a woman, "Oh, I cannot live without you! I will commit suicide if you leave me!" After they are married he says, "I wish I had!" Or this could be the reverse, the woman to the man because surely neither is perfect yet.

Simple everyday thoughts. I would suggest that if you must read your modern newspaper, detach yourself from what you read. This is the way it IS. War? Allright, war. It has been done ever since the world was created. Will the war which is coming - which I say to you is NOT coming - if it DID come, would it wipe out the world? Yes. But is your anxiety, about the possibility of it coming, going to stop it? And do you live in what is called coming-events, or do you live now? NOW. A man who worries and fears death, dies a thousand times more than the man who is indifferent to it. You cannot lose one thing that BELONGS to you. You can GAIN by practicing daily intelligent living.

(Q: A while ago I asked about Prof. Luntz coming back, and about taking the body with you. One more thing - we are taught there are 8 spheres - first 7 are attitudes and sex, and the eighth is totality. When we reach the 8th, we are aware of totality?)

Yes, and therefore free - free from the chains of belief in the illusionary world.

(Q: If a person left their body - died, as we say - went through the seven spheres and understood it, would they still have to come back and manifest or pick up another body in order to prove this, or could they manifest it from that area?)

Sometimes the initiate, or anointed one, finds it necessary to come back here and experience again, to get what is called assurance of his knowledge. Sometimes this happens.

(Q: But it would not be necessary?)

No, this would be a matter of choice, for this being. After he has attained this state of being-ness, he stops doing things UNCONSCIOUSLY. This means if he IS born again, he will come consciously, by choice.

The greater number of humans are motivated only by their passion - which I do not condemn - so they FALL into the matter world; they are PULLED into it by their unsatisfied desires. They feel the necessity of FEELING THROUGH MATTER again. This becomes a kind of haunting desire with them because they have not finished experiencing the matter body.

(Q: To reach that state of awareness - is to become aware that everything is in true.....?)

Yada: They are in this higher level of knowing, yes. This is what is called being alive CONSCIOUSLY. But the majority of beings come and go with no conscious CHOICE in the matter, so they find themselves falling into undeveloped races and tribes of people where they have been before.

Let us say their passions are very strong and constantly on a low level. They have impressed the mind with it, so they seek out - in their next birth, the place where they could get the most satisfaction for their lower desires in a free-er way, without so much restriction. One, by their viciousness, can even reach a state whereby they fall back down into the animal world, right back down into animal form. This is regression.

Are these people lost? No, in due time, because it IS a human consciousness, it cannot stay forever in the animal consciousness.

Yes, this is so, my desires can put me in the class of the four-footed animal, or my light.

My friends, seek it consciously and constantly. You will find it, this I know. It has been an honor to come and speak with you.

(Q: One more question. In the house where we live -I've requested the aid of any and all beings - in one room, when people walk in they get a feeling through their bodies unlike any they ever had. In my mind it is neither good nor bad but some people are setting this room up as a god and beginning to worship it for they feel something they can't feel anywhere else. How do I handle this?!)

Try to say to these people, "Do you KNOW what you are doing? - or do you just BELIEVE that you know? Think about this." And say "Reason with it. There is only one thing to worship. Find it, the Light within, the Christ. The creative mind."

Nothing 'out here' can be worshipped, or should be worshipped, because it has no intelligence which you can communicate with. This is a feeling that is very often produced in temples or churches - places where there are rituals of a higher kind. This condition is created by beings of similar minds who have come to give you instruction, not audible instruction, but by inspiration. Be happy with it but do not turn to worshipping it. Be happy with it; be cheerful with it, for it is a nice atmosphere. There is a strong degree of the Christ here but we cannot worship it as a god, this Christness. We cannot think of it as a god. We can think of it as the divine force or a feeling with creativeness, yes. But of what good is bowing down?! As I said earlier, all the bowing down ever gets us is a bump on the nose!

845

(Q: Being aware of each and everything in our lives ... puts us in knowledge of ourselves, aware of each and every thing that happens... ?)

Yes, becoming consciously aware. Teach among yourselves to become more consciously aware. Worship nothing except in love, giving love, not bowing down; not lip service, for bowing down is lip service.

ACTION is where life is. Action. Doing. We live in our acts, yes? But if you find someone who likes to bow down to things perhaps you could arrange a little room where they could go to bow down.

(We have this room! That is the problem now!!) (laughter)  
Say, "No bowing down in here please! Stand up. If you believe in your own creative god-self, STAND UP and LOOK him in the face! Don't crawl around on the ground! Stay off your knees - all you get from that is callouses.  
You might say, those of you who wish to bow down may do so; those of you who do not, do not. Soon, those who bow down will find no need for it. It gives them a feeling of safety, this adoration.

If man had only been taught to stand up and look into face of the sun, the creative light, he would be a marvelous being in your world today. Conditions would be at the point one might consider a paradise. But this is not the way it is.  
The world is a school. Man must come here to learn. He comes and learns by struggling. Do not stop the baby from movement, nor from crying aloud, for it will keep him from developing his lungs or muscles - and soon he would become puny and die.

Look at the world of creation. It is parasitical; everything is living off everything else. We would like sometime not to believe this; we do not want to face it.

Especially for those of us who have grown out of the mass mind, it is like a man coming out of a forest - while he was in the forest he saw no trees, but now, out the forest, he suddenly becomes aware of the trees. And something else happens to his awareness: Oh look at that tree! It is gnarled; it is broken; it is sick; it is leaning a bit too much to the side! It's roots must be sick. I think I must go back in there in order to help the other trees grow straight and strong and tall. I will cut these sick trees out.

#134 - 090961

So what happens? He becomes a greater detriment to the entire forest than any storm, hurricane or lightning! Of all the forces of nature, he becomes a greater menace to the forest. Let us go into the forest and find out WHY this tree is so sick, why this one is leaning over. What is wrong? Try to find out, and help it- not destroy it, but help it, if you can, to live a little longer. Give it love. Perhaps this is what the tree is dying for - the lack of appreciation.

846

May I now please leave?

(Group gives thanks.)

It is my honor. You know, you asked me to come, so I must ask you to let me leave. It would not be polite to do otherwise.

With love, with the blessings of The Light, I leave you. A notchi.

(Irene: Yada, thank you so much for coming and talking to our friends. You have been so wonderful and helpful in instructing us in the teachings of life.)

Well you are wonderful to me. Could I be any less so?

Honor one another, for we are honoring ourselves when we do so.

A notchi.

\*\*\*\*\*

Irene: They take over.

Helen: No clams, no oysters, no crabs?

Yada: No, no.

Irene: Nothing that comes in a shell.

Anita: That's good to know. We can avoid it too.,

Doctor: From what he said, they have carcinogins in them.

Yada: That is right.

Helen: So do a lot of other things that we eat have carcinogins in them.

Yada: Yes, thats true, but they are not so readily activated in the human body as those coming from crustaceans. In the water there are minute things what you call...

Doctor: Plankton?

Yada: Yes, these things are very dangerous to the human body and crustaceans eat a lot of these things.

Irene: Plankton is dangerous?

Yada: Yes, yes.

Doctor: They're using it as a form of food for human beings.

Irene: Yada, Helen was asking me, is this dangerous to everyone. It seems that there are certain types of people that are cancer prone. Is that right? And it is those people that have to avoid this more than others?

Yada: Yes, they are cancer prone by genetic conditions, not being able to throw off the end products of cellular structure. There is an end product in cellular structure when a person is born. Sometimes it is thrown off and sometimes it is connecting in the body and makes this person what you call cancer prone.

Doctor: In other words, they do not shift over to the oxygen cycle?

Yada: That is so.

Doctor: Rapidly enough or thoroughly enough.

Irene: This tape is getting very full and I think we are going to have to cut this short.

Yada: I will go anytime, but I must any way because it is getting late and we will communicate again in the very near future, yes?

Helen: We will indeed, Yada, Thursday night.

Anita: If you want to plan to be with us Thursday afternoon.

Yada: And will you please extend to them our honor, our respect and our love, please.

Anita: Yes, we will do that. They know of you and they appreciate your teachings.

Yada: Thank you.

Doctor: Thank you, sir.

Group: Good night.

847

#91 - 3/20/1965

34/E-bis

This is Irene Probert speaking. We are in San Diego, California. It is Saturday, March 20, 1965. We are having a closed lecture or study (group) with Shirley and Ed. Crumm from Phoenix, Arizona. We are attending a deep trance lecture by Mark Probert and Members of his Inner Circle.

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

Irene: Good evening, Yada.

Yada: Speaks in his language (Yu).

Irene: It has been a beautiful day, all day. It's a King's day, it is really fit for a king, isn't it? (Yada and Irene continue to talk - Yada in Yu language and Irene in English) Did you have a word in your language that pertained to either the king or the queen?

Yada: No. The word representing a queen was but a wife but no connection to the king like you have in England and these different countries, a ruler over different countries as you have. In the ancient times of Egypt they had the Pharaohs and in a way of speaking they had a queen. She was not the same as the queens in the European countries.

Irene: In your civilization, when a king passed away, did the next male member of the family succeed him?

Yada: Yes. There was much struggle among the higher classes of people to get their sons to be Pharaohs, or in my time, "Has". The word Ha means king or ruler. Sometimes they put opposing groups and this often lead (to murder and interesting pastimes of that nature.)

Irene: Yada, I guess you know that Hap and Betty are here. We have had these people at our lectures in Phoenix, this is Shirley and Ed. Crumm.

Yada: Yes, it is a pleasure.

Irene: I can remember their faces but you know, for some reason I can't get their names.

Yada: To fit the faces, huh?

Irene: Yes, I can't get it in my mind.

Yada: Names are no more than labels. Most of the time they do not represent any part of the actual person's personality.

Irene: But they are convenient when we want to refer to them, Yada.

Yada: Oh yes.

Irene: And you can't call them, "Mr. what you call it," you have to call them by their name.

Yada: I was with you when you were coming in your car. I stopped in to see how you were doing. I did not stay very long, but long enough to know you were doing very well. How are you all feeling? Good?

Man: Very good, Yada, fine.

Yada: To feel good means you feel nothing, huh? No pressures. And if there are pressures, we have learned how to balance them out so they are not too intense upon us, so as to distract our mind from other forms of activity.

When the body suffers, the mind is held to it and we find it very difficult to get away to do very much thinking. The body is very hypnotic on the mind and many people struggle to overcome the pressures that the body puts upon the mental self. Sometimes when they do not succeed right away, they get impatient and they think perhaps they are not on the right path. They are not accomplishing and they feel that time is running away from them and this creates all the more tensions and anxieties.

Wherever we are in our studies that is the best place to be and we are not going to push ourselves any faster than we are capable of going. And we should always try to make the going easy. By that, I mean to say, to acquire a sense of contentment with where we are and what we are doing. There is no such thing as an inferior condition and that we are waiting to accomplish something that will make us superior even to ourselves. No. Hurry is all right for the physical world, for physical activities, but even here, only for a very few physical activities does hurrying accomplish anything. Set your pace and hold it.

848

Man: Yada?

Yada: Yes?

Man: In surveying what we are capable of, if the individual knows to any degree what they are capable of, to that degree they can be successful in whatever they do.

Yada: Yes, yes. But I'm certain you are aware that many people are not aware of what they are accomplishing. They think it is not enough; they think something else is more important, but they do not know what. LAUGHTER. And that puts a very big strain upon one and it does not help one iota. It does not move that person beyond his capabilities at that time. Whatever you have to do, do it with a sense of joy and for the joy of doing it, for no other reason. Even though you have a promise of money for what you are doing, that should not be your goal in doing. Money or possessions of any kind should be secondary to your joy or the feeling of joy in whatever it is that you are doing.

Man: Is that what understanding is, secondary to the ideas of spiritual abilities

Yada: Yes, of course, yes. Ability. Whatever I am capable of doing at any one time, I do it with a sense of contentment - with that much. I think this helps one to do a better work and when they are through with that particular work to feel inside themselves a sense of accomplishment and satisfaction. Like the artist who paints a picture. If at the end of his painting he does not feel satisfied with it, he is in a very unhappy frame of mind. So this drives him to make the picture better. All right, very good, if he can take this attitude of, "I see my mistakes now and I will rectify them", and go at it with a detached feeling that he is trying to go beyond what he can do, working quietly and happily to correct his mistakes.

But many artists do not do this. They get enraged and sometimes destroy the painting which means they have to do it all over again. If you must destroy the painting, do it quietly, not in anger, because you are at the same time destroying your talent, your ability, if you use anger. You cannot have anger and joy at the same time, heh?

I think this has to do with anything, not only in painting but in every field of endeavor. It is all right for the animal to become enraged. but it is not all right for the human, because he is on a different path than the animal and he cannot afford animalistic acts any longer.

Irene: The animal can't use these creative forces for creative purposes. All he can do is use these energies for anger, as you say, or for . . .

Yada: . . .destruction.

Irene: or destruction, but instead express himself in love and happiness, but that's all, isn't it?

Yada: The animal becomes enraged simply because he does not understand whatever it is that has frustrated him.

Irene: Well, most men don't either, Yada.

Yada: This happens, but as I say, man, the human, should not resort to this sort of thing, because he is on a different path than the animal. He has the power, as latent as this power may be, he has it, to do what is called reasoning, thinking about a situation. The animal cannot do this and so can become very quickly enraged when he is frustrated about something. Man sometimes becomes enraged over a feeling that he has not accomplished what he desired to do and he feels that time is of the essence in his desire to accomplish, when in truth, it is not. Time is action. Put your mind in your action and you will be less likely to make mistakes. And when you do, you will be more willing to accept the fact that you made these mistakes and you will want to correct them.

Lady: It doesn't mean then, Yada, that the genetic body, having its own mind as well as acting a part in what we do, does not have an effect say, in what the reflection is? It is what we put in that is coming through?

Yada: That is right.

Lady: And not the genetic body.

Yada: That is right.

Man: Somebody has been telling tales out of school.

Yada: Then what attitude should you take to this? This puts you between two schools of thought and so what attitudes should you take, which one should you accept?

Now this is entirely your priority to accept either of these.

Lady: I think what we more or less come up with on our own.

Yada: All right.

Man: Yada, when something doesn't work, the next step is to find out why it doesn't work . . . .

Yada: True. Yes, yes, not to become angry about it, but to reason with it. Why? What I set out to do seemed like it was so easy when I started to do it and then something went wrong, what?

I think what went wrong was that we lost a few minutes of conscious attention upon the subject. We struck a few blind spots may I say. Yes. Now all right, so I did it. Now I have to go back and see where those blind spots are. I can see now, my vision has cleared up in regard to this, so I go back quietly and fill in those spots I left out.

You have in your world a puzzle that you put pieces together - what do you call it?

Aud: Jigsaw puzzle.

Yada: Jigsaw, yes. We stand with a piece in our hand as we are working and sometimes it looks like that which we have already put together, it looks like the piece I have in my hand will fit there, but when I try to put it there the angles seem suddenly to change. Something is wrong. The piece will not go in place. If you want chaos, just try forcing that piece in there! So you wait and you study the situation. You study the piece and try to get a better relation in your mind to the two pieces. You will see that perhaps it does not belong in there at all. So then you look for another piece and perhaps another. But you had better stay calm, because if you do not, you are in very severe trouble. The mind confuses when it is put in chaos.

There are many schools of thought about life in all its ramifications. And it depends upon the seeker what he feels he is after. Not that any of these schools are necessarily right or wrong. I think it is the teacher, the student, the people, whatever. It is feelings about life.

Man: All these schools of thought work for someone.

Yada: Oh yes, that's why there are so many of them.

Man: But supposing, Yada, just supposing that you were not, well for myself, it is not what will work, what is the basis of any of it that will work. Certainly it will all work, it is all usable. So what started that?

Yada: Something we will call, for convenience, kind of environment. The human being coming into your physical world has to pretty much learn to adjust himself to the environment, yes?

Man: Yes.

Yada: Then whether we object to the world time, when we say it does not exist, or not, makes little difference. You see, "time" is a tool, and so it is the best tool that we know of for use. So why not use it instead of denying its existence.

Lady: May I ask a question Yada? Are you using the word time in reference to experience? Because, you see, when you are saying things, I think of this, that all we people here have had different experiences in past lives. We could call it "times" if you want to and all of us may be faced with a problem here at this time, in this environment and only one of us can see how he can use it, because of his past experiences. So one of us can use it. And as Hap was saying a while ago, it is all usable depending upon the time or this experience of the individual, and the environment or place. Is that right?

Yada: Yes. Everything to me is experience. Now time also is an experience. The effort to separate time and experience gets us into difficulties. Everything has a kind of built in what we will call a time clock. You find this all through nature. It takes, for instance, when you have some chemicals breaking down into other sub-



stances there is a very set time in the motion activity of the particles as they break down. Some substances, like the breaking down into lead, you cannot change the rate of breakdown in these substances. They are very precise in pulsations, in beat, in separation, in change. Very, very precise. So you today use some of these substances that break down in this manner as a kind of clock.

Man: Yes. What would be the difference between what we are talking about and what we call the genetic species, lead to whatever degree his being that thing. This is its genetic being in the animal body, or whatever body we were. This body in that particular form or thing, that is natural to it.

Yada: Yes, of course.

Man: Until it understands change.

Yada: That is right. Then when the change starts taking place, there is always that element of motion that you relate to, what you call time. The animal world has a different clock system, or time system of breeding and giving birth, yes? Everything is this way.

Lady: The nursery people say, "this is the time to plant your bulbs", or, "this is the time to plant roses", and all these things. And seasons are times as we think of them.

Yada: Yes, because the conditions are better. You have the environment and these things have to fit in with the environment; and the amount of chemicals in the ground that they will be needing which would not be there at some other time.

Irene: I wonder how thought affects what we are talking about, Yada.

Yada: That is rather a broad statement. I do not know exactly what you mean?

Irene: Well, for instance, the thoughts say, as we have said, whatever we think of, our bodies absorb. The thoughts impinge themselves upon me and then my body expresses what I think. If I think I am old, my physical structure expresses oldness, and expression contrary to what it would express if I thought all the time that my body was young. So I was just wondering how thought affects these things.

Yada: Oh, of course it does. Where the body is concerned the mind has tremendous power over it. The thought operating through the nervous system can affect any gland or organ in the body in a positive or negative action.

Irene: In plant life it is known. As you know, Dr. Loehr said he gave love to some plants and they lived and flourished, and the other ones he didn't and they died in a very short time. And so our thoughts do have something to do with that too.

Yada: Oh yes. The very basis of life is love and if you pull away the basis of life, you have death and any thinking person must know this. You cannot take love away nor can you deny love to anything, because this is the first step to killing that thing if you do. And man most of all, because man is a reasoning being and the ego self especially is sensitive to hate or to love. Hate = "death" and love = "life". It is exceedingly sensitive to it.

Now in all of your teaching it doesn't matter what the student's attitude to you may be, you cannot afford to be concerned about that; (you must stay with what you are doing and be conscious of what you are doing.) The student must find his own way.

Man: Yada, honestly, there is nothing, at least as I see it, there is nothing we can do to another, or for another, to force them into seeing the light. We can only present what we know, and let them find it in their own way \*

Yada: Yes that is right.

Man: Yada, why is it that man often feels that which he calls surface feeling, or sensory feeling, and yet retains the total feeling in its essence such as love?

Yada: I think that he has blind spots that makes him put a veneer over much of his doings, because he is afraid. For humans coming into the physical world, just being born produces fear, anxieties, because we are projected from a more comfortable position to a less comfortable one. And in the transition, we fear it is going to be much less comfortable than we were before. This causes us to put up all kinds of thin screens around us so that somebody looking from the outside will think, "that person is well protected."

But they will see only the surface. They do not see what is lying underneath. Now if you put up a veneer, a thin facade of make believe, you had better put an undercoating that is good and solid, because many people feel they can see through that

vener and this means you will be standing naked in their sight and they will make you feel very badly if they can. Because to make you feel badly, they feel will better their position.

If I find myself in a predicament that in the eyes of the people around me is not very good, my best defense is to suddenly start pointing at you. LAUGHTER Shifting their attention. "You did it". "He did it". Oh yes, it is an interesting game that you do play. People do it individually and you find it going on between nations. Pretending.

BLAME it is called. BIAME. So either two people or two nations will be talking about blame. Blame, blame, blame. This takes the attention off what is, the actual problem when we blame and use that blame as the center of attention, it can't solve all the problem. Blame. I blame you; all right, so we have not solved the problem of what exists between you and I that is causing me to blame you or you to blame me. What is the trouble? What is the problem?

The problem seemingly between nations is forms of government; but is it? No, it is both governments fearing each other, fearing that they will lose out; each government fears they will lose out. They will not be top man on the totem pole. This fear exists in your country, the same as it does in Russia, in China, or any other country under any other name of government.. Two so-called ideas battling with one another. Neither seems to be looking for the truth about what they are. If you will investigate closely you will find that in both countries and in most all countries you have not governments that are looking to give better form of rule of the people. But those that are in power are looking for more power and so they do all kinds of underhanded things.

What is best for the people? The best form of government is one that is not feared by the people. But you have your people here in your country are made to fear the government. Also in Russia and also in other countries, because there is greed, there is a seeking for individual, personal, power. As long as that lasts, every government will be contesting the right of all the other governments. Democracy means to share and share alike among the people of that country. It means that the individuals have a sense of brotherhood toward their fellowman, to be attentive to their fellowman, to be of service with love to their fellowman. Do you see this going on in your country or Russia or anywhere?

Man: No, no.....

Yada: No. So it is with the individual seeking the light. He has come to realize the occult powers that he possesses and if he does not know Truth, he will misuse these powers to attract the attention of the sleepers. Magic. He is abusing his knowledge and abusing himself as well as his fellowmen.

Man: Yada, it appears that there is only one way power can be used and that is to further understanding. Not in any one specific direction, just understanding.

Yada: That is right. And in order to get this understanding, one must learn to keep the devil in him down. What is the devil? It is our uncontrolled emotions. That is what I call the ass in us and as long as it is given reign, it is schizophrenic. It is mad.

I have mentioned this before; there was one time a man, who has been coming just recently, and he objects to my saying the human being is insane. But that is all right. Objections do not change what is, do they?

Irene: He doesn't clearly know what you are referring to when he is saying this.

Yada: Just coming here (being born into the physical world) I have to go back to it, I keep going back to this thought - just coming here makes us insane and little by little we have to strive to overcome this insanity, to come back into our normal state, our rightful state of sanity. We have to strive to do this. We have to begin thinking about what we do. We have to become conscious about what we are going to do and what we are doing. Be conscious. Look at as much of life as you can; observe the situations that are before you. Try to relate to them and try to know what is not related.

Man: But most individuals are not satisfied with just seeing, fulfilling. They are too busy trying to conquer the spiritual aspect.

Yada: Yes, and many students make the mistake of working themselves to exhaustion to overcome their emotional attachments for things. But emotional attachments are part of life in the physical world. That is where they belong. It is not overcoming, it is learning how to use your emotions, your attachments, to the best advantage.

Some schools of thought in metaphysics say that the effort of life should be to destroy the ego. Well good if you want to commit suicide, do it! L A U G H T E R The ego is the living thing in the physical world. It belongs here. But to realize this, is to know its worth and also to know its lack of worth, so that it will not step out in front of you all the time. **853**

Man: Yada, isn't this like any condition. We grow more condition conscious sometimes through our own misunderstanding, but nevertheless more condition conscious. We finally get to the point where we want to destroy the conditions. Rather, I was wondering how it would be to see what is the full operation of any condition, instead of trying to destroy it, what can we do?

Yada: That is right. Why not put it to work? To destroy is to destroy. That is all you are doing. To destroy with a point in mind such as rebuilding is worth your effort. So who puts up a new building on top of an old one? No, you have to tear down that which is there and put up a new one. Sometimes you may be able to use some of the building materials from the old building to put in the new building. But you have to know when to do this and how much of it to use, how worthwhile, how good, how preserved is the old material. Many people without thought throw away and destroy the old materials. Everything must be bright new. All right, but just know what you are doing when you do that. You may be removing a very wonderful spirit.

Man: Isn't throwing things away sometimes called loss of memory?

Yada: Oh yes. That is very good, of course, and that is what most of us, without intention I'm sure, is what we do. We seek to escape from past life, past experiences, so we try to forget them. We build a little wall around ourselves and we shut out memories of these past experiences. Especially if they produce fright in us, a sense of insecurity or lack of comfort. Now please, is it not true that man quickly forgets the painful things that happen to him, remembering only good things, the enjoyable things. Now maybe the best way to get over a habit is to remember the painful side that that habit produced in us and in others. But a habit is a strange thing. It keeps projecting the joy that we got from it and we have to put the thought of that joy aside and recognize the injury and the pain it brought us if we are going to fully accomplish getting over it. (Yada speaks to his teacher) Perhaps I will withdraw for a moment please. The sugar content of this man's body is dropping. I think he should have something to eat.

While we may know what to do for ourselves or for others, we cannot always do those things. Circumstances, general conditions both in ourselves and in the people we seek to serve make it impossible to do for them what we think is best. There is an old saying, "Often the hand that feeds us is the one we bite." But mostly because of our ignorance that this person is trying to feed us. The way he, the teacher, may approach us may lead to our fright, because we do not know what his aims are. We want to hit out and protect ourselves. In this way, we often push away from us the best kind of food.

It is a deep problem - the desire to teach, to awaken those around us. Sometimes the student is in such a deep state of sleep that if we wake him up too suddenly with our light shining in his eyes, he will resent it and fight us. The question then is what to do, how to approach him. I think the answer is, the teacher should not approach the student; let the student approach the teacher. It is not the place of the teacher to go looking for students. He can make many enemies this way. But if the student is

is permitted to come to the teacher, the chances are the teacher will have a very good student. No fighting against the teacher. To be a teacher I think it is necessary to have other kinds of work on the side, because it is not what one would call a financially rewarding task; which I do not think I need to tell you. LAUGHTER.

Irene: We can't say it isn't profitable because we do profit. Every time we help, we teach ourselves; so we profit in learning, but not financially.

Yada: Yes, that is why I did not accept your suggestion right away of "profitable".

Man: Yada, if one cannot find within himself, himself a student, then aren't they going to find within themselves, themselves a teacher?

Yada: Oh yes, that is right. We first must be students of ourselves. This way we wake up the teacher in us. Yes, here again, even with one's self, the student side of us must come to the teacher. The teacher does not recognize himself as a teacher; it is the student's job to do that. There are numerous kinds of teachings throughout your world, but in essence, they are all teaching the same thing. It is called TRUTH.

I have in my hand a stone. I hold it out here and let many people come and look at it. Later I ask each one the nature of the stone I held in my hand. Now you can be certain that every one of these people are going to give me a different description of the stone. Because they are all looking at it through their own eyes, not through mine. I have my own particular eyes to look at it with. I have already agreed with myself what the nature of the stone is, its color, shape, weight, and everything else that goes to make up the nature of the stone. Now can I really tell any one of these people that they weren't seeing the stone I had?

Man: No, no . . .

Yada: No, they were seeing it according to their light. What it means to me is not something for them to worry about, should not be their concern. Just as I may say, "love", and in the room are perhaps 50 or 60 people and every one of them get a different idea of what I mean by that word. Then when I say I mean nothing like that, I mean this, I'm only telling them what I mean. They do not and cannot understand what I mean. The words imply something totally different to me than to any one of them, to any concept they have. Now how can I make any one of them see my concept? I cannot. So whatever they say to me, that's the way it is, that's the way I accept it. I understand the level of thought they are living in and so to each I say, "You are right, that's what it means." Because if they didn't feel they were right they wouldn't have said that, they would have said something else.

Irene: But if they ask you what your concept is and you tell them, knowing that your concept is. . . .

Yada: I can make words at them, but that is not telling them, because my words perhaps would not portray to them my concept. Now their words which they say to me, I understand because I have been through those levels of thought and states of awareness, I know what they feel. I know why they think that way, about the word called love. How do I know? I know how they have been conditioned. And how they had conditioned themselves. What earlier feeling about themselves and those around them. Do I make clear please? The reason I mention this is to point out, as a teacher, one should keep himself aware of this fact, that he cannot teach someone else truth; to them, they already have it. He cannot teach his truth to them, unless they have had it already, then his words perhaps mean something to these people. Many teachers get offended because students begin to talk about them; they may say, I do not think he is telling us the truth, I don't think he knows what he is talking about. So should a student say this to you, you say in turn, "Good, if you think I do not know what I am talking about, then this means that you must know better, so you no longer can be my student. It would not be fair to let you waste your time that way. Go and find a teacher that you can recognize his truth. But remember (when you do find such a teacher, you will not need him, because you will already know what he knows.)" Strange huh, but true.

Let no student take your time who shows or demonstrates or implies that he thinks you do not know what you are talking about. He is beyond your help.

Irene: This is where the teacher is honoring himself and also the student.

Yada: Of course. But many teachers resent this; they resent the student going somewhere else. They try to bind them to their way, to their teachings as the only truth. Never do that, never. Let those students who show lack of interest in your thoughts, dismiss him; or you dismiss yourself, which is better yet.

Lady, do you want to say something?

Lady: No, I have no thought formulated at the moment, Yada. I have been doing a lot of thinking however.

Yada: How about the other lady?

Lady: No.

Yada: How about you, sir?

Man: Yada, I was wondering, you take that which is considered student and teacher and words spoken in relationship to students and teacher, and yet often times Hap has talked to me, I will feel behind the words - the meaning of the words. I don't comprehend at the time, but the feeling is expressed explicitly. And yet the feeling itself holds an individuality to the individual that is expressing and it doesn't seem to be an interference with life's light or in the feeling itself.

Yada: I think that often we learn more through feeling than we do through reasoning, yes? Reasoning very often destroys what we are talking about. For instance, no part of creation was created by reasoning. If the great mind that set creation into being had stopped to do reasoning, he would have automatically destroyed creation before he got started.

Reasoning - now what I am aiming to say is that all creation is an unconscious creation. The Creator was not aware that he was creating - or better to say, "It" was creating. The kind of reasoning that man thinks of, is good only for his immediate doings in the physical world. And often he finds himself at loss with that. When you start thinking about the capabilities of the creative mind, you can see the impossibility of reasoning coming in there. Putting two chemicals together, you would suppose that because as certain kinds of chemicals can be put together and work very nicely together, in fact, work better together than either one does alone, that all chemicals would be this way. But as you know, there are some chemicals that if you put them together, they seek to destroy one another and thereby themselves. So you have to find a catalyst to put between them, so that they will work more comfortably, in more harmonious accord with one another.

Come now to man. Because of the chemistry of his fears and frustrations and anxieties and guilts, and these things, he finds he is very much at odds with his fellowman most of the time. Very little trust between people, little appreciation, little understanding. This means, if they are to work in harmony together, a catalyst is needed. This time the catalyst is called love. Love equalizes hate, anxieties, fears. It brings trust and faith where these things could not exist without love.

Man is the great adventurer into his own creation. He created the chemical world and came to adventure in it, to see what it was like. In order for him to do this, he had to lose consciousness of his own divine nature. He had to forget the high estate which he came out of; otherwise he could not tolerate the pressures of his venture into the chemical world.

I think something very important in teaching is that the teacher should always remember, it does not matter what the student thinks or does. For life is what? It is a personal experience, yes? So be conscious of what you want, what you are doing. If there are any others who comprehend your wants and your doings, they will go along with you, they will take the path with you. If not, very good, because that is not your interest, it is not your concern.

You came into this world alone, even though you may have come as twins. I think twins are called womb-mates! LAUGHTER You see, it is helpful to teach with a little laughter injected here and there. It helps us to relax. Teaching can create tensions even though your teachings are of truth. Because few of us are ready to accept fully,

855

whole heartedly, truth. We have labored for so long in fairy stories, in pretentiousness, in make believe, in hypnotic trance, deeper than the one this man (Mark) is in now. We have come to feel comfortable in those states and truth has a way of irritating us who are comfortable. It says, "Get up and move." They don't like that. What do you mean, "Get up and move. I am comfortable where I am." The fairy stories have become pretty to them, have made fascination to them, yes. It is difficult, very difficult. We are extremely lazy, not because we want to be; we do not even think of it as that. It is, as I have said, only when we are comfortable; we are comfortable.

What man seeks the higher truth of life, if he has had no difficulties? Or if he has a full stomach all the time? If he has all the material satisfactions will he then seek spiritual satisfactions? He is not interested. If you want a student to be interested realize that he is hungry and try to find the kind of food that will be good for him at that time. But whatever you do, feed him first; feed him, he hungers.

Sir, what do you have to say? 856

Man: I've been considering several things, Yada. For myself, I get tired of the same time-worn phrases. Possibly this has two faces. One, I do not understand to begin with or I did understand and hearing them continually repeated, I wonder how else it could be expressed. It is a lot of times the food that the student seeks. It is more digestible than the same thing being said over and over and over.

Yada: Yes. Now when I say, "feed" a student, remember a student is still one who is still lost in his material, sensory desires. Show him how he can further lose these desires, satisfy them so they will be out of his mind when you start teaching him higher thoughts. The body has a way of pestering the mind with its desires and if you tell the student his desires are evil or wrong, or negative, you take away the most important food from him.

In many schools of thought, it is said that in order to get into the school you have to be pure. But if you are pure, you do not need to get in the school. In order to recognize purity, you must be capable of recognizing evil. That would put you, as a teacher, in a very difficult spot. LAUGHTER

I know people who feel there are students who often rebel against the repetitious things. This is because they think they know the meaning of these things, and so they do not think they need to hear them over and over again. But the truth is, who knows all about anything?

Man: No one.

Yada: No one. So if you repeat to me a truth somewhere, at any time along the line, I will see something I didn't see or hear before, because I wasn't listening for it. I was listening for something else. Also should a student speak to you of the repetition, ask him if there is anything in life that is not repetitious. Everything is. That's the way we learn. I think they call it, "by rote". And if they say to you, "I have heard it before", then ask them, "what did you hear before?" You will hear that they heard a very different story than what that person seemed to be giving you if he simply says, "I've heard it before". You will get at the core of his thoughts this way. You heard the sounds before, but did you hear the meanings before?

Many, many of us listen intently and we look like we are doing it you know. (Gives imitation - LAUGHTER) Oh we are listening but we are not hearing, yes? What I mean by that is that people who are seemingly listening to a voice that is coming from somewhere, often have other thoughts on their mind and so are not hearing the real sounds coming from there. Have you ever heard a sound and then after the sound has taken place you try not only to locate it, but in your mind to wonder what it is?

Man: Yes, you try to reconstruct what you thought you heard.

Yada: That is right. And this is the same situation when people talk to one another using words, sounds. But sounds sometimes may be painful, so they stop their ears to them. Many people are word conscious. Actually they are not word conscious, but they have been taught to think of the baser meaning of certain words so they give these words no other translation. And when they are forced to hear these words it is a pain to them, they truly suffer.

I think a teacher should always keep himself in the position of not responding emotionally to words. Only when he can recognize the meaning of the words and perhaps several other meanings in between, different shades of meaning, but stand always detached emotionally from them. Sound - meaning - wonderful.

Man: Isn't sound and meaning somewhat like density. Sound is recognized by certain density. Meaning as we comprehend or understand that particular density we call a sound in one specified area. Meaning is when we feel all the sound that is there, all the vibration that is there.

Yada: That is right, all that is there to our particular hearing. Each of us I think, hears at a different range of sound. I get all out of it I can and someone else standing right there with me, gets what they can, and yet they may say that they heard something quite different than I heard.

Man: Their interpretation of the sound would be according to what they believe.

Yada: That is right.

Man: What I would hear would be according to what I believe.

Yada: It is so. There are, as you know, octaves far beyond the reach of the human ear but which certain animals can detect. And then there are octaves of sound that are far beyond the physical ear of any kind which is felt through the nervous system which is called psychically. Now it is believed by some that telepathy, clairvoyance, all of these things that have to do with the senses, are not connected in any way with what is called matter, or energy. Therefore, it is said that they belong in a realm far beyond these things. But I am certain in time to come, your investigation will show that all is energy. Now when I say all is energy, remember please that that word is but a word. Anything called meaning in this word is entirely an individual reaction. Energy is all.

Now there are, as you know, a vast range of energy waves, different densities, different intensities, and the physical man has contact only with the lowest form of these vibrations, the lowest numbers. There are ranges of sound and vision that are up into the billions per second. And only if you are mentally sensitive to these sounds will you possibly hear them or possibly see them. They will present a picture to you of an event that is happening at a great distance from you.

Man: Yada, I want to comprehend frequency or vibration. I would like to draw you a picture of what I run into. Frequencies, or what is called sound waves; comes out of that which is called nothing and I wonder how is this accomplished, how can it be? What I found was waves of feeling, put a certain rate of, shall I say, breathing in and breathing out, and that other waves put out to measure the first one and still others put out to measure these and by our measurements these sound and so on.

Yada: Yes, I agree with what you said, but the thought that these rise out of nil or nothing is not so; because I say this, but you do not have to accept it, I say that - - let us say there is a field of letting here. The moment you say it is a field, it is something. Let us say we can recreate a vacuum so intense, so solid, deep vacuum, absolute vacuum, that there is only one particle in it. (Man laughs) You see that? (This is so) That is right. So that one particle is the whole vacuum. It makes up the vacuum; that's what the vacuum is, the one particle. There is not a possible chance of creating a total vacuous condition, except in some people's head. (LAUGHTER) We find that life is something, there is the only place of total vacuum.

Man: For instance, there is a matter I am confused about...therefore it is a thing at least as far as man recognizes it and yet there is not a tangible something but still something that produces all this.

Yada: Yes. When you use the word something immediately what you do is explain that the world around you is sensory. That's what sensory is - a sensory measurement.

Man: Well then this (that's what I am trying to get at) the sensory measurement is one set of vibrations, classified, trying to measure the other set?

Yada: Of course.

Man: . . .or ignore them as the case may be.

Yada: Yes. In your Christian Bible it says, "In the Beginning", now this implies a nothing state. So that is what the beginning is - nothing or no-thing, but this does not mean nothing at the same time. It means no object.

Man: No specified form.

Yada: That is right. Otherwise you could say, "In the Beginning there was nothing and it has been that way ever since." LAUGHTER

Man: Could this be man's trap in creating a "no-thing" in order to sustain something?

Yada: Of course. This is why man had to invent the zero. He could not stand the thought of something beginning with one. One is made up of fractions, so how could something come about starting with a unit - one - something? All right no - a fraction. A fraction is also a unit - a fraction of a fraction, of a fraction. I could sit here, or you, forever saying this and never come to the end of a fraction. So how are you going to make anything out of nothing?

Man: That's a little difficult!

Yada: That is. But if you try to do it with something, that something must be one. No matter how small, it must be one, a unit. But you see this has nothing to do with matter; it has only to do with energy. In order to produce something, as man understands it (which is something his senses can measure), he has to start with three - the Triune.

The grouping together of atoms to make molecules. No single atom by itself makes matter. The single atom is made up of, and that's the beginning of the material world, made up of various units. Now in order for it to make matter, then these various units have to join up with other units to make a surface. The atom is pure energy, of positive and negative nature. Its action is called alternation current. So it is with everything - alternating, changing and exchanging energies. You find this in the atom and you find it in man.

Man, to make another man, has to exchange his positive energies with the woman's negative energy. Now some females do not like to think of themselves as negative. There are some electrons that take that attitude too. (LAUGHTER) But they are right, because in the strictest sense of the term, negative and positive, there are not such things. These are simply words, terms, regarding things we could not understand if we did not use these terms. We would have no communication with them. So what we have is forces exchanging energies with one another. These exchanges create a third condition which is the physical-chemical world. The Triune - that is the mystery in the schools of mystery concerning the Triune. (LAUGHTER) Pardon?

Man: Is this always so evident?

Yada: Oh yes, yes. It is evident - no matter which way you turn, you find it. It is truth, it is law.

Man: Yada, here we begin in some life, to find what we are being, or how we are being, or whatever idea may enter through the years and then we spend many lives trying to arrive at some conclusions by trial and error, discarding, regrouping, discarding again and regrouping certain facts. Finally we are back again after all. But any way, we finally reach a point where we wonder what is actually going on. For no matter which way we turn, everything is different. I'm not complaining.

Yada: Oh no.

Man: I'm just looking at all the things that are grouped together or discovered, are not actually together. There are holes in them.

Yada: That's good. (LAUGHTER) That's what makes the Swiss cheese so holey.

Man: So we should eat it only on Sunday! LAUGHTER

Yada: No. You may expect this all the time. No matter how far along the path you are, remember there are holes or pits that you may fall into, or get a mouth full of. LAUGHTER In either case, they are disagreeable when we first encounter them, heh? It is both difficult to climb out of, or to pick out. LAUGHTER And when this fails to happen to you, get in immediate contact with me! (Much Laughter) Because then you will surely need it and so will I, because I will not know how it ever happened to you like that. Now these things we have just said here should give you a sense of encouragement to go on with what you are doing. Don't let yourself be frightened by the holes!

Man: Nor the lack of it.

Yada: That is right. Be yourself; above everything else, be yourself. Whatever you know yourself to be, however small or large, be it.



Man: Well, so it is. That which I am capable of understanding, that is all I am, other than that, its been fun.

Yada: Oh yes, very good fun. This is needed, a sense of humor. One wise man said it helps to make life more tolerable. I believe it.

Man: While it appears that life is intolerable, it isn't actually.

Yada: No. But to us who come awake, you would suppose it would become more tolerable as we waken. But you know, that is not the way it is. It often become more intolerable, because we see what is and when we do this we have a great feeling of sorrow and compassion for those who still walk in darkness, because they do not yet know what they are in for, and you do. You see ahead and have had an awakening. You have a great sense of compassion.

Let's go to the story in your Christian Bible to the man you call Jesus. He cried out. Was he concerned about Himself? No. He cried but to his God. "Forgive them for they know not what they do." For, undoubtedly, in their state of ignorance they looked at this man with one eye of sorrow and the other eye with gladness for his sorrow. With a masochistic sort of satisfaction that He was suffering their pain. Yes, they are getting masochistic gratification out of it. And how could they do otherwise. They lived in darkness; they lived in ignorance. They knew not. They could not possibly appreciate what was going on before them, could not.

Then we go to the man, Judas Iscariot. Here is a man that you should build temples to, because were it not for his courage to do the betraying, the Master could never have made it to the cross. But you have the reverse. Your Christians hate this man, Judas Iscariot; to hell with him, hang him they said. And that he is undoubtedly in hell and that he must have repented time after time, uselessly of course. If repentance is useless, then we should never repent!

But in the Inner Schools where the crucifixion really took place, the one who acted out the betrayal is highly honored. The initiate, through a great sense of compassion and realization knew that the Master could not be a Master, that He couldn't attain to the highest light without his assistance of betrayal. What was he betraying? The lower-self. To get rid of the Jesus self so that the Christ may rise and be free of the Jesus self.

Man: Yada, this brings a thought. I've talked to so many and they say, "I want to raise the kundalini", or, "I want to work on the pituitary". or, "I would like to work on the pineal gland", or, "I would like to have a different kind of sight". or something like this. If one is going to raise the Christ Principle, or self, he will raise it all together, not in parts?

Yada: Not in parts is right. You cannot raise bits of yourself, because you will never get all of you up there if you do that. LAUGHTER

Man: Yada, only a part, the part we have left.

Yada: That is right. And each time this part left increases, as you are carrying away a part that you think will reduce what is left, it increases what is left.

Man: Yes.

Yada: (Talks to his teacher) To stir the kundalini would be the most dangerous thing a student could do. This is a very specialized kind of work, kind of endeavor, and has nothing to do with the learning the wisdom of life. But before you can, or before you should make an attempt to bring the light of creative forces up the spinal column, before you begin to try to project them into the heavenly state, which is in the head, you had better know the truth about the matter world. Because that which you are bringing up is the very essence of the matter world, and if you project it into the heavenly state along with the lower passions, you can go very insane, violently insane.

Man: I was wondering how often I do that! LAUGHTER. I'd like to relate one thing, as for raising the kundalini, it will take care of itself all in due time.

Yada: Oh yes.

Man: Nearly three months ago, I was awakened out of a deep sleep one night. I knew one thing. I had to do something about myself rapidly, so I went to the kitchen table. The experience that followed, that I wouldn't trade anything for - a form force, or feeling came the door of Brahm down the spinal column to the small

of the back, the emotional center, and rapped three times to the left, squeezing hard enough to be painful. Then it released for several minutes. It rapped again, three times to the right and squeezed again, until it became somewhat painful. Then it released, went back up the spinal column, to the door of Brahm and came back down like a pillar (words on tape are difficult to understand), a pillar of feeling that was golden in essence, extending far above the body and far below the feet, and taking in portions of the body, excluding others, because this was perfectly round like a pillar. What could be included was included and what was left out was left out. This lasted for quite a few moments and after that it was the most peaceful state as far as the body was concerned and, as the saying goes, after that I slept like a baby.

Yada: Well, good. And what you had was a period of illumination. But I suggest that you let no other one think you had an illumination. 860

Man: No, I had a mystery as far as I'm concerned.

Yada: Yes, very good, especially when you are going to talk about it. Keep that in mind. What you feel about it only you can know anyway.

Man: Yes.

Yada: And so you would do others very little good except to stir their curiosity and that disturbs their envy and then they will attack you. How dare you have such a good experience! LAUGHTER

Man: A lot of this, Yada, came to me fearing the raising of kundalini. The fear of kundalini, or the necessity for raising it, has slowly dissipated and I found myself not separate from, but one with, therefore I have no war with it. So I need not control it, push it, fight it. Many times I feel it pressing upward.

Yada: That is good.

Man: But it is not necessary.

Yada: That is right. To realize that shows you have taken a wonderful step along the path. If in your teaching you can help to point out to these people that speak of raising the kundalini force and this sort of thing, that it is not necessary to get the best results. If it is necessary to you, as an individual, it will happen to you and there is nothing you can do to stop it, and nothing you can do to promote it. This will release them from the anxieties of thrill seeking.

Man: Yes, phenomena.

Yada: Yes, phenomena.

Man: I must have more mystery than phenomena.

\* Yada: You have. We all wallow in mystery in everything we do. In every thought we think, behind it is profound mystery. We need not go look for any; we are; we got them.

Man: When we have over-eaten, a good burp will help.

Yada: Oh yes, very good to relieve mental indigestion. Many people I hear in your world suffer from constipation of the bowels, and they are worried. The ones to worry over are the ones who have constipation of the mind.

Man: Yes, that's a thought.

Yada: Yes, yes, for it is very difficult to find a laxative for that. Do you have something more to say to me?

Man: For myself, Yada, the only thing that I can say is, I wish to thank you very much; I enjoyed it very much.

Yada: Thank you. Do you ladies have any points to make?

Lady: No, I haven't, Yada, though I have thoroughly enjoyed it.

Yada: Thank you.

Lady: I have enjoyed it too, Yada.

Yada: Thank you. Whenever you feel that you have something either to agree upon or object to, do it, please, because this is a class, and who can learn anything, if we simply agree with one another all the time. There is not even anything to discuss that way, is there?

Man: No, that's the mortal heaven.

91 - 3/20/1965

861

P. 14

Yada: Yes, yes, and how it hurts my neck. LAUGHTER

Man: If everything goes right, Yada, according to our plans, we hope that you can come to see us before too long.

Yada: I will try to do it with great joy, my friend. It will be an honor to come into your home. You know, when we invite another into our mind we are inviting them into our home.

Man: Yes. If our mind is so full that we cannot invite another, we miss the most wonderful experience there is in life.

Yada: Oh yes. We become mental hermits, recluses, and we ferment, turn acid. I open my mental door to all my fellowmen; an invitation to sun together on the wonderful bread of life. It has been a great honor. E nochi.

Irene and guests: E nochi, Yada.

# 131

JUNE 11, 1965

34/F 1 ABR. 1988

This lecture is coming through Mark Probert, deep trance lecturer, speaking from his home in San Diego, California.

YADA:

Senas et Seheha, e na Yada Di Shi'ite. A notchi, a notchi. **862**  
It is better that I speak English. You, Sir, it is a long time since you have come into this home. The last time I spoke with you was in your house - oh, was long time ago. To the man Mr.\_\_\_\_, I wish to express my appreciation for your kindly gesture to this man, in bringing herbs to him. Thank you very much, is good for him. Thank you.

My friends, I see some new faces I have not seen before. (Someone introduces newcomers.) It is my pleasure to have you in this house. Thank you for coming.

Are you, my friends, familiar with the practice of necromancy? The word does not sound very nice, does it. Words are so often misleading. Unless we are conditioned to understand their basic meaning, they can take us off the path of learning.

In metaphysics and occult practices, the art of communicating with other levels of consciousness - notice please, I did not say 'spirits', but with other levels of consciousness, is called necromancy. Prayer, the act of praying, is practicing necromancy. It is communicating with your higher consciousness - which the Christians have come to call "God". But I do not think it matters what we call it because as long as we can USE it and have it work for us, that is all we can do anyway. That is the worthiness of it, or of anything. Can you use it; can you put it to daily use? Then it is of value. If not, you are wasting time to be bothered with it.

Always, every day, try to LEARN things and learn ABOUT things that you yourself can USE. So much of the teaching in the field of philosophy and religion is not used because the pursuers of these teachings do not have any idea how to use them. Going to the temple worship is not practicing true Christianity or any other religious beliefs. The religion is not the people going to the temples; they get very little out of that. That is the outer teaching of the temples. Going to your temples, your churches, once a week is not being a Christian. Christianity is what you practice in your daily life, every day, and has nothing to do with worshipping a god, but learning how to live like a human being so you will not fall back into the animal.

This is what saves man. This is why all great Masters come periodically, down through the ages, TO man, to bring him out of his animal nature, to make him human - which is what gives him HUMAN consciousness.

When we are trapped in the rites and rituals alone, we get nowhere. Rites and rituals are very nice and very necessary when you are working to go through some degree of a teaching -like the masonry. And it was in ancient times -in Christianity, Buddhism, in all the approaches man has made to the supreme mind, the supreme consciousness, which the outer man - what is called the lay individual, does very little other than try to worship it, give it tongue service. Then he wonders why he gets very little satisfaction from his religious knowledge.

In almost every case, the great Masters are adored but not understood, and the woes of man, of the individual, are put upon the shoulders of these Masters with the thought of the individual not having to do any of the work himself. Spiritualism has a system of this kind also. The lay individual tries to put all his anxieties, worries, all his problems upon the medium. Then when the medium does not come up to his expectations, he is attacked in different ways.

Life is - as you Americans would say - a do-it-yourself job. We MUST be our own masters, our own saviours, our own mediums. We must COME to this - if not now, sometime. Sometime. If this is NOT true, then all these great Masters who have come to your earth have come in vain. 863

They did NOT come to do your work for you, did NOT come to save you from anything but ignorance; bring you out of the ignorant state; enlighten you. The man called Jesus said, "I come to bring you more light, more understanding so you can do your OWN work". It is said this man, Jesus, said to his followers, the Apostles, when the man called Lazarus died and they waited and waited and finally were screaming for him to come quick and raise him from the dead! And it is said in your holy book that Jesus said, "Why do you wait until he stinketh before you call me? Why do you not do it yourself? How long must I be with you, how long?"

Do you not know your OWN mastership? Do you not KNOW how to control matter, energy? Life is ENERGY. It can be called BACK into the body. The decay can be broken down and brought back into live matter. But you have not been taught this by your temples, by your priests.

(Question: Yada, is there anyone who can teach this at the present time?)

YADA: Yes there are some who can teach it, but I do not know how many are prepared to learn it. This is the problem in teaching; the problem does not lie with the teacher, but with the student.

(The teacher can't teach any more than the student can take!)

YADA: That is exactly what I mean. And it takes time and effort - but above all, it takes the WANTING to know. It is like everything else you do, or seek to do; you must want to do it.

(Comment: Then desire is still the basis of everything.)

YADA: That is right. This is the art of WILLING: Now one who wants to become a musician, let us say, they must WANT to; they must feel it; they must LIVE it. This is WILLING it to happen.

In your Christian Bible it is said that God made man and gave him a will to do as he pleased. But you see, this is not true. It takes work; it takes practice; it takes thought to acquire that will. It takes FEELING, about what you are doing. It said also that he gave man the will to do right or wrong. No. Man does not KNOW what is right or what is wrong. He has to LEARN it. And in every environment throughout the world, in all these different environments, the rightness or wrongness lies in the environment and the conditioning in those environments. What is perfectly legitimate, perfectly right in one environment, is a crime in some other environment.

In India there were people known as the Thuggee - today you have the word thug from it - bandit, robber, murderer. To the Thuggee it is right to kill. He is promised, by teachings, a very lofty spot in the Thuggee heaven, the more he kills. Then there are head shrinkers. It is right for THEM. It would be wrong if they didn't chop heads and shrink them.

In YOUR civilization, in your KIND of civilization, murder is classified as a crime. I do not care what you murder for, what your reason is, you must stand trial, which shows it is a crime. In your Christian Bible the man Jesus said, "Thou shalt not kill" but how many follow this today in your world? He did not say - at least I have not found in any of the holy books where he said it is right to kill if there is a war going on. Does it make it any less a murderous act in wartime? You will say it is to protect yourself, to protect your country, but you see, intelligent living disproves this. You would have no need to violently protect your country if you understood the Laws of life. You have all the rightness, if you are right, in what is called LAW. LAW is right. Anything working outside of Law is not right because is out of balance. It is not a question of whether it is good or bad it is simply a Law.

In very ancient times there was no law against killing, for a man to kill another man, like they kill another animal. That was the kind of life they were faced with - the survival of the fittest. They were still animals. This world, as I have mentioned before, was no more than a zoo before human beings came to it - a very smelly zoo. This was "God's world" - the temple god's world. But it was natural; that's the way animals are. The main thought, the brain is based only on sex satisfaction and food satisfaction so it is stomach and sex.

When man came here, for a long period of time he was that way too. He was trapped in the zoo by his animal needs. It took him time to come to the realization that he was not of their kind - the animal, that there was something else about him. This is what frightened him when he first came to this thought - "There is something DIFFERENT about me!" And that difference made him frightened because he could find no one of an equal mind that he could go to for assistance or for cheer, for love, for happiness, or the protection that love and understanding brings to the human.

But time brought to his consciousness - time and experience and the ability to observe, brought to his mind that he was his own protector, that he was something called a human - a god in the making, a creator.

Some years ago I spoke something like this to some people in the East and there was a man there, who was very sensitive about his god and about himself and about life, and he declared: "I, a creator! I, God?! That is foolishness! I could not create all THIS!" - and he pointed to the sky. He did not need to point to the sky to say "all this"; he needed to point only to THIS if he wanted to feel inferior. This (indicating the body) is a marvelous machine, a most astounding - this is made of the same stuff - you know, your American way of saying things is very descriptive, better than any language I know of - THIS is made of the same stuff as the stars are made of!

This (the body) is a thought; it is an idea - an idea that in its mechanical coming into being, took time. It started out feeling its way, little living forces, little composites of chemistry with electrical force in it, called life. It took time for that minute size to build itself into a larger and more complex structure. When it was minute like the amoeba, and other such names for this minute creature, in the beginning these were operated - they were motivated into action by light. Come the dark of the night, they would be very still. As light grew more into the earth, the more action these had. So they were what you would call photogenic life activities.

865  
This takes me now to the thought of man as sun worshippers. Again we made the appeal to the light. In my time we realized the sun was the center ~~of the life forces~~, that it was only through the sun that any living thing manifested on the earth or anywhere else. It was only in later times when my civilization - and it is true of other civilizations - were breaking down, that man came to make blood offerings to the sun. We then made images of the sun and turned to worshipping it as a god instead of the source of our being - life - light. Now all this may give one the thought that we must have been very much what is called the materialist-

(pause, as plane passes overhead)...YADA: the big bird come!

(Comment: That's the result of an idea, isn't it Yada!)

YADA: An idea, yes. In fact, a combination of ideas - many ideas. Then comes the basic idea this comes from, called aerodynamics.

Man struggled up through the morass of ignorance to become enlightened, through experience, not through the inspiration of some god or gods. His enlightenment came, as he observed and learned to act upon what he thought was intelligent. Man has dragged his Gods up with him, from the primevil, and every step of the way as man got smarter his gods got smarter. Naturally. Unfortunately, because of the lingering fear of his primevil days, he gave all the credit to his gods. This way he belittled himself and cut himself short from creating more rapidly. In short, man's belief in gods has held him back from a greater life than he can now understand.

Live always to give credit where credit is due, and man should learn to take more credit for the way of the world today than to give it to gods. All that is beauty, MAN brought here.

Now this may sound like I am a worshipper of man. I worship nothing at all except my own consciousness. And when I worship MY consciousness - the word worship - I call it respect and honor not bowing down, for the true Creator does not understand bowing down. IT does not understand praises, applause. It is not looking for applause. IT is not made up of that kind of self awareness as separate from creation.

Now of course this is what I SAY, and I have gathered my thoughts and feelings of life from experience and from constant alertness and observation - both in the world of what you call matter, and other levels of consciousness. And this is the path that YOU are on, to become self AWARE of all levels of consciousness. Then you will discover an amazing fact - not a belief, but a fact, that there is only one mind.

The levels I speak of is awareness, levels of awareness, not levels of consciousness but levels of awareness.

Now I have talked, I would like to hear from you if you have some thing to say. Any one of you?

(A question is asked about reaching the higher mind.) **866**

T.A.

YADA: You see, my friend, the act of reaching this divine mind, this wonderful consciousness, this higher being within you, is no phenomenal thing, is no mystery, is no great difficulty even. It takes only practice and learning the art of attention to what you are doing; putting your mind upon what you are doing. \*

Prayer. Let us now speak of that. In your temples you are taught to pray a very simple but rather useless prayer - useless because you do not understand it, so you are just mouthing words, with no real understanding. "My father, which is in heaven"- HERE, in the MIND, in the HEAD. In the inner teaching, this is the heavenly center.

In the practice of Yoga, if you want to attain an at-one-ness with this great mind, it is called SAMADHI. In the practice of attaining a state of consciousness of SAMADHI, an at-one-ness with the great mind, it is done every day when the seeker goes into the silence, 10-15-20 minutes - how much do you want to GIVE to it? How uncertain are you of yourself? What are you seeking to KNOW? No knowledge, however acquired, is instantaneously learned. Every day, practice communicating with the great mind.

Now, if you are of the Christian teachings, because you have been conditioned to calling the higher mind 'God', that is all right - call it what you wish, it does not matter. What matters is getting communication with it. Don't go into meditation giving it praise and hallelujahs - IT doesn't hear that. That belongs to the low god. Give IT your attention. This will wake IT up to what YOU want. Be honest, be sincere with IT. I assure you IT will ANSWER your desires or your prayers. But do not try to TELL IT (HOW) IT should answer. IT will answer in ITS way. \*

Now, why do many people, praying, not get their prayers answered? Because they BLOCK the answers with their GUILT feelings, their feelings of shame, of inferiority before the Light. They are asking for something and at the same time the lower mind is saying: "I'm not good enough to get it. God is angry with me. I am a sinner. Poor little me. Let me crawl off into a corner where all God's children must go because that's the way God wants me!"

The higher consciousness, the great Light within wants you only as YOU want yourself -no more, no less. If your inferior feelings make you want punishment, you get it. You get it. In ancient times, in the times of your Bible, the priestly system of the Hebrew teachings - the Hebraic teachings, was that man is a sinner. Job, in your Bible, believed that God was chastising him, was always testing him, testing his belief in Him - with boils, with carbuncles, with diseases of different kinds, with pestilence of all kinds.



I have not seen in your Bible whether God ever stopped testing and gave Job anything he needed, much less wanted. WHY was Job in this state of suffering? Because he lived in filth. The food-most of it was poisoned, was decayed, rotten. His thoughts - their thoughts, were mostly of suffering, of pain, of anxiety, of guilt, of fear. Did you ever hear, in the Christian teaching, "Man stand up on your feet! Get off your knees if you want your God to respect you!"?

I do not understand your Christian teachings about man. The God who created him must surely have been a masochist and a sadist, besides a full blown egoist - always looking for praise. Tens of thousands of temples - not only Christian, but all varieties have been brought into being out of man's fear for his soul - and the majority do not even know if they HAVE a soul! They do not know.

They have been told by the priestly system that they have something called a soul, and their God wants it AFTER they die. Now if that is so, it is by the feelings of sin which makes feelings of guilt and shame, which brings all kinds of madness to the mind. What kind of a soul? What is the condition that soul is in by the time God gets it? It must be rotten! It must stink!

You see what comes out of that? No thought, no thought. When we have no thought, we expect something for nothing. All Christians are exceedingly glad that another human being was tortured to death on a rack called the cross, for their ignorance and lack of wanting to be responsible for themselves. How, my friends, do you LIVE with that!? How do you comfort yourself with the thought of this bleeding corpse hanging forever on a cross for your benefit?

I do not think that you sitting here believe that. I do not think you accept that. You wouldn't be HERE if you did. Man, coming into the matter world - naturally, by the nature of his COMING here, by the nature of MIND becoming ONE with MATTER, suffered severe insanity. The world of matter so impinged itself upon the mind, through the nervous system, that the path to COME into the physical world alond started him on the path of schizophrenia.

Now I SAY that, but do YOU know that it is so? And if you do not then you MUST not take my word for it because you have no way of knowing if I am speaking the truth unless you yourself have some basic knowledge, basic feelings, just FEELINGS that I may be right. To take it on my word, to take it on anyone's word, is being untrue and unjust and lacking in intelligence. Then you get MORE suffering from that because you are not capable of coping with these thoughts and your life will be miserable.

If your consciousness has been conditioned to think otherwise, then you must recondition it if you want to follow my train of thought and get substance, get food from it - get living food from it for your daily doings.

Talk. A good orator can make almost anyone believe what they are saying to be the ultimate in truth - and more so, if that orator has a shining personality.

I do not WANT man on earth, that I communicate with, to be hypnotized by my ability at talking, or my personality and what you can feel of it. I want them to HEAR what I am saying and to reason with it, think with it, think ABOUT it because that is what is important.

868

Everybody worships Jesus because Jesus is Jesus. They worship his personality. They do not understand the great symbol of this man, the great meaning. "Oh, he is God incarnated and that is that. Only HE could have done the things he did!!"

Some of the inner teachers were intelligent enough to get some of the good teachings of the past, before the changes of the writing. Some were very informative, and great truths managed to get into Holy Books despite all effort to omit them or to cancel them out through the years. And one of these truths is where the man, Jesus said, "You shall do greater things than I." Nowhere in the book did he say I AM GOD. He did say "I and the Father are one". - or the father and I, whichever you want to give top billing to.

WE ARE ONE - the lower consciousness and the higher consciousness are ONE. There is the Jesus self and then there is the Christ. Christ could not die because Christ was never born. Christ comes to the individual as the Jesus self dies. He or she becomes more aware of this Light within, of this great creative consciousness.

I have had some people listen to me talk, and because they did not hear - they only listened but did not hear, they say that I speak of good and niceness and sweetness and light and that I have only a philosophy of these teachings. They didn't hear! I speak of the DEPTHS of man's inner self. I speak of the CORE of life which YOU have. I KNOW what I am. You must come (to know) not to believe, not to guess, not to surmise, not to hope, TO KNOW.

Mark, the man I speak through, is pretty soon 5 and 9 - how you say that together? (59). From an early age he has had many experiences with different levels of consciousness. He has had communication from minds on different levels of consciousness - besides ours, we of The Circle. Yet there lies within him a doubt as to his own survival or the survival of any other human being.

(Why is that Yada?) (I heard this in a conversation I had with him)  
YADA: If I didn't hear it at that time, I've heard it many times before that. (Is it because he is in a crisis right now?)  
No, because this is not a right-now thing or thought with him. This has always been. Shortly after a very vital experience, shortly after he has had these experiences, he wonders did it really happen? And was it really what it seemed to portray to him? (Don't you think it is natural to question?)  
Oh I think it is, but there must come a time of acceptance, not by heresay but by his experience, your experience. The scientist, a true scientific mind puts everything through the acid test, yes? But there comes a time when he accepts, at least for a time.

No. You see, this is the way he thinks; this is the way he debates with himself because of the grain of uncertainty - and if it does keep on eating on him it may turn into a pearl, yes a pearl of knowledge.

(  
But there are many who do not, and yet

869

(  
Yes. But again, faith is all right for a time. But you see, there is something, there is a period where we DO know, without any faith about it, without just belief - it comes to KNOWING.

For instance, everywhere around you is Law at work. You plant a seed in the ground. It is of a certain kind of plant life - let us say it is an oak tree, so the seed is an acorn. How long are you going to doubt that from that acorn is going to grow an oak tree? How long? You may have all the faith you want that it is something else or that something else will spring from the acorn, but it never will do it. Because why? Because that would be against Law. That would be against what IS.

So man thinks perhaps. Now he has had experiences outside the physical form. He has experienced what you call psychic projection in his mental body, but when he becomes physical-conscious again he says to himself - many of us talk to ourselves who better to talk to? He says, "Now I accept the thought that I have worked outside my body; I have had experiences outside my body but perhaps it is only because my physical brain is still alive."

A man sees what he thinks is a ghost, a spirit - or the slang word, spook. Spook - and suddenly at the moment he sees it, he does not know it is a spook. It looks real. It is a friend of his and it does not occur to him it is a spook or a ghost until this thing suddenly disappears. Now of course that's not fair! If nothing else, the spook shouldn't have done that. But the spook wasn't thinking; it had a message to bring and that's all it was thinking - then suddenly it disappears. Now that person may really believe that he has seen an entity - the physical part of it -

-(SIDE 2) -

Then he learns that the spook could not have been a friend of his because that friend is still very much alive; the physical self is still walking around. So then he believes he has had an hallucination. It does not occur to him - because he is not conditioned to this kind of thinking - that perhaps it was the spook of a man who is very much alive but had externalized himself for the time being. And perhaps that physical self was just sleeping some where and the spirit or mental being walked out of the dream into the 3-dimensional physical dream.

Now something more to observe - the complexity of the human makeup. That person need NOT be asleep to have a part of his consciousness go roaming, and look just like himself - because who else could he look like? Perhaps that person was mentally occupied, very deeply concentrated, and part of his mind wandered away and had an experience, perhaps contacted this friend of his and talked - and perhaps even ate with him .

And all of these things are very natural. Then, this part of the consciousness, on returning to that person, perhaps is not even aware of what happened; he is not aware of having the experience.

We do not live in our BODIES anyway. That which is called conscious/me is everywhere present. You are omnipotent and omnipresent. You ARE. That is what I SAY. What do YOU say? 870

People talk of reincarnation; I know this is a factual activity of the human spirit or mind, or whatever you like to call it, BUT what IS it that is a fact? There is something always to look for if you want facts - LAW. Look to see if an activity is governed by LAW.

Right now in these times man is making his first baby steps into space. He is making these steps without being consciously aware of the fact that he came OUT of space, that he LIVES in space in many degrees of what you call dimensions - dimensions in what you call motion. The Laws of Motion.

Do you think that man will at some time be making sight-seeing trips in your solar system? Do you think so? Yes of course, it is a fact. He surely will. But that is not the question because I know he WILL. But is he going to STOP there, that's the question. Is he going to stop in the solar system? Will he be satisfied to settle down and leave his God to have the rest of creation? Never, never.

The story in your holy book where the god put man and woman in the garden of Eden. Now if he put just man there alone, he would have had no trouble because all man would have done was apparently what God expected of Adam, was sit down and grow fat; do nothing; think nothing, because this would be an insult to the Creator, to use his mind. Then came woman. God said - he was very smart, much smarter than anyone knows - he said "I cannot leave that man sitting idly. He looks so useless; he is doing nothing. I must think of something to do, something to get him stirred."

So he did the only thing he possible could do, he created glitter for him and called it woman. This brought man out of his stupor, out of his trance. This gave him the creative mind; it woke up the creative mind. The moment he saw her he said to himself, which he never did before, What am I going to do with THAT! It took him time to work out that problem but he got a great deal of help from her. Yes, she gave him creative inspiration.

Now The Garden of Eden story is entirely symbolic. It has nothing to do with two human beings. It has to do with the waking of consciousness in matter. The cross is matter. The snake is a symbol of the vital life forces. In The Garden of Eden there was The Tree of Life and The Tree of Knowledge. Knowledge is man's vital food so how could a God, a Creator be so stupid as to believe that man would not eat of that tree? But you see, again, this is all symbolic. He not only ate the fruit, he ate the leaves, the twigs, the branches - he ate the whole tree and then chewed up the roots!

And this is what man will go on doing. Man seeks knowledge. He is not going into space just for - what you Americans call - the joy ride. He seeks to know from whence he came so he will KNOW MORE. He will have better understanding as to what he is to do in the here-ness of his being.

Yes, man will go out and seed himself throughout the universe and universes. There will come a time when man will be able to walk in the sun; explore it. There are bodies in your solar system that are simply huge balls of ice. They have never been anything else, ice made of poison gases. But man will go to them, and you know, he will find life on these balls of ice, in a state of suspended animation - waiting to come alive, waiting to get into motion. Everywhere, including the sun, there are living forces. The whole universe and universes is a living activity.

Venus, that glittering beauty of the sky - its beauty is an hallucination, is illusionary. It looks good from a distance. In it, on it, is a hell of heat which is almost as hot as the Christian hell, but not quite.

Mars. You are going to Mars and you will find opportunities to make this a planet for human beings to live on again, for once there were living human beings on this planet. Dehydration of the planet forced them off, into small planets around Mars. People from Mars went to and for a time existed on one of these, but not now. There is some oxygen down close to the ground. The great fissures which you have called canals, are NOT canals. They are fissures much like what you call The Grand Canyon in your world. If you could see the Grand Canyon from a distance, it would look to you much like straight lines and you would think of them as canals.

Have you ever looked at a knife's edge with a microscope? It is not straight, it is like soft, like \_\_\_\_\_. Illusionary. Everywhere you find it. That which we look on, very seldom is it what it appears to be to the eye.

(Question: My friend Mike and I heard there was a green man on the outskirts near Miramar Air Base, so we went out to see. The police said it was only fraternity boys playing monster games. Was there a green man?)

No. Somebody perhaps turned moldy from being idle -(Yada laughs). At least I do not know of it. I would have to go and look.

(Q: Are there sometimes creatures who land here and get stuck?)  
Yes, this has happened many times through the centuries. There are some people on your planet, some races that did not originate here but became lost after coming from other planets. Now there is only one planet in your solar system that had human life on it and that is Mars. The reason for this is it had some good relationship with the sun. Some planets are too distant from the sun; others are too close - makes them too hot.

Sometimes it is not simply the radiation of the sun that makes heat, but the nature of the spaces around a body will create different degrees of heat on a planet. Around Venus there is a vast, vast field of methane gases and carbon monoxide gases and these of course are very poisonous. Methane gas. You have much of it on your earth from marshes and such but this is in combination with other gases on Venus, making it very deadly. The heat through that gas is not fit for lung breathers, so life did not produce anything that used lungs. I think on your earth you have some of the lower forms of life that do not have lungs - breathe through the skin - the skin becomes a series of little lungs, but even these could not live in such poisonous gases.

There are no green men from Mars. There may be red men (laughing) from Mars because Mars has vast dust storms going on much of the time. This dust is oxide gas - rust - vast, vast fields of it - and HOT! Then in the pole, like your North Pole, it is always cold, cold and it is poison ice - gases of ice. What do you call gases of ice? (Dry ice) Yes dry ice, it is like hot to the touch. Then down on the plains, in the valleys there is a low plant life and some of it is more than moss or lichen. Some of it is quite large and like leather - like your rubber plants - and it stinks when you cut it - the sap coming from it is gaseous and poisonous and makes a stink. Do you have something to say?

MARS

(J.L.: How do you KNOW this? WE don't know, so we have to take your word for it!!)

Yes, but just for a while. Soon you will learn whether I tell the truth or talk with forked tongue.

872

(J.L.: I don't doubt your honesty but what I don't understand is how do you KNOW when you cut into it, it will stink because when you go there you do not go in a physical form which has all the instruments of measurement. Who cuts it up for you? Do you do it yourself or do you do it by mental -)

No, I do it by smell - by sensation, by knowing what a plant is, by knowing its component parts, how it is made up. I do not have what you call reactions, (senses) to smell like you would. Nothing to me stinks or nothing smells sweet. It depends upon the condition of my consciousness at the moment, as to whether I create the stink smell or the sweet smell.

In your Christian Bible, is the story of the man Jesus walking the road with two disciples and they come upon a dead dog. The disciples thought the Master was too great a being to look upon such a sight and tried to shield him from it, played sleight-of-hand - Look over here, please. But Jesus could not be hypnotized. He knew life and he accepted things for what they were - what they were to HIM. He did not see the rot, the decay - he said, "But isn't its teeth as white as pearl?" He didn't get the stink and decay. Does that not say life is where you are, where your consciousness is? So I could find stink on Mars as well as Earth.

(Well then are they made by yourself?)

That depends upon what you feel myself is.

(Well whatever it is, it is being conscious at the moment of experience?)

Like you, I can experience physical experiences. I can create a body and eat and drink and sleep and go through all the functions a biologically made body would get. You see, when we do not know we get under the impression that any life apart from the physical is 'isn't'. This is what is very strange about the people on earth. Again, what IS going to God after the physical self dies, after the physical self forgets to dream of the matter world? What is going? What is this soul, this spirit - a nothingness? A blotch of energy floating through what, nothing? The Creator is eternal. I am everywhere present. I have said this before, at group meetings, and I have had people want me to do tricks because I say I am everywhere present. But so are you. Why do YOU not do tricks?

(We have an illusion that we are localized and are occupying a certain physical space and we are not conscious of the wider or broader side of ourselves.)

That is only because your mind has been hypnotized in the world of matter into which you have come. In this dream you call matter your mind has been conditioned to this through the senses, and rightly so. The senses are measuring sticks that hold you here by hypnotic conditioning.

873

(That is why it is so difficult for us. We have to operate within the realm of our consciousness and what we experience is usually physical. Consequently, when we consider you are NOT a physical being, how do you measure physical existence? That I do not understand does not mean I think it does not exist. But I am localized. I have such a narrow part of the spectrum of all this awareness.)

A question in reference to this. to give you a kind of idea, an analogy, from the point of view of the scientist: Where is an electron when it is not? Where is an electron when it is not? Where are you when you are not? And what do you mean by not-ness? What does the scientist mean by not-ness in reference to the electron?

There are substances here, heavy substances that break down at a given rate of speed, into lead - radium. Now that is only one. There are others that do this too but the breakdown comes in very precise bundles of light or photons, what you call alpha particles yes? There is no changing this. Your scientists have worked on this for years and years and have not been able to change this rate of breakdown.

(It is a constant - period table - same rate of decay -) Is so. Periodical - there is a word for this - cannot think of it but we will go with that - periodical breakdown. Now this means a bundle of light/ a space/ another bundle of light. Yes?

(As we measure it.)

Yes. If this is so, where is the bundle of light when it is not?

(Just because we cannot observe it physically doesn't mean that it isn't. We cannot measure it so we say it is not. So it is a relative thing.)

That is exactly what I am saying about the mind, the spirit, the soul, the psyche - whatever you like to call it. It has its own reality - (and it goes through this cycle -) That is right. There is a so called particle known to you as the neutrino. Now there is no ghost as ghostly as the neutrino. None. None so much of nothing. (laughs) It can go through - not feet of lead, but MILES of lead - dance merrily through miles of lead without being stopped. So what do we mean when we say this or that does not exist? How do we know? What do we mean by "existence?"

(We probably mean we are not aware of it.)

That is all. And that is all we can mean.

(But just because we are not aware of it doesn't mean it does not exist, that it doesn't have its own actuality.)

Of course. In itself and for itself - and this includes man, and why it - or he - man may do otherwise, is something else again. But basically we exist and do for ourselves - and if we do not do this, how can we live and do for others? There is nothing to do with it, nothing.

874

Until this little bundle of energy, called the neutrino, has a contact with other bundles of energy, it has no reality, it has "no existence". As we have pointed out before, until we as human beings have communicated with other human beings, we do not exist. You have an expression in your world, No man is an island unto himself. Neither is bits of energy or bits of matter because energy cannot become matter until it associates. It has to have an association - the neutron, the photon, they have an association, and in this association they create a third force. Is called matter - mater - mother.

The man you call Mike - Are you a student? What do you study? (Psychology) Oh, very nice. If it occurs to you, if you have the feeling to speak with me on the subject, I would be most happy - but when you FEEL the need to do so. You Sir have something to say? (Only that I am in agreement with what I have heard here.) Now that makes for me more life! You see, it makes me feel in balance. It makes me feel anointed. We all have to have this.

(A question is asked pertaining to absence or presence of mind.) If that is so, is it not logical to agree with a statement made by a man who was here, and we were discussing various subjects, and this man said, "Yes, this is so - in fact, in the beginning there was nothing and it has been that way ever since!" (Laughter) Nothing!. (Only concepts.). (Concepts and mind are the same thing) Of course, of course. This is what makes us creators.

Now to have a healthy approach to life, one must first have faith and trust in themselves, in their OWN creativeness. Now this is not always easy to get because sleeping man has within him a terrible fear of life, so he seeks to fight down every other man. Fear for his own security - not about his soul, this time, but about his physical life and his environment. And to exist in this environment, he feels it necessary to compete destructiveness - not only with his fellow man but destruction for himself. This is a form of unconscious suicide, this belief that I have to destroy YOU, so that I may survive, and survive in great abundance.

S.E.

This is what brings nations to war, brings the world to ruin. It is insane. It is a sign that man is schizophrenic. I speak of the lower consciousness as a schizophrenic ass and it is, until it is trained to come awake, to become aware, to know that everything that is, is for his use. He is not without. The very nature of life produces in such great abundance that only his blind greed can create a shortage.

Do you, my friends, know of a time that violence ever begot anything more than violence? Do you?



(Then why is it such a hard lesson to learn  
Because man - the majority of humans live in this conditioned  
fear of life. Even the most rich man, who has everything that  
money can buy, has the seed of doubt that he has everything -  
"there must be SOMETHING I haven't got, that someone else HAS"

It reminds me of the story of the man in India. He was very  
wealthy - had so much, he did not know how much! He became aware  
of one thing he did not have, and that was spiritual development.  
So he was told by a wise man that he could not get IT and have  
material wealth too. He decided to give up all his wealth and  
seek spiritual development. He sought it by sitting in meditati-  
on with many others, staring at his navel, as were all the rest.  
They called this yoking the mind with God, using the belly button  
as a center of concentration. But he was a creative person and  
soon became bored with the same old navel. He thought he must DO  
something about this. As you Americans would say, it was getting  
AT me!

875

Annie, you are looking very well. You are feeling well? Very good  
To feel well and to look well, you are adored by the Gods!

So, this man decided to make a new navel and he carved one from a  
beautiful piece of jade, put it on, and sat looking at it. You  
know, man has much of the cat in him - the curiosity. Another  
sitter, looked over and seeing the jade navel became distracted  
from his own navel. He asked the first man where he got it and  
upon discovering he had made it, asked him if he would make one  
for him. So it was agreed and the second man was soon wearing the  
new navel. Soon other sitters requested and had jade navels made  
for them and the idea was sweeping over India. The first man had  
to open a shop to fill all the requests, and soon he had so much  
wealth he does not know how much! - Which makes the story in your  
Bible a true one - those who have, shall have more, and those who  
have not shall have that which they have, taken away from them.

Psychology. Mike, do you think your professors in Psychology  
would observe what is going on here tonight, with a detached  
attitude? (There are some that would and some that wouldn't.)  
Yes, I have encountered many who wouldn't but I have encountered,  
as you said, some who would and did, and I have had many  
wonderful talks with these men and women.

(A question is asked, but is inaudible.)  
Yada replies: Yes, the more one is aware, the more acute their  
desires, the more they are capable of activating their desires  
to a higher point. In the uncreative mind, the desires are very  
low; there is little strength in them; there is little input. The  
thinking person adds to his desires; as they come to him, as they  
start building inside, he does not limit what these desires can  
help him to attain. He encourages them. He prods them to do more  
and more for him, to activate him into seeking.

(Seeking life and understanding?)

Yes. It pushes him into finding ways and means of satisfying that desire - not from a selfish approach but from a very creative approach - and by selfish I mean he does not let his desire blind him to the thought that there are others who have desires that must be met too. To satisfy himself intelligently, is to satisfy others intelligently. When we approach another with the thought of satisfying only our wants, we not only limit what they can give to us, but we limit what WE can give to THEM.

MMMM

876

← ii

You know, sometimes we can get caught in our desires. They become, instead of a desire, a compulsion in which we lose control. Then we are in trouble. If you cannot govern yourself, if you do not have your hand consciously on the wheel of your life, compulsions will drive you, and drive you to destructions like the uncontrolled automobile that you have in your world. If you do not keep your consciousness in the automobile with you, if you roam around while you are driving, you are in trouble. Many people put their bodies in the car but not their minds, so there is a zombie at the wheel. And if that person survives an accident you often hear this expression - I'm so sorry. It's too late. It does not change anything. Save your sorrow for intelligence.

Do you want to say something? (no.) You are looking very good - better than I have seen you look for a long time. Physically you are looking very good and carry an air of mental better-ness too which I am most happy for you.

If you do not mind, I think I will withdraw.  
(Thank you very much, Yada. Give our love to the Inner Circle please)  
Thank you. They will be most grateful for it.  
Yada closes with a blessing in his language. Anotchi. A notchi.

#90 - 8/28/1965

34/F-bis

This is Saturday evening, August 28, 1965. Mark Probert, Trance Lecturer, and his Inner Circle are here at the home of Dr. and Mrs. Harry Morgan at Placentia, California.

Yada: Senas et Senahas, ena Yada Di'Shi'ite.

Dr. M: Good evening, Yada. Welcome to our humble home.

Yada: E gratia. (Talks in his language) You do not understand Yuga language, heh? English, heh? LAUGHTER My honorable friends it is a great joy to be in your home. Thank you so very much for inviting me here.

Dr. M: Thank you, Yada, for coming.

Yada: Gratia. I think most of you sitting here have listened to me talk before, yes?

Dr. M: There are a few that haven't, Yada - a few. Our work is all concept therapy, or Concept Therapy students.

Yada: So, it is same thing with different labels. My friends, there are many, so very many human beings that know nothing about what is called - life beyond the physical world. Most of the time it is called life after death. I think someone in your world wrote a book and entitled it, "Life After Death".

Man: That's a good title.

Yada: And that is what it is! Death has to do only with the dissolution of the physical structure and nothing to do with the operator of that physical structure.

In ancient times the word "hell" did not have to do with the Christian hot place; it had to do with the fear of being lost in the grave (the mind being buried with the body). If this were true you couldn't think of a worse "hell", The truth is, the mind has no part with death.

Then it is said surely if the consciousness does survive the grave there must be some way of communicating with it. There was a great deal of difficulty about this for a long period of time. Man only supposed (those who were capable of thinking this way - they supposed), it was a mere theory with them, that the human personality survived the death of the body. In order to ascertain the facts concerning the continuity of the individual consciousness, there had to be some way of reaching the consciousness that had departed its physical structure.

Out of this kind of thinking came the mystical schools, the teaching of what is called the occult - the hidden side of life, the story of worlds invisible. Methods were given by higher beings - first by inspiration, then later - by direct vocal communication. This was not communicating with the individual who had passed away, but this communication was with very advanced intelligences - beings that had never known what the matter world was like; had never been born into it. These were the guiding forces for the adventurers who came to live in the physical world, or the world of so-called "matter".

These great teachers had to find a way of communicating intelligently to certain earth-men, these certain beings - by thinking, which is a remarkable thing for anyone to do. To think is very difficult. So they contacted these higher intelligences, contacted the higher intelligences on the earth, and gave them systems, keys, codes and methods of communicating with the adventurers who had passed this way. Because they thought, the theory of the personality surviving the death of his body came to be a fact. Then these intelligent beings formed groups and taught survival and communication.

Some of these groups much, much later, formed these teachings into dogmatic religious beliefs and they included their gods and devils in the communications. The gods of the storms; the gods of the crops; and the gods of everything you can imagine. There were coming to be more gods than people! LAUGHTER. Of course, this is what you Americans would say, "Things were getting out of hand".

But this is how man started to learn about other worlds, the worlds within worlds. Oh there was much fighting going on over this, for man fights over everything that he discovers for the first time. It is always the argument as to whether it is true or it is not true. Now, if a theory appeals to me, it becomes my truth. If it doesn't appeal to you, you set up a theory of your own which I'm certain will oppose mine and I will

not like you for this, because I am certain my theory is right and yours is wrong. You're going to hell - I'm going to heaven. LAUGHTER. I am an advanced being, you are a stupid idiot. Isn't it always this way?

The struggle to be loved, to be wanted, the struggle for a spot in the light, in the sun, in the heat, in the warmth - which means comfort and ease, free from fear. Basically, this is all any human being strives for. It is called PEACE OF MIND.

I have had, measured in your way of measuring time, 500,000 years of consciousness. So, I have quite a long span of time to look back through, yes? If what I say is true, this should not mean you have to accept it as such; this is what I say.

We humans are children of habit. Habit that is sown into us by what are called concepts. The only way a human here learns what is outside of him, is through his senses; and for a long period of time, or short, depending upon that person's ability to comprehend something that was before him a long time - where we are lost in our senses. This which I have referred to as the physical, material world, its nature is better understood when you see it as a sensory world. The word matter is but a word. It has to do with all your teachings where the word was later the mother, the mother of creation.

Creation is a thought; it is a concept, an idea, a feeling. I was going to say a feeling projected, but the word projection implies something separated from something else, something extended from something else, yes? Aud:- Yes. So this would be a false concept, because there is nothing to extend anything into, such as you call time and space. These are not separate entities from your mind.

When we are young we often (to use an American expression) feel like the world around us, the universe, is our "oyster". Often this oyster turns out to be Pandora's Box and we come to wish we hadn't pried it open. But you see, to wish this, that we hadn't delved into these things of life, comes only to those of us who are ignorant, who do not want to really know. We are just curious. We say, "Oh this can't be, but I'm going to peek anyway to see if it is". If we say instead, "I know; I know by the nature of my feelings about life that this oyster is worth the effort to open, we are not so likely to regret opening it should we be able to.

→ To know that life is basically good, kind, intelligent, sane, to know that, is to lose our fear complex. You know, my friends, I hesitate, because I am seeking words. Words, to the serious thinker, are like precious stones. He chooses, he examines and chooses the best of the stones, knowing that if he does not, an intelligent listener will not hear him and walk away, thinking he is a fool. Well, is that too bad? No, because I have played the part of the fool many times. It was easy, easy, so long as ignorance blinds us. Do I think I will cease playing the fool now, I shall never play it again? Isn't that asking too much? Isn't it expecting too much? Because we are all in different grades of ignorance, or to put it another way, a little more kindly perhaps, degrees of wisdom. We (and I think we should pamper ourselves with words) we pacify our fears, our anxieties, our uncertainties, by labeling things, so they will not disappear into neont (all-ness of life, beyond human perception) and leave us more frustrated than we already are.

CONCEPT - you are now communicating with a spirit, a spook, a ghost, an astral shell, or, to please me, a great master! LAUGHTER Yes, and when you say the word "YADA", or I do, we are lost again because the question is not, "Who is Yada?", but what. What? And in our frustration and irritation it goes further. We say, "What the hell is Yada?" LAUGHTER Yes, I understand your English very well! The first thing a foreign-speaking person learns is how to swear! I have asked myself that, "What is Yada" - for thousands of years, and always the echo comes back, "you are what you are - nothing else." Is that not frustrating? But suppose we could say definitely - I like that word "definitely", it puts all other things aside, it shuts out.

Man: That's right, that's a good one, give us something definite Yada.

Yada: Yes, definite. All right, to do this would be to leave you nothing. But it tells you the ultimate nature of something would leave you with nothing, for that is the ultimate nature of something - nothing. You have ten million miles of let us say string or rope. In due course you are going to come to the end of that length of rope or string, yes? Aud: Right - And what have you got at the end?

Man: Nothing.

Yada: Nothing. And so this is the nature of everything, nothing. Nothing? Not exactly, but NO-thing, not nothing, but NO-thing. A thing in your world is a creation, in my world it simply is. It is not created. Now I am not a spirit, although that is the nicest thing I have been called in the past. I'm not a spirit - a spirit or spiritus means breather, one who breathes breath. So that when one dies and a religious person sees this person take his last breath, he says, "His spirit has gone" - his breath. I have had only one earth-life experience. Now this is very bad for me in many ways and also for you to know this, because if you are a believer in reincarnation you will be angry with me for breaking the pattern. "You should have lived many times in that time, Yada. How dare you? How dare you try to be different!" I know. I had a man say to me, "I remember three trillion of my lives. Trillion? I do not understand what this number is. What is it - trillion? What do you mean by this?"

Man: It is a measurement - a measure of time. It goes way, way high - astronomical. Billions, trillions sex-trillions.

Yada: (Oh, you have sex trillions too? LAUGHTER) HUMOR

879

Man: Right, right. Never leave it out!

Yada: That is right, you cannot leave sex out, it is everything. Everything, because it is where creation is - sex. Everywhere in the vast universe is a sex universe, but not the kind of sex that is in the form of man and woman. That is only one small part of it. The relationship between the neutron and the proton is sex. It creates the third being which makes matter, or this kind of surface - sensory surface. If we know this, instead of being afraid of it, ashamed of it, inner fears, anxieties that produce a great many other sicknesses in the physical body; if we understood it, we would love it. So honor it that we would never give ourselves to another, we would never give our creative energies to another whom we have no other use for than to satisfy our creative drives, personal "ME" satisfaction. The SUN. In my time we were sun worshippers. We did not worship the sun as a god. We had not become that ignorant yet! LAUGHTER It takes time to become ignorant. We gave it adoration in the morning at sunrise, and at sunset, because we knew it to be the source of our being. We are sons of the sun. We came, we descended in radiation to the earth, to the matter world, which was darkness until we came. We brought it, the intelligence that it has. Before the event of the human mind, wherein it was capable of thinking through the matter body, before this, all the earth was, was a zoo, a zoo filled with insane animals whose only thought and feeling was in the stomach and sex organs. Man brought intelligence and beauty to the earth, to the zoo. It was not until man was capable of seeing the man, the human in the animal, that he started cutting the animal away (to find that human). It is like the story of the man traveling through India, who came upon a man carving stone elephants on the roadside. You have heard the story?

Man: No, I haven't.

Yada: He looked around but he didn't see an elephant anywhere and he said to this man, "Sir, how is it that you carve out of that block of stone such a perfect elephant and you have no elephant model to go by?" The man said, "It is easy. All I have to do is to see the elephant in the stone and then cut away everything that isn't elephant." Wonderful, a remarkable story, the story of ourselves.

When the animal pauses just long enough to see the human in him, it gives him time and reason and purpose for cutting away everything that is not human. What a wonderful concept. Without it, if the concept had not appeared in the mind of the then-man, it would never have appeared at any other time, because all the intelligent things happen in very definite time and in very definite places - not before and not after. Should a thing appear in a wrong period of time, it is considered by the people in that time to be a freak. It doesn't look right. (airplanes)

Can you imagine one of your big birds that make much noise (how you ever sleep in your world any more, I do not know!) can you imagine one of these appearing in some past century when you were still using the oxcart? You know what it would have done to the people then? They would have come to the belief that they always had been saying, that their god was returning to earth. This is what many people have said about what

Man goes on, with all of this advanced intelligence, creating gods so that he can 'bottoms up' to them - Creating them out of his fears, his anxieties, not only for the after life but for his life right here. He is worried, he is born worried and future generations will be even more worried, unless of course, Teachers of the Light come, not to save them, but to remove them from fear by education, enlightenment, understanding.

The Christian God is not the Christian God. It is the God of the Hebrews, the God of Moses. The Gentiles adopted him without even asking; and, of course, if you take father you have to take son too! Now, my friends, I have no wish to in any way infringe upon what you think is so. So remember I speak only from my understanding, gathered from my experience, you need do nothing more than listen.

Belief? I do not understand very much what is meant by this word - belief. How can you believe, how can I believe something I know nothing about? To have a true understanding one must look into, one must study that which he seeks to understand. He cannot guess nor can he say, "It says in the book." That does not make it so. There are tens of thousands of books, tens of millions of them, and there are a vast number of holy books. The books may be holy, but the people who wrote them were not! For man, the human, is not of that species (holy). The Christians say only God is Holy. Well good for him - he belongs to that element of holiness - humans do not. He is a creation of the human mind, He did not create man, man created Him - God. Now, if we take the gender out of it and say, "It", then man did not create It, It created him for man, physical man is a creation, a dream of the creator.

Kasida! (Yada speaks in Yu language)

880

You see how difficult it is to put into words about life and death, and the worlds and things. We cannot really talk about life, we can only live it. But we cannot live it as intelligent beings if we insist on looking only on the surface. Now tell me please, what would a god want with a mortal's adoration? He doesn't need it. I think you have a slang saying to express something like this, "he needs it like you need a hole in the head". I like this very much. Your American expressions are very wonderful, to the point. You have heard of "being bugged"? Aud: Yes. If you have ever lived in swamp country you will know the meaning of that! LAUGHTER And so life "BUGS" us. There are like millions of gnats swarming around us and the more we fight them the more they attack us. Can we run? No, there is no where the gnats are not, because we create them. So, how to get rid of the gnats? By waking up, by becoming aware, by changing the concepts given us by those who we were unfortunate enough to come to. Unfortunate? Not really, that was our lot, that was our decision. We choose our parents. We choose the time, the place, to go and to come.

Now I know you will say, "Yada, I wouldn't have chosen this, if I had had a choice. You mean to say I would have chosen this? Oh no, I was pulled into it against my will. I was drugged, that's what happened, I was drugged! (Drugged by the hypnotically given concepts of those who came before us.) Yet we cannot say they are at fault, because had we not had these things to learn, we would not have come to those people, to that place, in that time. Life is a do-it-yourself job. You see I am not afraid to take thoughts from your physical world and express them, especially when they are so to the point. A do-it-yourself job. How wonderful! And the sooner we wake up to this, the sooner the gnats will disappear. But at no time do we stop having some gnats. That is the way life is. This is the way we learn. The seat is too hot. It says to me, "get off it".

How much heat can we stand on the bottom? Are you going to wait for somebody to take you off? You will wait a long time, a very long time. Those who love us often wish they could take us off the hot seat. They see the pain in our faces, in our actions. They have deep compassion for us, but the wise ones will not drive you off that hot seat, they will not do it. They will leave it to you. How long do you want your bottom to burn? How great is your tolerance for pain? As much as I may love you, I cannot take you off the hot seat. You cannot take me off it. I said there, in the beginning, I chose the seat. (You and you alone must have the reason, the purpose, and the will to rise up and walk off.)

To go back to what I was saying a little bit earlier:- I'm not a spirit, I'm not a spook, I'm not an astral shell; I am a consciousness like you. I do not know more than you, I simply know something different, not more. You see, the wonder of this is, as you teach this to your pupils, that it frees you from being responsible for what they do with what you say. Do not put yourselves up here. The higher up you go, the harder you will land when you fall. I walk with you. I stand with you. Wisdom, Great Master? Oh, I would gladly accept this if my intelligence didn't tell me that if I did, I would prove myself to be a fool. I think someone in your world said, "It is one thing to be a fool and another thing to open our mouths and prove it."

Man: Prove all that?

Yada: Why am I saying this? So that I can further say and with greater clarity, that you are not a spirit, are not a spook, although one time, talking to a man in your world, in television from a place they make this . . . . . Aud: Studio? Yes, thank you very much; he called me a spirit and I said to him, "I'm not a spirit, I am a consciousness. Only difference between you and me is you have your skin on, I've been skinned!" LAUGHTER

But what is skin? An idea? Is it something in itself? Let us see - we take a piece of skin and we examine it very closely and we see it is made up of something called cells. Now cells are small enough, but can we stop there? No, we go deeper and we find these cells are made up of molecular structure - that's a pretty name!

Man: I like that!

Yada: Oh yes, very much. It makes it more concrete.

Man: Thank you.

Yada: And then we are not satisfied with this, we must go deeper and we find that molecules are made up of even smaller things called atoms. How wonderful! Are we satisfied with that? Can we stop there? No. So we go deeper into it and we find the atoms are nothing more. I like that, "nothing more" - than positive and negative electrical forces. Amazing, amazing! Especially amazing when you know, as you must come to know, that there are no such things as electrons. LAUGHTER

Man: You just punctured my brain.

Yada: Well, somebody punctured mine. LAUGHTER Yes, that somebody was a thinker who lies in you and in me. That somebody is the Creator. Not a god who wants to be worshipped, who feels the ego drive for adoration. No, but that great creative-self. Don't name it, because you will lose it. But your feeling, if you do not know it now, your feeling as you further study life, will tell you that this is so.

Tut, Tut, Sut, Tut, Sut, Ohm. I am that, that I am. I am the reality. Now should this make your ego blow up into the air? Make a big chest? Make smart look on face? No. There comes with this knowledge a wonderful, satisfying feeling called love, appreciation for the creator.

S.E.

DIE? Death is simply ignorance. The Light came to save man from the darkness of ignorance. When the mind descended into matter it brought light. In your Christian Bible it makes the statement wherein it says, "God looked upon the deep, the darkness, and said, "Let there be light": and there was light. There is much more to this expression, "let there be light", than that God said, "Let there be light", and the sun came up, the physical sun shone. The physical sun is radiation. Its basic nature is kundaline, sex energy, cosmic radiation. Man, in his destructive self, has turned the radiation of the light into darkness.

My civilization brought destruction upon itself when greed and avarice, great fears and anxieties came to it. The mind of the people disturbed and displeased the forces that keep the earth in balance. This let loose a series of violent earthquakes and furthermore the hate, the ignorance, brought darkness. Darkness swept down upon my civilization, darkness so black that no fire could cast a light. The horror in man's heart was extended into his dream-world, which he calls "real" and in this darkness his fears were manifested in the form of violent winds - violent winds from outer space - cold, oh so cold. Huge ice pieces came down from the darkness crushing everything. Freezing winds froze animals and humans alike right where they stood. In the act of

ACCIDENTS

running, froze them solid. Oh, my friends could man know what he can do, what he has done with his uncontrolled concepts; could he know himself. Not the lower self, because the lower self is an animal of the worse kind, an ass, a psychopathic ass, a schizophrenic ass, that seeks only to gratify itself. It is murder. Is is the hyena of the universe. Perhaps I have said too much. You talk to me please.

882

Man: Does anyone have any questions they want to ask?

Lady: Yada, may I ask please, would you explain to us your interpretation of the sound current?

Yada: In the beginning when what you call the matter world rose up, it started from these sound currents, or great energy wind storms. Have you know about that?

Lady: Yes.

Yada: In creation energies imploded (you understand what I mean?). Then this implosion creates a tremendous - how you say it in English? (Explosion?) Yes, but first before the explosion, a tremendous density, tremendous density. There is a substance, plasma you call it, in space, that is so dense that a cubic inch of it weighs into the millions of tons. Think of that. That's density, yes? Now this happens in the creation - energy compacts, compacts not by simply rushing from all directions, but by spiral activity, vortexual motion (you understand, please?) to the center.

~BIG BANG

The ancients in India, some of them like the Brahman people, said creation came from an egg, and in a manner of speaking, it is so. What I am leading to is simply this, there is a rushing together in a violent wind of energy and after they have centered, there comes something called the climax. The climax then is the explosion, a giving away, a bursting out of, a scattering away from the center, a going away. Instead of turning in, is turning out.

These winds are sometimes called the winds of hell. Sounds dramatic! Not winds of hell, it's just that the material world is hell. Hell because the body self is a sensory body and gets its impressions from the world around it, outside it, by the senses. These senses are very delicate and they cannot always stand up under the pressure. Unless they get proper education, proper concepts of life, they cannot stand the storm and they sink into the morass, the morass of fears and anxieties. The physical body falls apart, deteriorates. Then the creator of it will have to wait a little while, go into the ante-room, which you call the astral world, and get a little bit of rest, get his bearings as it were, before he sets sail upon the seas of physical life again. Your priestly system (and all of them do this) talk of hell after death? (Laughs). What have you got now?

Man: Yada, why did people in the beginning think it necessary to create a god?

Yada: Because always people, every race of people, have created gods. Way back to the time of . . . . pardon me, my teacher speaks to me . . . . may I withdraw a little while please and I will come back and go on with your question? Yes?

Aud: Yes, Yada.

- o -

Yada: So now, the inner man is satisfied, so perhaps now we can speak about the outer man? Thank you so very much for letting Mark have that cooking you did. What do you call it? Cake, cake? very good! It tasted good to me. Yes, I use his taste buds. I put my consciousness upon his taste buds and taste physical things, yes.

What am I when I am tasting? I am a taster. When I touch something, I am a toucher. This is what I am. People have asked me, "What are you"? Whatever I am doing at any one time, that is what I am.

Now sir, the man speaking to me of the God of the Hebrews, as I said before I left, all races of people have created gods including the Greeks. Greeks were great people. They not only created gods by the wholesale lot (LAUGHTER), they discovered by what is called pure reason (you like that?).

Man: Yes, I like that - - - pure reason.

Yada: You can tell me what it is after I am through. They discovered the building block of matter and they called it the atom. The Christians called it Adam! But



anyway, the indivisible pieces they thought. But today do you know the atom as indivisible pieces? Surely not. Had the Greeks discovered that the atom had many parts, they possibly would not have existed long enough to become known as the ancient Greeks! LAUGHTER And perhaps you won't either because you have discovered it. 883

Now none of the Greek gods could be created today, nor the Greek atom, but man has tried to drag up his gods with him from the ancient past. Those gods belonged to those times. Those gods existed for those people because they created them, they had a need for them. The God of Moses. Moses was not a Hebrew, he was an Egyptian and he was sent by the White Brotherhood, a great mystical order called the White Brotherhood. He was sent to the people called the Hebrews. But before he came, one known as Amenhotep IV (have some of you heard of him? Aud: Yes, Yada) he came and he tried to bring the story of the invisible god to the people of that time. He tried to tell them this was a god of love, a god of light and intelligence; but they would have none of this because their whole concept of life was hate, distrust, malice, fear. There was no safety. These people were killing themselves off, So they drove Amenhotep out. But the Teachers of Light knew that if someone did not reach these people they would destroy themselves. So they said, "Let us send a teacher that will appear as one of them; but this teacher must not bring a god of intelligence, a god of light and love, but a god of wrath and vengeance." This is the only thing they understood! This succeeded, this saved those people. There are some races like there are some species of animals, who by their intense hate and fear have killed themselves off, have committed suicide. Man, the greatest curse that man had, is ignorance; this is truly his only sin, the sin of ignorance

Pardon, my friend, what did you say?

Man: Would this be why, since they understand only wrath, would this be why then, that they created the hell in people's minds?

Yada: That is right. The word hell originates with the Jesus, Jewish teaching, the Hebrews. It was, as I said earlier, a fear of the entire man person, being left in the grave to rot with the body.

How else can a child act, but as a child? A child who needs education and careful guidance. Many of us who descend to the earth to become mortals lose our immortality, but only by not knowing. The great creator can never die. The lower self, the animal self of man, if a teacher, a helper, a guide in or out of your world, cannot get to those who are lost in these negative thoughts, the animal self, they destroy themselves. And then in the life beyond matter, they spend time doing the same thing they did on earth, until they feel the pull of matter again and fall right back into it. Sucked into it, into the whirlpool of ignorance.

There is no need for this, but we cannot grasp anything of worth so that we can use it as long as fear eats at us, the fears that have been given to us. You know, no child has fear at birth; no child has hate or anxieties at birth. They are educated into it. Educated by what I call the teachers of things that can't be done. In a way it is sad, but in another way that is the way it is, and who can argue with what is? Hmm.

Do I want to change your way of thinking? No, because I cannot. If there is any change comes to you from your listening to me talk, it is only because what I say, the sounds that I produce, that you call words, makes for bells in your head. It wakes you up to what you already know. Now, if you are not careful, then, because these truths become so apparent to you and this makes you pleased with them, you may start giving me the bow down, the bottoms up treatment. LAUGHTER.

In doing this, you forget yourself. This means you forget to honor your creative self. S.E. You give me the credit, "Oh how great is Yada." My friends, if you want to give adoration to someone, give it to yourself, because then you will know what you are giving it to yourself for, why. You are earning it, it belongs to you.

Now I do not surely reject your love for me, I cannot do that. That would be rejecting light. If I accept your love, it is because I want to give it to you. (Acceptance comes only by giving and giving comes by acceptance.) There are many people that cannot accept love, they are afraid of it; they do not feel worthy of it. Their guilts and shames have dug so deeply into them, they cannot believe that anyone would give them anything so precious as love. Isn't that sad? Sad. A god in the making, stands hidden in the darkness of his own ignorance.

I give adoration to the Light. I am the son of the sun. No one can pass me. I am safe in the Light, the Wisdom.

You know - - - how do you feel when you are lying in the darkness of your room at night waiting for unconsciousness to overtake you? How do you feel? No mask to wear, because all you have to face now is yourself. No pretense is there. Do you feel safe? If you really do, you are indeed a whole person. If you do not, you can be sure of nightmares when you do go unconscious. Going unconscious is often to face our real self. Sometimes that real self creates hallucinations that we call nightmares. Our fears, anxieties become monsters, monsters with dripping eyes and with sharp teeth. Oh, that's not nice? And they pursue us and we run. Sometimes we can't run, we become paralyzed and as the monster is about to devour us we wake up, perhaps screaming and in a cold sweat. And we say to ourselves. "Oh, I'm so happy that was only a dream!" This is what happens to one passing from the physical world. He often wakes up and say, "Oh, I'm so happy it was only a dream".

Life anywhere, in the physical manifestation or otherwise, is no more than what we make it, no more. Examine your fears lying in bed again, in the darkness by yourself. What can you do about what is possessing you? While you're in bed can you change it, can you do anything about it? Not a thing so why make it a partner - a bed partner. It can kill you. Many people have gone to bed with intense anxieties who were physically in good health and woke up dead! LAUGHTER And they looked at their body lying there and said, "Hummm, is there two of me? How is it I am here in the bed and I am here by the bed? Sometimes they become aware of what has happened to them. This sometimes frightens them. They died of fear anyway, now they have to meet it again. Where am I?

After a time and with much uncertainty and anxiety still pursuing them, they decide they are dead. Yet, "How can I be thinking, how can I be here? I should be in heaven if I am dead. I was told that. I was told that if I accepted Jesus, the Christ; if I accepted that He died for my sins, then quickly I would be rushed to heaven with no further understanding needed and I would have a right hand seat by God. And by God I will!" But they didn't.

Man: At least that's what the professor said.

Yada: Yes, yes. Now, my friends, to know when you pass over, however you pass over, that the separation is a wonderful experience, a wonderful experience once you get beyond the pain of the body, the awareness of body pain, body pressures. There is no word for the experience. You rest, you sleep, you are in a state of the most marvelous quietitude, but you are aware that you are. But the sleeping in what is called the transition (I do not like to use the word post-mortem state, that sounds a bit creepy), but in the transition period it is like, well much better than you thought heaven was, much better. No anxieties, no fears, no concerns, just rest and your only consciousness is that you are. "I am" - I am and you feel yourself enveloped in this tremendous light. Oh, it is something to look forward to.

The Creative Self does not leave man in fear and anxiety. The Creative Mind does not make hell and damnation and more pain for man. It releases him, but only if he is intelligent; if he has dropped away from his uncontrollable desires, desires of the body. If he hasn't, he takes these with him because they are what he is! I cannot go somewhere where I am not; I cannot be something I am not. So that which I am, I am everywhere and all the time - - - all the time. And he repeats these dreams of his earth life, he seeks out people of his own nature on earth and he vampirizes them.

Perhaps this is not a pleasant thing to discuss and concepts being what they are, you can get very bad ideas. But try to listen with an air of understanding. Try to see beyond the fears that my words may produce and you will see the greatest light, the greatest purpose, the greatest reason for life, all life.

There are many forms of vampirism. It is not only the sucking of blood. It is sexual attacks that go on between the planes. These not only take place sometimes in the dream state, they take place when one is fully conscious. The person's ignorance has attracted to him these sexual vampires. Evil? No, not evil, but a purpose. Why? Did somebody do it to him? No, he did it to himself. By his thoughts he attracted these

beings and they will drain him or her as the case may be. Do you know what we humans walk around with? Our thoughts. There are many more sexual attacks going on mentally than physically. And some of the nicest people, people that if they projected these thoughts so that they could know, could understand them, out of what they have come - - and they have come out of what? Out of their feelings, their frustrated feelings of normal desires. But these normal desires have been pushed aside, have been held back, have been frustrated.

Now, have you ever tried to close in steam that is building up and building up? You cannot keep it closed in. It will blow you to pieces. What are you? What am I? In the physical world we are creatures of desire. This is our nature. But if we are not trained, our desires become abnormal, destructive. Lack of love causes lack of proper teaching. Why am I interested in you? Why should I involve myself in your life? I am comfortable, I do not need anything. No? Like you, I need one thing, I need it most badly, it is my life. It is called LOVE. Do you think I come just to be of service to you? This means if you believe it, that there is something called giving but not taking; or taking<sup>and</sup> not giving, or something for nothing. It is wrong, very wrong my friends. Life is not like that. You cannot take from here and leave a hole, an emptiness, a vacuum. Life cannot tolerate that. What are you? Be what you are. Love what you are. Do what you love, or the doing will kill you, destroy you.

Everywhere in the physical world you find two things hate - which is ignorance and love which is understanding. These two seem to oppose one another - actually the opposition is merely a concept. There is no opposition, there is no struggle. This is what my ignorance seems to create, seems to create. It is an illusion of my ignorant mind. Hate - I think you have heard it said, is akin to love, yes? (Aud: Right) When you hate someone what do you do? You keep them immortalized in your mind. You like that? You want to immortalize your enemy? How not to do this? By making them your friend, the enemy goes away. But you cannot make them your friends if you have no understanding of how they became your enemy. Did you have nothing to do with it? Were you minding your own business?

Man: Always!

Yada: Yes, what is called an innocent bystander. "I wasn't doing anything, I wasn't looking". That's true! You may not be able to communicate with the physical world after you pass, you may not, but that should prove no loss to you, it should prove a gain, because as you Americans would say, "You've had it". LAUGHTER Why ask for more, why knock on the physical door. "Oh I have some unfinished business to attend to, let me in." People, spirit beings, who flock into seance rooms are the ones most likely to be held to the earth and to be reborn again very quickly.

Seance rooms. Does this mean we should stay out of them? No, if you go I say, "good" because that is what you want to do. But I say for your benefit, for your better understanding, that it is better to stay out of them. The cellular body in making a materialization, loses much of its energy by evaporation. When a materialization is created, it is created from the cellular substance called protoplasm. When it is projected out it is called ectoplasm. But it is living substance and when the seance is over and the spirit is returning, it takes off its gown of matter and returns it to the one it borrowed it from; but almost never does that one get all of that energy back again. Then little by little it causes a breakdown in the cells of the body. It turns those cells into water cells and you have what is called a water-logged condition. You have been vampirized.

Most mediums that produce physical phenomena disappear into mountains of fat. To what end, to what good? You know, the most intelligent spirit to talk to is your own, if you will listen, if you will go into the silence. Don't ask for anything, but simply listen. We are always asking, we do not need to do it out loud in words. Our feeling self can ask in the most wonderful way and get answers. I pray to God for this or that, whether it is more understanding or some money, and if I have the proper communication with this creative self, it will answer my prayer. (Yada talks in his language)

"I am the Light and the Way". This Teacher did not mean, I, Jesus, am the Light and the Way. The Jesus self is the ass. This is why He took the initiation so that He

would rise above the ass to become the Christ, to consciously become the light which we all are, we all are. The man Jesus said, "The Father and I are one", yes?

Man: Yes, that is what he said.

Yada: Do you think this body is something different than you? It is you because it came from your creative self. You did it. This is the way you wanted it. Mark sometimes looks at himself in the glass, the mirror; he looks and he does not like what he sees. It is only within recent, very recent years, that he has come to realize that if he does not like what he sees no one but he can change it. My reflection, my body is the image of my mind, the image of my feeling.

When Mark was a little baby his mother was not feeding him, but she did not know it, so he was starving to death at her breast. Because he could not cry out, "I am hungry, you are not feeding me", he felt the most horrible state of frustration coming upon him. It was a will to destroy himself, to commit suicide. The ugliness, the negativeness of life at that age, at that period, was more than he could bear, or so he thought. So you see he made this condition. At birth, while I say no one is born with fear and anxieties, there is a condition that many of us coming into the world, being born of woman, we naturally have. It is called the birth trauma, in which we do not want to be kicked out of our comfortable position. I say, "I'm comfortable, leave me alone, go away please". But no, do they go away? I am driven into the physical world, I am tumbled out whether I want to go or not. So I am enraged, I'm frustrated, I hate everybody and I haven't drawn an outer world breath yet!

Birth trauma - you may not feel the real effects of this trauma for years and then have it suddenly hit you. But it didn't suddenly hit you. It is like a malignancy, it grows quietly. Only when it has possession of us does it make itself known.

Great Light, extend to me the power to seek to comprehend that is my only prayer. Now, you make noises at me please.

Man: Would you speak to us on communication, how to develop communication with one another on the physical plane?

Yada: I think the important thing for the one seeking to make such communication is to know what you are. What are your fears? What are your anxieties? Because these are the first things you will have contact with when you start your communication. We can produce in our experimenting, without knowing about ourselves, we can produce monsters, wakeful nightmarish creatures. I assure you, my friends, I am not saying this to frighten you, to stop you. Oh no. I say man should have any experience that he can have, for no experience hurts one. It is our attitude that hurts us. Communication. Remember please that for a period of time anyway, you will contact beings who will seek to fool you; that will come pretending to be great personages, masters (I like that). They were never masters over themselves but now they want to be masters over you. A nation, the heads of the nations, want to rule the world and they have never been able to rule their own nation. Amazing, amazing.

### MEDITATION

No, practice sitting in silence for a while, make it a 10-15 minute a day practice. Then after perhaps five or six months of this, your chances of making communication with another mind will be much better. You know, my friends, it is most difficult to communicate with ourselves, our own spirit, our own minds, because we are afraid, afraid of what we are. Does the rose cry out to be a leaf? Does a caterpillar make a great fuss about becoming a cocoon? Does the cocoon wait in great anxiety for his freedom to become a butterfly? Not knowing whether he is going to become it or not? The beauty of the caterpillar is that it has only caterpillar consciousness. It is all caterpillar. Then it comes time for it to be a cocoon and it is the most beautiful, well balanced creature there is. It has no anxiety about becoming a butterfly, so that when it becomes a butterfly, it is a perfect being in itself and does not need a great amount of time to live as a butterfly.

Are you afraid of what you are? If you are, what can you be? where can you go? what can you do? Your whole life or mine, your whole mind is frustrated.

I am what I am, now! I am not concerned about some other nowness. My concern is not, "Do I live after death?" My concern is, do I live, do I dare to be? Yes, I fear for the death of a loved one. Who lives in the body forever? Another question: When do we have enough time on the earth? When am I ready to leave it? What should I die of? All that matters is that death is there, the transition must be met with, that is all. How? What sends us into the "wide blue yonder"? What sends us doesn't matter. If it is a stone knocking the brain out - didn't use them anyway. LAUGHTER So what am I keeping them for?

Man: Souvenirs!

Yada: Souvenirs, good! Dying of some disease? Now if you were to die of some disease, what would be your choice? You have a choice? You want to choose? Oh yes, I would like to die suddenly". Would you now? Would not the cry go up, not yet, please, I'm not ready.

You know, you have a game in your world that children play. It is called "tag", and I think you touch someone and this is "tag". You are "it", I think they say. Is that right? (Aud: Yes.) That is a wonderful thing because I am it and because I am it and I recognize it, it does not make any difference to me what world I'm in for I am It, all of It, one with It, of It. I am where my consciousness is. What a wonderful thought, what a beautiful concept. I am where my consciousness is. Right away you can see why so many people create new tenants for the grave yard, because they are not conscious when they get in their motor cars, they are not "It", they are not aware. So here comes a new tenant for the grave yard. They are not with themselves. "I am not with myself." Have you not heard people say, "I do not feel like myself today"? What self is this you do not feel like? What self?

I seemingly lost my body in a quake. Everything went up - down - up - down, vast chasms opened in the earth, fissures. Hundreds of people fell in, closed up. I was in the temple, I was in a subterranean room. There were tons of stone above me. It fell in. You can imagine what a mess it made of me. Looking at my body with the physical eye you would have been horrified beyond words.

Man: Looked like a flutter then?

Yada: What is a flutter?

Man: That's what happens when something cooked is smashed down.

Yada: Oh, hummmmm, there is more than that too - But I knew before I came to the earth the length of time I was going to stay and I knew how I would go, so I was prepared. Did I leave that pulpy substance under great heavy rocks to deteriorate, to do what you call, "go back to the elements"? No. I am the only element.

I brought it up into myself, into my center. The body, your body, is breath, is Prana, is Kundalini, is pure energy (if I may be excused for using the word pure). It is the substance out of which the mind makes form. (Yada speaks in his language) Triune - the body, the mind, and that thing called the soul of the universe. Not simply the soul, but the soul of the universe. The one creator calls back his creation to the center of his being. Communicate with spirit beings? I can assure you they will not tell you anything you do not already know.

Man: I was talking about communication with physical beings, the . . .

Yada: Talking with your own? Oh.

Man: Yes, I mean establishing communication with one another.

Yada: Now, this is better; this I enjoy to speak of.

Lady: And with understanding.

Yada: Don't try. You think I am fooling (Aud: No.). No, don't try, because you will never do it by trying. Let it happen. Let them come to you. Let them speak, let them ask from you. If you go asking from them, they will go the other way, because you will frighten them. Let them come. They will hear about you, they will, if you have your light out, I mean hanging out. Most of us have it simply out.

LAUGHTER

Man: Turned out!

Yada: Yes, turned out, smothered out, destroyed, tramped down on. No, put your light out quietly, don't tell anybody. Those of us who seek knowledge become like moths. When we see a light, we move to it with great rapidity. If it happens not to be to our liking, it will singe our wings and we will fall down and disappear.

In your Christian Bible the talk of spreading the gospel did not mean to go out and shout it from the house tops, because the only people that would hear it would be people that already knew. Go out and spread it among those who are ready for it. And the going out will simply mean the extending of your light so that it can be recognized, so that moths will know. If you do it the other way, you will get more hate, more distrust of what you are seeking to do than you can now imagine. You see, all human beings are seeking the light, the light that will make them feel secure, and if they see you standing in it, they will hate you. "Oh, he is glowing, who does he think he is." What is the little bug with the big light called?

Man: Lightning bug - firefly.

Yada: Lightning bug. In my language gagee. It was a much larger bug that we had that cast a light and many of the superstitious people thought that these were souls coming to take them away from the earth! "Don't go into that mountain, there are souls with lights looking for you". LAUGHTER Taboos.

Let us approach this from the practical side; I like that - practical side. If you wish to make communication with spirits let us say, you do not need to have the room darkened, you need only to have true desire to attract beings from other planes and if you will sit in a lighted room at a given time and come together with others with one mind - do you like guarantees? In your world there is so much said about guarantees, do you like that? If you do, I can guarantee you will have communication with spirit beings. Yes, but I cannot guarantee whether they will be of much help to you.

To communicate with spirits here in the flesh if you just give your love, your understanding, no matter what is said about you, either praise or critical remarks, hold your peace, move on. If you take umbrage either for the good or the bad, you will be lost. You will be sorry you started the work. I am myself. What do I care what some may say. I have no care because I know what I am. Do you know what you are? If you have love surely you cannot do anything against the natural laws of life. You cannot, so what do you care what someone says.

Applause. Have you ever heard one hand clapping? At least it doesn't jar your nerves! LAUGHTER It is getting late for you.

Man: Thank you.

Yada: It is my honor.

Lady: Yada, you said that when you came to the earth world, you knew you were going to die in this manner. Were you consciously aware of this?

Yada: Yes.

Lady: You were?

Yada: Oh yes.

Lady: Naturally we know our thoughts?

Yada: Yes, you do know but you do not want to know, so we shut it out. "I don't know." This is all right, I have no objections to this - I cannot have; I can only tell you what I know, what I do, what I feel.

Look, please, I said I had one life. What would I want with more? If you can have understanding - what is understanding? It is coming here knowing. The man you call Jesus, Gautama Siddhartha who became known as the Buddha - Buddha which means Christ, the Light. Being born by virgin birth has nothing to do with the state of the mother's body. In ancient times if a woman became known to a man beside her husband and it was discovered, she would be stoned to death. Now Joseph, according to the story in your Bible, he was the father of how many other children from Mary? How could she have been a physical virgin? But I do know this; that there is nothing in the laws of nature, in what is called biological nature, that says virgin birth is impossible. In India it has been known, medically known, but hushed up, that virgins have been with child and have produced children, but they had seeded themselves. Oh, the mysteries of biology! They are so mysterious it frightens man like everything else, so he makes up stories about it.

FIN DE LA <sup>P</sup>ARTE 15 #90 8/28/1965 : 819 A 889 P. 13

In what is called uterus tumors, there has been found fingers, bits of skin, hair, bones of different parts of the body. Now, if the uterus tumor can be of this nature, what is to prevent this tumorous growth from making a whole person, assembling the parts? What is to stop it? You may give me all kinds of biological reasons for it not being so and I will listen, but I will know better if you say anything against what I am saying. So I will not argue with you, it would be pointless.

So I am not questioning virgin births, but the story of the man, Jesus, <sup>889</sup> the story is impossible. Let us suppose the man you call Judas Iscariot was the cause of his death. He should be the most praised man of all the apostles, the most honored and the most loved, because if it were not for him, Jesus could never have gotten on the cross!

Again, the story says he came to die, does it not? He came to die. Then who cares how he died. If he was making a sacrifice of himself, to save the rest of mankind from what I do not know, except it might be the last of the Hebrew gods, because his children dared to live.

Adam dared to express himself naturally. This story has caused the female down through the ages to appear to be a wanton, a whore who enticed poor little man. Too bad! He didn't want to go there, she made him. "I was minding my own business when she came along? Too busy to have business to mind(LAUGHTER)until she came along.

And because they did not want to blame the female entirely, they called up a green eyed snake. A charming personality who intrigued Eve. He said, "Come on you are wasting your time, look at what is standing over there. What do you think that is?" "I don't know, my eyes haven't been opened yet." So the snake said, "Well, let's do it quickly. That's a man, he's a male, he's for you, you're for him." Eve said, "Snake do not talk that way, God will not like you. Stop enticing me to do evil." Snake said, "It's not evil; you do it, it's natural. God said for you to replenish the earth. How do you think you are going to do it if you don't do it?" But the moment they did it, they became evil, they were cast out! They disobeyed God. They ate of the tree, not of life, but of knowledge.

What other food is the food of man but that of knowledge? He is a locust for it. The truth is he ate not only of the fruit of the tree, he ate the leaves and the branches and the stems and the base, what you call the trunk. And being very hungry he ate the roots too! By his nature, knowledge was his vital food. How could a God say, "Don't do it, leave it alone?" Sit around and grow fat, don't act intelligent. You are in a zoo. You're not human, you're an animal. You're one of my animals that I amuse myself with." The stinking zoo, until knowledge and intelligence came to the earth.

My friends, perhaps I am reaching beyond where I should reach. Only you can know that. I wish to bring light; not darkness, not hurt, not pain. There is enough of it here in your world already. If you would see people come into the astral world who lack education, lack knowledge, who have lived by their animal selves, you would weep. My friends, get rid of the fear concept and all other concepts of life will become clear to you. I must leave, my friends.

Man: Thank you very much for coming, Yada. We enjoyed it. May I ask you a question?

Yada: Yes.

Man: Where is Arikashi? Still with the Circle?

Yada: Not for a time now. He has been in India and Tibet with another group. He enters into communication in the caves and they are seeking ways and means of getting the Communists people out of Tibet without having to produce another violent quake.

"Peace" man cries out, but does not act out. "Freedom" he says, and the sense of freedom becomes a license to destroy. A notchi. E grati ya.

Aud: Thank you very much, Yada.

5-1-2011