

Panayiota Theotoki-Atteshli

# GATES TO THE LIGHT

## Exercises and Meditations





*GATES TO THE LIGHT Exercises and Meditations*

**Panayiota Theotoki-Atteshli**

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**Exercises and Meditations**

This book follows a more general introduction to exercise and meditation entitled *The Esoteric Practice* (1994) by Dr. Stylianos Atteshli, Panayiota's father and teacher. *The Esoteric Practice* helps students awake and refine their ability to visualise. Among other titles by Dr. Stylianos Atteshli is *The Esoteric Teachings* (1992) which details the more theoretical aspects of the Christian Esoteric approach to Truth.

For the sake of simplicity the male pronoun is employed throughout this book.

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*I dedicate this book to my grandchildren, Christina, Andreas and Stylianos III, and to children all over the world. I especially remember the children of Brazil, the love and warmth I felt while I was there.*

*I pray that the Christ-light will guide and illumine all children to use the gifts of our Father in love, innocence and purity, by right-thinking, right-feeling, and right-action. May they lead our world into a better future. For in them is “the true light, which lighteth every man that cometh into the world” (John 1:9)*



## *Credo*

I believe in one God, the Father Almighty, maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of His Father before all worlds, God of God, Light of Light, very God of very God, begotten not made, being of one substance with the Father by whom all things were made; who for us men, and for our salvation, came down from heaven, and was incarnate by the Holy Spirit of the Virgin Mary, and was made man; and was crucified also for us under Pontius Pilate. He suffered and was buried.

And the third day He rose again according to the Scriptures and ascended into heaven and sits at the right hand of the Father. And he will come again with glory to judge both the living and the dead, whose kingdom shall have no end.

And I believe in the Holy Spirit, the Lord and Giver of Life, who procedes from the Father and the Son, who with the Father and the Son together is worshipped and glorified, who spoke by the prophets.

And I believe in one holy Christian and Apostolic Church. I acknowledge one Baptism for the remission of sins and I look for the resurrection of the dead and the life of the world to come. Amen

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*When I was a little girl we lived at the foot of a small hill. After my father returned from work he often picked me up and, putting me on his shoulders, we walked among the flowers of the hill. He would set me down beside him, take my tiny hand in his big palm, and say, "Yiota, look around. What can you see? What do you feel? What," he added softly, "do you smell?" Together we would explore the beauty and complexity of a small flower, study the flight of a bumblebee, and try to understand the singing of the crickets.*

*My father was constantly teaching me to see, to observe, and to be aware. As many of you know, waking people out of their slumber was a great passion of my father. By asking me to sit quietly and showing me how to look deep into the centre of a wild flower, I now know my father was trying to connect me with "the pulse of life", the manifold work of the Holy Archangels.*

*As I grew into adolescence my father continued to guide me. Then I married and, of course, became involved with the necessities of the material world. But I always longed for those times in my childhood and hoped that, some day, I could once again find more time to experience the spiritual dimensions of life.*

*In the meantime, the hill had been divided by a street with houses lining both sides. My father's message began to reach many people. He was instructing hundreds each month in the "Stoa" near our house.*

*Eventually, I was able to set other things aside in my life and help my father in his work. He soon asked me to guide meditations and in this way balance his teaching with experience. For years we have gathered in the peace of the Stoa and meditated on various themes.*

*In response to many requests, I have collected an assortment of those exercises and meditations under this cover. I hope you will find them helpful in guiding you into the glory, peace, and beauty of Divine Life.*

*I would like to express my gratitude to the many friends that assisted in the preparation of this work. Special appreciation goes to Rudolf and Eliane Stauch, and Paul Skorpen for their invaluable help and contributions. I also extend my heartfelt thanks to Dominik Stauch for his inspired illustrations.*

**P Th Atteshli**

## *Understanding the Gates to the Light*

### *Introduction*

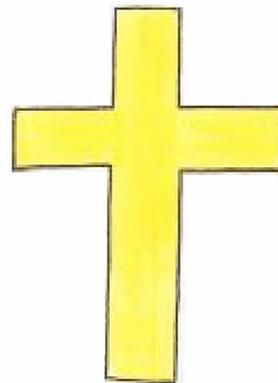
Striving for freedom, Man tends to create more ties that bind. Searching for companionship, he may find himself alone. Struggling for peace, he sets off the sparks of war. There is a constant battle between positive and negative forces.

Man sees himself as an individual standing apart from the whole, solely concerned with his own welfare, and at best, with the well-being of his own family, community and nation. This attitude leads to the destruction of the planet. When will Man realise that the whole planet is his home and all people are family? Eventually Man must awaken. He will stop living in illusion and see reality: a reality only visible to the eyes of the soul.

Each man is responsible for his joys and sorrows; the paradise or hell he lives in. No one can escape the consequences of his behaviour, good or bad. The time will come for everyone to face the results of his actions toward others and toward life itself. Man judges and punishes himself. Joshua Emmanuel said, "*Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind*" (Matt. 22:37). In loving God, we love all. As God is in everyone and everything we cannot hurt any other being, or anything, without harming our selves.

It is only through sincere introspection that an individual arrives at real self-knowledge and is able to acknowledge the value of life's experiences. When the present-day personality is purified, true self-respect is gained. As a man's personality becomes aligned with his inner nature, he realises the great powers entrusted to him by God the Father. He can then use these gifts self-consciously in the service of life and humanity.

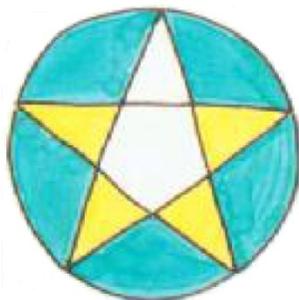
God places within us a key. This key is in our heart, and our heart is the centre of love. With this key we can open the doors to the heavenly mysteries and to the glory of life. If we wish to see the worlds beyond, we must do it in Spirit. Our material body cannot stand the vibrations



**Each of the four arms of the cross - a universal symbol - can be seen as one of the four elements (fire, air, water and earth). The elongated arm extending downward, earth, symbolises life on the material**

of infinite Love. In the worlds of Spirit everything is under the divine Law of Love. Man must identify with his nucleus – the Archetype of the Heavenly Man – in order to achieve universal harmony. He will unite consciously with the eternal frequencies of the Archangels, Virgin Mary and Christ Logos.

As the power of the Spirit-Soul-Self shines through the present-day personality, he will know the truth and be free. When man is able to reach the centre of his being, the heart of life and creation, he knows the true way to act, which is to love. The revealed truth has to be translated into the terms of daily life.



**The symbol of the “perfect man”  
In the Christian Symbol of Life  
the five-pointed star is located  
on the solar plexus.**

### *On Meditation and Exercise*

Everyday I hear from people of their fears, doubts and worries of what to do and where to go. As present-day personalities, we all have some fears and doubts. Yet if we connect with our Real Self, the God within, we can observe our present-day personality and change things. We can learn to meditate and attune ourselves to Christ. Christ is always in us, and we in Him, but we need to increase our awareness of Him.

In human life there is confusion and chaos. We have to move beyond the worries and struggles of the present-day self and act in harmony and love. Life on Earth will then be easier and joyful.

Sincere meditation is a way to God, to find His glory within ourselves and in the life that surrounds us. Growth and development come slowly as we increase consciousness, until we attain full God-consciousness. Books and teachers cannot take us there. They can only point the way. We have to make this journey ourselves, in order to experience the highest states of consciousness, and the beautiful, true Reality.

We are not alone in this search. We are guided. Our Guardian Archangel and also many previously incarnated spirit guides help us on this painful but beautiful journey. They feel our pain, and as we learn from our mistakes, they rejoice in our growth. Although they stand by us with love, they cannot remove the bitter cup.

Many people feel disappointed when they begin to meditate. They see nothing, hear nothing, and feel as if they are sitting in darkness. We have to work and train ourselves. First we feel, then we see and hear. With effort, in the course of time, all will feel, see and hear.

When I have fears or doubts, I close my eyes and say: *“The Lord is my shepherd. I shall not want. He maketh me to lie down in green pastures...”* (Ps. 23:1, 2). I then feel light expanding within. It has always been there. I have opened my present-day personality to this light. When I have problems, I find new strength to make corrections. By cooperating with the Archangels, Virgin Mary and Christ, everything becomes calm, and my bodies are once again balanced. Christ shows me the Way. I always try to attune my present-day personality to my Permanent Personality and to Him.

Through observation, concentration and meditation, we learn to see the seven heavens in us. When material life grows heavy, instead of looking outward to solve problems, we should turn inward to find peace and happiness. We have to work patiently, always remembering that spiritual truth and awareness are two of the greatest gifts of our Father.

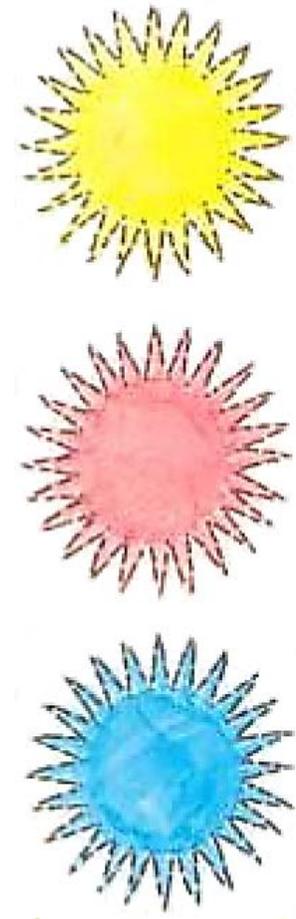
We must realise that we have been placed in a certain position in life, with karmic responsibilities and opportunities. To grow spiritually we must honour both our gifts as well as our debts. If we are not conscious in this world, it is as if we were not really living. And, if we are not conscious of God within us, we cannot expand and become aware of the Eternal Now. We should turn our life into a meditation.

As personalities, we should learn from the consequences of our actions, thoughts, emotions and deeds of what we have done, and are constantly doing. Unfortunately, we are often blind to our faults. When we become ill, have psychological or material problems, we wonder why God “sent” them to us. God never sends anything negative to us. *“For God is not the author of confusion, but of peace”* (1 Cor. 14:33).

As personalities, we have to pay for our transgressions. We must apply what we have learned, pay as gracefully as possible, and thus avoid greater difficulties in the future.

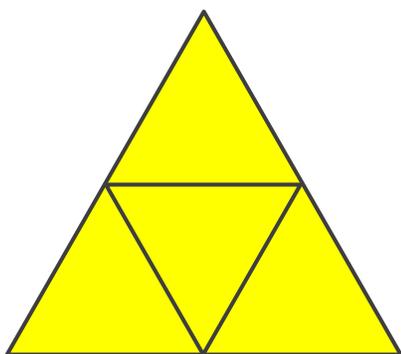
We have to learn to control our personalities. We can control our thoughts, maybe even our material body, but it is not easy to control our emotions! Whenever you feel you cannot control your emotions, turn to the heavens within where you will find peace and rest.

Have faith in our Father. He knows our every need. In every bitter experience, there is an invaluable lesson that leaves us stronger and more resolved. *“It is good for me that I have been afflicted; that I might learn thy statutes”* (Ps. 119:71).



**Visualise radiating suns in your centres:**  
**The golden sun = the head centre**  
**The rosy sun = the heart centre**  
**The sky-blue sun = the solar plexus**

Allow the Christ-light to shine through your mind, cleaning your thoughts, and through your heart, cleaning your emotions. With a clean mind and heart all problems can be overcome. The strength that comes from a pure heart, placed in Christ's hands, changes all that is negative into positive, darkness gives way to light. Attuned to the Christ-light we are free from disease and discomfort. It is most important to learn the lessons of self-control and self-discipline if we wish to enjoy perfect health and the rich beauty of life.



**A symbol of the Holy Trinity. The downward pointing triangle (within the full triangle) represents the Spirit-Soul-Being in the worlds of separation, surrounded by Absolute Beingness, the Christ Logos, and the Holy Spirit.**

## *Being and Existing*

In the Absolute Divine Authority is the Logos and the Logos is in God and the Logos is God. God is Light. All things are formed of and through Mind-light. If on earth there was only darkness, with no sunlight, there would be no life. As the sun's rays give light and life to the earth, the Spiritual Sun gives Light and Life to Man.

Absolute Beingness was, is, and always will be, measureless without beginning or end. It is the Law ruling everything. God is Life. We are living in Him, in His Selfhood. We are and we exist. *"For in him we live, and move, and have our being"* (Acts 17:28).

As Holy Monadic Beings, we are always in Absolute Beingness, eternal and unchanging. As human beings we move in Him as phenomena of life. Absolute Beingness is infinity and we exist in time and place. God is the ocean and we are a drop of the ocean. In quality we are the same, but in quantity we differ.

In Absolute Beingness there are billions and billions of Holy Monads. Each Monad is composed of millions upon millions of Spirit Beings. Only a small ray of each Spirit Being projects itself into Creation. This ray dresses itself with Mind.

All the worlds of existence, and everything they contain, are constructed of Mind. Beyond the worlds of separation in the Noetic and Causal universes, Mind in its highest frequencies is formed into Archetypes, Ideas, and Principles. Each world obeys set laws. We can see and understand each plane as we become more conscious of our corresponding body.

Our bodies follow the same laws as all expressed forms in Creation. Our noetical body – the body of thought – with its etheric double lives in the five-dimensional world and is constructed of Mind as super-substance.

Our psychical body – the body of emotion – with its etheric double lives within the four-dimensional world, built of Mind as substance. The physical body, so familiar to us, is composed of Mind as solid matter and moves within the three-dimensional plane. It is linked to the other bodies by its etheric double, which consist of Mind substance. Our three bodies, and the three worlds of separation, express themselves in different ways, and yet they are one.

When the time arises these three bodies dissolve; however, the Spirit Light remains. It is the Spirit-Soul that will again dress itself with matter to reincarnate. Reincarnation serves the evolution of the personality until it is assimilated into the Spirit-Soul-Self. The purpose of man's life on Earth is the gradual attunement to the voice of his Spirit within himself.

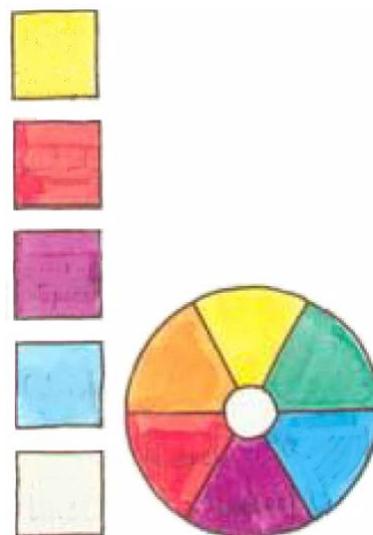
Once we know through our own experience *who* and *what* we are, we no longer fear the phenomenon of death. I am and I am living — even after my bodies “die”. I know and see with the wisdom of Christ Logos and the Holy Spirit, and understand that I am an eternal Self in the plurality of God. *I AM I, and forever, I AM.*

## Archangels

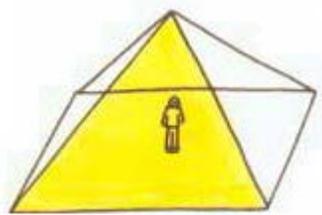
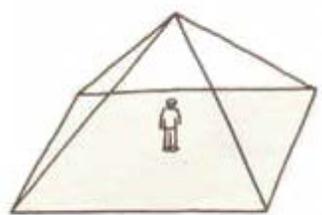
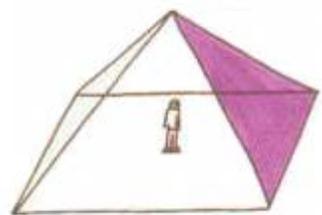
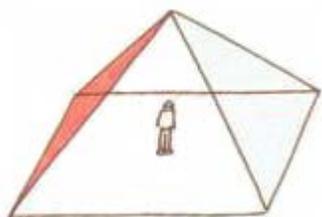
The Archangelic Orders are Intelligences found within the universal expression of God. They build and maintain life in all of God's kingdoms and encourage the development of human consciousness. They identify directly with the Holy Spirit, under whose care they work. Since they are not individualised, nor separated from the oneness of God, they do not evolve as we human beings do. Instead they form classes of expression of life. Purely and simply they express divine Power, Wisdom and Goodness.

There are twelve Archangelic Orders, of which we only know the names of seven: Thrones, Authorities, Dominions, Principalities, Overlords, Seraphim and Cherubim. Our own Guardian Archangel is of the Order of the Thrones. He is egofied with us during our journey into the worlds of separation, watching over our present-day personality with much love and care.

We must learn to work self-consciously with the Archangels, especially with the Archangels of the Elements, who build and maintain our physical, psychical and noetical bodies and their etheric doubles. Within



**Divine Beings may be experienced through the colours they express;**  
**Golden/yellow = The Holy Trinity**  
**Red = Archangel Michael**  
**Violet = Archangel Raphael**  
**Sky-blue = Archangel Gabriel**  
**Silvery-white = Archangel Uriel**



To the right of the figure standing in the middle of the pyramid - our "workshop" - is the triangle of red-light. On his left is the violet triangle, behind him the sky-blue and in front of him is the golden triangle. The base of the pyramid shines in silvery-white light.

every form, from the human body to the universe, work a Gabriel, a Michael, a Raphael and a Uriel.

*Archangel Gabriel* is the soul of the Earth. He rules over the element of water – which covers 75% of the surface of our planet – and the liquids in our material body. Gabriel also helps bring peace and harmony to our psychical body. His colour is sky-blue.

*Archangel Michael* vibrates light, fire, and all the shades of the colour red. As water is the primary element of Gabriel, fire is Michael's element. Fire is the heat of the sun and the heart of the planet. In our body Michael provides warm red blood.

*Archangel Raphael* is the result of the cooperation between Gabriel and Michael. His colour is violet which symbolises etheric vitality and its electro-magnetic force. Energy is Raphael's element. He supplies our bodies with power and strength.

*Archangel Uriel* coordinates the work of all the Archangels of the Elements. He vibrates silvery-white light. Uriel keeps order and harmony within each of our bodies and between them. Macrocosmically and micro-cosmically he is the Great Balancer.

As there are thousands of cells composing our body and thousands of solar systems within a galaxy, there are innumerable Gabriels within one expression of Gabriel and countless Michaels, Raphaels, and Uriels in one expression of an Order. The universal Michael, the galactic Michael, the solar Michael, the Earth Michael, and the Michael in our bodies are the same in essence. In expression their difference is only quantitative. And this is so for all the Archangelic Orders. They are in the super-conscious Plurality of God, working together in His universes. Nothing is out of place in God's Plan.

Our "workshop", in which many of the exercises are experienced, is a pyramid. Within the pyramid, which we construct with psycho-noetical light, we come into intimate contact with divine Beings. When standing upright within the pyramid Archangel Michael appears on our right side, while on the left side Raphael manifests, and behind us Gabriel comes forth. Uriel, who remains form-less, is experienced from the base of the pyramid. The triangle facing you is the space for Absolute Beingness, Christ Logos, and Virgin Mary.

The exercises and meditations in this book help us develop awareness of the Archangelic Orders and our ability to cooperate with them.

## *Life Energy, Etheric Doubles, Energy Centers and the Ethers*

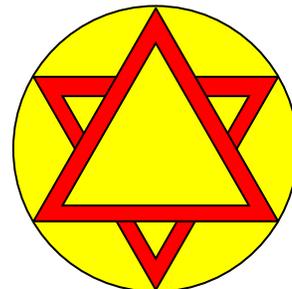
Our Spirit-Souls are pure, perfect light, seeds from God. Coming into the worlds of separation we are clothed with Mind-light. Mind becomes matter, shaped by vibration, motion, rhythm, and sound. The Archangels construct the human body atom by atom through the mould of the etheric double of each body – first the noetical, then the psychical, and finally the material. The three bodies remain linked to one another through their etheric doubles. Etheric doubles contain light-energy and etheric vitality. Without their etheric doubles our bodies would be empty shells.

The material body is an exact replica of its etheric double. As our body has limbs, so does the etheric double, and every time we move our material body, the etheric double moves in unison. It is possible to train ourselves to use our etheric limbs self-consciously. An etheric limb has few of the limitations of the heavy material body. It may, for example, be lifted out of the material form, extended and used to penetrate gross matter. In our exercises we often work with our etheric hands. We visualise psycho-noetical light pouring from our fingers to create images and forms. We can also learn to see with our etheric eyes and hear with our etheric ears.

As we advance in our self-conscious awareness we will find that we can train ourselves to use the etheric doubles of our psychical and noetical bodies for much greater work.

The exercises will have us work with centres of energy in our etheric doubles. In the East they are known as “chakras”. These centres are positioned throughout the etheric doubles, varying in size and function. Every pore on the skin has a centre. Every gland has a centre. Every fingertip has a centre. What is the nature of these centres? If you study a bathtub while it drains you will see water funnel down. This forms a whirlpool typical of the basic shape and motion of our etheric centres.

Each of our three bodies, displays its own energy centres on its etheric double. On the etheric double of the material body we refer to the energy centres as “churches” (cf. Rev. 1:20). On the etheric double of the psychical body they are termed “lamps” (cf. Rev. 4:5). And on the etheric double of the noetical body we behold “stars” (cf. Rev. 1:16-20). Careful observation reveals that the centres, on the etheric double of the material body, appear as



**A symbol for the “divine man”.  
The upward pointing triangle  
represents our divinity, while the  
downward pointed triangle  
stands for our descent into  
matter.**

discs, while on the psycho-noetical levels we see them as spheres.

These centres serve several functions. They control the flow and quality of etheric vitality necessary for the health and well-being of our bodies. They also act as links between the material, psychical, and noetical bodies, channelling thoughts and emotions. And it is through these gates that elementals are emitted and received into the personality. They are stored within the centres and they affect the character for better or worse.

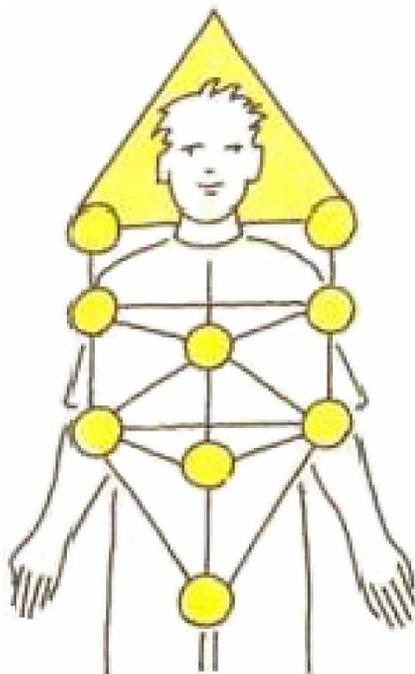
As many of these centres play a vital role in our physical and psychological health we must approach them with care and respect. The Holy Archangels are working without pause in these centres and are most pleased to teach us more about them when we reach a certain level of awareness. We must, however, first become master of the elementals that we are creating and revitalising.

Within the etheric doubles, life-energy exists in four states: imprint ether, sensate ether, kinetic ether, and creative ether.

Imprint ether is used to shape etheric vitality into psycho-noetical images, vital to our work in visualisation. Sensate ether is the “feeling giving” ether. By merit of sensate ether, we experience the sensations of pleasure and pain. Kinetic ether allows motion and movement both within the material and psycho-noetical bodies. Creative ether, the prime ether, is in the care of the Holy Spirit and the Holy Archangels. It is through creative ether that our bodies, indeed all bodies, are constructed and sustained. In the past we have misused creative ether and are now allowed only limited use of the life-forming ether. In time, in accordance with our spiritual development, we will again be entrusted with all our Father’s gifts.

In our exercises and meditations we learn to consciously use imprint, sensate, and kinetic ether in the etheric doubles of the material, psychical, and noetical bodies.

First we must discover what our etheric doubles are: to feel them, to see them, and to know them. Through introspection we can learn to perceive the different rates of vibration flowing between the material and the psychical levels, and between the psychical and the noetical levels. Is it possible for a five-dimensional body - the noetical body - to concentrate energy into a three-dimensional material body? Yes, through the act of thinking. Rays of Mind super-substance pass through the etheric



**The Christian Symbol of Life with its centres super-imposed on the human form.**

double of the noetical body, affecting the material brain, to excite a thought. Similarly, rays of Mind substance pass through the etheric double of the psychical body to create an emotion.

In our everyday life, we think and feel according to the impressions received from the surroundings, depending on the disposition and interest of our present-day personality. It is important to realise that when we allow negative impressions, as elementals, into our personality, we create psychical and physical illnesses. Through exercise we observe the flow of energy, train ourselves to receive and create only positive elementals, and to release negative elementals into the cosmic consciousness.

Thus we see the process of thinking and feeling, the interaction between the dimensions, and its effect on time and place living.

## *The Seven Promises of the Researchers of the Truth*

*I received, and hope always to receive, teaching and guidance from my father. One of the gifts I value most are the Seven Promises of the Researcher of the Truth. These Promises were bestowed upon my father when he was a child, by his Guide, and his entire life was grounded in the great truths of these Promises*

*What makes the Promises so precious to me? When I face problems, I hear my father's voice, and the voice within me whispering one of the Promises. With courage, strength, and wisdom, I am then able to master all trials. I feel the presence of Beloved Joshua, and of my father, blessing my every step. All seekers would do well to contemplate daily the Seven Promises. Follow the Promises and soon your life will change for the better.*

### *I Promise To Myself...*

To serve at all times and in all places Absolute Beingness to whom I wholeheartedly belong.

To be ready at all times and in all places to serve the Divine Plan.

To make good use of the Divine Gifts of thought and word, at all times, in all places, and under all circumstances.

To endure patiently without complaining all forms of trials and tribulations which the most wise Divine Law may bestow on me.

To love and serve my fellow human beings sincerely from the depths of my heart and Soul, no matter what their behaviour may be towards me.

To meditate and to contemplate daily Absolute Beingness, with the objective of total coordination of my thoughts, desires, words and action with Its Divine Will.

To investigate and check every night whether all my thoughts, desires, words and actions are in absolute harmony with the Divine Law.



*Meditation is easier in a quiet place. A prayer before meditation will help silence the mind. We have to cleanse our hearts before passing through the spiritual “gates”. Joshua teaches that before you “bring thy gift to the altar” be at peace with yourself and others (cf. Matt. 5:23)*

*While many like to meditate alone, others prefer to gather for a communal experience. Either way is fine. I discourage anyone from practising more than one deep exercise every few days. Find your own pace. There is no need to hurry, for impatience will not help. It is impossible to leap into a deep meditative state. I advise you to work through this book from front to end. As you become familiar with the exercises, feel free to pursue a particular line of work. It may help you to keep a journal of your unfolding experiences.*

*If you are carrying a child, or if you suffer from a weak heart, please use caution. If an exercise becomes uncomfortable, discontinue and simply flood yourself with white light. For although all the exercises that follow are safe, there is always a danger in concentrating energy on a foetus or a damaged heart. We never, in any case, concentrate on the material heart.*

*As some of the exercises are quite long, and therefore difficult to remember, a friend may guide you through the steps. All the exercises presented here, and many others, will be recorded on audio cassette and available by writing to the address in the front of the book.*

## *Preliminary Meditation*

### *Balancing the Bodies*

*All exercises within this book begin with a Preliminary Meditation to shake off the burdens of everyday life, balance our bodies, and prepare us for entrance into higher states of consciousness.*

*When practiced alone Preliminary Meditation is a beneficial morning exercise to centre the personality, energise the body, and ready ourselves for the challenges of the coming day.*



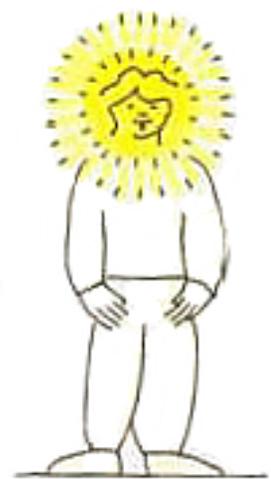
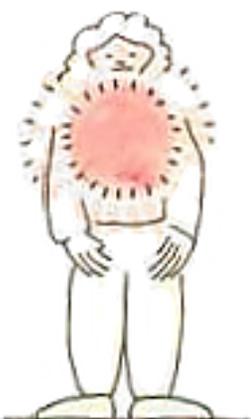
## *Preliminary Meditation*

Relax completely and feel your material body. We have to love and respect our bodies. . . . they are a gift from our Father. Concentrate and feel your toes ... be fully aware that you are now in your toes. Breathe deeply and move very slowly up to your knees. Feel and see your etheric double. . . . see it sparkle in and around your material body. . . it is life.

From your knees move slowly up into your solar plexus . . . breathe deeply and concentrate in this centre. Inhale and see pure light-energy radiating from within your solar plexus throughout your whole body. Exhale, see all fear, doubt and darkness leave your body.

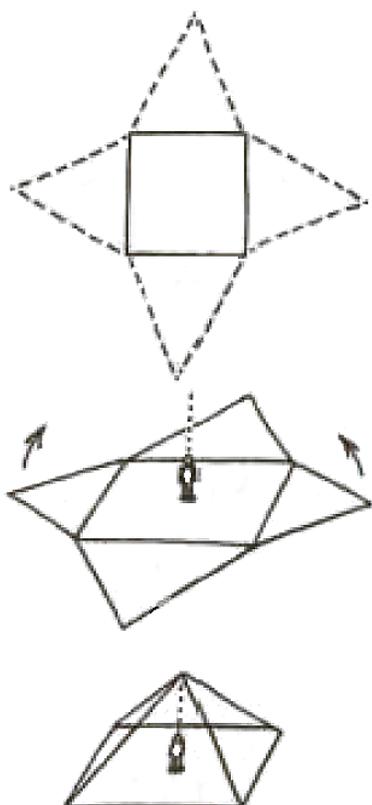
Now, move up to your chest . . . see rosy light radiating from the place of your heart. Silence your emotions and your desires . . . feel only love in your heart. Love life . . . love yourself . . . love all human beings, especially those who believe they are your enemies. Expand the rosy light to cover the whole planet ... it is your temporary home. As a personality you live *on* this planet... as a Spirit-Soul, the planet lives *in* you.

Move upwards and see a golden sun in and around your head . . . clear your thoughts. There are only creative thoughts in your mind now. See how the etheric double of your material body is shining and sparkling in white light. . . look carefully and observe all the colours within the white light. Breathe deeply and wish good health to your body.



## *Archangelic Attunement Working within a Psycho-noetical Pyramid*

*In many exercises the Preliminary Meditation is followed by Archangelic Attunement. In this exercise we construct a psycho-noetical pyramid. The pyramid has been evoked across the ages, in many cultures, as a sacred place, a protective workshop, for communion with Divine Beings. In Archangelic Attunement we learn to cooperate with our brothers, the Archangels of the Elements. In many cases Archangelic Attunement is followed by more specific work.*



**To build a psycho-noetical pyramid we visualise a square on the floor with triangles on each side. We close the pyramid by pulling up the triangles. The pyramid should be three times your height.**

### *Archangelic Attunement*

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Look to the floor with your etheric eyes. Use the white light of your etheric double to create a square on the floor. See, feel and hear energy flow from the fingers of your etheric hand as you fill the square with white light. Stand in the middle of the square. Use your etheric hand again to create a triangle in front of you . . . create another triangle on the right side . . . one on the left . . . and one behind you. Bring the four triangles together to form a pyramid. It is three times your size, filled with white light.

Breathe deeply . . . look in front of you and see golden light rising within the triangle. This is the light of the Logos. Bend your head in reverence before His glorious light.

On your right side see red flames rising within the triangle . . . this is Archangel Michael. Open your palms to receive a red flame. Breathe deeply. Your etheric double is slowly filled with Michael's red light. . . this light is not burning ... it purifies your blood. Thank Michael for his help.

Look to the left side and see violet flames rising in this triangle . . . this is Raphael. Open your palms to receive a violet flame. Breathe deeply and see your etheric double become violet . . . Raphael gives you the etheric vitality and energy you need. Thank him for his help.

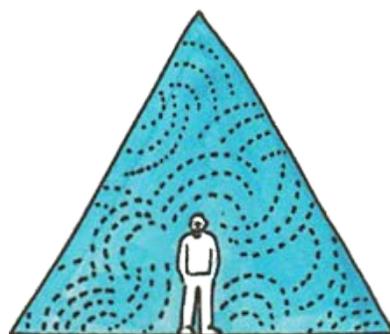
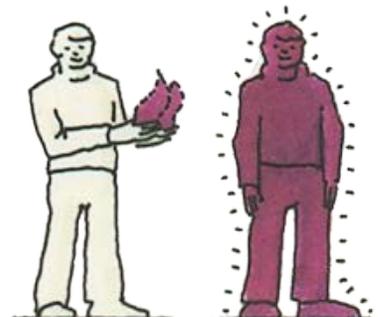
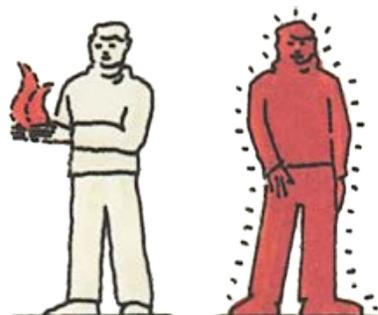
No need to turn around to see the triangle behind.

sky-blue flames rise within it . . . here is Gabriel . . . the most gentle and loving Archangel. He comes to embrace you. Breathe deeply and see your etheric double filled with sky-blue light. . . feel and see all the liquids in your body in harmony. Gabriel brings peace to your psychical body. Thank him for his help.

Breathe deeply . . . see silvery-white mist rising from the floor, first embracing your feet and slowly reaching your head. This is Uriel, the Great Balancer. Cooperate with him and balance your bodies. Your noetical body, your psychical body, and your material body are in perfect harmony and peace. Thank Uriel for his help.

See the Archangels working in your bodies. Feel their love for you . . . Michael gives us fire and warmth . . . Raphael power and strength . . . Gabriel peace and serenity . . . while Uriel brings balance and harmony. Listen to the beats of your heart. . . they are the voices of the Archangels telling you how much they love you. Love yourself as they love you. Breathe deeply.

At this point you may either continue onward into the chosen meditation, or bring this session to a close by relaxing and dissolving the pyramid.



## *The Pulse of Life*

### *Visualisation of Forms*

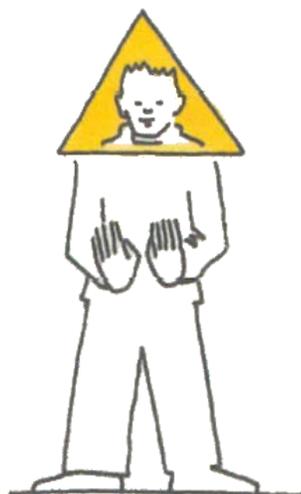
*We must learn to observe, to concentrate, to visualise, and to meditate. As we are able to observe the outer world, we can also observe the worlds within.*

*Visualise a lemon in your hand. Feel it. Feel its weight. Touch it. Feel the skin. See its colour. How is it on the outside? On the inside? How do you know, if your eyes are closed, whether it is a lemon or a lime? Smell the lemon. What do you smell? Scratch the lemon. What do you feel? Slice the lemon and squeeze its juice into your mouth. What do you taste?*

*Is this experience real or an illusion? It is a lasting reality in the worlds of thought and feeling. In the material world I see a lemon, pick it off a tree, slice it and drink its juice. The lemon is no longer. Yet, I have stored this experience in my memory where it remains with me forever and ever. What is more real - the outer or the inner experience? The material lemon or the lemon of your so-called imagination?*

*God gives us Mind-light to use. Using Mind consciously, we can learn to do many, many things; even to create food to feed people.*

**Through visualisation we create living images, experience their energy, and come into contact with the “pulse of life”.**



## *The Pulse of Life*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

Breathe deeply. You have to become the master of your three bodies. Feel them . . . listen to what they are telling you.

Look in front of you and see golden flames rising within the triangle. Now, visualise a golden triangle resting on your shoulders and reaching over your head. See a smaller golden triangle between your eyes . . . this is a gate through which you can see the beloved Joshua. Bend your head in reverence.

Breathe deeply. See His golden light come towards you and become one with you . . . you are a shining light . . . can you feel His smile in you? Can you feel His kiss?

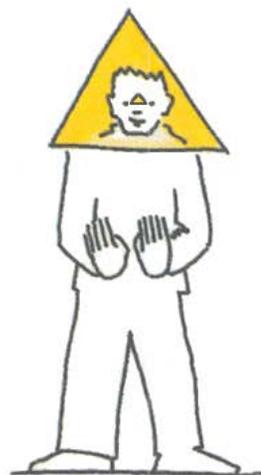
His breath gives you life. In Him you can see the Wisdom, Power, and Love. Look at Him . . . His eyes are mirrors. . . see yourself as you really are. Christ, the Way, the Truth, and the Life, *“the true light, which lighteth every man that cometh into the world”* (John 1:9). He is Love, and Love expressed becomes motion, movement, and vibration; the nature of life. Love is the pulse of life.

Concentrate golden light in your hands . . . feel this light in your palms. Now, see the light become an apple. Feel it... touch it... smell it. Take a bite and taste it . . . the taste and the smell in your mouth become light-life. What is happening inside you . . . ? The fruit becomes light.

In your palms now use the golden light to visualise a bird. A beautiful, beautiful bird! It’s alive . . . touch it and feel it. It’s a little frightened . . . you can feel its heart flutter. Reassure it by gently saying, “Calm down, you are safe.” The feathers are very, very soft under its wings. Look! It is scratching you now with its little claws. It turns its head to look at you . . . see all the details. Play a little with the bird. Now, open your palms and see it set flight. As you let it go, ask it to come back again. See it returning to you. Caress it and let it go again . . . you can call it back anytime.

Look at your palms again. Breathe deeply and see the golden light turn slowly into water . . . crystal-clear water. Bring it to your mouth and drink it... it becomes life and light in you! Joshua said, *“whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life”* (John 4:14).

Now, put your palms on the place of your heart . . . feel the pulse of life everywhere . . . and pray; “Give us this day our daily bread” (Matt. 6:11). Slowly, slowly dissolve the pyramid. Breathe deeply and start feeling your material body again: your head . . . your chest . . . your solar plexus . . . your thighs . . . and from your knees down to your feet.



## *Seaside Meditation*

### *Experiencing the Archangels in Nature*

*We know that the Archangels of the Elements are at work throughout all phenomena of life, including our bodies. When I ask people to get in touch with Michael through their blood, and to see their etheric double glow in Michael's red light, many grow fearful.*

*Therefore, in the beginning, people may find it easier to feel the Archangels through nature. The same principles are at work in our bodies, in nature, and throughout the cosmos. All phenomena of life are composed of the elements of fire, water, earth, and air.*

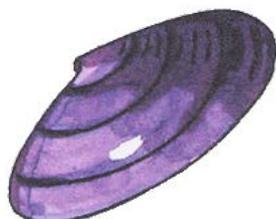
*Attune yourself to the sun and you will attune yourself to Michael.*

*Attune yourself to the sea and you attune yourself to Gabriel.*

*Attune yourself to the wind and you will be attuned to Raphael.*

*Attune yourself to the harmony and balance in nature and you will be attuned to Uriel.*

*Having seen and felt the Archangels through nature, we can then turn inward to see their work in our bodies.*



## *Seaside Meditation*

*Begin with the Preliminary Meditation, page 27, and continue . . .*

Visualise a beautiful, warm day. You are sitting by the sea . . . feel the sun warming your body . . . listen to the waves. Notice the small stones and shells of different colours . . . they are hot from the sun . . . you can also see stones glistening in the water. As the water ebbs out, after a little while, you see them dry in the heat of the sun. Inhale the rich salt air ... breathe in the iodine . . . smell the many unique fragrances of the sea.

As waves break on the rocks, feel water spray your face . . . you are a happy human being. You are walking barefoot towards the shore . . . absorb the sun through the hot sand. Take a few steps into the cool water . . . curl your toes into the sand . . . your feet sink in. Walking into

the water, feel the sea embrace your legs ... as you enter deeper water, the sea engulfs your whole body. You are swimming . . . sense the resistance of the water . . . plunge beneath the surface . . . feel and see the rays of the sun passing through the water to reach your body.

Dive deeper and see the immense beauty under the sea . . . all the life of the sea. You feel free, calm, and light . . . it is as if you were one with the water. Attune yourself to Gabriel . . . become one with him . . . feel the harmony. At the same time you are you . . . you are breathing through every pore of your body. Slowly float up. Let your head surface . . . then the rest of your body.

Float on your back . . . allow the salt water to hold you and turn your face to the sun. Feel its warmth . . . attune yourself with Michael . . . your vibrations are changing.

Feel the wind kiss your face . . . attune yourself with Raphael and feel yourself full of etheric vitality. Come out of the sea . . . lie down and let your body dry . . . feel and hear the wind . . . feel and hear the sea . . . listen to the water. Hear the birds sing. You are one with everything . . . feel all of creation within you . . . you have everything on this planet . . . enjoy the gifts from our Father.

You can see Michael working with Gabriel and Raphael in your bodies . . . feel them as they work in perfect unity . . . you are healthy and strong. True happiness is cooperating with the Archangels.

A golden ray embraces you. If you look at this light, you will see it as a six-pointed star. You are lying upon a bed of golden light! You are blessed. Attune yourself to Absolute Beingness through the beloved Son . . . become one with Joshua. His vibrations are your vibrations. He is talking to you. Hear, feel and understand ... it is a beautiful teaching . . . and it is your inner nature; *“I am with you always, even unto the end of the world”* (Matt. 28:20).

Breathe deeply . . . feel the Love of Absolute Beingness in your heart. Keep it there. Slowly, slowly feel your material body again.

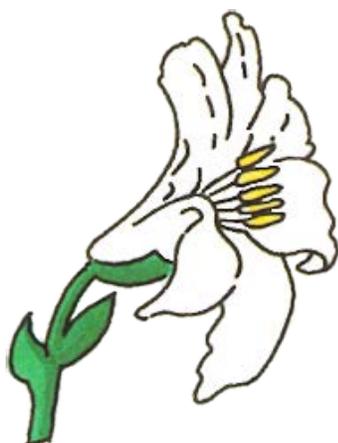


**The vibrations, lights, and colours of the Archangels of the Elements can be experienced throughout nature.**

## *A White Lily Attunement to Forms*

*My father always asked me to check and observe everything. He used to say that since we live on this planet we should know this home of ours. The animal, vegetable, and mineral kingdoms are part of our nature. I have learned that in order to attune myself to nature, I have to lower my vibrations. And when I attune myself to the Archangels, Virgin Mary, and Joshua – at higher frequencies – I understand my divine nature.*

*Why attune ourselves to a flower? It is a way to know everything about the flower. We will even know how flowers feel. Eventually we will learn to respect and care for all of nature.*



**The petals of a lily a form six-pointed star. The flower speaks of God's infinite wisdom.**

### *A White Lily*

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Visualise a white lily in your etheric hands . . . see every detail. Feel the firm stem and tender leaves . . . caress the silky, snow-white petals . . . breathe in its scent . . . touch the centre and see how the grainy pollen sticks to your fingers.

Excluding all other thought, concentrate your entire attention on the flower. You will feel the vibrations of the flower are different from your own. Slow your breathing down . . . lower your vibrations . . . and gradually attune yourself to the flower.

Enter the flower and see it from inside . . . observe everything there . . . slowly become one with the lily. You can see many, many details . . . observe the structure of the fibres . . . see the liquids gently moving . . . you are inside the flower! The flower speaks of God's Wisdom. An entire universe is in there and you are within it. Witness the work of the Archangels. The flower - in form, colour, and smell - is in you . . . and you are in it. "*Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like one of these*" (Luke 12:27).

Begin to breathe normally . . . slowly raise your vibrations - to your human nature. The flower is still in your hands. But now it looks different as you know all about it.

Give the lily a taste of your energy . . . see it reacting to your vibrations ... it is trembling. Feel it... it speaks to you through its vibrations ... it is the language of life . . . the language of love. Listen and learn. Give this flower your love and appreciation. Ask yourself: who am I who can do all this? I can attune myself to anything and be at one with everything . . . knowing who I am as a Spirit-Soul, I know how to behave as a personality.

With all your love offer the lily to the world . . . wish that peace, love and understanding prevail across the globe . . . from heart to heart . . . from country to country.

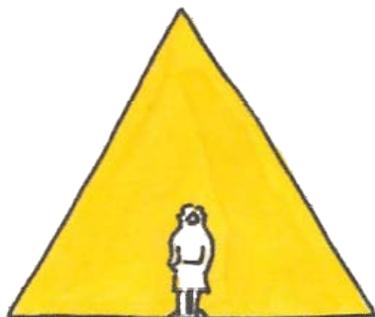
Breathe deeply . . . balance your bodies . . . and slowly feel your material body again.



## *Many Kinds of Love*

### *Understanding Our Feelings*

*“Though I speak with the tongues of men and of angels, and have not love, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not love, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love, it profiteth me nothing. Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, love, these three; but the greatest of these is love” (1 Corinthians 13:1-13).*



## *Many Kinds of Love*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

Look into the triangle of golden light in front of you. Feel the vibration of the light . . . feel Love coming from this light. . . see our beloved Joshua . . . the humble King . . . the King of Kings . . . Light from Light . . . true God from true God.

Look at Him . . . see His loving smile . . . feel His gentle touch. Allow His eyes to be a mirror in which to see yourself. What kind of Love is His? Enter His golden light

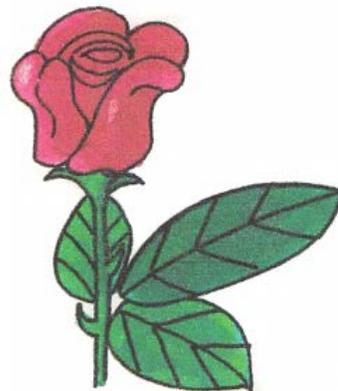
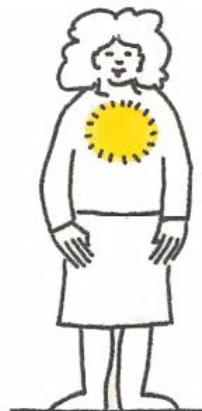
. . . see who you are now . . . you are the light... a seed from His heart. Go to the centre of your Beingness ... to the centre of life and creation ... to the centre of love! What kind of love is this?

Slowly concentrate the golden light in the place of your heart ... in His heart we are all one ... in our hearts we have to be one- with one another. Visualise, in the palms of your etheric hands, a red rose. Smell it... touch its petals . . . they are like velvet. Carefully run your fingers over the leaves and thorns. Look! On one of the petals there is a drop of water . . . clear water in the shape of a heart.

Bring into your mind a person you love . . . you feel a special kind of love for this person . . . offer him the rose. He sees his face reflected in the drop of water . . . and he can see the love in your heart. What kind of love is this? Offer a rose to your father . . . what kind of love is that? Offer a rose to your mother . . . what kind of love is that? Give one to your brother or your sister . . . what kind of love is that? When you give a rose to a friend . . . what kind of love is that? When you give a rose to a person with whom you have problems . . . what kind of love is that? And when you think of the children . . . what kind of love is that? What kind of love do you offer as a present-day personality? What kind of love is in a Spirit-Soul-Self? As a personality you can love other human beings in many ways, but as a Spirit-Soul-Self you share love with everyone, without distinction.

See everyone as a Spirit-Soul-Self. *“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself”* (Luke 10:27). Keep His words in your heart to guide you in all your ways.

Balance your bodies . . . see them in perfect health, peace and harmony. *“I promise to myself to love and serve my fellow human beings sincerely from the depths of my heart and Soul, no matter what their behaviour may be towards me.”* Dissolve the pyramid . . . breathe deeply and begin to feel your material body again.



**Joshua said, “A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another” (John 13:34).**

## A Crystal Cavern Distinguishing Different Energies



*Crystals provide a medium to work gently, as present-day personalities, with the Archangels of the Elements. Working, through visualisation, within a crystal cavern we feel the vibrations of the Archangels as and when we are ready.*

*Let me give you an example. The first time I tried to give energy to my body, feeling weak and in pain, I only increased my suffering. I did not know how to control the healing energy and so I took too much! With the visualisation of an emerald-green crystal pillar a person can safely take the quantity of energy he needs. In due course, he will be able to control the process, relating directly to the Archangels. The Archangels, of course, know what we need, but we too should know!*

*In this exercise you will feel the warmth of Michael, the electricity of Raphael, and the cool softness of Gabriel in your own rhythm, all balanced by Uriel.*



## A Crystal Cavern

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Visualise a glistening cavern before you. Enter into his cavern and see it filled with crystal formations of every kind. Most remarkable are a number of large crystal pillars radiating white light.

Go towards one . . . feel its vibrations as you near it. Without touching the crystal, carefully place your etheric hands close to it... feel the energy. Inside the pillar there is movement . . . life. Red light becomes gradually visible as flames rise within the crystal pillar ... the sound of the vibration gives us his name ... it is Archangel Michael. Notice how the energy in your body changes . . . feel warmth circulating in your bloodstream. Thank Michael for the experience.

Now, go towards another pillar . . . notice its energy field as you approach. Place your hands close to it, again



without touching, and feel the energy grow stronger. Sense its internal movement as electricity, as power. See violet light rise from within the pillar, with ever increasing intensity. You can hear his name . . . it is Archangel Raphael. Observe the difference between his frequencies and those of Michael. Thank Raphael for his presence.

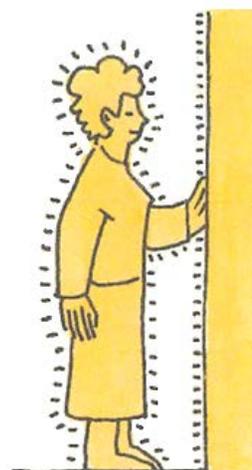
Now, go towards a third pillar . . . feel cool, gentle, sky-blue waves coming from it as you approach. Sense the liquids in your body flowing harmoniously . . . you can feel and hear his name ... it is Gabriel's energy. What are the differences between his frequencies and those of Raphael and of Michael? Thank Gabriel for this joy.

Go to a fourth pillar . . . it is filled with silvery-white light . . . touch it . . . it is Uriel's vibrations. How are your bodies reacting? It is as if suddenly everything fell into place . . . you are balanced! Thank Uriel for the harmony.

Gradually allow yourself to explore the other pillars in the crystal cavern. Soon you will come to a crystal that holds healing frequencies. As you touch it you see emerald light rising within it ... feel how it works in your material body . . . releasing all pain and suffering.

Then you are drawn to a very special pillar . . . you are entering a field of golden light. . . breathe deeply . . . feel the vibration ... it is the Christ-light. The light expands and spreads throughout the crystal cavern . . . feel how different His vibration is! His divine vibration affects your personality . . . lifting you into heavenly frequencies . . . *“And I, if I be lifted up from the earth, will draw all men unto me”* (John 12:32). Concentrate golden light in the place of your heart. See . . . feel. . . and keep it there. Feel His presence in you . . . only creative thoughts and pure emotions will be in you now . . . only good and kind words will come from your lips. *“I promise to myself to meditate and to contemplate daily Absolute Beingness, with the objective of total coordination of my thoughts, desires, words and actions with Its Divine Will.”*

Dissolve the cavern . . . breathe deeply . . . feel your material body again.



**The Archangels and the Christ-light experienced through crystal pillars.**

## Archangelic Five-pointed Stars



*“For he shall give his angels charge over thee, to keep thee in all thy ways” (Psalm 91:11)*

*People wear talismans for protection and good fortune. By consciously constructing five-pointed stars on our etheric doubles we, ourselves, become powerful talismans.*

*When we spread out our arms and legs we see that we form a five-pointed star. Our symbol has two points downward (our legs), two to the sides (our arms), and one point up (our head). This star represents the human form in perfection. An upside down five-pointed star is an evil symbol, denigrating the sacred human form.*

*We can work with the Archangels of the Elements to form five-pointed stars for our protection and general well-being.*

*If I need to improve the condition of my blood, I create the star with Michael’s red light on my etheric double.*

*When I am in need of energy, I work with Raphael, the Archangel of power, energy and strength, by constructing a five-pointed star of violet light.*

*If I feel vulnerable, or if I have problems controlling my emotions, to whom do I attune myself? To Archangel Gabriel, by creating a five-pointed star in sky-blue light.*

*In the psychical and noetical universes we can form five-pointed stars on the etheric doubles of the corresponding bodies for heavenly work as invisible helpers.*

*After constructing five-pointed stars on our etheric doubles, we can visualise ourselves embedded in the centre of a larger six-pointed star of golden light. The six-pointed star is constructed of two overlapping triangles: an upward directed triangle expressing our divine nature, and a downward pointing triangle symbolising our descent into the worlds of separation.*

*Placed in the middle of a six-pointed star, we feel attuned to our divine nature, always in Him, and He always in us.*

## Protection by Michael's Fire

Begin with the Preliminary Meditation, page 27, and continue . . .

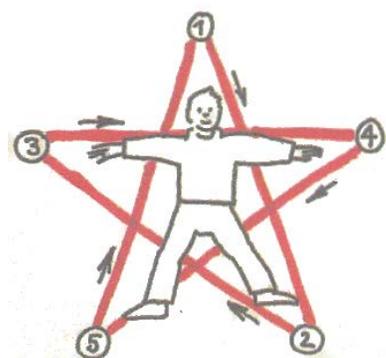
With your etheric eyes, see yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call Archangel Michael. Raise your etheric right hand above your head and draw a straight line of red light down to your left foot. Visualise Michael's red light emanating from your etheric hand . . . see, feel and hear the light pour from your hand as you construct the five-pointed star on your etheric double.

Now, from your left foot draw a diagonal line up across your body, until your right arm is fully extended off your right side and level with your shoulders.

Breathe deeply and move your right arm across your chest, in a straight line, and continue as far as it will go off your left side. Visualise a line of red light projecting beyond your hand, to form a line that extends equally off your sides. From there continue the motion, in a straight line, down to your right foot. Raise your hand from your right foot to the point of origin over your head, thus completing a five-pointed star.

You are now surrounded by a five-pointed star of radiant red light. . . within it your etheric double shines. Breathe deeply. . . be aware of Michael's presence in your warm red blood and around you as a protective shield. Thank Michael for his help. A large six-pointed star of golden light forms and surrounds the five-pointed star. . . "He telleth the number of the stars; he calleth them all by their names" (Ps. 147:4).

Permit the exercise to unfold. Breathe deeply and return slowly to your material body.



**Michael's protective star is constructed of red-light pouring from the right etheric hand.**

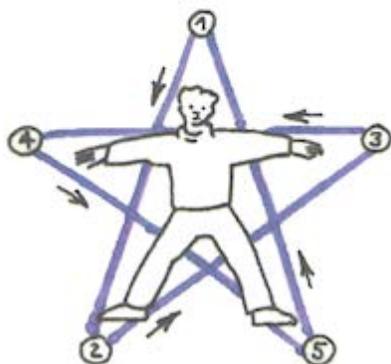
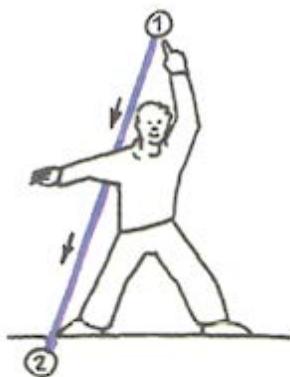
## Protection by Raphael's Energy

Begin with the Preliminary Meditation, page 27, and continue . . .

With your etheric eyes, see yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call Archangel Raphael.

Raise your etheric left hand above your head and draw a straight line of violet light down to your right foot. Visualise Raphael's violet light emanating from your etheric hand . . . see, feel and hear the light pour from your hand as you construct the five-pointed star on your etheric double. Now, from your right foot draw a diagonal line

**For Raphael's five-pointed star use violet light and the left etheric hand.**



up across your body, until your left arm is fully extended off your left side and level with your shoulders. Breathe deeply and move your left arm across your chest, in a straight line, and continue as far as it will go off your right side. Visualise a line of violet light projecting beyond your hand to form a line that extends equally off your sides. From there continue the motion, in a straight line, down to your left foot. Raise your hand from your left foot to the point of origin over your head, thus completing a five-pointed star.

You are now surrounded by a five-pointed star of vibrant violet light . . . within it your etheric double shines. Breathe deeply . . . be aware of Raphael's presence in you as etheric vitality and around you as a protective shield. Thank Raphael for his help. A large six-pointed star of golden light forms and surrounds the five-pointed star . . . *"There is one glory of the sun, and another glory of the moon, and another glory of the stars: for one star differeth from another star in glory"* (1 Cor. 15:41).

Allow the exercise to unfold. Breathe deeply and return to your material body.

## *Protection by Gabriel's Serenity*

*Begin with the Preliminary Meditation, page 27, and continue . . .*

With your etheric eyes, see yourself standing with your arms extended to your sides and your legs apart. Breathe deeply and call the gentle Archangel Gabriel.

Raise both etheric arms above your head and have them meet to form a point. Visualise Gabriel's sky-blue light emanating from your etheric hands . . . see, feel and hear the light pour from your hands as you construct the five-pointed star on your etheric double. From the point above your head, simultaneously lower your right arm down to your right foot, and your left arm down to your left foot, marking two straight diagonal lines of bright sky-blue light. Next, raise both etheric hands to extend off their opposite side – the left goes off the right side, while the right extends off the left side – creating two straight intersecting lines. Breathe deeply . . . you have your arms crossed over your heart centre with your etheric hands projecting streams of sky-blue light about two feet off each side. Unfold your etheric arms and extend them off their sides to form a horizontal line level with your shoulders.

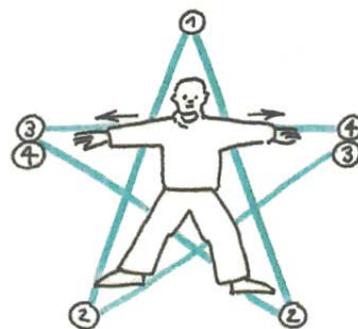
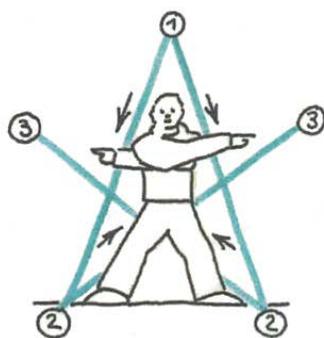
You are now surrounded by a five-pointed star of sky-blue light . . . your etheric double is shining within it.

Breathe deeply . . . be aware of Gabriel's calming and comforting presence in you, and his protective shield around you . . . "I am Gabriel, that stand in the presence of God" (Luke 1:19).

Thank Gabriel for the peace and protection he offers. A large six-pointed star of golden light forms and surrounds the five-pointed star . . . "Praise ye him, sun and moon: praise him, all ye stars of light" (Ps. 148:3).

Let the exercise continue. Breathe deeply and slowly return to your material body.

**Both hands are used to create Gabriel's star of sky-blue light.**



## *The Common Selfhood Recognising the Oneness of Humanity*

*"Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:34-40).*

*Within Absolute Beingness our individuality, our Holy Monadic Ego, is never extinguished. We are each self-conscious Spirit-Souls. On the material plane, many people enjoy the idea that they are separate, autonomous people, who can have little or no contact with others. Many of us keep a distance, believing that the suffering of others has nothing to do with us.*

*Even so-called spiritual people believe that when others, including young children, are suffering hardship – quite extreme in developing countries – it is “good” for them to learn bitter lessons through their “karma”. This is a very crude understanding of the Divine Plan. A feast on a table should not cause famine in the heart.*

*The root of all malady in this world stems from the false and tragic belief that we are separate from one another because of wealth, education, gender, age, nationality, religion, or the colour of our skin. Plagues, warfare, drought, and earthquakes care little about the size of your wallet. We share a common home, and more over, a common experience. The Source is the same for us all, and the road home is one. The Common Selfhood is our highest nature. Some know and express this truth already, and one day all will live consciously in it.*

## *The Common Selfhood*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

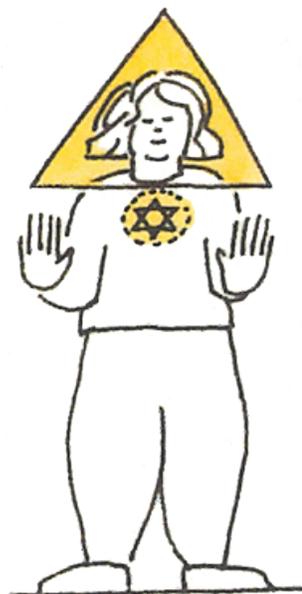
Breathe the light from the triangle in front of you. In the place of your heart visualise a shining six-pointed star of golden light. Breathe deeply and see people all over the world . . . each one of them has a shining six-pointed star of golden light, the Christ-light, on his heart. Feel the beats of your heart. . . feel the beats of their hearts. Breathe deeply . . . slowly, slowly the golden light from all the hearts becomes one . . . Christ is in each of us ... and we are all one in Him.

Breathe deeply and concentrate on the triangle of golden light in front of you. With the golden light, create an upright triangle that rests on your shoulders and extends up over your head. Visualise a smaller upright triangle between your eyes, also of luminous golden light. Joshua, the gentle, loving King, is coming towards you . . . bend your head in reverence and receive His blessing. Can you feel His Love? The Wisdom and Purity radiating from Him? Do you see the beauty of His face? His sim-

plicity? His presence gives you strength, peace, and faith. Look at Him . . . hear Him . . . He is guiding you. Hold Him in your heart and learn. Humbly give yourself to His service. Breathe deeply and feel Joshua in your human form . . . His arms are in your arms . . . wings of golden light are embracing you . . . His heart is in your heart giving you the pulse of life. You are seeing the world through His beautiful soft green eyes . . . you are embracing the world through His hands. His heart eases the pain, fear and suffering of all people. Every beat of your heart speaks of His Love for you, let it also speak of your love for all fellow human beings. He is asking you to *“love one another, as I have loved you”* (John 15:12). He never criticises you . . . He only shows you the Way . . . you have complete freedom . . . *“And ye shall know the truth, and the truth shall make you free”* (John 8:32). See Him . . . He is smiling . . . He is pleased . . . His mission was not in vain. Watch Him return to from where He came. Yet, He remains in you always and forever.

Feel the beats of your heart again . . . feel the beats of the hearts of all other people. Feel their beats in the same rhythm as your own . . . and be one with one another always . . . *“So we, being many, are one body in Christ, and every one members one of another”* (Rom. 12:5).

On this planet, as present-day personalities, we have to walk hand in hand on this beautiful but painful journey. See yourself as a separate personality again, yet connected to the whole of humanity. Feel your own heartbeat . . . breathe deeply . . . balance your bodies. Slowly, slowly dissolve the pyramid. Feel your material body again: your head . . . your chest . . . your abdomen . . . your thighs . . . and from your knees down to your toes.



**The absolute unity of the seeming diversity; “At that day ye shall know that I am in my Father, and ye in me, and I in you” (John 14:20).**

## *Attunement to Virgin Mary In the Embrace of the Heavenly Mother*

*When I asked my father, “What does the Virgin Mary represent?,” he said, “She is the pan-universal femininity, the perfect woman, the perfect mother of us all. She is the Queen of the Heavens and the Mother of Heaven and Earth.”*

*It is natural that we try to be like those we idolise. However, as much as I love and admire Virgin Mary, it is not possible to be her. She is she, and I am I. Yet, we can try to see things the way she sees them, to feel and act the way she feels and acts. In her eyes, her face, her heart there is infinite peace, power, strength, and kindness.*

*There are no words which can properly describe what or who Virgin Mary is, for doing so would reduce her to human measures. For me she is the heart holding all humanity. In meditation we can see her in all her glory.*



### *Attunement to Virgin Mary*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

Now, stand before the golden triangle and allow yourself to be filled with this light . . . see it . . . feel it . . . attune yourself to it.

Feel the presence of Virgin Mary . . . allow her love and light to wash over you . . . look at her . . . her figure is radiating light . . . she is luminous and translucent . . . her face and hands glow in rosy brilliance. She is dressed in a white robe . . . a sky-blue stole hangs down from her shoulders . . . notice the rosary on the right side of her belt . . . each bead a living prayer of love for all her children. Sense her wisdom and love . . . see and feel her smile . . . her eyes are beautiful pools of calmness . . . you can enter them as you would enter a peaceful port. Feel yourself comforted in these tranquil waters . . . in her arms you know that you can rest . . . open yourself to her soft embrace . . . she gives you strength and serenity. Allow yourself to feel her protection . . . nothing can ever disturb you again! You are

both in heaven and on Earth. Nourish yourself in this feeling.

Now, go back in time ... to Palestine . . . and see her as the mother of Joshua: always poised . . . grateful smiling sweetly . . . understanding everything and every one . . . never complaining . . . never angered . . . always sharing even the little she had. When she suffered the greatest pain that any woman can endure – the death of her beloved child – she lived the sorrow with grace and dignity . . . quietly accepting the Will of God.

Ask her to teach you to trust in God as she did, calmly and absolutely. Wish to live self-consciously, without complaint, knowing that you will come through each trial stronger, filled with more understanding and compassion, even towards those who cause you grief. . . *“I promise to myself to endure patiently, without complaining, all forms of trials and tribulations which the most wise Divine Law may bestow upon me.”*

Recompose your human personality. Keep the sweetness and freshness of the Holy Mother within you. Dissolve the pyramid, and return slowly, slowly to your world . . . breathe deeply and begin to feel your material body again: your head . . . your chest . . . your solar plexus . . . your thighs ... and from your knees down to your feet.

**The white lily, the symbol of the Virgin Mary, is a sign of perfect love, and the union of God with man.**

## *Attunement to Christ*

### *Let There Be Light*

*When I am asked if I can see God with my material eyes, I have to answer “yes”. I see God in all phenomena of life: animals, plants, minerals, and especially in human beings, even in their present-day personalities. I see God all in all, in everything.*

*I also see Him through the eyes of my Soul. I am a Spirit-Soul-Self an individual, a ray of the divine light, without any limits. I see myself incarnated into the material world, with its limits.*

*We are here to learn, incarnation by incarnation. We come together with others in order to learn from one another. We are all students as well as teachers. We have to transmute the present-day personality into the Permanent Personality. Our real Self, the Spirit-Soul-Self, inspires and draws us up.*

*Two thousand years ago in Palestine, the Son of God, the Son of Man – perfect God, perfect human being – incarnated and thereby honoured the human form. Joshua came to reveal to us our God-nature and to show us the way back, as He is “the way, the truth, and the life” (John 14:6).*

*Through meditation we begin, step by step, to attune our present-day personality to our Permanent Personality, which is unified in our Spirit-Soul-Self, at peace in the Christ-light, at-one in the Christhood.*

## *Attunement to Christ*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

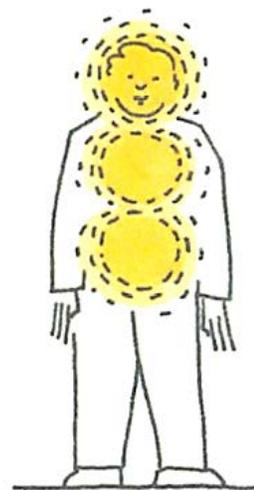
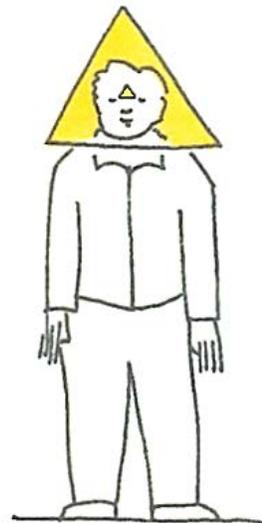
Breathe deeply. In front of you is the triangle of golden light.

With golden light create an upright triangle that rests on your shoulders and extends up over your head. Visualise a smaller upright triangle between your eyes, also of luminous golden light. . . breathe the golden light and visualise a golden sun form in and around your head.

Breathe deeply . . . see a second golden sun in and around your heart centre. Inhale and see a third golden sun in and around your solar plexus. Feel and see the three golden suns . . . the warmth and the gentle vibrations in each centre.

Concentrate on the small triangle between your eyes. Breathe deeply and attune yourself to the large golden triangle in front of you. Can you see the God-man Joshua? Feel His presence . . . the vibration of the gentle humble King! Feel Him in your head . . . your heart . . . and your solar plexus. He gives you light and life. Look at Him. He is shining light . . . He smiles . . . His eyes are rivers of light and love! Relax in His light, live in His Love. Sense His Will and His Power. . . His Wisdom, Love and Life. . . He is everything and everywhere. Breathe deeply. Joshua opens His arms to you ... He embraces you and places you in His heart. You are in Him and He is in you . . . welcome Him . . . make your heart the Holy of Holies. Only the pure in heart will see the heavenly mysteries . . . receive His teachings ... for He *“came to baptise you in Spirit and Fire”* (cf. Matt. 3:11).

Breathe deeply . . . slowly, slowly see the three golden suns become one luminous sun . . . you can feel your human form, but you can no longer see it ... you are boundless Spirit . . . you are pure light. You are in Him and He is in you. Expand to illumine the whole planet. . . inhale light . . . exhale light. You are in everything and have become everything . . . all the heavens are in you. Feel and see your form again. Concentrate golden light in the place of your heart ... in the centre of love . . . *“I promise to myself to serve at all times and in all places Absolute Beingness to whom I whole-heartedly belong.”* Breathe deeply and balance your bodies. Dissolve the pyramid and feel your material body again: your head . . . your chest . . . your solar plexus . . . your thighs . . . and from your knees down to your feet.



**“I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).**

## *Cleaning the Temple Healing Yourself*

*Each universe, each world, and every plane is governed by its own set of laws. In his lessons, my father tried to help us understand the laws of life. “If for example,” he taught, “on the material plane you throw a stone up in the air and it comes down upon your head, are you entitled to complain to God? Have you been unjustly punished? Do you want God to suspend the law of gravity to spare you the consequences of your stupidity?”*

*In conducting our lives we all make mistakes and, therefore, suffer various injuries. Such injuries settle in the noetical, psychical and physical bodies.*

*When you find yourself troubled with a problem it is best to start work on yourself, rather than sitting helplessly cursing life and God. See what you have been doing to your bodies. Study the emotions, desires, and fixed-ideas in your personality.*

*When you are experiencing an uncomfortable physical sensation – a sour stomach, an aching head – stop and study the matter before setting off to a pharmacy or doctor’s office. Go to the source of the problem instead of burying it in your bodies. Usually you will find that you can trace the discomfort back to elementals you have been creating or revitalising, along with elementals that you have been accepting from others. Learn to replace negative elementals with positive ones, and you will find yourself less encumbered.*

*If you allow your desires and thoughts to control you, you quickly become enslaved to them. How is it possible to become the master? Use reason and love in your thoughts; self-consciously create your desires, and control your emotions. Only when you use reason in your personality and accept responsibility for your life, can you call it yours.*

*The Archangels are working ceaselessly in our bodies to keep them healthy and strong, so that we may enjoy a comfortable existence. We have to learn to stop interfering with their holy work and consciously cooperate with them.*

## Cleaning the Temple

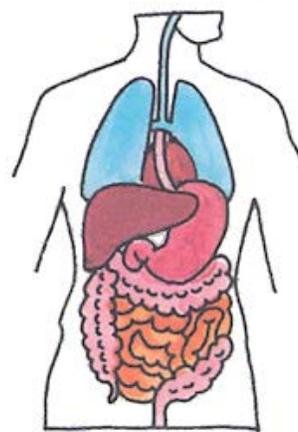
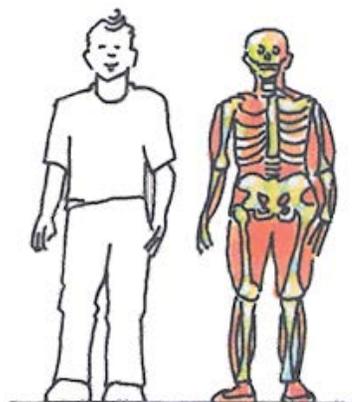
*Begin with the Preliminary Meditation, page 27, and continue . . .*

With your etheric eyes look carefully at your material form. Breathe deeply . . . it is as if you were outside of your body and studying it.

Your body is a perfect temple of God, a great gift. It is yours to live in, and yours to live through. Your body is translucent. . . you are able to observe its inner structure. Very slowly examine every detail starting from the feet up. See the skeleton from all angles . . . see the rich network of veins and arteries. Study the rhythm of the heart. . . the flowing blood . . . the delicate intricacy of the nervous system. Turn your attention to the organs. See the liver . . . the spleen . . . the stomach . . . the kidneys. If any organ is weak or distressed, breathe deeply and visualise it flooded in golden light, the Christ-light. The light surrounds and penetrates the organ to absorb all illness.

Breathe deeply. Examine your lungs . . . observe how the compartments expand and contract with every breath you take. As fresh air is drawn in, your blood is fed with rich oxygen. The liquids moving about the lungs emit sparkling lights in a vast array of colours. Now, look at your heart . . . study each chamber. Breathe deeply and watch the pumping of the heart send blood throughout the entire body, producing more light and colour, life and love. Move up to your head. As blood travels through minute vessels the brain shines in its own light ... it is bright and clear light. Now, see your entire body. The etheric double is shining, sparkling with the Christ-light, saturating the material body with etheric vitality. Visualise all atoms, molecules and cells glowing in radiant light. . . light is everywhere! In the heart it purifies desires and emotions ... in the head it inspires understanding and clear-thinking. The golden Christ-light responds to dissolve all darkness, all distress and illness . . . leaving your temple clean and luminous.

See, feel, and hold this picture of perfection in your mind. Thank the Holy Trinity and the Archangels for the gift of life. *“Thank you God, my body is Your temple! A perfect gift to me. I will keep it always healthy. I shall never lose faith in You. Even in times of great pain and despair I submit to Your Will, Heavenly Father. . . I know that Your breath of Life is always in me. I shall love the Lord, my God, with all my heart, and all my Soul, and with all my mind. Thy Will be done.”* Breathe deeply . . . feel yourself completely in your material body.



**Visualise the organs of the body bathed in the healing Christ-light.**

## *Distant Healing Sending Healing Energy*

*From time to time, as present-day personalities, we feel miserable and sorry for ourselves. How can we help others when we feel so small and helpless?*

*We cannot work properly on material, psychical or noetical bodies unless we see ourselves as incorruptible Spirit-Soul-Selves. Knowing who and what we are – pure eternal Holy Monadic Egos – we are able to work on ourselves and others to heal bodies and personalities.*

*We must use reason, wisdom, knowledge and love. We have to adapt and apply into everyday life the wisdom and love we experience while attuning to Christ. Only then will we know how to behave on this planet. Meditate, work, and experience.*

*We can help individuals, communities, and even the entire planet, by creating and sending healing balls of light. Generally, it is preferable to send white light and let the Archangels take from this light whatever colour is needed, the hue depending on the particular circumstances where help is required. Later, as we learn more, we can work directly by sending light balls of different colours. Use care, for by sending the wrong colour we can do far more harm than good.*

*As a rule, white light provides protection. Golden light assists reasonable thinking. Sky-blue light helps calm psychical conditions. Emerald-green light works to release pain in the material body. Orange light helps regulate the thyroid while red light strengthens the blood.*

*When seeking to help others with distant healing we must keep in mind a few things. First, it is vital that the help has been requested, for we should never work without having consent. Second, we are only allowed to intervene according to the Law of God, for it is not we who heal, but the Almighty. And finally, before working, clean your personality and invite the Logos and Holy Spirit to work through you.*

## *Distant Healing*

*Begin with the Preliminary Meditation, page 27, followed by Archangelic Attunement, page 28, and continue . . .*

In front of you, see the triangle radiating golden light . . . it is Absolute Beingness and Christ Logos. Breathe deeply. With golden light create an upright triangle that rests on your shoulders and extends up over your head. Visualise a smaller upright triangle between your eyes, also of luminous golden light. Through these two triangles attune yourself to the divine light in the large triangle before you.

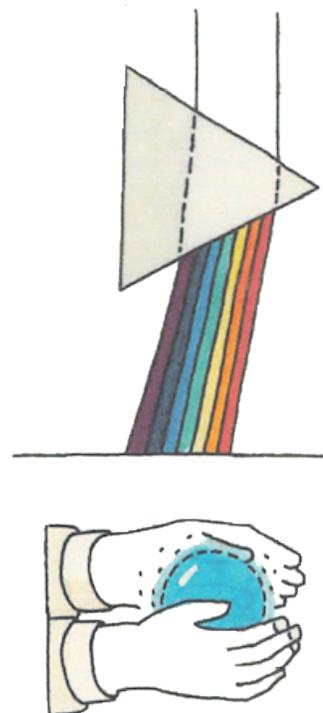
Breathe the golden light. Open your etheric hands. Concentrate light in your palms. As you inhale, the light begins to form spheres, one in each hand . . . full of energy . . . full of power . . . full of love. With your etheric eyes look at the balls. They are so bright . . . they are full of healing light. Start sending these spheres away. Watch them go!

As the balls leave your palms new ones are formed. Observe how you are cooperating with the Archangels . . . isn't it beautiful to work with the Archangels to help others? See the balls – each a prayer – multiplying into millions and millions of balls of brilliant healing light. They continue to go and spread in all directions . . . they are full of power and energy . . . they know exactly where they are needed. Breathe deeply. More and more of them come from your palms . . . they spread until they cover the whole planet! Pray that this light will help to heal the whole planet.

We have such a beautiful home, let's no longer spoil it. Wish that there be no more pain, no more tears, no more bloodshed . . . wish that there be peace on earth. See people smiling. Visualise the light pouring over them . . . helping them to see clearly . . . helping them to see the truth. This is the light of God, spreading love in their hearts and reason in their thoughts . . . healing their wounds . . . bringing comfort in their sorrow.

Breathe deeply and pray: *“O Merciful One. You spread out Your hands on the cross, and you gathered together the Nations that were far from You so that they may glorify Your great goodness.”*

Dissolve the pyramid. Slowly, slowly come back. See yourself in your material body again. Breathe deeply and feel your head . . . your chest . . . your solar plexus . . . your thighs . . . your knees and down into your toes.



**When pure light passes through a prism a spectrum of colour emerges. Balls of light, sent with love, help heal.**

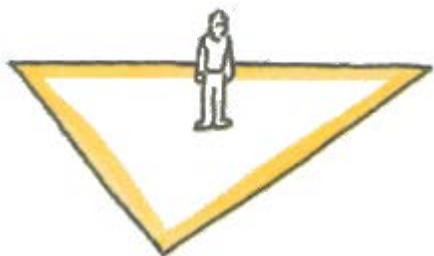
## *A Clean White Robe Purifying Our Bodies*

*Many people wish to wear the white robe of initiation and purity. In fact we all have white robes, much more beautiful than any material robe you can ever wear. The point is to keep this white robe spotless.*

*When the present-day personality reaches a state of balance, the three bodies are in harmony, the etheric doubles are filled with vitality, and the energy centres are luminous; then the light of the Spirit-Soul shines through and our form gleams in a white robe.*

*Time and place experiences inevitably stain our robes. When we act out of the impure emotions of jealousy, malice, envy, or fixed-ideas and wayward principles, we bring injury to our material, psychical, and noetical bodies. When counter-positive energy passes through our centres, our bodies become ill, and our white robes soiled. As the centres are the gates through which energy enters the bodies, they are also the doors from which it passes out of the body.*

*In this exercise we work on several levels. After shaping our body into the form of an upright triangle, we will visualise golden flames clearing out any problem. We can even become the flame and use the triangle - a symbol of the Holy Trinity- to become unified with our higher states of being.*



### *A Clean White Robe*

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Look down with your etheric eyes and see a white floor. You are dressed in white light . . . your luminous etheric double is shining like a white robe.

Breathe deeply. With your etheric hands together and out-stretched before you, mark a point on the floor. From this point use your left hand to slowly draw a straight line of golden light along your left side to a point behind you. See, feel, and hear the light pour from your hand. Now, with your right hand construct an identical line along your

right side. Breathe deeply and visualise the golden light forming a third line, connecting the two points behind you. You are now standing in the centre of an equal-sided triangle, each side measuring about 10 feet in length. It is radiating pure golden light... yet the floor remains white.

Place your legs apart. Bring your hands to your chest . . . your left hand over your right lung, and your right hand over your heart. Your entire body forms a large standing triangle, extending from above your head down to your feet.

See yourself dressed in a white robe. Breathe deeply and see golden flames rise from the triangle on which you stand . . . from the right side . . . from the left side . . . and from behind you. They slowly rise . . . caressing your feet . . . and continuing upwards. As the flames rise they fill your body with fire and light, which are not burning, but cleansing. You are within a blazing triangle.

If any dark spots remain on your robe work with yourself, use the light to clean your thoughts with reason . . . and the fire to make your heart pure with love. Turn within and find peace. Work until you feel completely calm . . . work until your white robe is shining without blemish.

The triangle around your head is brilliant . . . study what is happening to you. The light from below purifies your bodies . . . and now, from above your head, comes light . . . a golden stream of light pulling you up . . . hear Joshua's promise, "*I will draw all men unto me*" (John 12:32). Can you hear Him? Can you see Him? Can you feel Him? *Observe everything around you.* . . .and everything in you. What kind of work is now possible? Ask Joshua . . . and be still and listen.

In the place of your heart there is golden light. Breathe deeply and see it glowing. . . "*I promise to myself to make good use of the Divine Gifts of thought and word at all times, in all places and under all circumstances.*" Keep a quiet mind . . . and a pure heart. Remember what your mission is on this planet . . . and what it may be in other dimensions.

Dissolve the triangle on the floor . . . and keep your robe pure, brilliant, and shining in white light. Breathe deeply and feel your material body again: feel your head . . . your chest . . . your solar plexus . . . your thighs . . . *and from your knees down to your feet.*



**In the golden Christ-light we purify our emotions, desires, and thoughts.**

## *Body and Soul*

### *Looking into a Crystal-clear Mirror*



*With this exercise we explore our existence, as a present-day personality, through the construction of triangles on our etheric doubles. The work is to understand the perfection of the human form and to instill true self-awareness. Using the two etheric centres over our shoulders to form the base, we create three upward directed triangles, and a fourth triangle descending down over the chest. The two centres, situated just over our shoulders, are very powerful and can be understood to represent our Logoic (over the right shoulder) and Holy Spiritual (over the left) aspects.*

*The first triangle we construct will have its pinnacle on the thyroid centre. The thyroid, in comparison to other energy centres, is small in size but no less vital to our well-being. We never seek to develop or enlarge the thyroid, rather we work harmoniously with this small and perfect disc. Orthodox science recognises the importance of the thyroid gland to the health of the material body and the personality. It is no coincidence that the thyroid is situated between the heart and the head.*

*We construct a second triangle, whose pinnacle is over the root of the nose, level with the cerebellum. This triangle acts as a link between our noetical world and our material body.*

*The downward directed triangle, which we construct next, shares the base of the upward triangles, but its lines extend down to meet at the end of the sternum. Note that the heart is located in the middle of this triangle. This triangle stands as the connection between our psychical world and our material body, and it is through this triangle that we experience a pure and reasoning present-day personality.*

*The third upright triangle links the shoulder centres to a point above our head. This point, over our head, connects the formless noetic state to our material body. Our Permanent Personality is within this sacred triangle, just above the crown of our head.*

## Body and Soul

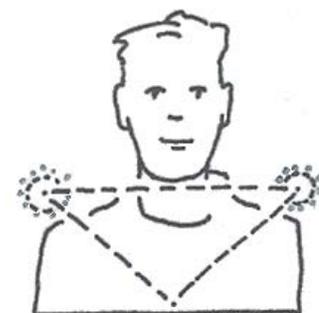
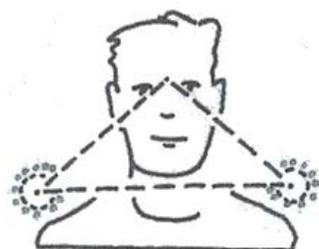
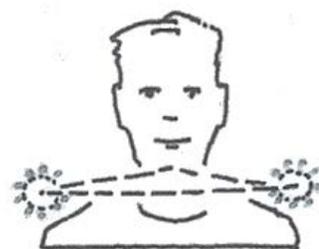
*Begin with the Preliminary Meditation, page 27, and continue. . .*

Relax completely . . . look at your body . . . see your etheric double . . . it is shining white light. See the sky-blue light in your solar plexus . . . see the rosy light in the place of your heart . . . and see the golden sun in and around your head. See the connections between your three bodies . . . all your etheric doubles are filled with life-giving ether. See all God's Glory in you!

The two centres above your shoulders are radiating pure white light. Breathe deeply and visualise a straight line of pure white light connecting these two centres. Visualise lines of light moving out from these two centres and converging over your thyroid centre to create a very low, upward directed triangle. Concentrate on your thyroid . . . cooperate with the Archangels to purify your blood. Feel and see their work as they clean your material body... feel the beat of your heart. .. this is the voice of the Archangels . . . can you hear them? What is this voice telling you? They are speaking of their love for you. Breathe deeply . . . love yourself . . . love all other human beings.

Look again at the line of light that extends between your shoulders. From the end-points – the two centres on your shoulders – two new streams of light move slowly upwards. They meet between your eyes, over your cerebellum. Breathe deeply and bring your noetical world into harmony with your material body.

Now, again see the line of white light that crosses between the two centres over your shoulders. From the end-points visualise two lines moving down over your chest and meeting at the base of the sternum. Breathe deeply and bring your psychical world into harmony with your material body . . . experience a pure and reasoning present-day personality . . . use the mind for right thinking, and the heart to express pure emotions. Through self-awareness our noetical, psychical, and material bodies work in perfect harmony and peace.



**Balancing the material, psychical, and noetical bodies through the logocic and holy spiritual centres.**



**Attunement to the Permanent Personality**

Once more, return to the two centres on your shoulders. The line between them is shining in white light. Breathe deeply. From the two centres streams of light rise up and meet over your head to form a fourth triangle. Within this glorious triangle, just below the pinnacle, and just above the crown of your head, resides your Permanent Personality. Breathe deeply. Attune yourself to your Permanent Personality... it is as if you are looking into a crystal-clear mirror . . . see yourself . . . see the work that your present-day personality has yet to do.

From above, a warm beautiful golden light descends... it embraces you . . . and covers your bodies. Breathe deeply. Your solar plexus, your heart, and your head are radiating golden light. . . you have become a golden sun. The Throne of Christ is in your heart. Go deep into the centre of your beingness . . . to the centre of love and creation. See and hear Him . . . His Will and Power . . . His Wisdom, Love, and Life. All of God's worlds are under the divine Law of Love. Breathe deeply. Feel the beats of your material heart. Your heart is the Holy of Holies . . . keep Him there. As a present-day personality pray, "*O God, my Father, make my footsteps upon life's path as light as they may be. Let me not raise dust, in anger or greed, that blinds my brothers and sisters. Make my steps light upon life's path. Make my heart, O God, my Father, a crystal clear mirror to reflect Your Love, my Love, and to allow my fellow humans to rejoice.*"

Slowly, slowly dissolve the triangles. Breathe deeply and feel your material body: your head . . . your heart . . . your solar plexus . . . your thighs . . . and from your knees down to your feet.

## *As Above, So Below*

### *Diamond of Light*

*We are and we exist. As holy monadic Spirit-Souls we are self-conscious Beings within Absolute Beingness, never separated from our Source. As personalities we exist as shadows of the Real Self struggling within the worlds of separation.*

*In many exercises, we seek to connect the present-day self with the Soul. Here we will look, from the peace and harmony of our Spirit-Soul, at the struggling present-day self. For although we know that the Self is a single whole, sometimes we feel a great distance between our Soul and our present-day self. This distance is an illusion that we can overcome through introspection, meditation, and contemplation. Once we have experienced Soul-consciousness we will know who and what we are.*

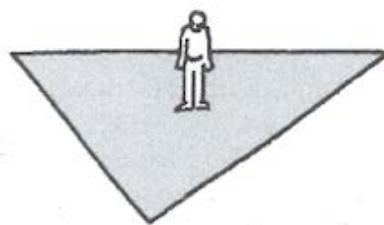
*We will visualise a number of three-sided pyramids in connection with the primary centres of the head, heart, and solar plexus. Within this diamond-like exercise we are able to assimilate with the pure, the good, and the non-dual, entering into a higher state of introspection.*

## *As Above, So Below*

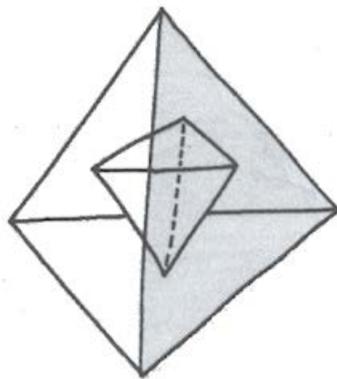
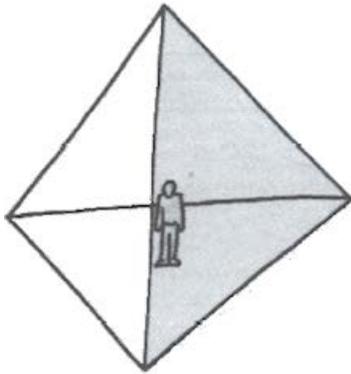
*Begin with the Preliminary Meditation, page 27, and continue. . .*

Breathe deeply. In your solar plexus visualise pure light energy as a sky-blue sun. With your next deep breath, see a rosy sun radiating from your heart centre. Breathe again and see a golden sun shining in and around your head. These three suns overlap, yet they do not mix. Breathe deeply.

With your etheric hands together, and out-stretched before you, mark a point on the floor. From this point, with your left hand, slowly draw a straight line of white light along your left side to a point behind you. See, feel and hear the light pour from your hand. Now with your right hand, construct an identical line along your right side. Breathe deeply and visualise the white light forming a third line, connecting the two points behind you . . . you



**Stand in the middle of an equal-sided triangle and face an angle.**



**Within the large three-sided pyramid of light a smaller three-sided pyramid, pointed downward, is visualised.**

are now standing in the centre of an equal-sided triangle, each side measuring about 10 feet in length.

Visualise an upward pointing triangle on your right side . . . another one on your left side . . . and a third behind you. Bring the three triangles together to form a three-sided pyramid. You are now in the middle of a pyramid, which is three times your size and glowing in pure white light.

Breathe deeply and visualise three rays of light rising from the centre of the triangle on the floor. . . each ray goes to the centre of one of the three walls of the pyramid. The rays then move, from wall to wall, to form the base of a translucent, upside down, three-sided pyramid. See sparkling lights moving up and down.

Focus your attention on your head. From your cerebellum see, hear, and feel three golden rays of light moving downward to the corners of the triangle on the floor . . . you have created another three-sided pyramid, this one of golden light. Breathe in the golden light of this pyramid and let it clean your thoughts . . . *“Thine is the Kingdom . . .*

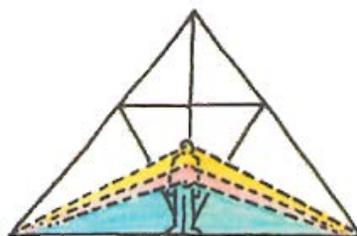
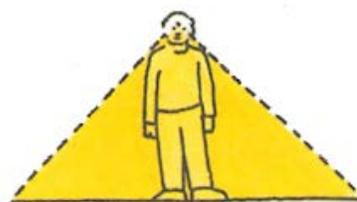
Move to your chest . . . from your heart centre send down three rays of rosy light to the corners of the triangle on the floor. Breathe deeply and comfortably. See and feel this pyramid radiate rosy light . . . control your emotions and desires . . . *and the Glory . . .*

Now, concentrate in your solar plexus. From this centre send down three rays of sky-blue light to the corners of the triangle on the floor. Breathe deeply and study this pyramid filled with sky-blue light . . . use the light to clean your material body from any illness or pain . . . see the work of the Holy Spirit in your body . . . *and the Power. . .*

See all the pyramids . . . one within the other, yet each distinct, clear, and brilliant. Rays are passing down and moving up ... you are within this beautiful, sparkling diamond . . . *Thy Will be done.”*

See yourself in every level . . . the material . . . the psychical . . . the noetical . . . and beyond. Even in your expression on the material plane you are a precious pearl to the Almighty. See yourself as you really are . . . you are in Him, yet you are you ... an individual entity. Breathe deeply and compose yourself in the large pyramid as a present-day personality and pray: *“From the earth Thou didst shape my body and didst give me a soul by Thy divine and quickening breath. Thou didst honour the creation of your hands, with Thine image, by presenting in material form the likeness of your noetic essence; and you made me a partaker of it, O Word, by placing me as master of the earth with free will.”*

Balance your bodies - your noetical, psychical, and material bodies. Love and respect them for they are your temporary home. Dissolve the pyramid. Breathe deeply and feel your material body: from your head ... to your chest. . . your abdomen . . . your thighs . . . and from your knees down to your feet.



**Noetical, psychical, material  
bodies reflect yourself within a  
sparkling diamond.**

## *The Caduceus of Hermes Controlling Our Powers*

*In this exercise we seek to tame the body's primal forces. For those wishing to lessen the grip of corporeal cravings, as well as for those seeking spiritual awakening, this exercise will help direct and purify internal forces.*

*We construct a downward pointing triangle, its base resting on the shoulders, with the two sides converging on a point over the genitals. From the material perspective this triangle symbolises the so-called "fall from grace" – enchantment with matter and desires, our apparent separation from Absolute Beingness. Yet through the wisdom and understanding of the spiritual perspective we know that the powers invested in the material body can be used for either good or counter-positive ends. We are gods, and with divine authority we can use these powers for holy work.*

*Within the triangle we construct a psycho-noetical cross, the Christian symbol of love and reason. We then visualise two snake-like ribbons – symbolic of corporeal forces – rise up to encircle the cross. The cross can harness even wild currents.*

### *The Caduceus of Hermes*

*Begin with the Preliminary Meditation, page 27, and continue . . .*

Breathe deeply and comfortably. As you concentrate in the place where you sit, feel warmth build up in your pelvic area.

Through visualisation, draw a horizontal line of golden light level with your thyroid. It extends six inches off your sides, just above your shoulders. From the two end-points draw lines down to a position over your genitals. You have now constructed an equal-sided triangle pointing downward. Its outline is of golden light. Take deep, long breaths.

Within the triangle begin to construct a cross. Draw a vertical line of golden light from just below your thyroid extending down to your navel. Across your chest draw a



horizontal line slightly above your heart centre. You have created a luminous cross of noetical light. Breathe deeply.

Place your concentration on the descending triangle. You can see it . . . you can feel it. Visualise lights of radiant energy six inches off each hip ... on both sides see a ribbon of light slowly rise up ... they are silvery light. . . they are like serpents. Upon reaching the corners of the triangle they lay their heads on your shoulders.

Breathe deeply . . . the cross on your chest is brilliant. Slowly the ribbon on your left side moves down from your shoulder . . . traces a line down under the centre of the cross . . . circles up over the centre of the cross before returning to the left shoulder. Continue to breathe deeply and comfortably. The serpent on the right side drops down over the centre of the cross . . . loops under the centre of the cross, before returning to its resting place on your right shoulder.

Your heart is radiating golden light . . . and so is the cross . . . both are in brilliant golden light. Breathe calmly and, without any fear, hold and caress the serpents' heads with your etheric hands. They are not snakes, but rather streams of radiation . . . manifestations of Divine Wisdom. Order them to descend . . . they are not to cross the path of the other . . . slowly they recoil. They settle and sleep beside your hips. Take very deep breaths.

See a shining golden sun in and around your head. Starting from a point between your eyes move your concentration over your nose . . . over your lips . . . your chin, and down to the thyroid. Pause to feel each part as you move. Breathe deeply and return to the place between your eyes . . . a swirling flame begins to rise from there. Breathe deeply and enjoy the experience, the sensation, the tranquility, and the wisdom . . . *"Thy Will be done."*

Permit the meditation to continue . . . to unfold. In time, slowly feel your material body: from your head . . . into your chest . . . solar plexus . . . your thighs . . . and from your knees down to your feet.



**"Be ye perfect, as your Father in heaven is perfect" (Matt 5:48).**

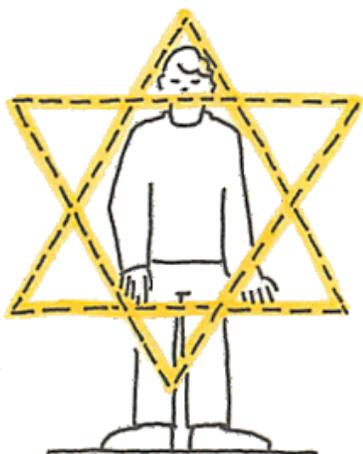
## *A Living Talisman*

### *The Sign of the Cross*

*In this exercise we will create two six-pointed stars. A large one will frame our material body, while a smaller one is placed within our body. In the centre of the smaller star we will construct a cross.*

*The large six-pointed star is a most powerful protective shield against any external intrusions, e.g. negative elementals, illnesses, etc. And there is no greater talisman for internal protection – protection from the foes within – us than the six-pointed star we construct in our body.*

*The cross is where we will work. Each movement will have us pass through the centre of the cross, the heart centre. This is the centre of Absolute Beingness, and the Christ Logos expressed as Love. As an Orthodox Christian, I construct my cross by moving my hand right to left. You may cross yourself according to your tradition.*



## *A Living Talisman*

*Begin with the Preliminary Meditation, page 27, and continue . . .*

With your etheric hands you will create two six-pointed stars, one within the other, with a cross placed in the centre. The outlines are of bright golden light, while from within the stars of pure white, noetical light radiates. Breathe deeply. Begin by drawing a large six-pointed star around yourself. For the ascending triangle visualise its top situated about a foot above your head. From the top, draw a line on each side down to two points, each a foot off your hips. See the base-line of the triangle level with your genitals. For the triangle facing downward, visualise its horizontal line level with your thyroid, extending to points six inches off your sides, just above your shoulders. From these points, draw lines of light that converge over your knees.

Continue to breathe deeply and now construct within your body the smaller six-pointed star . . . visualise the ascending triangle with its top on the cerebellum and the lower horizontal line level with your navel, extending

about six inches off your sides. The descending triangle has its upper horizontal line placed just below the thyroid, extending slightly off your shoulders. From these points, above your shoulders, have lines descend to a point on your genitals. Take deep, long breaths.

Within the centre of the inner star begin to construct a cross. Draw a vertical line of golden light starting just below your thyroid, and extending down to your navel. Across your chest draw a horizontal line slightly above your heart. You have now created a cross of luminous golden light.

Raise your right etheric hand to your forehead and, addressing the Almighty, say, "*Thine is the Kingdom . . .* Lower your hand down over your heart, passing over your navel, to your genitals, and regarding the Holy Spirit and Its work in Creation, say, *and the Power . . .* Return your hand to your heart, and with the Logos and Its expression as Joshua the Christ in mind, say, *and the Glory. . .* Next, move your hand to a point over your right lung, and concentrating in terms of time and place, say *forever. . .* Then gently sweep your hand across your chest to a place over your left lung, entering into a sense of eternity, continue with, and ever . . . Placing your etheric hand over your heart conclude with, *Thy Will be done. Amen.*"

Breathe deeply and relax . . . look in your heart and see a small golden flame. As you breathe, the flame climbs upwards through the chest. . . through the thyroid . . . and continues up through the head and out of your crown. Feel the peace . . . the understanding . . . the grace. As the flame rises over your head, petition Absolute Beingness to guide you onward, in strength, wisdom, and love. Allow the meditation to unfold. Let the flame settle back into your heart. Keep the six-pointed stars in and around you, and let the cross shine forth for protection as a powerful living talisman.

Breathe deeply and feel your material body again: your head . . . your chest . . . your solar plexus . . . your thighs . . . and from your knees down to your feet.



**The cross, within six-pointed stars, forms a powerful talisman.**

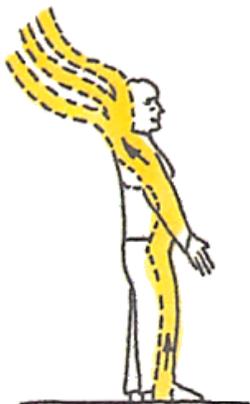
## *Our Archangelic Form The Incorrutable Body of Light*



*Within God, all Beings are equal and differ little from one another. Before and beyond our expressions in Creation we, along with all other Beings, are Holy Monads. From our common home, some assume the human form, while others join the Archangelic Orders. In this sense we are brothers of the Archangels.*

*When we dress ourselves in the Archangelic form, our higher consciousness will enable us to better comprehend the human experience, become masters of our homes, see the heavens within, and perform spiritual work.*

*Many people believe that Archangels have feathery wings that allow them to fly. These wings are actually rays of pure energy. In assuming the Archangelic form, we will create these wings.*



**Attunement to our Archangelic form ; “the perishable will become imperishable, and the mortal will become immortal” (1 Cor. 15:53).**

### *Our Archangelic Form*

*Begin with the Preliminary Meditation, page 27, and continue. . .*

Breathe deeply. With your etheric hands together, and out-stretched before you, mark a point on the floor. From this point, use your left hand to slowly draw a straight line of golden light along your left side to a point behind you. See, feel and hear the light pour from your hand. Now with your right hand, construct an identical line along your right side. Breathe deeply and visualise the golden light forming a third line, which connects the two points behind you. You are now standing in the centre of an equal-sided triangle, each side measuring about 10 feet in length. It is radiating pure golden light . . . yet the floor remains white.

Visualise golden flames rising from the right-side of the triangle on the floor . . . they embrace your right foot . . . come up through the right leg . . . and approach the solar plexus from the front, where they cross over to the left side of your body. See and feel them rise to the left shoulder and cross over, in a straight line, to the right

shoulder. From the shoulder they spread out and up as three golden rays.

Now, see golden flames rising from the left-side of the triangle on the floor . . . they embrace your left foot . . . come up through the left leg and approach the solar plexus from behind . . . where they cross over to the right side of your body. See and feel them rise to the right shoulder and cross over, in a straight line, to the left shoulder. From the shoulder they also spread out and up as three golden rays. Breathe deeply and comfortably.

Raise your etheric arms and place them inside these golden wings. Silvery-white light begins to rise from between your feet . . . to pass through your genitals . . . to climb up the spine . . . and to go through the head and out of your crown to form a beautiful lotus flower. Breathe deeply. From within the lotus a silvery-white serpent emerges . . . and arches its head out over your forehead. Experience this state.

Slowly, slowly return to your human form. Dissolve the triangle and pray: *“God of Life, Love and Mercy. Enlighten our minds to understand You as the Truth. Clean our hearts to reflect Your Love towards You and towards all other human beings! Bless our steps to follow Your Way. I know the gifts You gave me.”* Compose yourself. Breathe deeply and feel your material body: your head . . . your chest. . . abdomen . . . thighs . . . and from your knees down to your feet.



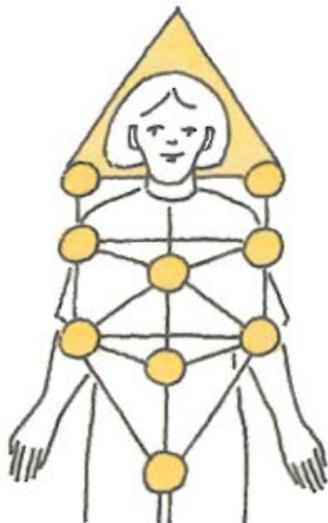
## *Gates to the Light Churches, Lamps, and Stars*

*“I see Thy bridal chamber adorned, O my Saviour, and I have no wedding garment that I may enter there. Make the robe of my soul to shine, O Giver of Light, and save me” (Orthodox Hymn).*

*Many people seek the “golden keys” without even knowing where the gates are, or where they may lead.*

*In this exercise we are going to approach and perhaps even pass through the gates. These gates are within us, and before we decide to cross through these portals, we should know what we will find on the other side. Are there within you peaceful meadows, or are there infested jungles? Heavens or hells? So the first work is on the level of the present-day self, cleaning our personality of all negative elementals within our subconscious.*

*On the etheric doubles of our three bodies we have centres of energy and power, and centres of consciousness and self-realisation. These are gates. On the material body we see them as discs, and call them “churches” where elementals gather. It is good to know who is attending our churches. On the psychological body we call them “lamps”. They are shaped as spheres. These lamps should be well-fed, burning bright with the oil of reason and love. “Do not be like the foolish virgins who, when the Son of God calls at the door, have no oil” (Matt. 25:1-12). On the noetical body you can behold radiant heavenly “stars”, stars in need of governors.*



### *Gates to the Light*

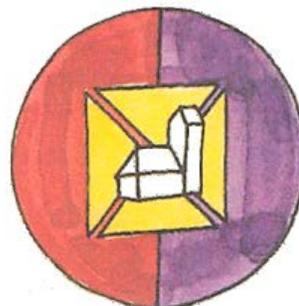
Breathe deeply and calmly. Feel your material body. You live in this material body. You move this body and you move within it. There is movement even when you relax. Concentrate on your toes. You are in your toes. Move slowly, slowly up into your knees. You feel your knees through aesthetic ether. Feel and see your etheric double . . . breathe deeply and move from your knees up into your solar plexus . . . concentrate in this centre. With each

breath your solar plexus becomes more luminous in sky-blue light. Your solar plexus is a storehouse of energy . . . all kinds of energy . . . send out and receive only pure and positive energy. Breathe in deeply ... as you exhale allow all fear, doubt, and darkness to go out of your body. Observe the movement in this centre . . . study the way you are breathing. This centre, on the etheric double of your material body, is in the form of a disc. Observe the movement of the disc . . . light is radiating from within it. See the centres in your material body, symbolically, as churches, churches where elementals congregate . . . clean your churches.

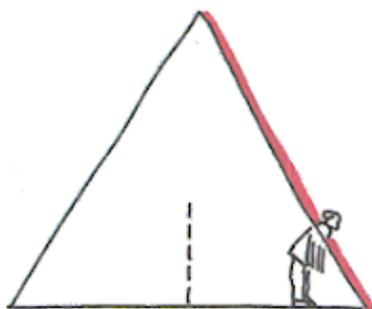
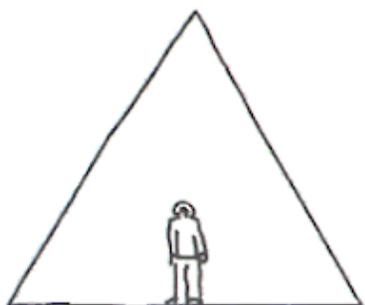
Leave your solar plexus and move up into your chest. Breathe deeply and visualise rosy light in the place of your heart. . . silence your emotions and your desires and keep only love in your heart: real love for yourself, for others and for life. Study this radiant centre. What do you see here, a sphere or a disc? Now you see a sphere because you are in the etheric double of your psychical body. Observe the pattern of your breath. The centres of your psychical body are like lamps . . . *“Let your light so shine before men”* (Matt. 5:16). Again, feel your heart centre. On your material body it is a disc, and on your psychical body a sphere. Observe the movement and the light of the disc and see the luminosity of the sphere.

Move from your heart centre slowly up into your head. Visualise a golden sun in and around your head. Breathe deeply and free your thoughts. See all your centres at once . . . with your etheric eyes look at your material body and its centres of churches . . . see your psychical body aglow with lamps . . . and now behold the centres on your noetical body . . . they are also shaped as spheres, but far brighter . . . like radiant stars.

Visualise a pyramid around you ... it is full of white light. You are standing in the middle of a pyramid that is three times your size. As you look around you see four gates, one on each side of the pyramid. Each gate leads to a different aspect of the light. The gate in front of you is



**Churches, lamps and stars.**  
**“Lift up your heads, O ye gates;**  
**and be ye lift up, ye everlasting**  
**doors; and the King of glory**  
**shall come in” (Ps. 24:7).**



of golden light . . . the one on your right side is of red light. . . the one on the left of violet light. . . and the one behind you of sky-blue light. The floor is filled with a silvery-white mist. Breathe deeply . . . feel the energy of the Archangels . . . and see their work in all your bodies. When you feel perfect harmony prevailing throughout your three bodies . . . when you feel you are master of your bodies, you may approach the gates.

Turn first to your right and take three careful steps forward . . . observe your breathing. You are standing before the gate of Michael. Gently bow in reverence until only your head and chest have passed through the red light. . . remain there for a few moments, enjoy the experience, and then take three steps back to the centre of the pyramid. Face the golden triangle. Turn now to your left and take three steps forward. As you bow to Raphael, your head and chest enter his gate of violet light. Remain there for a few moments and then return to the centre. Turn around, take three steps towards the back of the pyramid. Bow before Gabriel and have your head and chest enter the sky-blue gate. Remain there for a few moments before you return to the centre of the pyramid to face the golden gate.

Look into the golden light . . . Absolute Beingness, Christ Logos and the Holy Spirit. Take three gentle steps forward . . . bend your head, and enter the golden light . . . this is the Ocean, of which I am a drop. I have the right to become one with the Ocean any time I wish. At the same time I can be separate . . . and be a drop. We are never alone. Can you hear the Beloved Joshua? Observe yourself as He speaks to you . . . He teaches you on all levels . . . *“I am the door, by me if any man enter in, he shall be saved, and shall go in and out, and find pasture”* (John 10:9).

Step back into the middle of the pyramid, fold your hands over your chest. Slowly balance your bodies . . . your noetical, your psychical, and material bodies are one. When you are ready, dissolve the pyramid. Breathe deeply and feel your material body again.



**ABSOLUTE BEINGNESS,  
ABSOLUTE INFINITE  
BEINGNESS, GOD, THE  
ALMIGHTY, THE FATHER**

The all-encompassing Godhead. Beings within the One Being. What we know of God we see only in reflection, as evident both externally and internally. Love, Light and Life belong to the primary Nature of Absolute Beingness as Total Love, Total Wisdom and Almightyness. The Love of God is universal, ceaseless, and unconditional. It is the Love of God, expressed as Grace, which lies at the core of Creation. The Light is pure, luminous Super Self-consciousness. Everlasting Life is the eternal motion, generation and regeneration of Creation. Absolute Beingness is Omnipresence, Omnipotence, and Omniscience. Its characteristics include Multiplicity, Self-sufficiency, and the Will-pleasure to express Itself in Itself as Creation. Absolute Beingness manifests Itself as the Christ Logos and the Holy Spirit, 'and these three are one' (1 John 5:7).

**ABSOLUTE BE-NESS**

That aspect of God which lies absolutely beyond the reach of human and Archangelic comprehension. The ultimate Source, the fathomless and inarticulate depths of the Divine that are beyond expression, for "no man hath seen God at any time" (1 John 4:12).

**ARCHANGELIC MAN**

Archangelic Man is an archetype belonging to the Archangelic Orders. A Holy Monadic emanation passes through the Idea of Archangelic Man on its way to the Idea of Heavenly Man. For this reason human beings are brothers of the Archangels.

**ARCHANGELS, ANGELS**

Archangels are logosic and holy spiritual Beings who build, maintain, and grace the universes. Within Absolute Beingness are Orders of Archangels, each Order containing myriad upon myriad of Beings of the same kind. We know of twelve Archangelic Orders: Thrones, Authorities, Dominions, Principalities, Overlords, Seraphims, Cherubims and others, named and unnamed. They possess Total Wisdom, Love, Power, and Absolute Self-awareness. Angels are elementals of the Archangels.

**ARCHETYPES**

see **FORMS** and **ARCHETYPES**. Also see **CAUSES** and **IDEAS**

**AT-ONE-MENT**

The Super Self-conscious state in which a being merges into complete unity with any other being or existence, and with Absolute Beingness in Theosis, without ever abandoning its Self-conscious Ego.

**ATTUNEMENT**

Adjusting our vibrations to the frequency of any other existence or being, to the extent that we can observe and study its nature. Attunement is reached prior to at-one-ment.

**BEING and EXISTING**

Being is our Divine Nature, boundless and eternal Spirit Existing, as a projection of Being, is within the boundaries of time-place-space. An existence is a temporal phenomenon with a beginning and an end.

**CAUSAL STATES**

Above the noetic state, the causal states are non-dual conditions of pure Love, Causes, Laws, and Principles, cared for

by the higher echelons of the Archangelic Orders. They are the fifth heaven and above.

**CAUSE AND EFFECT, LAW OF**

The Law of Cause and Effect is recognised by scientists as well as mystics. This Divine Law of growth, harmony and balance, requires action to result in reaction. Every deed, thought, and emotion has a consequence, either favourable or detrimental. Karma, a term from the East, is the accumulation of the 'effects'. This Law can operate over several lifetimes as well as within much shorter periods of time.

**CAUSES and IDEAS**

Absolute Be-ness is the primal Cause. The Will-pleasure of Absolute Beingness is the Cause of Creation. From within the Will-pleasure of Absolute Beingness, all subordinate causes spring. Causes shape archetypal Ideas, which in turn give rise to noetic forms. Archangels work through the Ideas and apply Total Wisdom to each form. Every Idea holds within it the whole Circle of Possibility and Probabilities of the form to be manifested.

**CHRIST LOGOS**

The Logos, the Divine Common Selfhood, is Absolute Beingness manifested as Super Self-consciousness. Logos has been translated from the Greek to mean 'Word'. 'In the beginning [authority] was the Word, and the Word was with God, and the Word was God' (John 1:1). The Logos is the real light which enlightens every man coming into the world' (John 1:9). Joshua Emmanuel speaks as the Christ Logos when he says, 'I am the Son of God' (Matt 27:43), and as a human being when He speaks

as the 'Son of man' (Matt. 18:11). Joshua is a direct and pure Ray of the Logos incarnated, by immaculate conception, in Palestine twenty centuries ago. His Divine Teachings, as preserved in the New Testament, are cherished in our work as universal and timeless, offering indispensable guidance in the exaltation of consciousness.

### **CIRCLE OF POSSIBILITY**

Each form contains a Principle known as the Circle of Possibility. This Principle delineates, with Total Wisdom, the expressions of all phenomena of life. All manifested forms are continually developing: from seed to tree, from child to adult. Life requires change, movement, so that experience may be gathered from the many perspectives of a Circle. Each form changes in appearance, though never in essence as the Circle of Possibilities are immutable in the Eternal Now. No form can escape its Circle of Possibility, thus ruling out transmigration from one form to another (e.g. humans will always reincarnate as humans).

### **CIRCLE OF PROBABILITIES**

While a Circle of Possibility is inescapable, the Principle of its Circle of Probabilities allows for a vast array of occurrences. For man is free to choose the course of his life, a seed may or may not germinate, and a young tree may become diseased and die. Within each Circle of Possibility, we find millions of probabilities.

### **COMMON SELFHOOD**

As present-day personalities, we may come into conflict with one another and the gulf between us may seem great, but in our common logic consciousness we are unified and indivisible. This is

what Joshua Emmanuel the Christ taught when He said, 'Ye shall know that I am in my Father, and ye in me, and I in you' (John 14:20), and 'I am the vine, ye are the branches' (John 15:5).

### **COSMIC CONSCIOUSNESS, COSMIC MEMORY**

In the Cosmic Consciousness every event, past and present, in all the universes, is recorded and preserved. The Cosmic Consciousness is constructed of Mind by means of living elementals in the Eternal Now. Within the Cosmic Consciousness is the Cosmic Memory (also known as the Akashic Record). This is the 'heavenly archive' where impressions, actions, thoughts, emotions, and desires are chronicled. By attuning himself to the Cosmic Consciousness a mystic can – within the limits of his own development – enter and study the Cosmic Memory.

### **CREATION**

Manifestation of Absolute Beingness in Itself as the universes, from the highest heavens to the worlds of existence. All of Creation is in accordance with Its Divine Plan, under the care of the Holy Spirit and Christ Logos.

### **DIVINE MEDITATION**

Divine Meditation, for lack of a better term, is believed to be the state prior to Creation, in which Absolute Beingness contemplates expressing Itself within Itself. However, there is the 'divine paradox' that there has never been a time when there was no Creation.

### **DIVINE PLAN**

The blueprint of Creation, perfect and complete, account-

ing for everything and for all occurrences. Attuning ourselves to the most wise Divine Plan of Absolute Beingness is the purpose of our existence.

### **ECSTASY**

Entering the Kingdom of Heavens through expansion, attunement and at-one-ment Ecstasy is of the Spirit as it implies a passing beyond all conceptual thinking and the confines of time and place.

### **EGO and EGOISM**

Our use of these terms is not to be confused with contemporary psychological terminology. Egoism misuses Mind through the construction of selfish desires and base emotions, like greed, malice, and envy. The Ego (capital E) is the Self as Being, our Self-aware Soul, and is reflected in a reasoning and loving personality. Egoism is the sum-total of all self-centred, unbridled elementals and the source of dis-ease in Man, the nation, and the world. Our Ego nature brings forth love, compassion, reasoned thinking and reasoned action.

### **ELEMENTALS**

Every thought, emotion, and desire - both conscious and subconscious - creates and transmits an elemental, a thought-form, that carries on an existence of its own. We create and regenerate two types of elementals. When negative emotion prevails over thought, we have created emotional thought-forms, or desire-thoughts. When our ideas, desires, and emotions pass through reason and love, we create reasoned thought-forms, or thought-desires. Once created an elemental can never be destroyed, only dis-energised.

(when no longer fed with etheric vitality). Elementals of a kind collect to form powerful group elementals. If an individual, or a collection of individuals, are vibrating at a certain frequency, they will attract such elementals. Archangels also create elementals in the service of the Divine Plan (e.g. angels and nature spirits).

### **ETERNAL NOW, ETERNAL PRESENT**

Time and place are concepts resulting from, and sustained by, impressions generated in the worlds of separation. These concepts, and the respective experience, vary from one dimension to the next. The worlds of existence are contained within the higher heavens of the Eternal Present. The experiences we have in the worlds of existence are but a slice from the larger whole, the state of Everlasting Life, where past, present, and future collapse into the Eternal Now.

### **ETHEREAL WORLD**

The etheric double of the planet.

### **ETHERIC CENTRES**

Centres of energy (Sanskrit: chakras) located at various points on the etheric doubles of our bodies. These centres act as gates and storehouses for elementals. Each of the three bodies, from the gross material to the more refined, displays these centres on its etheric double: 'stars' shine on the noetical body, 'lamps' light the psychical body, and 'churches' sanctify the material body.

### **ETHERIC DOUBLES**

All manifested forms, from the simplest to the most complex structures, possess an etheric double, centred in the body and

extending slightly beyond it. The etheric doubles, both perfect and incorruptible, serve as the moulds for a body's construction and for the preservation of a body's health. Within etheric doubles etheric vitality is received and distributed to various parts of the body. An etheric double exists as long as a body (whether material, psychical or noetical) is projected. When a body passes over (dies), its etheric double dissolves.

### **ETHERIC VITALITY, MIND VITALITY**

'Our daily bread', etheric vitality (Mind at certain frequencies) is obtained from the sun, breathing, meditation, food, and rest. We swim in a sea of etheric vitality which surrounds and permeates the globe, giving life and nourishment to all phenomena.

### **ETHERS**

Within the etheric doubles we find etheric vitality in four conditions: as the creative, imprint, sensate, and kinetic ethers. Creative ether is used in the construction and maintenance of all phenomena of life. Imprint ether is used to shape etheric vitality into psycho-noetical images. Sensate ether is the 'feeling giving' ether, and kinetic ether facilitates motion.

### **EXISTING**

see **BEING** and **EXISTING**

### **EXOSOMATOSIS** (Εξωσωματόσις)

A Greek word equivalent to the English expression 'out of body'. We know of a first (from the material body), a second (from the psychical body) and a third (from the noetical body) exosomatosis. We all leave our bodies at night, during sleep, and travel to other planes subconsciously. The aim, however, is to be self-conscious while out of body.

### **FAITH**

Not only a theoretical belief in the dogmatic truths of a religion, but an all-embracing relationship, a recognition of, and love for Absolute Beingness. Faith, above all, is an active virtue for 'faith without works is dead ...' (James 3:26).

### **FORMS and ARCHETYPES**

Anything, in order to exist, needs a form. All phenomena of life are rooted in causal Ideas and patterned on noetic forms. There are billions of archetypal forms reflected in the worlds of existence. Each form possesses a unique Circle of Possibility which demarcates its expression. Under the care of the Holy Spirit, the Archangels work through the forms to create and sustain the phenomena of life.

### **GOD**

see **ABSOLUTE BEINGNESS, ABSOLUTE INFINITE BEINGNESS, GOD, THE ALMIGHTY, THE FATHER**. Also see **ABSOLUTE BEINGNESS**

### **GRACE, DIVINE**

see **MERCY** and **GRACE, DIVINE**

### **GROSS MATERIAL WORLD, GROSS MATERIAL BODY**

Mind made solid, composing the three-dimensional world and bodies.

### **GUARDIAN ARCHANGEL**

At the point of our original incarnation, having passed through the Human Idea, each of us is accompanied and protected by a Guardian Archangel. Throughout our sojourn into the worlds of separation, our Archangel helps our Permanent Personality plan each incarnation - without ever interfering with our free will. This Archangel, with whom we are egofied, is of the Order of the Thrones.

**HEAVENLY MAN**

Also called the idea of Man or the Human Idea. Our bodies are constructed according to the Causal Law of the heavenly human form.

**HOLY MONAD, HOLY MONADIC SELF**

Our real identity as Spirit-Ego-Beings. A Holy Monad might be thought of as one of countless myriads of 'cells' within the Multiplicity and Self-sufficiency of Absolute Beingness.

**HOLY SPIRIT**

The dynamic aspect of Absolute Beingness as Total Wisdom and Almightyness. The Holy Spirit is impersonal Super-consciousness that expresses the Omnipotence of Absolute Beingness. It allows for the creation and preservation of the universes. We experience the Holy Spirit as universal Wisdom and Healing Force.

**HUMAN FORM**

see **HEAVENLY MAN**. Also see **FORMS** and **ARCHETYPES**

**IDEAS, DIVINE**

see **CAUSES** and **IDEAS**. Also see **FORMS** and **ARCHETYPES**

**INDIVIDUATION**

see **INDIVIDUATED SELFHOOD**

**INDIVIDUATED SELFHOOD**

Individuated Selfhood encompasses all the expressions of the self from its source as a Holy Monad, filtered down to the petty present-day personality. Within the Selfhood, not a single expression is devalued; each is cherished in its own right. Our Spirit-Ego-Being partakes in the Will-pleasure of Absolute Beingness (to express Itself in Itself) by expressing Itself within Its own Selfhood.

**INNER SELF**

A term indicating the Self-aware Soul in Its projection as the Permanent Personality.

**INTROSPECTION**

An inner exploration to trace the sources of our behaviour with the resolve to self-consciously structure our personality and its subconscious. The aim of introspection is to free the self of the limitations of egoism, by releasing 'your conscience from dead works' (Hebr. 9:14). Daily introspection, also termed 'looking within', is the process of self-examination, of 'knowing thyself. This is the core practice of every Researcher of Truth and all those interested in Self-Realisation.

**JESUS THE CHRIST, JOSHUA EMMANUEL**

see **CHRIST LOGOS, THE**

**KARMA**

see **CAUSE AND EFFECT, LAW OF**

**LAWS**

see **PRINCIPLES AND LAWS**

**MEDITATION**

The inner reaches of introspection become the outer reaches of meditation, as the exploration moves beyond the subjective experience of the present-day personality, into the boundless ocean of Mind, towards the universal and eternal.

**MERCY and GRACE, DIVINE**

Most compassionate, mysterious and little understood forces in Creation, Divine Mercy and Grace permit the miraculous to occur - the seeming exceptions to the Law of Cause and Effect. It is by the Grace of God that we are embodied, entrusted with the gift of free will. And it is the

Mercy of God that 'maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust' (Matt 5:45). For as James wrote in his epistle, 'mercy rejoiceth against judgement' (3:13).

**MIND**

The bearer of life. Everything that exists is made of Mind at varying frequencies from super-substance, substance, to solid matter. Mind is not God, but an emanation of Absolute Beingness imbued with the Total Wisdom, Love, Power, and Purity of its Creator. Mind is divine at its source and holy in its expression. When the word 'mind' is used to express its everyday meanings, it appears with 'm' in the lower case.

**MIND-LIGHT**

see **MIND**

**MULTIPLICITY, DIVINE**

Absolute Beingness in Its manifold nature as gods within God. The entire diversity of Life resides within God, in 'the fullness of him that filleth all in all' (Eph. 1:23).

**NOETIC STATE**

A state linking the worlds of separation to the causal states, where forms are unexpressed in the Eternal Now. From the noetic state, the Archangels derive the forms to create and sustain the phenomena of life. This state is where we possibly may come to rest between incarnations.

**NOETICAL WORLD, NOETICAL BODY**

The five-dimensional world, and the most rarefied of the three worlds of separation. In the noetical world is the world of thought and home of the noetical body. Here the Total Wisdom

of Absolute Beingness finds expression in the worlds of duality as manifested forms, ranging from galaxies to unicellular organisms, all constructed of Mind super-substance. This is a world of seven planes, each with seven sub-planes.

#### **OBSERVATION**

Observation is part of our divine nature. Attention without tension. Perfect concentration. The ability to observe in detail, and to recall what we have observed, is vital to our comprehension of Life.

#### **PASSING-OVER**

A euphemism for what is commonly termed 'dying'. Passing-over is properly understood as an episode within a Circle of Possibility where a personality concludes its existence in one dimension only to continue in other worlds. Death is not an end, but a beginning, a birth into another dimension.

#### **PERMANENT ATOM**

That part of the Permanent Personality which records the experiences and lessons it has received in space-place-time. The permanent atom is situated in each body simultaneously, and registers emotions, thoughts, reactions, and experiences as they occur in the worlds of existence.

#### **PERMANENT PERSONALITY**

The active aspect of the Self-aware Soul, both within and beyond the worlds of separation. The Permanent Personality filters knowledge to the present-day personality and distills wisdom.

#### **PRESENT-DAY PERSONALITY**

A personality developed during each incarnation, which we may call 'George' or 'Mary'. The

present-day personality is a projection of the Permanent Personality into the worlds of separation. This petty self, infatuated with knowledge resulting from the five senses, is the sum-total of its elementals. The work of the present-day personality is to cultivate a humble, moral, and loving character.

#### **PRINCIPLES and LAWS, DIVINE**

Divine Principles and Laws govern all expression in time, place and space. They are the basic structure of the Divine Plan, keeping all worlds and universes in balance and order. It is our recognition of, and alignment with, these Laws (e.g. of Cause and Effect, of Harmony, of Order, of Growth and of Love) and Principles (e.g. Circles of Possibility and Probabilities) which lead to enhanced spiritual development. Also see **CAUSES** and **IDEAS**.

#### **PSYCHICAL WORLD, PSYCHICAL BODY**

The four-dimensional world, also known as the 'world of emotions'. Our psychical body is composed of a mixture of our conscious and sub-conscious emotions and desires, some helpful, others harmful. The super-sensuous psychical world, home of our psychical body, is divided into seven planes, and each in seven sub-planes. It is to the psychical worlds that we travel in first exosomatosis, in our psychical body, and to which, on passing-over, we first go.

#### **PSYCHO-NOETICAL**

The relationship between the psychical world of emotions and the noetical world of thoughts is so interwoven that we have to consider them as semi-unified. There is scarcely a thought with-

out some emotion, and in every emotion there is a measure of thought.

#### **PSYCHO-NOETICAL IMAGES**

Multi-dimensional images of psycho-noetical substance, formed through visualisation by means of noetic light. Once formed, these elementals are everlasting, as are all elementals.

#### **PSYCHO-THERAPY**

Esoteric Christian psychotherapy encompasses a complete range of healing. Not limited to treating problems within the personality, a true psychotherapist is concerned with noetical, psychical and physical health. An aspiring psychotherapist must train himself in many respects: the conscious use of etheric vitality (in the four states of ether), visualisation, the comprehensive knowledge of human anatomy (including the etheric doubles), the understanding of the subconsciousness, and awareness of Divine Laws. A psycho-therapist's effectiveness in healing depends on the purity of his heart and consciousness. He must not consider himself a 'healer', but rather a worthy conduit for the Holy Spirit. Compassion, concern, understanding and above all, love are his values. He considers his patients Spirit-Soul-Egos, in the Common Selfhood, with time-place-space difficulties.

#### **SELF-AWARENESS**

A state of conscious awareness of the Self within the Divine Plan. Through work and will-power, we awake from the slumber of everyday consciousness into a state of expanded Self-awareness.

**SELF-CONSCIOUSNESS, SUPER SELF-CONSCIOUSNESS**

Consciousness, in varying degrees, of ourselves as individuated Beings and existences. Through faithful introspection we become first self-conscious, and later Super Self-conscious – totally aware of Beingness and existence.

**SELF-REALISATION**

Full awareness of who and what we really are. Self-Realisation is attained when the present-day personality is transmuted into the Permanent Personality, and unified with the Self-aware Soul.

**SELF-SUFFICIENCY, DIVINE**

A characteristic of Absolute Beingness: complete Abundance, Blessedness, and independence of all needs.

**SOUL, SELF-AWARE**

A ray of a Holy Monad that passed through the Idea of Heavenly Man. The Soul is not created; it is the precious 'pearl' of Spirit (cf. Matt. 13:45,46). The incorruptible Soul, which St. Paul called the 'Spiritual Body' (1 Cor. 15:44), is in a formless state as Spirit, containing the Idea of man. When returning to the Godhead, the Soul marries the Spirit-Ego-Being in a state of Super Self-consciousness.

**SPIRIT-EGO-BEING**

Our Self as a Divine Being: boundless, eternal, and immovable. Our Spirit-Ego-Being is the Self as Holy Monad, Super Self-conscious, in at-one-ment with the Almighty. The Will of our Spirit-Ego-Being to express Itself in Its own Selfhood derives from the Will-pleasure of Absolute Beingness to express Itself within Itself.

**SUBCONSCIOUS**

Researchers of Truth understand the triadic nature of the subconscious. One chamber, so to speak, of the subconscious contains all the elementals composing our personality. Another chamber serves as the storehouse of life-giving etheric vitality. The most valuable chamber is that of the Logos and the Holy Spirit.

**SYSTEM FOR THE RESEARCH OF TRUTH**

Our system of esoteric Christianity recognises the eternal truths known to all great religious traditions, while firmly based in the teachings of the God-Man Joshua Emmanuel the Christ and the New Testament Through directed study, exercises and meditations, we seek the balanced evolution and integration of our entire being, as we cultivate our moral, ethical, spiritual, and mystical aspects. Our approach is methodical, safe, and self-evident.

**THEOSIS**

At-one-ment with the One God, Absolute Beingness. The moment when the Prodigal Son, now Super Self-conscious, returns home to his most loving Father.

**TOTAL LOVE, WISDOM and POWER**

Primary natures of Absolute Beingness and all Beings. They form a sacred triangle, each nature complementing the other.

**VISUALISATION**

Visualisation is a language of the divine, the 'key' (Rev. 3:7) to the kingdoms. After learning to observe carefully and to concentrate fully, we gain the ability to visualise consciously. We use etheric vitality to create

elementals, from psycho-noetical images to entire scenes. Through visualisation, in healing work, we learn to materialise and dematerialise. Visualisation is the process of harnessing thought in a constructive manner.

**WILL-PLEASURE**

God's pleasure in creativeness; Absolute Beingness expressing Itself in Itself as Creation. Will-pleasure, in Greek *evareskeia* (Ευαρέσκεια), carries a sense of pleasure derived from bountiful giving, as practiced by a warm, generous and wealthy source.

**WORLDS OF SEPARATION, WORLDS OF DUALITY**

The three worlds of existence (material, psychical and noetical) in which we spend periods of seeming separation from Absolute Beingness. These are worlds of duality, of time-space-place, which we experience during each incarnation.

