

LEMURIAN PHILOSOPHY

LESSON 3

THE EGO

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LEMURIAN  FELLOWSHIP

Balance. Purpose. Enlightenment.

LESSON THREE

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INFORMATION — KNOWLEDGE — WISDOM

Information . . . an Accumulation of Facts

The material released through these lessons is not designed simply to satisfy the curiosity of students or just to afford interesting topics of conversation. *Reading* the lessons for the information only will do little to help you fulfill your great purpose in life. While the Wisdom of the Ages is released through the lessons of the Lemurian Philosophy by those who fully comprehend it, and though their wisdom is seemingly limitless, all that these Elder Brothers or anyone else can impart to another is *information*. And information is of little or no value in advancing one, for it is *only an accumulation of facts*.

Reading and talking about these Teachings do not allow for extracting the "meat" from them. Nor do they provide opportunities to recognize the true nature and value of the Philosophy in overcoming your difficulties and improving your life. You may gain an *idea of the subjects covered in the Philosophy* by reading through the course of study, but your conception of them will not be deep enough to be of real value. Reading alone does not help one profit from *any* study. You may read the very best instruction on how to swim, for example, but until you put the principles that are explained into *actual practice*, using them while in the water, you will never become an accomplished swimmer.

Much the same is true of your study with the Fellowship. It is not enough to read the Lemurian Philosophy and fill your mind with general information concerning it. Such a superficial grasp of the Teachings won't convince you they are authentic! We *tell* you they are, but until you have proven at least some of them in your own experience, you will not really *know*.

You may have studied the previous lessons with an open mind and even confidently accept what it is possible to accomplish through your study of the Philosophy. But, until you actually *use* these principles for yourself and *prove* their usefulness to your own satisfaction, the lesson material is simply information and may or may not be authentic so far as you are concerned.

Knowledge . . . Gained through Experience

For instance, Lesson One discusses the Law of Precipitation, but only as you properly *employ all six parts of the procedure set forth for yourself several times* will you be convinced of the benefits you can

gain from the correct use of this cosmic law. Then you will *know* and no amount of disbelief and argument on the part of others will persuade you that what you have experienced is not true. It's no longer *information* for you, but *knowledge*. *Knowledge is acquired only through personal experience*. Knowledge concerning cosmic laws and the principles discussed in the Lemurian Philosophy is absolutely essential to one's advancement.

The authenticity of the Lemurian Philosophy is knowledge to the Elder Brothers, Adepts, Initiates, and those teachers and students who have been applying these Teachings to themselves and their affairs. To others, though, it is only information that may or may not be true. And to you as a beginning student, it is the same until you have gained some knowledge concerning it. As you convert the information in these lessons into knowledge, you will also gain increasing faith and confidence in the Elder Brothers and in the training being extended to you. This trust is of great importance to our being of help to you in your efforts to become an Initiate and a citizen of the New Age Civilization to come.

Even knowledge is not the ultimate, for while one may know many things from personal experience, unless the knowledge thus gained is used *wisely*, the individual may well be worse off than if he had never acquired it. For example, you may be able to precipitate to an amazing degree, or you may be very sincere in wishing to help others, but if in either case, you work in the life or environment of others without their sanction, you may incur cosmic debts that will eventually bring undesirable conditions into your life. Obviously, you are acting unwisely.

Wisdom . . . Using Knowledge Beneficially

In discussing the Law of Precipitation in Lesson One, we explained a number of other related cosmic principles. This was necessary, for while precipitation is possible *without* adherence to them, if *not* abided by, the precipitation could bring undesirable conditions into one's life or result in the loss of the precipitation itself.

These are illustrations of lack of wisdom relating to principles you have studied in the lessons. You can probably recall many unpleasant reactions you've experienced from mistakes you made or foolish things you said or did that could have been avoided. You *knew* the right course to pursue; you had the knowledge, but did not think to use it. You were unwise — lacking in wisdom.

When knowledge has been thoroughly digested by thought; and each experience has been mulled over until it becomes a part of your be-

ing so that correct principles are applied in similar instances, then you are proceeding wisely and acquiring *wisdom*. *Wisdom is the ability to utilize beneficially all the knowledge one possesses.*

Use of the Mind

As with knowledge, wisdom is not acquired through reading books. Neither is it given as a gift by some benevolent Power or Being. It has to be developed through the *use of the mind*, for wisdom is the product of experience thoughtfully considered, and must be worked for to acquire.

As you get further into the Lemurian study your intellectual comprehension of truth will naturally grow. But as you absorb and *use* the principles and laws that are taught so that they become knowledge, a growing understanding of underlying causes will develop until you will have acquired wisdom.

"Wisdom is the principal thing; therefore get wisdom." (Proverbs 4:7)

As an aspirant for Initiation and citizenship in the Kingdom of God on earth, start now to turn all matters to advantage wisely through your ability to *think* — the ability that sets humans apart from all other types of life on the physical plane of existence. Study and absorb all the essential *information* concerning cosmic laws and the principles that govern all things; apply the information to yourself and your affairs, so you may acquire *knowledge*. Use this knowledge so it brings you *wisdom* and in the final analysis leads you onward toward the goal and purpose of life.

Building a civilization representative of the Kingdom of God is a tremendous undertaking. For it to become a reality, students aspiring to citizenship should try to comprehend all that is a part of this great and wonderful program. Study the Lemurian Philosophy in all earnestness and be utterly sincere in your efforts to make the laws and principles it teaches a part of your way of life. You'll not only learn to solve your personal problems but will gain the understanding and wisdom to be of cosmically right help to others in solving theirs.

By becoming seriously involved, you'll become part of a strong and secure foundation for the structure that is to be the New Order of the Ages — the Kingdom of God here on earth.

Gradually, as increasing numbers begin to comprehend and properly apply the Lemurian Teachings, they will unite in common endeavor under the jurisdiction of the *Lemurian Brotherhood*, and the nucleus

of the New Order, which will be based on their teachings, will take shape. At the same time, individuals composing it will put into operation constructive causes that will not only benefit those participating in the program, but serve to counteract some of the vast accumulation of destructive causes reacting so unfavorably in the world of today.



COSMIC BALANCE

Spirituality

In the last century or so, humanity has moved into a new era of thinking. More has been learned about the resources and forces of Nature than was learned since the beginning of commonly accepted history. Even so, we are only scratching the surface of the good that may be ours, for the greater part of what we have been learning is of a material nature.

True, marvels of technology are now at our command, but the search goes on, for we know precious little about ourselves and the inherent possibilities locked within our beings. While becoming increasingly aware of the promise existing within the physical and visible phenomena of Nature, we have little or no conception of the internal and invisible world in which we live and move and have our being.

Many regard ideas and beliefs concerning universal truths as speculative and theoretical, refusing to acknowledge the existence of so much because it is not recognized by their physical senses. They know only the outer world, and so experience little real sense of security and lasting happiness. These qualities can't be bought, and no one can provide them for us. Neither are they by-products of wealth, power, or popularity. They must be created and *earned*, and the Lemurian Philosophy provides the basic information and help that should enable each sincere individual to do just that!

People Are at Different Levels of Consciousness

Paul referred to this difference in maturity of thought in his epistle to the Corinthians when he wrote, "I have fed you with milk, and not with meat; for hitherto ye were not able to bear it, neither yet now are ye able." (1 Cor. 3:2) When discussing the story of Abraham and his two sons in another epistle, he explained, "Which things are an allegory." (Gal. 4:24)

An allegory is like "milk" — food for thought by those not yet capable of comprehending the deeper implications of the teaching he was trying to impart. Listening to these stories and mulling them over in their minds made it possible for the people of that era to take at least the beginning steps toward understanding spiritual matters.

Others of the disciples also used stories to illustrate truths they wished to convey to their listeners, and as you know, Christ often used allego-

ries and parables when speaking to the multitudes. For “children” or beginners in truth, “milk” is all it is possible to assimilate. For others, there is the “meat.” The deeper meanings veiled by allegory have always been there for those who have reached the point where there is an intense desire to learn of spiritual things.

The Fellowship sincerely hopes this is *your* desire — that you wish with all your heart to absorb and learn to use the Teachings expounded in the Lemurian Philosophy so you may not only solve your own problems but be of help in building the New Order. Because of our hope, and more importantly, the hope of the *Lemurian Brotherhood*, spiritual “meat” is being released to you through these lessons.

Yet, Paul indicated that, even though you may previously have been fed the milk of truth, you may still not be ready for the meat. Perhaps as he said, “neither yet now are ye able” to accept, masticate, and digest it.

While the subjects taught in the Lemurian Philosophy contain both the substance and the spirit of truth, all are written so simply that anyone can comprehend them if they wish. Also, the truths are presented so gradually that students are scarcely aware that this is truly profound information.

Since it is the purpose of the Lemurian Philosophy to help you establish a degree of balance, not only in your affairs, but within yourself as well, we are devoting this section to an explanation of how the universe itself is maintained as a balanced and harmonious whole.

A Balanced and Harmonious Universe

From the chapter, “The Mind,” in Lesson One, you learned that the universe is dual-phased, one aspect revealing itself as substance and the other as energy — cosmic root substance and cosmic root energy, or Nature and God, the flow of the atoms of one aspect differentiating it from the other.

This duality goes far deeper, for the physical world recognized by the five senses is directly and inseparably related to an inner “spiritual” world. The average individual views this with a closed mind, and to a degree, this is understandable, for the correlation and interdependence that exist between the outer and inner aspects of the universe and of human beings, is so profound that only those highly advanced comprehend it *completely*.

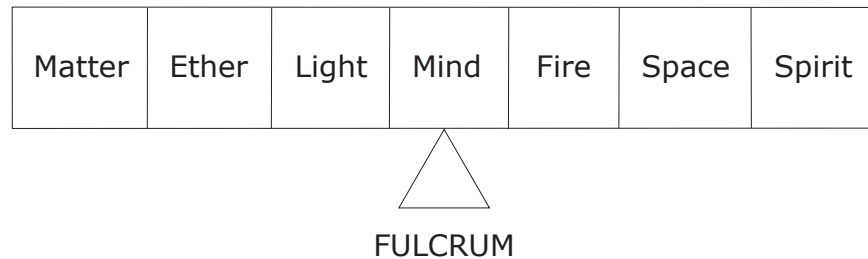
Yet, there is much concerning this important matter that students aspiring to advance *can* grasp since the information is presented in an

understandable and direct way. And for those sincerely seeking answers to the riddles of life and whose minds are open, a vast fund of fascinating and useful information lies ahead.

Cosmic Root Substance — Cosmic Root Energy

Everything in existence is either cosmic root substance or cosmic root energy. Nature and God are two expressions of the same thing: God is *life* or *spirit* and Nature is the physical manifestation, or *form*. These are the inner and outer aspects of the universe. In reality, they are one, but until we have advanced to the point where we can fully recognize them as such, we must think of them as the outer world with which we are more or less familiar and the inner world we have yet to know.

As the great scientist, Albert Einstein, told his students, "All the world is in vibration, while matter and energy are one and the same." Within each of the worlds to which we refer are several gradations or degrees of vibration. With universal mind forming the fulcrum, these divide the universe into seven dimensions as indicated in the following diagram.



As you have learned, the atoms composing cosmic root substance travel in roughly circular orbits while those composing cosmic root energy flow in what, for the sake of convenience, we call straight lines. In addition, the individual atom rotates on its axis like a miniature world. This axis also has a nutation or slight wobble back and forth, meaning it does not stay fixed, as is also true of the earth's axis. The nutation or oscillation that occurs is responsible for vibration. And the rapidity or frequency with which atoms oscillate or vibrate accounts for much of the difference existing between the seven dimensions comprising the universe.

Note: It is generally understood that atoms are composed of infinitely smaller bodies known as electrons, neutrons and protons, the neutrons and protons being composed of an array of even smaller units of energy or mass. For the sake of simplicity and ease of understanding, we refer to the atom as the basic material of matter.

Seven Dimensions . . . Blending Into One

Referring to the diagram, you will see that the first section on the left is labeled *Matter*, which, as you know, is cosmic root substance or atoms spinning in close proximity. Everyone is familiar with matter. It is the composition of the world we see around us and of which we are a part. But, too many consider the physical substance they recognize with their normally developed senses as the only substance in existence when, in reality, it is merely the densest, with all the atoms composing it vibrating at their *lowest possible rate*.

Of slightly less density is *Ether*, occupying the second section of the diagram. This also has form for it, too, is cosmic root substance, but here, the atoms nutate or vibrate at a slightly higher frequency than those in Matter.

Of less density than Ether is *Light*, which is cosmic root substance vibrating at a slightly higher frequency than Ether. It, too, has form, but is so rarefied that, until we become more highly developed than the average, we are usually not aware of the existence of this plane of life. (We do not refer here to light as associated with the purely physical world around us and normally visible to the average individual.)

Even though most people are aware of only the first of these three dimensions, all are composed of cosmic root substance and play important roles in Nature and in the physical existence of each and every one of us.

At the extreme right of our diagram is the section labeled *Spirit*. Spirit is *cosmic root energy* or atoms that travel in straight lines, so to speak. As it exists in this seventh dimension, Spirit is cosmic root energy *in its most rarefied state* and in the *highest state of vibration* we can even begin to imagine. Less rarefied and at a slightly lower rate of vibration, we find *Space*, and a little less rarefied and at a still lower rate of vibration, there is *Fire*, both of these also being cosmic root energy.

Studying the diagram, we see that on one side, *substance or form* manifests in three dimensions — Matter, Ether, and Light — balanced on the other side by *energy or life* manifesting in the dimensions Spirit, Space, and Fire. Those dimensions of form aspect are inseparable, as are those of active aspect. And neither side is independent of the other, for all operate simultaneously and each is essential to the other as well as to the successful operation of the universe. In God's great creation, there is no separation. *All is one*.

The cosmic root substance manifesting as Matter, Ether, and Light is the same as the cosmic root energy manifesting as Spirit, Space, and

Fire, only the direction of the flow of the electrons and the rate of vibration being different. Cosmic root energy is the basis for all the Infiniverse and is the life essence or spirit, everywhere present and inherent within all that comprises it. Regardless of whether we, with our finite sight and understanding, are able to perceive any evidence of life, it is there, for *all is God and life essence*.

Universal Mind . . . the Balance

But what is it that maintains the harmonious relationships between the various dimensions on either side as well as those of one side to the other? And what is it that converts cosmic root energy into substance and vice versa?

It is Universal *Mind*. Mind is the link between Matter and Spirit, operating from the fourth dimension as indicated on the diagram earlier in this chapter, and balancing all the functions of the outer and inner worlds as well as their combined functioning. So the existing Trinity — Matter, Mind, and Spirit — is, in the final analysis reduced to Unity or Mind, the Divine Intelligence and Creator of all things.

The two existing aspects of the universe — substance and energy — are so perfectly blended that they are as one, for it is *Unity* toward which all things tend — absolute unity or at-one-ment with the God-head is the ultimate goal for all. Before it can be attained, though, balance must be maintained in all conditions of personal life, just as universal equilibrium is maintained.

Not understanding the importance of balance, most people have established so little harmony between the two aspects of their nature, as well as their affairs, that they are constantly at variance with the universe. So they suffer — we suffer. To bring about a state of harmony within ourselves and the conditions of our environment, it is essential that as human beings we learn to use *our minds* to establish a balance between the material and the spiritual in our own little individual universe.

We must learn to understand and use universal principles. The laws of God and Nature are too far-reaching, too inviolable for us to remain ignorant of their operation. Their very nature makes it *necessary* for each individual to learn to recognize and abide by them, for they are inexorable and inescapable!

Planes of Existence

Since the seven dimensions of the universe are basically life essence, let's consider the *areas* in which they are active. These we designate

as planes, the rate of vibration and density of each corresponding to that of the life essence operating on it.

These planes are so marvelously interlocking and closely interrelated as to be blending parts of one perfect whole, there being no physical boundaries between them, one melting into the other as do the colors of the rainbow. They are not separate localities fixed at indeterminate points in space, or even on distant planets. They are all around us, each operating in its own way.

Yet, since each represents the vibration peculiar to it and the functions it performs, most people are unfamiliar with any beyond the Physical Plane. Being composed of matter, this is dense and tangible enough to cause everyone to be aware of it. Since planes beyond the physical are increasingly less substantial, they are imperceptible to those not advanced to the stage where their own vibration or consciousness warrants knowledge of them. As we advance and become more balanced, they will become increasingly real to us until eventually, we will be as familiar with them as we are with the Physical Plane now.

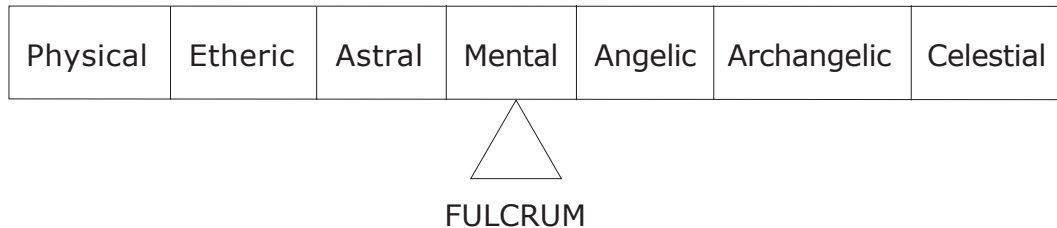
Students who at this point have no awareness of the existence of anything beyond the physical are again reminded to set up no mental barriers to this and other information released through this Philosophy. Purely *intellectual* reasoning all too often stands in the way of making the progress necessary to eventually proving these matters in one's own experience.

Simply because we cannot measure, weigh, or analyze a thing with our present equipment is no proof that it doesn't exist. And just because our present advancement prevents our seeing, feeling, or hearing anything from the planes surrounding us, in no sense lessens the reality of their existence. But if we do not become receptive to information about them, accepting with open minds and a willingness to do all that is necessary to prove it, we can't possibly acquire knowledge regarding other planes. The same applies not only to subjects presented through the Lemurian Philosophy, but to everything for, as explained in the preceding chapter, knowledge is gained only through firsthand experience.

By working intelligently toward balanced advancement, we will gradually earn the *knowledge* that what we are learning is true. Just as so many beneficial and wonderful things have come about because science has penetrated deeper into the realm of the outer world of Nature, so will we come to know even more marvelous and lasting benefits as we delve into the truths of the inner world that is inseparably a part of it.

Seven Planes

The diagram below sets out the names of the planes as they correspond to the seven dimensions and indicates their relationship to one another.



The three planes on the left are of special significance to us for they are directly related to our physical existence, and like the corresponding dimensions — Matter, Ether, and Light — they too are so closely associated that they act almost as one. So that you may understand this relationship, we'll discuss the Etheric and Astral Planes a little later in this lesson, and because the mind has such a direct bearing on our advancement, we will also briefly explain the Mental Plane at that time.

The Physical Plane . . . a Proving Ground

At our present stage of understanding and growth, we should be most concerned with the Physical Plane and all pertaining to it, for our purpose here is to learn to understand life as it relates to *physical existence*. The Physical Plane acts as a proving ground for us, providing opportunities where *we may experiment and learn through our mistakes and their correction*, developing the character and abilities essential to our growth and advancement.

Most of us tend to regard those things we have become accustomed to as ordinary and of little importance. Because of this, *we fail to recognize anything even approximating what this plane has to offer*. We accept the wonders existing and taking place all around us with so little thought that much of the beauty of life and living we could so easily have and enjoy passes us by. Yet, many feel an insatiable desire to learn of the unknown and to experience the phenomena of other planes, searching avidly for information or experiences that will help them acquire firsthand knowledge concerning them. Witness the many young people, and older ones too, who today have become addicts of one sort or another in the hope of transcending or shutting out the physical realities and somehow escaping the problems they present.

Only as we arrive at some true appreciation of the Physical Plane and the opportunities it affords, will we gain the understanding that makes experiences on other planes safe and worthwhile. To enter into unnatural practices for the purpose of having some psychic experiences before you are ready or in the mistaken belief that this is a sign of advancement, is to invite those that are far from beautiful or satisfying, and are to be avoided rather than sought. (We will go into this matter in greater detail in a later lesson.)

Dedicate yourself to gaining increasing knowledge of the plane you are now functioning on, which offers its own fascination, and in due course, you will come to enjoy experiences on the astral as a natural consequence of your worthiness.

Prosaic and dull as the Physical Plane may appear to yet unseeing eyes, there is a magical beauty to be found here that if not discovered will bar us from perceiving that of other planes. Have you ever marveled at a spread of lawn, wondering what makes the grass green instead of purple or red and pondered the fact that none among us can create one blade of it! No doubt, the poet Tennyson thought of mysteries such as these when he wrote this verse:

Flower in the crannied wall,
I pluck you out of the crannies,
I hold you here, root and all, in my hand
Little flower — but *IF* I could understand
What you are, root and all, and all in all,
I should know what God and man is.



THE EGO

Truth is so far-reaching and has so many ramifications that it is sometimes necessary to deviate from a subject we are discussing to go over another that has a direct bearing on it to make the meaning clear. We are at such a place now, for it's not possible to give you an understandable description of the planes closely associated with our physical existence until you have some understanding of the Ego and related matters.

From your study so far, you learned that life essence or spirit is everywhere present and a part of all that comprises the universe. This is a most important statement, for it helps you realize that all that exists is an expression of God. Equally important is the fact that, whether manifesting as substance or energy, life essence is forever in the process of advancement so that while everything related to the Physical Plane is an expression of God, it expresses Him at various levels of consciousness, none of them perfect.

The highest expression on this plane is the human being, of course. The ability to go beyond instinct and to think elevated the human above the status of the animal, which is the next highest expression of God here on earth. Through the continued use of this mental ability, human beings have a power possessed by no other form of life on this earth plane — that of consciously developing themselves so they may in all awareness advance and draw nearer the Perfection which is God.

Beyond having been endowed with mind, humans differ from all lower forms of life in still another and very important respect. When God said, "Let us make man in our image . . ." (Genesis 1:26), reference was not being made to the human body, for the life essence composing it is no more highly developed than that of any other animal form. Nor did it refer specifically to human beings having been endowed with mind.

Humans . . . Spiritual Beings

When human beings were created, they were differentiated and dignified above all else on the Physical Plane. The life essence or spirit that was to actuate human forms passed through a process of refinement and division that resulted in individual spiritual beings known as Egos. In making "man in our image," God made humans spiritual beings in much the same way as God is a Spiritual Being.

Physical forms provide the means enabling Egos to gain knowledge of all that is to be learned of physical life, while at the same time affording them the opportunity to develop the power of mind to its fullest capacity on this plane of existence. In so doing, Egos elevate the life essence of which they are composed to a more perfect expression of God.

In other words, humans are primarily spiritual beings, or Egos, created for the purpose of advancing that part of the life essence which is his or her being. The steps of advancement each human being makes, as explained in Lesson One, "Mental Preparation," are really the progress made by *all Egos* in developing abilities and characteristics that bring them ever nearer the perfection necessary to becoming, at last, one with God.

Obviously, progress has been and is being made by individuals who do not realize these truths. Those using even the simplest thought processes can elevate themselves at least to some degree, while thinking individuals make commensurately greater progress. But until we recognize our real identity as spiritual beings and the *reason* for our existence on the Physical Plane, the advancement made is a prolonged process made up chiefly of trial and error.

With some understanding of our true nature, and by *consciously* directing our energies toward the fulfillment of our purpose here, we can avoid many distressing issues, advance toward Initiation more rapidly, and come to enjoy a richer, more satisfying life. By deliberately using our minds to consistently adhere to universal law and become more balanced in all relationships, we improve environmental conditions, experience a growing happiness and pleasure in daily associations, and by degrees realize a contentment and serenity never before known.

The Ego — the Spiritual Aspect of the Human

The body we are so familiar with is simply the *physical* aspect. To help build a consciousness of yourself as a spiritual being, try to think of yourself always in this way. Associate what you are learning and your application of these truths as they reflect in your advancement as an Ego. (Note: The word *Ego*, denoting a spiritual being, is not to be confused with the word *ego*, which reflects concern for self.)

So it is important never to refer to "my Ego," for the word "my" implies a separation where there is none. It also attributes an importance to something about you that is of greater significance than the Ego, which cannot be. The word "I" denotes the Ego, and it is the Ego who is meeting the problems of life and learning to solve them through the use that is made of the power of mind.

Complete knowledge of cosmic principles and all that relates to the Physical Plane, together with accompanying balance, full control of self and environment, and freedom from cosmic debts must be accomplished ultimately by all Egos.

Only as we do this may we advance to the point of Mastership and finally transcend the Physical Plane of existence. Considering all that must be achieved, the average student might be dismayed and regard such attainment as beyond the ability of any human being. And so it would be if one were compelled to accomplish it all at once and over the few short years of an average lifetime.

But this is not expected, for the Infinite Intelligence knows that the necessary development is a slow process, and it would be impossible for an Ego to learn all that is essential to becoming a Master in the brief life span of the human body. Therefore, provision was made so that Egos would have the use of as many human forms as are necessary to accomplish their purpose. Each time Egos take on human forms or bodies for use on this plane, they are said to have incarnated, and the continuing process is known as *reincarnation*.

Your Identity as an Ego

As an Ego you have only *one* permanent identity, and as such would be recognized on the higher planes — Astral and Mental — according to your own Akashic Record. But as an Ego incarnating into successive physical forms on the Physical Plane, you have had many physical identities — a different one each of the many times you have incarnated. So when you speak of yourself as Amy or Josh, you are identifying yourself by your name or identity for this incarnation alone. When you use "I" you refer to yourself as an Ego. To be precise and accurate, you could say, "I am an Ego in incarnation, and my name for this incarnation is Amy (or Josh)."

In the affirmation we gave you in Lesson One — "I am happiness, God in action" — you are expressing yourself as an Ego through mind power (which is the God-endowed "divinity" each of us possesses as individualized Egos). To begin to have a greater conscious awareness of your own progress and enlightenment, repeat the following statement to yourself at various times:

I am an Ego, functioning through the physical body I have for this incarnation, and I am developing and using my power of mind for the conditions of environment I desire to have for my egoic progress and advancement.

You may be surprised to see how soon you become aware of the wonder and the worth of recognizing yourself as an Ego — an individual *spiritual being* — accepting that proper names are transient save for identification.

What does this mean to you?

It means that you, a spiritual being — an Ego — are in incarnation, using a physical form that best serves your purpose at this particular time. Since you have progressed far beyond the original state of existence when you used your first human vehicle, it is evident that you have incarnated many times. Also, because you have not made the advancement essential to attaining Mastership, it is apparent that you will incarnate time and time again until you have learned all that life on this plane is intended to teach you, after which a physical body will no longer be necessary.

When you have reached this point, your *soul* will have developed. The word “soul” is often used to denote the spiritual aspect of one’s being, but actually, the soul is the accumulated knowledge acquired by the Ego from experiences and observations of the experiences of others while active on the Physical Plane.

This knowledge becomes part of the individualized life essence which is that particular Ego and is carried over from incarnation to incarnation to be expanded on through still further experiences. When the Ego has acquired and benefited from all the experiences along all lines necessary to life on this earth plane, he or she will have complete control of self and environment, will have become a Master and be ready for the next step toward at-one-ment with God.

Until we have made considerable egoic progress, we may not be aware of having made any exceptional development in the past, for this knowledge usually lies dormant while the Ego strives to overcome and master other conditions that present problems. Yet, in the abilities of child prodigies and geniuses, in the various skills and proficiencies which appear to be inherited and natural, and in the strength of character displayed by some individuals, we see evidence of advancement made in previous lives.

Misleading Theories Explained

Because such detailed and complete information as given in the Lemurian Philosophy has not been released since Mukulian and Atlantean times, many confusing and conflicting theories have been ad-

vanced regarding these matters. As a result, those of western mind have tended to be reluctant to accept reincarnation as truth and the answers to such perplexing questions as: Why are we here? Where did we come from? Where are we headed? Yet, this is changing.

Probably the most fantastic of these theories has been that of "transmigration" where the soul (Ego) is said to retrograde into animal or even insect forms in the event the individual refuses to accept a particular religious precept. This fallacy originated with evil priesthoods of ancient times for the purpose of gaining and maintaining control over an ignorant and bewildered people. Later, you will learn more about these priesthoods.

The Ego is peculiar to the human being, and while it may retrograde as the result of continued misuse of cosmic law, it can sink only to the lowest point of *egoic* existence. As you learned earlier, "The life essence or spirit that was to actuate human forms passed through a process of refinement and division that resulted in individual spiritual beings known as Egos." The very nature of the life essence composing an Ego prohibits its incarnating in any form other than *human*.

Orthodox churches agree that the Ego (the soul, as they refer to it) is immortal and that at death, it goes to Heaven, about which there are various ideas as to what its purposes or activity may be. Or, having failed to abide by certain defined tenets and dogmas, it goes to Hell to suffer eternal damnation. Surely the second possibility appears incompatible with the ideal of a Supreme Intelligence, nor does either outcome provide a real purpose for life on earth.

About halfway between transmigration and the above beliefs, we find the doctrine of resurrection, its followers believing that their bodies, long deceased, will rise again. This is an idea borrowed from the Egyptian custom of embalming human bodies and mummifying them for use at the time of the resurrection. Despite the fact that no dead organism can long retain its molecular association, millions of people have accepted and still believe this to be possible.

Why so many readily accept these unsatisfactory or physically impossible theories, yet find it beyond them to agree with the simple, reasonable fact of reincarnation is difficult to try to understand. Tradition, even fears imposed by strict religious background, can have a profound impact on such deeply felt beliefs. Yet, by keeping an open mind and weighing the information the *Lemurian Brotherhood* has provided, students may gradually find new concepts and ideas about life and death more easily accepted.

Reincarnation . . . Logically and Beautifully Explained

That reincarnation was accepted in biblical times may be verified through the study of certain passages and verses in the Bible. Although the term itself is not found, still, it is very clear that people of that day took for granted the fact that life is continuous, and that an Ego uses various human forms to serve its purpose on this earth plane.

Turning to the Old Testament, Malachi 4:5, we find the statement: "Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord."

With the coming of Christ, the disciples asked Him about this at the Transfiguration. "Why then say the scribes that Elias (Elijah) must first come? And Jesus answered and said unto them, Elias truly shall first come, and restore all things.

"But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them.

"Then the disciples understood that he spake unto them of John the Baptist." (Matthew 17:10-13)

The relationship between these quotations seems clear and confirms the fact that rebirth was commonly accepted at that time. With these in mind, we can go back to Christ's testimony of John the Baptist (Matthew 11:10 and 14), which further substantiates John's being a reincarnation of the prophet Elias (Elijah). Here Christ states:

"For this is he, of whom it is written, Behold, I send my messenger before thy face, which shall prepare thy way before thee.

"And if ye will receive it, this is Elias, which was for to come."

In 1st Corinthians 15:19, we find the following: "If in this life only we have hope in Christ, we are of all men most miserable."

Other biblical statements refer all too obviously to a common belief in continuous life. For example in John 9:1-13, we find the story of the blind man whose sight had been restored.

"And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind." (John 9:1-2)

Since the man was *born* blind, it is obvious that if this Ego were to have sinned, it must have occurred in a previous incarnation or life.

Nothing except reincarnation explains the seeming inequalities existing among the human race. Why are some children born in the lap of luxury, indulged to the point of boredom, while others must struggle to keep body and soul together, facing odds that make each bit of happiness hard earned?

What line of reasoning makes it possible to reconcile the love of our Father in Heaven with the fact that some children come into the world physically or mentally challenged, or into such difficult environments where they must grow up amid poverty, filth and misery of the worst kind? On the other hand, does it seem logical that this just and kindly God would see other children born with sound bodies, minds keen and alert, and into surroundings where love and gentle care prevail *unless some natural law governed all births?*

Evidence all Around Us

A little girl of seven plays the piano or violin with the skill of a trained musician. A boy not yet out of his teens performs feats in higher mathematics, arriving at figures computed in his head with a skill that would challenge a computer. Where do these abilities come from? Is it mere chance in a universe so fairly and harmoniously regulated? Or did these children achieve these abilities and talents through efforts made in previous lifetimes?

Why do we like some people immediately? Why, seemingly without rhyme or reason, do we dislike others just as quickly?

Have you ever been in a strange place that seemed hauntingly familiar? Have you ever felt that a city, a house, a view, held strong associations for you, at the same time believing absolutely that you had never been there before?

Reincarnation explains each of these and answers many other puzzling questions. The haunting familiarity you feel with a place is a stirring of memories of a previous incarnation when you visited or lived in this spot. Those people you like immediately could well be Egos you once had dear and close relationships with, while the dislike you feel toward others may be due to unpleasant or unhappy experiences which you and they shared in a former lifetime.

That the unusual aptitudes displayed by some very young children are the result of cultivation and training undergone by these Egos at

a previous time is not difficult to comprehend. Knowing that all is governed by cosmic law, it is also readily understood that those born under unfortunate conditions have not been discriminated against in favor of others born under happier circumstances. They may have chosen these conditions for their own learning, or they may be atoning for cosmic debts previously incurred.

In some instances, an unusually strong Ego takes on unfortunate physical or mental characteristics when incarnating in order to help certain other Egos learn some lesson or work off cosmic debts that could be canceled in no other way. In any event, God displays no injustice when some children are generously endowed while others must undergo misfortune.

Continued Opportunities to Grow and Advance

In striving toward control of self and environment, *our most important task is that of becoming ever more in accord with the principles governing the universe.* Understanding them, we come to realize that no one passes judgment on us, but that we pass judgment on ourselves. We are punished or rewarded *by* what we do, not *for* it. There is no escape from the effect of negative activity we set into operation. We must atone for it through physical and mental suffering or render the excess service necessary to canceling it. It is equally inevitable that harmonious conditions in future lifetimes should be the result of constructive activity in this and previous ones.

Reincarnation is the wise provision of a loving Father that enables us to have continued opportunities to transmute past errors, and to grow and advance. If misconduct were not carried over from one lifetime to another, reparation would have to be made in a single incarnation. This would be impossible since we persist in our violations of cosmic law, constantly saying and doing things that add cosmic debts to our cosmic accounts.

Also, if we were compelled to reap the repercussions of lifetimes of negative activity perpetrated in the brief period of one incarnation, the burden would be overwhelming. The physical vehicles we are using would be unable to sustain it, and the preponderance of humankind would die very young, with very little accomplished by the Ego.

Even as it is, the negative causes set into operation are so frequent that, realizing mankind would destroy itself if we continued at the same rate, the Elder Brothers slowed down their reactions. Unfortunately, the masses have not availed themselves of the advantage given and with the passing of thousands of years, negative causes

have continued to pile up until today, the entire world is subject to their reactions.

Contrasted with those teachings of hell and eternal damnation for the poor unfortunate who transgresses, how much more beautiful and humane — how much more in keeping with our ideas of God — becomes the truth of reincarnation. Eternity is a long, long time and even kindly *human* parents would not condemn one of their children to eternal punishment because it had fallen by the wayside.

So, is there anything a person could possibly do in a single span of a lifetime for which *God*, in His compassionate understanding, His love and infinite tolerance, would refuse to give another chance? Isn't it reasonable to believe that God, whose entire creation is based on loving justice, would never withhold from an Ego opportunities to atone and to advance?

Observing the progress you have made spiritually, materially, and mentally since birth, you realize that reincarnation presents the only means through which the Ego would have the time necessary to accomplish all that is to be accomplished in acquiring a soul and attaining Mastership. Beyond question, none could make such progress in a single lifetime!

Desire Is Essential to Reincarnate

The number of incarnations required for developing the necessary qualities and abilities cannot be predetermined. Too much depends on the individual Ego and the use made of one's God-given power of mind, and until one becomes aware of the true purpose in life, progress can be very slow. And yet, it is interesting to know that thousands of Egos *have* attained Mastership, although compared with the vast number of Egos in and out of incarnation, the proportion is regrettably low.

The length of time spent out of incarnation also depends on the Ego. Those who are eager to learn the lessons life on earth is designed to teach, as well as to gain the knowledge necessary to their progress, come back quickly. Some Egos feel the need for rest, especially if the lifetime completed has been a particularly difficult one. Others require more time than the average to study past incarnations that they may make the greatest possible advancement in the one to follow. And then, of course, there are always those who procrastinate and are neglectful of their opportunities, often staying out of incarnation a thousand years and longer.

Desire is essential to reincarnate, and no Ego takes on a physical body unless she wishes to make some progress on the path. Each Ego has

the right of self-determination in this as well as in all other decisions that need to be made. Even those of the lowest vibration must manifest this desire. Yet, they cannot incarnate through parents of higher vibration but must seek parentage of the same low vibration as their own.

On the other hand, the vibration of the incoming Ego should be at least as *high* as that of the parents or higher. This means that Egos of average development are accommodated, as well as those more advanced ones seeking to incarnate for whom parents of corresponding development are not always available. In some instances, a more highly advanced Ego finds it necessary to take on an inferior body which, due to the greater intensity of her vibration, wears down more rapidly than would be true otherwise.

Some advanced Egos incarnate through average parents to benefit a particular group of people. Examples of these are Booker T. Washington and George Washington Carver who gave so much to the black race, Gandhi's mission in India, or Abraham Lincoln's to preserve the United States and free the slaves. Since parents of average advancement do not provide physical vehicles sufficiently strong to withstand the vibration of *highly* advanced Egos and serve their purpose, these Egos rarely incarnate.

Planning the Next Incarnation

While out of incarnation, the Ego becomes aware of the purpose of being and what is essential to further progress. When ready to take on a new physical body, the Ego selects parents who will provide the environment best suited to learning necessary lessons. Adepts and High Initiates then instruct the Ego in what is to be done, since from the point of conception until the time of birth, the Ego works on the physical body it is to use, entering the new vehicle with the first breath of the child.

Many must first accept reincarnation on the basis of common sense and reason. It answers so many questions that seemed to have no answers. With the basic facts presented, its simplicity, logic, and beauty seem so reasonable. With an open mind, the time will come in one's progress when there will no longer be any doubt, for truth is consistent, each bit fitting into the whole in a reasonable and right manner.

Reincarnation, a Necessary Process

By accepting it, we're able to comprehend the importance of accumulating cosmic credits, realizing that many of the conditions of our present lives are the result of what we have done in the past, and that

incarnations to come will be influenced importantly by what we do today. What a comfort to know that if we do a great amount of good and are so situated in this lifetime that we can't benefit from the excess cosmic credits earned, we won't lose them, but will profit from them in later incarnations.

How encouraging to know that the consummate skill of a musician will be brought back again; that hours and hours of faithful and loving practice are not for this lifetime alone, to be lost entirely with the giving up of the physical body! How good to know that the abilities developed by scientists, inventors, engineers, physicians and others who have aided humanity are not lost forever when so-called death takes place but are carried over from lifetime to lifetime!

A Motivating Factor

Reincarnation provides the stimulus for striving to develop our mental faculties. Don't we all wish from time to time that we might have been born with some talent, or could concentrate, remember, observe, and reason with better results than we do today? All efforts in these directions will not only bear fruit in this incarnation, but the gains you, an Ego, make will be incorporated within your soul to be forever a part of your consciousness to carry over into later lifetimes.

Karma

While out of incarnation, each Ego has access to his or her Akashic Record discussed earlier in the chapter, "Cosmic Economics," of Lesson One. With it open, the Ego may focus attention on the incarnation just completed, study actions taken during that time and observe when and how she cooperated with cosmic law and the times when she did not. She sees her cosmic account with the accumulated cosmic credits she may benefit from in later incarnations and the cosmic debits for which she must make amends. If the credits are not canceled through use and the debits through some form of atonement, they are carried over from incarnation to incarnation.

These accumulated cosmic credits or cosmic debits are then referred to as *karma* which means carried forward. Karma refers to those things from previous lifetimes which the Ego has brought forward in an incomplete state. Obviously, karma may be good or bad — positive or negative.

When an Ego incarnates into a comfortable and harmonious environment, one may be reasonably sure she has good karma. If the environment is not a pleasant one, it can *usually* be attributed to negative

karma. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Gal. 6:7)

For every action, there is a reaction, equal in force, but opposite in direction. Lesson One

Whenever we see a life that seems to disprove cosmic law, we are witnessing only an appearance, for when an Ego has done some wrong, sooner or later the very laws violated bring restitution. This is why we may sometimes see a seemingly blameless person whose every turn is checked by misfortune. On the other hand, with positive karma, a person may seem to succeed in everything she does although in the present incarnation, she constantly violates the laws of God. This individual is dissipating the good accumulated in past lifetimes and will end up with no cosmic credits and having to atone for many transgressions.

A Word of Caution

All too many students, young in their understanding of truth, are inclined to lay every physical defect or inharmony in another's environment to his or her negative karma. Although in some instances their assumptions may be correct, to refer to another's misfortune as his "bad karma" may not only antagonize or confuse, but in voicing such a belief, the truth student may be doing another a grave injustice.

These students lack a balanced understanding of karma, some even believing there is only one kind, and that bad or negative. We should be very circumspect in voicing opinions like this, for we can all too easily hurt another and incur cosmic debits for ourselves. Actually, many Egos *elect* to incarnate under adverse circumstances so they may learn some particular lesson or perform a service for another.

For example, after giving up the physical body at so-called death, an Ego realizes that much of his failure to advance during the previous incarnation was due to a lack of humility. Knowing this very important virtue must be acquired, and determined to make a thorough job of it, this Ego might decide to incarnate into an environment where the development of humility would be unavoidable.

Depending on his sincerity of purpose and courage, an Ego might select as parents a couple in unfortunate circumstances whose surroundings are depressingly poor. A strong Ego might even decide to take on a physical or mental handicap usually associated with negative karma.

An Example from the Bible

There are many reasons why an Ego may want to be of service to one or more other Egos. A case in point could be the blind man referred to earlier in this section. Christ's disciples asked Him, "Who did sin, this man or his parents that he was born blind?" A question is in their minds as to *who* was reaping the effect of negative causes. Did this Ego take on the handicap to atone for some wrong he had perpetrated? Or did he take it on because through him, the Egos who were his *parents* would have the opportunity to make amends for some grave misdemeanor previously committed or to learn some great lesson?

How Christ answered the question put to Him by His disciples is stated in John 9:3. "Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him," He told them. And a short time later, He restored the man's sight — "that the works of God should be made manifest in him."

Here was a man who through incarnation after incarnation probably couldn't bring himself to have an all-abiding faith in God and the so-called miracles that could be performed through perfect faith in Him. Now he had advanced to the stage of wanting to consciously experience this joy. So intense was his desire that he elected to come into the world blind, realizing that only God could give him sight. And when he did receive sight, he *knew* and had faith from that point forward.

Even advanced students of truth are at times misled by appearances and are often too free with their comments concerning another's bad karma. They run the danger of making an already difficult situation even harder to bear, and in doing so, bring unfortunate repercussions upon *themselves*. When tolerance becomes a practiced virtue, as it must if a New Order is to come into being, this will no longer occur, for all will have the proper understanding. Always remember that *appearances can be devastatingly misleading!*

Recollection of Past Lives

Many wonder why we don't bring a clear recollection of our past experiences into each incarnation. There are several reasons for this. Let's suppose, for example, that the Ego who wishes to learn humility brings the memory of this decision. We humans are so constituted that should we be *aware* that we incarnated to develop humility, we would defeat our own ends by *pretending* an attitude not actually ours.

Thinking to save ourselves suffering, misery, and humiliation, we would very likely put on an act. We would try to portray humility by simulating self-effacement, yet holding to the intolerant, superior thoughts that betray a lack of humility — deceiving no one but ourselves, and least of all, God. We would only fail to acquire those qualities that are a part of true humility and defeat the purpose for which we incarnated.

Another reason recollections of past lives are not brought back is because many would become disheartened when realizing the negative karma they had incurred and the task that lies before them in offsetting it — and give up. As a student becomes more thoroughly versed in the understanding of underlying truths and strengthens character through adherence to cosmic principles, in time there will be the ability to bring back these memories. Our God is a loving Father and withholds nothing from us except as it be for our greatest good. But if you are intrigued by the thought of a fascinating past, bear in mind that those lives were probably as average as the present one.

A Dual-Phased Being

Always remember that when we speak of a human being, we are referring to a dual-phased being. We are not merely physical entities as is so commonly believed, but Egos as well. We have a physical aspect and a spiritual aspect, the physical acting as a vehicle enabling the Ego to acquire experiences and knowledge necessary for the fullest understanding and ultimate mastery of everything pertaining to physical life.

Remember also that as Egos, we are the seed of God, possessing all the essentials to developing into God from whom we came, just as the acorn that drops from the oak contains all the essentials to becoming a perfect tree. When we develop our fullest potential, we become one with God, for God is the beginning and end of everything, as you will come to comprehend as the course continues. To ultimately become one with God, the Ego must pass through various stages, and come to know as much about everything in the universe as God does, and be able to accomplish the same things God accomplishes and be, in all respects, Godlike.

In Summary

Until a student becomes thoroughly familiar with the terms spirit, Ego, soul, and mind, it's very easy to confuse one with the other. For this reason, we give the following specific definitions and explanations of each and suggest that you carefully study their relationship to one another as well as fix in your mind the definition of each.

SPIRIT IS LIFE ESSENCE. It is everywhere present and actuates all things. It is that which makes us live and be. It gives us animation, the power to breathe, to assimilate our food, to reproduce our kind, and so forth. It is this life essence that is forever advancing toward God, arriving at this final goal when it has attained a state of Perfection.

THE EGO IS THE INDIVIDUALIZATION OF LIFE ESSENCE into a conscious being endowed with mind, making it capable of holding to, and profiting from, a continuity of experience.

THE SOUL IS THE ESSENCE OF KNOWLEDGE GLEANED BY THE EGO FROM ALL ITS EXPERIENCES WHILE FUNCTIONING IN A PHYSICAL VEHICLE. It is for the purpose of soul development that the Ego takes on physical vehicles from time to time.

THE MIND IS THE MEDIUM USED BY THE EGO TO EXTRACT AND GIVE EXPRESSION TO THE ESSENCE OF ITS EXPERIENCES. The mind actuates our conscience, distinguishing what is right from what is wrong; it creates and controls our environments, and enables us to profit from our experiences and from the experiences of others. It enables us to become consciously aware of our true identity. The Ego's advancement is contingent on the proper use of this power. Mind is the connecting link between human and God who has seen fit to endow us with this God quality to help us become like Him — creators in our own right.

Note: In an effort to explain our existence, there are those who have advanced the theory that we originally inhabited other planets and were transported to this planet Earth. Actually, we began life as Egos, or spiritual beings, on the same planet we now occupy and we will continue here until individually, the majority will have learned all that may be learned concerning it. The material of later lessons will further explain this.

Identifying Egoic Lessons

Earlier in the chapter you learned that:

While out of incarnation, the Ego becomes aware of the purpose of being and what is essential to further progress. When ready to take on a new physical body, the Ego selects parents who will provide the environment best suited to learning necessary lessons. Adepts and High Initiates then instruct the Ego in what is to be done, since from the point of conception until the time of birth, the Ego works

on the physical body it is to use, entering the new vehicle with the first breath of the child.

As you begin to think about egoic lessons you may have chosen to learn, try to view the experiences, choices, and direction of your life in an objective way, for within your daily experiences are clues to choices you made in order to gain advancement in this lifetime. You may wonder how to determine which egoic lessons you chose for this lifetime and the following ideas may be helpful:

1. Are there any patterns you have seen repeating through your life and relationships with people? For example, are you one who has often tried to keep the peace, or do you perhaps seek to control people or situations that come into your environment? Are you a more retiring individual or an extrovert?
2. Can you pin down a problem you have encountered several times in your relationships with people that has been hard for you? For instance, do you become easily impatient with or look down on others, or do you tend to go along with others' wishes too much?
3. Was there a particular turning point, such as the loss of a loved one or difficult experience that seemed to bring forth a lot of changes or learning? Can you pin down anything about these experiences that held significant importance for *you*?

Students are not expected to fully understand the egoic lessons they chose for a lifetime with this first conscious effort to weigh this subject. But a start can be made by thinking of yourself as an Ego who has been through many lifetimes, and by examining your present lifetime and the experiences that have had the greatest impact on you.

The following categories may also be helpful to you in pondering what may be areas of challenge in your life that can further help to identify what may be egoic lessons you chose to learn. By no means are these all of the areas to consider but are shared to suggest some common areas of testing:

General

Overly concerned with the opinions of others
Sensitive to criticism
Make emotional rather than reasoning decisions

Insufficient interest in others
Tendency to interfere in the lives of others
Tendency to overdo, go to extremes

Time

Time wasted due to lack of planning
Too much time spent in work
Too much time spent in recreation

Emotions

Fear
Jealousy
Discouragement
Negative reactions to people and life

Health

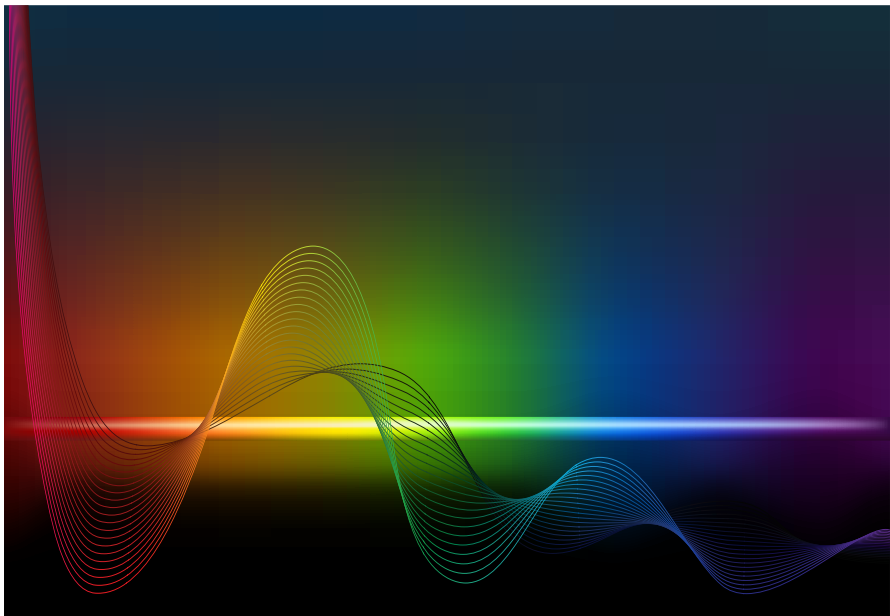
Insufficient attention to physical fitness
Insufficient attention to good nutrition
Tendency to overeat or to eat too little
Need to avoid and relieve tensions
Too much dependence on drugs and medications
Challenges with an addiction or escape, past or present

Finances

Need for more discipline in financial matters
Unrealistic sense of values
Need to consider cosmic credits in spending pattern
Fear of financial insecurity
Use of money to influence others

Human Relationships

Relationship with marriage partner
Relationship with children
Relationship with relatives
Relationship with friends and business associates
Too concerned with being "in" or with what others expect of me



THE PLANES

As explained in the chapter, "Cosmic Balance," the Physical, Etheric, and Astral Planes are so closely related as to be interdependent and to some degree, the activity of one affects that of the others. As students of truth, we are naturally interested not only in learning something of their relationship to one another, but particularly as it affects our physical well-being. The following discussions of the Etheric and Astral Planes are essential to a better comprehension of this relationship, and since the mind plays an important role in the proper coordination and functioning of all three, we will also briefly discuss the Mental Plane. While studying this information, we recommend that you refer to the diagram pictured in the chapter, "Cosmic Balance."

The Etheric Plane

The second dimension or Etheric Plane is composed of substance a little more refined than matter. This plane may most aptly be termed the field of force. Here, through our thought processes and those of the Great Ones, are established the etheric patterns, not only for everything we create, but for everything that has ever been created. Before *any* physical form can be brought into being, there must first be an etheric pattern for it. (As our understanding of truth expands, we begin to comprehend that there is a great deal more to this matter of an "inner world" than at first seemed possible.)

The more perfect the pattern, the more perfect the resulting physical manifestation. Since this is another example of how real something may be even though we can't perceive it with our normal senses, we cite the following simple experiment to demonstrate how it works.

Around the poles of every magnet exists what is called a "magnetic field of force." Examine an old-fashioned magnet closely. Not one of your five physical senses can detect this force, yet it has a very definite and distinct pattern. To prove this, you may, by purely mechanical and material means, clothe this force field with material substance that you can see.

Use some fine iron filings. Spread them thinly and evenly upon a sheet of paper stiff enough to support them. Next, hold your magnet just below the paper, but not touching it. Now gently shake the paper and filings you are holding in your other hand. It may be easier for you to lay the magnet on the table, then, while holding the filing-covered paper just above it with one hand, tap its edge gently with the other one.

A tap or two will show the filings assuming a very definite pattern. If the tapping is carefully repeated, the pattern will become increasingly pronounced.

To prove that this field of force is constant, remove the magnet and destroy the design by tapping or shaking the paper gently. Repeat the process by again placing the paper above the magnet, then agitating it. Identically the same pattern will form as previously.

You have actually concreted the pattern by utilizing cosmic root substance in the form of iron filings to give it physical substance that you can see and touch.

The magnet has a fixed field of force, while our minds create practically limitless patterns on the Etheric Plane as the result of ideas or thoughts we put forth. The greater the force put into the thinking, the stronger and more powerful the resulting pattern created. Remember that nothing has ever been or ever can be created until its etheric pattern has first been established.

Etheric Patterns . . . Building Blocks of Precipitation

For now, as with the iron filings, it's necessary that we use some physical material to precipitate an object. For example, let's assume that through our interest or desire, we establish the etheric pattern for a new kind of chair we'd like to build. With patient practice, intense concentration, and sufficient determination, it is possible to eventually develop our ability to precipitate to the point where we can actually clothe the etheric pattern with cosmic root substance, concreting and causing the idea to take on physical expression on the Physical Plane. But such abilities are so far in the future for most of us, that today we clothe our etheric patterns physically. For example, we construct the chair from wood or metal to conform to our pattern or idea.

Etheric patterns are formed as we visualize, think about, and anticipate the pleasure a precipitation will ultimately bring us. In the same manner, through worry thoughts, patterns of *unwanted* conditions are formed on the Etheric Plane. Then, when the anxiety is great enough to clothe the pattern, unpleasant conditions are brought into our environment.

Let's say, for example, that instead of feeling confident in your ability to construct the chair you have in mind and eagerly anticipating the pleasure it will bring, you feel skeptical, inadequate, or even overwhelmed by the thought of the task that lies before you. Your etheric

pattern will likely fail to manifest as you see it. Instead of the chair you anticipated, you may run into obstructions along the way and, because of your attitude, either never complete the chair, or turn out a disappointing product.

This is a simple way of describing how our mental attitude comes into play in creating etheric patterns. Simply maintaining positive thoughts doesn't guarantee success, but we can't over-emphasize how much our thought patterns are a part of the etheric patterns we form. Keeping this simple illustration in mind can be valuable in the more complex challenges you are faced with in life, so that you grow better able to create what you want and need, rather than what you fear and dislike.

Direct Precipitation . . . from Cosmic Root Substance

We have been asked whether it's possible for one who has lost a finger to precipitate a new one to replace it. This is possible, but highly improbable since it is not enough merely to visualize the finger as we are accustomed to see one. Every tissue, every cell of skin, sinew, bone, and nerve, together with all their intricate interrelationships must be visualized before one can begin the concentration necessary to bring about the precipitation of the finger. If our knowledge and powers of concentration were such that we could actually visualize, atom for atom, nerve for nerve, pore for pore in the skin, bone for bone with their varying structural components, it would be possible to precipitate a new finger to replace one that had been lost.

It becomes clear how far short of this perfect visualization and concentration we are at our present stage of development. Direct precipitation from basic cosmic root substance would be impossible at our level of unfoldment. A Master is capable of doing it because of having acquired the necessary knowledge, wisdom, and power of concentration that would make such a precipitation possible.

Etheric, Astral and Mental Bodies

That you may have a better understanding of the material just ahead, it is important that you know each of us possesses "bodies" enabling us to function on the Etheric, Astral, and Mental Planes. As you will learn from your study of Lesson Four, the etheric body (referred to in these lessons as the *vital body*) is so closely related to the physical body that the two are inseparable and act as one. Whether or not we are aware of this, we all use our vital bodies to function upon the Etheric Plane, for we are constantly evolving etheric patterns of one sort or another.

We also have an astral and a mental body designed for use on the Astral and Mental Planes. In appearance, the astral body is an exact replica of the denser physical body, but it is merely a shell possessing no organs or glands, for they are not needed on the Astral Plane.

The mental body of the average individual is quite rudimentary due to the fact that most people have done little or nothing to develop the mind and bring about a measure of balance — materially, mentally, and spiritually — within themselves and their affairs. Even in its rudimentary state, we do not come into possession of this body until our twenty-eighth year, the chief evidence of this being more mature judgment and better emotional control. But it's only as we consciously use and develop the inherent abilities of the mind and finally attain the First Degree of Initiation that we are able to even contact the Mental Plane.

Lesson Four will give you as much further information regarding our several bodies as the average individual can rightly understand and digest at this time.

The Astral Plane

The third dimension or Astral Plane is a realm of light and color. The kaleidoscopic movement of light in the myriad shades of soft, transparent color is such as to be indescribable. Comparable coloring on the Physical Plane would be the northern lights, a particularly clear rainbow, or the translucent brilliance of a colorful sunset. Even their beauty does not approximate the sheer loveliness of infinite gradations, blendings, and variations of pastel coloring that characterize the Astral Plane. Many of the most beautiful of the light colorings are not distinguishable by the physical eye, while the beauty and delicacy of tone color far transcend anything seen on the Physical Plane.

Everyone contacts the Astral more or less frequently, but since these experiences usually occur during sleep, they are involuntary and the average person does not realize what has happened. Unlike the physical body, the astral does not require periods of rest to recuperate. So when the physical body sleeps, the Ego may free itself, and using the astral body, contact the Astral Plane. Unfortunately, we are seldom able to recall our experiences on this plane although practically everyone has had proof of this activity.

For example, have you ever gone to bed with some unsolved problem on your mind and found on awakening the following morning that it was no longer a problem? While your physical body slept, you were given the answer, probably by some high Initiate functioning on the Astral Plane. Or, since the Ego was freed from the inhibitions and distractions insepa-

rable from the Physical Plane, you may more readily have “tuned” into the thought stream of some other Ego capable of helping you.

Few have not dreamed of some wonderful happening that seemed so real and in such logical sequence that they instinctively knew it was not a mere figment of their imagination stimulated by something they had read or heard. Even as it was occurring and thinking it was all a dream, they have been fully determined not to forget it — yet, upon awakening, were unable to recall anything beyond having had a wonderful dream that left them feeling uplifted and extremely happy.

Usually, such experiences are astral in nature. When you have advanced to the point where your vibration is sufficiently high, you will be able to remember them clearly and readily.

Divisions of the Astral Plane

The Astral Plane is made up of several of what we might term divisions, the two most commonly known being the lower Astral and the higher Astral. These divisions, in turn, are composed of a number of subdivisions so that the Astral Plane may be described as an ascending spiral of life essence vibrating at varying degrees from the lowest of the lower Astral to the highest of the higher Astral.

At the exact center of this spiral, halfway between the lowest and the highest, is another division. This section is of special interest, for it is here that all Egos regain consciousness immediately following transition or so-called death, when the incarnation ceases. Eastern philosophies designate this portion of the Astral as Devachan. It is also the Purgatory of orthodox religions, for it is believed that here, the Ego passes through a cleansing process and is purged of all that does it no credit.

Actually, it is here that the Ego reviews the experiences of the incarnation just completed, seeing the panorama of events as they were lived and observing the reactions to the thoughts and actions expressed. Having left the physical body on the Physical Plane, the Ego now uses an astral body that appears just as its physical one did.

Following the appraisal of the past life and decisions regarding lessons to be learned and instances of restitution to be made, the Ego gravitates to a division of either the lower or higher Astral where reside other Egos of similar consciousness and vibration.

The lowest division of the lower Astral is populated by what are called “elementals” and earth-bound Egos. Elementals are monstrous creations of evil thoughts, and are truly hideous. Also, many of the murderers

and more or less depraved and evil ones so low on the scale of human progress that they can rarely reincarnate, hold themselves imprisoned in this loathsome place by the nature of their thoughts and base desires. For this reason, they are often referred to as being "earthbound."

At the other extreme is the highest division of the higher Astral. While all the higher Astral is characterized by the harmony and beauty of coloring pervading it, this is especially true of the highest division where all is transcendent loveliness and serene peace. It is here that those Egos who have advanced to the stage where they themselves reflect this serenity and beauty to a marked degree rest between incarnations. The memories some of them bring back into subsequent incarnations have given us many of our ideas of what we think of as Heaven.

Between this division and the lowest one of the lower Astral are the several subdivisions mentioned, where gather Egos at various stages of consciousness.

The astral body or shell first used by the Ego after transition is a temporary one, for when the Ego leaves the midway point after reviewing the last incarnation, this body is discarded and replaced by another more truly reflecting the "inner person." It is largely self-created and consequently characterized by the thoughts of the Ego.

Vibrations of the Astral Plane

If the vibration of the Ego is such that it gravitates to one of the divisions of the lower Astral, the body it then uses is of greater density than the previous one, the degree of density being dependent on the habits of thought. If these are base — brutal, calculating, treacherous — the astral form now used is dark, repulsive, and cold, and the Ego gravitates to the lowest level.

On the other hand, the astral body now occupied by the more *advanced* Ego, whose thoughts are kind, loving, unselfish, courageous, is one of *less* density than the shell previously used and more or less lovely, in keeping with his or her mental activity. And, of course, the Ego moves to one of the divisions of the higher Astral.

It takes considerable time for the discarded astral shell to disintegrate, and since they appear so like the Egos who once occupied them, both elementals and earthbound Egos delight in masquerading in them and passing as the Egos who gave them up. Many honest and sincere mediums are completely deceived by these and, in describing the astral body they see, often mislead the one they are trying to serve.

That is why messages purported to be from scientists, teachers, celebrities, even parents and siblings, often display so little intelligence. The entity giving them is some lower Ego who is using the discarded astral shell of that individual, and since it looks exactly like him, is easily mistaken by the medium. It is wise, therefore, not to take too seriously much that one may "learn" from such contacts.

Also, since this lowest division of the lower Astral is but a short step removed from the Physical Plane, it is most accessible to those seeking psychic phenomena. If people insistently attempt to penetrate the Astral without proper preparation and the protection of those more highly advanced, anything they may see or hear usually emanates from types of decarnate beings so low as to typify the dregs of humanity. Certainly, sincere people do not *knowingly* seek experiences that sooner or later result in their own degradation.

All the Planes Are Interdependent

A few additional explanations are needed so that you may more fully understand how important the interpenetrating Physical, Etheric, and Astral Planes are to our fullest expression as egoic beings.

Because the vibration of the Astral Plane is higher than that of either the Physical or Etheric Plane, any idea strong enough to form an etheric pattern has its first concrete expression on this plane. It then manifests on the Physical Plane where it can be recognized with our physical senses. The Astral is the plane of feeling, or emotion, and since our emotions lend force or drive to our desires, it is only natural that they should manifest on this plane. Since it is here that our desires first take form, it is sometimes referred to as the "Desire World." (Remember this when you are working on a precipitation.)

While on the Physical Plane, we are creating the environments that will be ours after transition when we leave our physical vehicles behind and pass on to the Astral Plane. If our thoughts are harmonious and beautiful, our astral home will be peaceful and lovely. But if our thoughts while here are destructive and harmful, we'll find ourselves on one of the divisions of the lower Astral until, by our change in mental outlook, we lift ourselves out of it and into a higher, and then a still higher division of the Astral.

It is we who pass judgment upon ourselves; it is we who condemn ourselves to the fate we suffer. We create our own heaven or hell, and place ourselves in it. Only as our thoughts express love, understanding, kindness, hope, and other beautiful emotions here and now, do we build into the Astral the serenity and beauty we hope to enjoy fol-

lowing transition. This alone should be reason enough to develop the habit of constructive thinking!

Yet, so great is the love and wisdom of the Supreme Being that even those who build disagreeable and often repugnant astral environments for themselves have to remain in them only until they long for something finer. Then, in proportion to the force of the desire and ability to visualize what they wish, it will improve, for *on the Astral Plane, one's thoughts precipitate instantly!*

*What power for creation we wield —
and how unaware of it we have been!*

Operating in a physical body, the Ego is conscious of functioning on the Physical Plane, but is often not completely conscious of his egoic self and purpose in life. Only through acquiring experience and developing the mind through which these experiences are correlated and assimilated do we gradually become conscious of ourselves as spiritual beings whose purpose is to build a soul and progress to ever greater attainments until we become one with God.

The Ego also functions on the Etheric Plane although, when in incarnation, few do so consciously. As you have learned, this plane is the field of force where patterns are created for all that exists. It is on this plane that the etheric patterns for your precipitations are created by your visualization and thought of what they are to be. Concentrated thought on them causes life essence to flow about the pattern until gradually, the condition or object you seek to precipitate takes on concrete expression. The fact that Egos do not realize that they function on this plane accounts for the existence of many unfortunate conditions which no one cares to feel responsible for creating.

It is on the Etheric Plane that the vital body expresses itself. Since this body is directly related to the health of the physical vehicle, we will discuss it at length in the following lesson.

While we function on the Physical and Etheric Planes, we do *not* function on the Astral at our present stage of advancement. *Contacts* are often made with this plane, usually during sleep, but until we have greater understanding of ourselves as Egos or until we pass through transition, we cannot and do not function or carry on activities there.

Conscious contact is sometimes experienced by sincere and conscientious aspirants, but to function there is quite different. Only the Great Ones — the Masters, Adepts, and high Initiates who are well on the

way to control of self and physical environment — can function on the Astral Plane. We must first learn to conduct ourselves properly on the Physical and Etheric Planes before we will have the opportunity to consciously operate on the Astral.

The Mental Plane

Referring to the diagram on of the *Seven Planes* in the chapter, "Cosmic Balance," you will observe that the Mental Plane occupies a position peculiar to itself. As the fulcrum or balancing point between the physical and spiritual aspects of life, it is neither wholly one nor the other. On one side functions life associated with physical existence. On the other, and beyond the Mental Plane, functions life related in varying degrees to the spiritual, the Angels operating on the Angelic Plane, Christ and the other Archangels on the Archangelic Plane, and God upon the Celestial Plane.

While we might like to know about the nature of the Angelic, Archangelic, and Celestial Planes, as well as learn something of the development of Those residing there, such descriptions are withheld for obvious reasons. We have so much to learn about the planes we are definitely associated with at this time, that to be given information regarding these higher ones would serve only to confuse us. No authentic teaching available to the general public attempts to give explanations regarding planes beyond the mental, and you will observe that in all His matchless Teachings, Christ made no direct reference to any of them.

Even the Mental Plane is so far beyond our comprehension that a detailed explanation concerning it would be like attempting to discuss differential calculus with a youngster studying the most elementary arithmetic. The best we can hope to do is merely talk about it.

The Mental Plane is the normal plane of existence for those Egos who have learned all there is to learn on the Physical, Etheric, and Astral Planes and who, having overcome all physical limitations, have attained Mastership. Even Initiates of high degree and Adepts merely *contact* the Mental Plane, and only to a limited degree.

The Masters or Elder Brothers cannot function on the Angelic Plane, although they aspire to this advancement just as we aspire to the advancement essential to operating on the higher Astral and as high Initiates and Adepts aspire to function on the Mental Plane. Yet, the Elder Brothers can *contact* the Angelic Plane, and what information we have concerning it has come through them.

All Advancement Is Earned

Advancement is never simply conferred upon us by beneficent Higher Beings, but is always the result of constant conscious endeavor — of individual achievement. Sooner or later, all humanity must start the process, work through all that is involved, and finally achieve a state of personal unity.

To ultimately function on the Mental Plane, we must first learn to make the fullest possible use of our minds so we may bring about the needed balance between the physical (material) and spiritual aspects of our natures. When we have achieved the balance essential to full control of ourselves and our environments on this Physical Plane, these aspects will become one. Then we will have attained Mastership and with it the full ability to function, not only on the Astral Plane, but the Mental Plane as well.

We must explain, though, that prior to this, and in rare cases, the Elder Brothers may make it possible for an individual of lesser advancement to contact the Mental Plane so that he or she may serve an important beneficial purpose that they have in mind. Every student is to be commended for the desire to qualify for this honor, but don't expect it unless your sincerity of purpose in wishing to forward their great Plan, and utter loyalty to the highest Christian principles as set forth and exemplified by the Masters, are beyond all question. It is a distinction that must be earned, not in a month or a year, but through incarnations of devoted service to the ideals of the Great Brotherhoods. Unlike contacting the Astral, this is not entirely a matter of development, but a reward for service rendered.



THE BROTHERHOODS

As you learned from the chapter, "Background of Mukulian History," in Lesson Two, shortly after Melchizedek assumed guidance of the people on the Rhu Hut Plains, He divided the twelve citizenship schools into two groups. A group of seven was assigned the work of training prospective citizens. The remaining five were to instruct and train promising individuals from among the citizenry for executive and administrative positions necessary to the proper governing of the developing Empire.

The teachers of this latter group were recruited from the best and most competent Elders of the original twelve schools and given special instruction by Melchizedek, so that they were well equipped to train those who would be entrusted with the responsibility for the welfare and success of the commonwealth. Aspirants for these positions and the training essential to them were selected from among those having completed their citizenship training who had shown the greatest aptitude for learning and receptivity to universal principles, and whose record of accomplishment demonstrated their outstanding fitness for this distinction. No others were eligible.

Three Different Classes

The balanced and purposeful educational program Melchizedek established resulted in there being two distinct classes which had a voice in the affairs of the government. These were members of the *aristocracy* or governing class, who had five votes, and the *citizenry*, each of whom had one vote.

There also existed a third class — the *proletariat*, who had no voice in governing the Empire. This class was composed of those who before the arrival of Melchizedek, were brought in from the outlying valleys to perform manual labor. Having no realization of what might be the ultimate consequence, the citizenry permitted a few families to come on the Rhu Hut Plains to live and to work for members of their own tribes without undergoing the training otherwise required.

They may have reasoned that the menial tasks to be performed did not require that these people receive any training beyond the instruction the citizens could give them. Perhaps they felt that since their number was relatively small they would always be under the jurisdiction and control of the citizenry. Or perhaps it was believed that association with the citizenry would either elevate them to their mental and moral

status or inspire them to undertake the training. On the other hand, they may have thought that once their tribes people had citizenship training, they would no longer be content to perform such menial labor.

Whatever the reasoning used, the fact remained that the citizenry *wanted* such assistance as their tribes people would provide, and neither they nor the Elders had had any previous experience to warn them that admitting even a few untrained individuals was unwise. It is true that the Lords of Venus and Mercury could have ruled against it, but that is not the way of the Great Ones. Nor is it the way of men and women to concede willingly to any form of force. Endowed by God with the right of self-determination, we stand or fall according to the nature of the decisions we make.

While the Lords of Venus and Mercury unquestionably cautioned the citizenry of the inadvisability of this move, They could do nothing to prevent its being carried out. Only experience could convince these individuals that, in the final analysis, this would prove to be an undesirable and unsatisfactory arrangement. And so it proved, for it was the introduction of this untrained element early in its formation that was largely responsible for the ultimate collapse and destruction of the most magnificent civilization ever to come into existence. (Detailed explanation of how and why this was true will be given in later lessons.)

This error must not and will not be repeated in the integration of the New Order. All who would become part of it must build within themselves the essential qualifications. No chain is stronger than its weakest link, and one bad apple in a barrel of good ones can destroy the entire lot. There will be no proletariat in the coming civilization. All who share in its benefits will have become integral parts of it through their efforts in building it and in bringing about personal balance — materially, mentally, and spiritually.

Elder Brothers

The two groups of schools formed by Melchizedek were referred to as the Five Greater Schools and the Seven Lesser Schools, terms used even to this day. It was during the period of establishing them that, due to the greater wisdom and soul development of those Elders comprising the *Thirteenth School*, Melchizedek conferred on them the title "Elder Brothers."

The position these individuals occupied in relationship to the others of their tribes was rightly theirs, for they had earned it. At the start, all the people of that time had equal advantage and all could have made

equal progress. But while all enjoyed the discoveries and accomplishments of these more progressive ones, they did not make anything like the same egoic advancement.

Because the Elder Brothers came to understand the purpose of life and directed their thoughts and efforts toward advancing it and themselves, they continued to learn, to develop, and to add to their soul experiences until they possessed full knowledge and wisdom concerning all that pertains to the Physical Plane.

Archives of the Brotherhoods

Almost from the time of its inception, those of the *Thirteenth School* kept a record of the progress made on the Rhu Hut Plains. Working models and duplicates of everything constructed and used were brought to the School, while the Elders drew crude pictographs describing the development of the civilization. Later, when they learned to write, the records became increasingly detailed, forming a history of the progress being made by the first civilization on this planet.

Under the direction of the Lords of Venus and Mercury, these were always analyzed, then cross-indexed for immediate availability, making it possible for the Elders and later, the Elder Brothers, to carefully study all procedures and make any improvements that seemed necessary.

The *Thirteenth School* kept these records throughout the fifty thousand years of the Mukulian Empire's existence. When it became apparent that its end was drawing near, the Elder Brothers transferred all the priceless documents and devices to previously prepared and safe quarters on the Asiatic mainland. Nothing relative to the magnificence and beauty conceived during its glorious existence has been lost.

The work of recording and analyzing events has continued through the millenniums for *all* civilizations since. It is from this vast reservoir of acquired knowledge that the now forming New Order will be supplied with ideas and plans for its success. Yet, these will be forthcoming only as we prove our worthiness and ability to properly utilize such knowledge for purely constructive ends utterly devoid of selfish motives.

Before the final devastation of Mu, all the Elder Brothers moved to Tibet, and since the purpose for the twelve other schools no longer existed, the entire group consolidated, retaining the identity of the *Thirteenth School*.

As you have learned, during the history of the Empire, many of its inhabitants migrated to other bodies of land, to settle and populate the earth. In the latter days of the Empire when violent upheavals repeatedly shook the continent and portions of the land surfaces were inundated, hundreds of thousands of others fled to join those who had left previously. With the final cataclysms occurring on the continent, countless numbers lost their lives, but there were many who escaped to those lands where new civilizations were already developing.

The most outstanding of these had been established on Atlantis, although in time it too yielded to unbalanced thinking so that its ultimate destruction was also inevitable. (More concerning this civilization will be given in a later lesson.)

The Mystery Schools Continue Their Work

For some time the Elder Brothers worked quietly from "behind the scenes," and little was known of their efforts. With the submergence of Atlantis and the further scattering of humanity, the Five Greater and the Seven Lesser Schools again became active although to date, they have never been able to serve in the same manner as they did while on the Continent of Mu.

Today the Seven Lesser Schools are composed of Elder Brothers who have chosen to operate on the Physical Plane. In order to facilitate our progress, they have retained the use of their physical vehicles so they appear much as any other human being here on earth. This makes it easier for them to teach and guide mankind until it has reached that degree of balance essential to Initiation and citizenship in the New Order. Today, these Schools are known as the Rosicrucian, Luciferian, Hermetic, Lemurian, Essene, Coptic, and Brahmic Brotherhoods, each functioning under one or another of seven "rays" of color, the Lemurian ray being green.

They are also often referred to as Mystery Schools since each teaches a so-called mystery, an understanding of which is essential to the unfoldment of certain individuals or groups of individuals. You will recall that in Lesson One, "Lemurian Power Reservoir," mention was made of each of the great Brotherhoods having a special group of individuals under its care so that "When a person prays or calls for help, her plea first comes to the attention of the Brotherhood she is affiliated with."

No one of these Lesser Mystery Schools can be designated as greater than another, for the Elder Brothers composing them are equal. The

work of all is directed toward one great goal — that of precipitating the New Order of the Ages, the Kingdom of God, and each school prepares a portion of humanity for this goal. All humankind is under the divine guidance of these Brotherhoods.

Outer, Preparatory Schools

Information essential to aiding the neophyte toward Initiation is available to all through Preparatory Schools such as the Lemurian Fellowship. These Preparatory Schools are designed to bridge the gap between ordinary humanity and the Elder Brothers, or Brotherhoods. Since all mankind is under their guidance, sooner or later, each component part of the human race unconsciously gravitates toward the Lesser School teaching the aspect of the Master Philosophy necessary to his or her particular development.

The foregoing explanation of the Brotherhoods should enable you to more fully comprehend that a truly legitimate outer school for any of the Lesser Schools could not and would not classify itself as a Brotherhood. A mundane school teaching truth merely *represents* one of these great organizations. Far from being an ordinary and insignificant task, to be selected to serve these Great Ones in such a capacity is a priceless privilege, carrying considerable responsibility.

The members of the staff of the Lemurian Fellowship, the Outer or Preparatory School for the *Lemurian Brotherhood*, are humbly grateful to be able to serve in this manner as well as for the golden opportunity afforded them to expedite their own advancement through helping others to greater understanding and accomplishment.

The Five Greater Schools function exclusively on the Mental Plane, but beyond understanding that they teach the Great Mysteries, regarding which we have no information, nothing definite has been released concerning them. Yet, knowing they extended advanced instruction to those citizens of the Mukulian Empire who aspired to administrative and executive duties, it is reasonable to believe that they now instruct and aid those individuals who, having attained Initiation, are concentrating on those achievements leading to Adeptship and Mastership.

All twelve of the Brotherhoods come under the nominal jurisdiction of the *Thirteenth School*, now generally known as the *Great White Brotherhood*, whose transcendent wisdom, understanding, and Work are the synthesis of all the others.

The Elder Brothers Help All

The Fellowship realizes that not all can easily accept the existence of human beings whose superlative wisdom, superior characteristics, abilities, and goodness have enabled them to transcend the need for physical bodies. Yet, these highly advanced individuals have had and continue to have a profound influence on the lives of all humanity. Through their cushioning, so far as it has been possible, the negative reactions to destructive causes set into operation by mankind generally have been slowed so we do not have to bear their full effects at once. In the release of help extended us through the Power Reservoirs when we pray and in their present effort to aid humankind in the search for happier, more serene conditions in life, students of the Lemurian Philosophy have evidence of the Elder Brothers' reality and of the love and compassion they feel for all humanity.

They Stood Where We Now Stand

It should be realized that while the Elder Brothers, or Masters, portray nobility of character, possess remarkable abilities, and are in full control of themselves and their environments, at one time, they stood at much the same place in their progress as we now stand. At that period, their lack of balance was equal to ours. Their physical and mental shortcomings and character weaknesses were similar to our own. The trying situations we are encountering and the difficult problems we must solve are not greatly different from those they once faced. All are typical of the Physical Plane, and sooner or later, each Ego must work with, overcome, and finally master them, building within him or herself the qualities essential to increasing advancement.

As we think about the Elder Brothers having sustained human sorrow, physical and mental pain, frustration, loneliness, and fear, our awareness of their very human qualities grows. You come to grasp something of what must be the depth of their understanding when realizing that the trials confronting you today are similar to those they once faced and worked with! You come to realize that from the depths of suffering they have experienced, their feeling for all of us in the pain we must undergo is profound.

Learning that they have witnessed the rise and fall of many civilizations since that first great and glorious one they helped build, and having determined the causes for these failures so they may be avoided at this time, you sense something of the Elder Brothers' desire to help humanity build the New Order to come. That they should arrange to place in the hands of those of us who are willing to make the neces-

sary effort information that will facilitate and hasten *our* attainment is cause not only for loving them and wishing to follow in their footsteps, but for recognizing them as Elder "Brothers" of all humanity.

Gentle, Wise Friends

Far from being the austere individuals their lofty station might seem to make them, none could be more kindly and wonderfully understanding of our faults and failings than these advanced human beings. To those who strive to profit from and learn the lessons life is designed to teach, there is always extended the gentle, wise helpfulness so characteristic of the Elder Brothers, while for those who have not yet reached this point, they feel only deep compassion.

Because each earnest student is a potential asset in forwarding their program for the building of the New Order, they want to help you meet situations that are difficult to handle, and by taking their Philosophy to heart, you open the channel that makes it possible for them to do this. When once you start really to make their Philosophy a part of yourself by absorbing what is given you, sincerely seeking to apply the principles set forth, you actually feel their enfolding love. A warm and close bond comes to exist between you, and you find it easy to think of them as dear and wise friends you can talk to easily and naturally.

Of course, they will not do for any of us what we can do for ourselves, for that would deprive us of opportunities to gain knowledge and to grow egoically. But when you have done all that you can in any situation, or it is beyond you, *and you will ask*, they will *do what it is possible to do for your greatest good*.

There are many instances when they can do little, and some when they can do nothing at all for reasons such as were discussed in the chapter on precipitation in Lesson One. The Elder Brothers are as subject to violations of cosmic law as are we, and in their ability to observe troublesome situations from all angles, they often realize that, in the final analysis, greater harm may be done by alleviating these situations than by allowing them to run their course.

Nevertheless, all things being right for it, their help is extended to those sincerely trying to pattern their lives according to cosmic principles. Try to think of the Elder Brothers in their wisdom as good and kind and truly loving. Even though you are unable to see or hear them, feel that you may talk to them when you are troubled and that they hear you, for with them, there is no distance. They are always near in thought, and the best possible help will be given. Believe this to be

true so that periods of mental stress may be transformed into those of calm assurance in knowing that all is working out for the greatest good of all concerned.

NOTE: The question has arisen from time to time about the term "Elder Brother" and why men and women who attain this status are referred to in the masculine sense. Actually, by the time Egos attain the status of Master, sex is regarded as neutral, the customary term applying equally to both males and females of our human life wave. The proper term for such advanced female Egos is Saint, but certain religious organizations have used the title by applying it to both sexes for so many years, that the term Elder Brother has been used instead to designate this attainment without regard to the matter of gender. A future time may see us once again using the term Saint for females who have reached Mastership and Elder Brother for males.



CONCENTRATION

In Lesson One, you learned the important part the mind plays in the material progress we have made and that through controlling and properly directing our minds, we can make our environments exactly what we wish them to be. So powerful are our thoughts that they make our environments good or bad, peaceful or frantic, secure or worrisome and our lives happy or unhappy. Our thoughts bring us friends, or contribute to the lack of them; they affect our health and our security. Even the integration of the Kingdom of God on earth is based on them. The proper use of our thoughts — our minds — must be recognized as a responsibility of the greatest importance to each and every one of us.

One important function of the mind is concentration. It is rare to find anyone capable of focusing all of his thoughts on a single objective or idea for more than fifteen seconds at a time, while the average person can do this for less than three seconds. Try focusing all your thought on one idea, and notice how many other impressions, questions, and distractions quickly begin to dilute your focus. What is contributing to this inability to concentrate?

Today we live in an age when a great deal of information is researched, thought through, condensed, and provided for us. News programs, for example, provide valuable information but often spend only the briefest amount of time telling a story because studies indicate that after three minutes or so, they will lose the attention of the average person. Internet articles often have to be short and condensed or people lose patience and move on to something else. Even newspaper or magazine articles have to be summarized and condensed to hold the interest of their readers. Politicians speak in "sound bites" and teachers feel they must entertain to keep the attention of a class.

We are losing the ability to concentrate because fewer and fewer of us are willing to sit ourselves down for any length of time to gather all the facts and think about them. Television, the Internet, radio, and newspapers have accustomed most of us to a kind of mental laziness, seeking lines of least resistance and being happy to let others do our thinking for us. We are glad for the opinions and views of others who form deductions we feel we don't have the time or the ability to make for ourselves.

So many lead such busy lives that multi-tasking has become a way of life. This might seem an aid to concentration since, to get a lot done,

one must be able to switch focus from what's coming to her attention through her cell phone, to her e-mail, the television program currently on, the chat she may have going over the Internet, or the music playing in the background. While there is good in being able to shift focus quickly, it is only in giving ourselves over to quiet, uninterrupted time spent actually reading and thinking about what we read that we develop the true ability to concentrate, weigh the facts and, importantly, retain what we have read.

Even the Lemurian Philosophy in its current "packaged" form was released because the *Lemurian Mystery School* found that people in general are disinclined to think and piece together the effects of cosmic principles in their personal lives. Because concentration is essential to all true thinking, and the majority of us have never cultivated the ability to concentrate, we do not think. We believe we think, of course, but in reality we allow the few who are able to concentrate to digest information and give it to us in a condensed version.

The brain is the physical organ through which the mind expresses itself, and when it is not active, like an unused muscle, it becomes more or less stiff and unyielding. It atrophies through lack of exercise. Times of relatively feeble discipline and control over our minds often find us dwelling on things we'd rather not think about. Then, in trying to concentrate on something that needs our full thought and attention, we find our minds flitting like butterflies from flower to flower. But obviously this situation can be turned around, just as embarking on a fitness program for your body can turn an unfit physical vehicle into a fit one.

Mental Fitness
So where do you begin?
What practical exercises can increase
your ability to concentrate?

1. Studying the lessons

"The purpose of human existence is to advance from ignorance concerning ourselves and our potentialities to the point where we are able to consciously control both our environment and our destiny."
(Lesson One)

The first step in this direction was taken when you enrolled in the study of this Philosophy. Careful, thoughtful reading of the lessons will go a long way toward developing your ability to concentrate, to remember and to strengthen your mind. The first reading of a lesson

gives you a general idea of its content but thought regarding the text is usually rather hazy. Several attentive readings are required before you will have a satisfactory comprehension of the information.

It is possible to send satisfactory answers to the questionnaires after reading the lessons once or twice, but the mere submission of satisfactory answers is not enough to give you the greatest benefit. Superficial reading of the lessons only defeats what should be your purpose for undertaking this study.

True study requires that we give good thought to what we are reading. The ability to think is the basic power of the mind. All other functions emanate from, are a part of, and are influenced by the ability to think that we develop. At the same time, all are essential to furthering this ability.

So follow the Study Procedure outlined in Lesson One. And even if an extended study period is not possible, spend at least 10 minutes quietly reading. When you are done, jot down a few notes of the outstanding points you remember. As time goes on, you will retain and understand more and more of the lesson material while improving immeasurably your ability to concentrate.

When a problem arises, turn your thoughts to the Lemurian lessons and try to think of what might be helpful to apply. Then go to the lessons and search out the help that is there. It may come in the most unexpected paragraph of a lesson, *The Sun Rises*, or *Lemurian Viewpoint*. Often this is how the Elder Brothers "speak" to us or help when we are sincerely searching.

2. *Precipitation*

Some students are longer in precipitating their desires than others. They are unable to hold the intensity of thought long enough to cause the etheric patterns for those desires to form, and to direct the needed atoms (cosmic root substance) to "clothe" these patterns and make them materialize. The Elder Brothers have developed the ability to concentrate on one thing to the exclusion of all else over a period of minutes and are able to precipitate with seeming ease. Because they have learned to control their minds, they have control over their environments and lead serene and happy lives.

If we had developed our minds in previous lifetimes, and all else were right for it as explained in "The Law of Precipitation" chapter of Lesson One, we too would now have little difficulty precipitating desired es-

amentals to our happiness and well-being. But now that we know this is possible, we can prepare for coming incarnations while at the same time, making this one more to our liking.

Concentration is the third precipitation step and it was recommended in Lesson One that you spend at least five minutes a day thinking about and visualizing your objective. Quieting your mind and your surroundings long enough to spend this time is an excellent way to develop your ability to concentrate. Closing your five-minute sessions with affirmations, as Lesson One recommends, can add to the positive feeling and cause the etheric patterns for your desires and needs to form and to eventually be clothed with reality.

3. Keeping the Personal Lemurian Record

Keeping and analyzing a Personal Lemurian Record is another means for improving concentration. Few are able to muster the discipline to keep track of and try to understand how their use of cosmic credits affects all aspects of their lives. Lemurian students are fortunate to have this guided format in Lesson Two. The more attention you can give to recording your expenditures, balancing your accounts, and analyzing what all the figures reveal, the greater will be your ability to concentrate.

4. Finding a Creative Outlet

This can run the gamut from drawing, painting, learning a musical instrument, working mathematical formulas, to cooking, writing, sewing, crafts projects, playing games, working puzzles, for all involve the use of many skills and senses. This is more conducive to concentration than auditory and visual stimuli alone, or television, listening to music, or reading provide.

How many of us want to just plow right into a new project, recipe, game, or if learning a musical instrument, start right away playing our favorite song? It takes patience to read through the directions for a game, or make sure we have all the parts to complete a project. If making a recipe for the first time, do you have the patience to read it all the way through, gather the ingredients ahead of time, and follow the instructions exactly? If you play a musical instrument, do you have the fortitude to learn the basics and scales first? Any of these approaches to even such relaxing hobby-type activities can be helpful aids to developing concentration. But patience and perseverance are necessary.

5. *Memorizing*

This is another excellent aid in developing concentration. Memorizing quotations and poems that are challenging enough (in other words, long enough) can require you to focus your entire thought on them. Quotations and poems that are inspirational, philosophical, and uplifting can also give you a "mental library" to call on to help you think more constructively and can also serve to contribute thought energy to the Lemurian Power Reservoir.

Here is a list of suggested selections to memorize. The first three are from the Bible and copies of the others are included at the end of this lesson:

NINETY-FIRST PSALM

TWENTY-THIRD PSALM

THE BEATITUDES - Matthew 5:3-12

INVICTUS by William E. Henley

THE CHAMBERED NAUTILUS by Oliver W. Holmes

NOBILITY by Alice A. Carey

THE BUILDERS, THE DAY IS DONE, A PSALM OF LIFE

and THE ARROW AND THE SONG by Longfellow

If you have a talk to give, whether as a teacher preparing a lecture, a business person preparing a presentation, or a contractor or government worker presenting a briefing, the more of your talk you can memorize, the more relaxed you can be giving it. If your talk is generally memorized, you will find you need only look down at your paper now and then, and will be better able to "ad lib" in ways that add interest and enjoyment.

Since most students have done little of this sort of thing for years, we will explain the simplest and quickest way of memorizing. An explanation of the way the brain functions will help you understand why this simple method is so effective.

The brain is like an aggregation of tiny storage batteries interconnected by minute protoplasmic processes called dendrites, like almost invisible

wires, to carry out our analogy. At birth, these cells or tiny batteries are uncharged. They are neutral and ready for charging through our five physical senses — sight, hearing, smell, taste, and touch.

Each time we receive an impression through these senses, certain groups of brain cells, or little batteries, are stimulated or charged. The more of them involved, the stronger the impression or charge. Every time we repeat an experience or perceive the same thing, the same series of brain cells receive additional charges, increasing the strength of the impression.

This complex interconnection of brain cells or neural pathways makes possible the basis of all memory training — the association of ideas. Whenever the cells in a given circuit are stimulated, all the others associated or closely connected with it are also stimulated or “excited.”

A simple way to use this truth:

Let’s say you leave for work each morning through the front door. This act of leaving for work stimulates a definite system of brain cells and has become so routine that you don’t even need to think about it. But let’s say you want to remember something you don’t usually bring to work. It doesn’t matter what it is, as long as it’s not something you almost always grab on your way out.

Let’s assume you want to remember your umbrella. Repeat to yourself, “When I leave through the front door in the morning, I will remember my umbrella.” By repeating this a few times, out loud, and mentioning the front door, you form an association of ideas. Picturing yourself with the umbrella adds to the impression. A pattern takes shape in your brain, and the next morning, as you start to open the front door, your brain will automatically suggest the article you want to take.

That this principle always operates is proven each time you recall the name and personality of someone by looking at her photograph, or when you identify an acquaintance by the sound of his voice or footsteps. These are unconscious uses. But you can so train your mind that this principle can be effective in many instances.

Based on these ideas, and with the selection you’ve decided to memorize, here is the surest and most rapid way to memorize and to create the strongest possible impression on the brain:

a. Read the selection you want to memorize. This involves the visual centers of the brain.

b. Write the selection as you are reading it. The most effective method would be with paper and pen because of the effort involved, but typing it onto your computer can also be effective and may be more familiar to you. If you write as you read, you are including the motor centers and cells associated with writing.

c. As you write the selection, read it aloud to yourself. This involves not only those cells involved in speaking but those necessary to hearing.

d. If it is a talk or demonstration you are giving, once you have completed steps a – c, stand up and read your presentation out loud, as if you are actually giving it to people.

The above method involves visual, motor, speech and hearing. So four times the impression is made on our brain as by reading alone and actually, it is many times stronger since some of our sensory centers are more powerful than others. You might want to start by working with only a portion of longer selections at a time, until you feel more comfortable. By repeating this process, memorizing in general will become easier and more rapid for you.

6. Meditation and Attunement

In the hustle and bustle of everyday living, many of us become so occupied with personal ambitions and mundane pursuits that we do not find enough time to give thought to God. Seldom do we think of ourselves as spiritual beings, the children of God — children still dependent on the Father of all life for our spiritual and material well-being. In times that literally cry out for a closer attunement between us, how vital it is that we make the effort to build, sustain and nourish the ties that create closer attunement so that we do not wander far from the path of true unfoldment and the reassurance of God's nearness.

Each of us as Egos has both the responsibility and the privilege of developing attunement in the broadest and deepest sense of the word. Among our great helps and encouragements in doing this are planned times of contemplation or exercises in Lemurian meditation as a means toward building attunement.

Thought time, rather than implying daydreaming or idealistic and visionary "contacting other realms" sometimes associated with the word "meditation," is a disciplined and deliberate process of concentrated thinking, a consideration and pondering of how we may better harmonize with and trust cosmic law.

The first step in developing meditation — restful times of deep thinking, of private devotion — requires that we establish daily periods during which we give ourselves over to relaxing contemplation of matters that are spiritual. For some accustomed to meditating, the Lemurian method may involve some undoing and relearning a different approach. For others, unaccustomed to disciplining their minds, meditating may prove difficult at first. Many mundane thoughts will intrude, seeming to require immediate attention. Like an unruly child, the still undisciplined mind will rebel against the restraint being imposed on it.

We suggest that you start with periods of only five or ten minutes, and at this relatively early stage in your Lemurian study, it is best to keep your meditations under fifteen minutes. As you progress with the Lemurian lessons, you will learn more about meditation, and attunement times will increase, but we earnestly recommend that you follow these guidelines for now. The reasons for this will be clarified in future lessons.

How to Meditate

- a. If possible, enter into a meditation period first thing in the morning. You will be more relaxed and calm throughout the day. If this is not possible, select a time in the evening before you grow tired.
- b. Select a place you feel will assure the greatest quiet and privacy. Dim the lighting or darken the room somewhat. Sit in a comfortable chair.
- c. If music helps you relax, play a short selection, then turn the music off while you are meditating. Try to arrange for a time when there will be no distractions. Turn off your phone, if possible, and TV, radio, computer. Eventually, as your concentration improves, your mind will begin to shut out such sounds with less effort because you will be focused on what you are putting into the meditation. But in the beginning you'll need to eliminate all the distractions you can.
- d. Close your eyes gently and when fairly relaxed, repeat the Protective Prayer provided with this lesson, slowly and thoughtfully — aloud or mentally. Then say softly, "I am peace, God in action, manifesting in and through my life and affairs, now and forevermore," repeating it once or twice until your mind is closed to distractions and mundane matters.
- e. With eyes still closed, repeat any inspirational and uplifting writings you have chosen, such as the poems or prayers you have memo-

rized. If positive affirmations and applicable prayers do not easily come to mind, write out as many as possible ahead of time, and have the written pages on hand, or better yet, memorize them.

f. Close these *five to ten minute* sessions by thanking the Elder Brothers for their help and understanding.

Note: Some students have read or studied literature suggesting the practice of looking "within" to find or receive "messages" or answers to their problems. While the Fellowship suggests that some meditation be devoted to thinking of oneself as a spiritual being, it does not recommend the practice of "going within."

If it were possible for the Ego to receive information through the simple expedient of deep contemplation, we would experience little difficulty in solving our problems and there would be little need to learn to use our minds or develop worthwhile characteristics. We would only need to go "into the silence" to tap this reservoir of helpful information, and by following it, lead happy, successful lives! This is manifestly impossible for, as Egos, we are not sufficiently advanced to receive such help. And if we were, what good purpose would be served by our having to incarnate as physical beings on the earth plane?

To simply "go within" in the hope of benefiting can also leave our minds open to the intrusion of negative forces that may wish to deter our progress. Again, we remind you never to overlook repeating thoughtfully and slowly the Protective Prayer when starting your periods of Lemurian meditation and to follow the suggestions outlined in this section. In this way, the intrusion of any negative influences can be prevented, and you may enjoy only quiet periods of contemplation beneficial to yourself and to the Great Work of the *Lemurian Brotherhood*.

Concentration Summary

To concentrate on anything is to center the attention on it, applying the power of the mind. Developing the ability to do this can be responsible for greater success in life than even the accumulation of academic or technical knowledge, for these are easily acquired after one has learned to really concentrate. The ability to concentrate is without doubt one of the most practical and important developments you can undertake, and it seems sad that few see the deeper wisdom in expanding this ability.

There are no magic rules for acquiring the power to concentrate. All that is required are sincere desire, determination, and conscientious

willingness to follow the suggestions made throughout these lessons. Like all other processes necessary to your growth and advancement, you yourself must bring about the change.

The ability to concentrate is the result of continued practice. "There is no such thing as something for nothing." Everything we acquire has a price. It was only through long practice that the Elder Brothers developed their remarkable ability to concentrate. It is not expected that a student will achieve outstanding results in a short period, but with effort, you may be amazed at the progress you will make.

Cultivate the ability to concentrate and you will not only extend your power to think, but you will begin to think in terms of the Lemurian Philosophy. The vision of the wonderful reality to be accomplished by truly thinking people will grow clearer to you, so that you will be prepared to do your part toward executing it, and your own greater understanding and advancement will be your reward.

Nobility

True worth is in *being*, not *seeming*, —
In doing, each day that goes by,
Some little good — not in dreaming
Of great things to do by and by.
For whatever men say in their blindness,
And spite of the fancies of youth,
There's nothing so kingly as kindness,
And nothing so royal as truth.

We get back our mete as we measure —
We cannot do wrong and feel right,
Nor can we give pain and gain pleasure,
For justice avenges each slight.
The air for the wing of the sparrow,
The bush for the robin and wren,
But always the path that is narrow
And straight, for the children of men.

'Tis not in the pages of story
The heart of its ills to beguile,
Though he who makes courtship to glory
Gives all that he hath for her smile.
For when from her heights he has won her,
Alas! it is only to prove
That nothing's so sacred as honor,
And nothing so loyal as love!

We cannot make bargains for blisses,
Nor catch them like fishes in nets;
And sometimes the thing our life misses
Helps more than the thing which it gets.
For good lieth not in pursuing,
Nor gaining of great nor of small,
But just in the doing, and doing
As we would be done by, is all.

Through envy, through malice, through hating,
Against the world, early and late,
No jot of our courage abating —
Our part is to work and to wait.
And slight is the sting of his trouble
Whose winnings are less than his worth;
For he who is honest is noble,
Whatever his fortunes or birth.

The Builders

All are architects of Fate,
Working in these walls of Time;
Some with massive deeds and great,
Some with ornaments of rhyme.

Nothing useless is, or low;
Each thing in its place is best;
And what seems but idle show
Strengthens and supports the rest.

For the structure that we raise,
Time is with materials filled;
Our todays and yesterdays
Are the blocks with which we build.

Truly shape and fashion these,
Leave no yawning gaps between;
Think not, because no man sees,
Such things will remain unseen.

In the elder days of Art,
Builders wrought with greatest care
Each minute and unseen part;
For the gods see everywhere.

Let us do our work as well,
Both the unseen and the seen;
Make the house where gods may dwell
Beautiful, entire, and clean.

Else our lives are incomplete,
Standing in these walls of Time,
Broken stairways, where the feet
Stumble, as they seek to climb.

Build today, then, strong and sure,
With a firm and ample base;
And ascending and secure
Shall tomorrow find its place.

Thus alone can we attain
To those turrets, where the eye
Sees the world as one vast plain,
And one boundless reach of sky.

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the horror of the shade,
And yet the menace of the years
Finds, and shall find me, unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate;
I am the captain of my soul.



The Day Is Done

The day is done, and the darkness
Falls from the wings of Night,
As a feather is wafted downward
From an eagle in his flight.

I see the lights of the village
Gleam through the rain and the mist,
And a feeling of sadness comes o'er me
That my soul cannot resist:

A feeling of sadness and longing,
That is not akin to pain,
And resembles sorrow only
As the mist resembles the rain.

Come, read to me some poem,
Some simple and heartfelt lay,
That shall soothe this restless feeling,
And banish the thoughts of day.

Not from the grand old masters,
Not from the bards sublime,
Whose distant footsteps echo
Through the corridors of Time.

For, like strains of martial music
Their mighty thoughts suggest
Life's endless toil and endeavor;
And tonight I long for rest.

Read from some humbler poet,
Whose songs gushed from his heart,
As showers from the clouds of summer,
Or tears from the eyelids start;

Who, through long days of labor,
And nights devoid of ease,
Still heard in his soul the music
Of wonderful melodies.

Such songs have power to quiet
The restless pulse of care,
And come like the benediction
That follows after prayer.

Then read from the treasured volume
The poem of thy choice,
And lend to the rhyme of the poet
The beauty of thy voice.

And the night shall be filled with music
And the cares, that infest the day,
Shall fold their tents, like the Arabs,
And as silently steal away.



The Chambered Nautilus



This is the ship of pearl which, poets feign,
Sails the unshadowed main, —
The venturous bark that flings
On the sweet summer wind its purpled wings
In gulfs enchanted, where the Siren sings,
And coral reefs lie bare,
Where the cold sea-maids rise to sun their streaming hair.

Its webs of living gauze no more unfurl;
Wrecked is the ship of pearl!
And every chambered cell,
Where its dim dreaming life was wont to dwell,
As the frail tenant shaped his growing shell,
Before thee lies revealed, —
Its irised ceiling rent, its sunless crypt unsealed!

Year after year beheld the silent toil
That spread his lustrous coil;
Still, as the spiral grew,
He left the past year's dwelling for the new,
Stole with soft step its shining archway through,
Built up its idle door,
Stretched in his last-found home, and knew the old no more.

Thanks for the heavenly message brought by thee,
Child of the wandering sea,
Cast from her lap, forlorn!
From thy dead lips a clearer note is born
Than ever Triton blew from wreathed horn!
While on mine ear it rings,
Through the deep caves of thought I hear a voice that sings: —

Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea!

A Psalm of Life

Tell me not, in mournful numbers,
Life is but an empty dream! —
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou art, to dust returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each tomorrow
Find us farther than today.

Art is long, and Time is fleeting,
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world's broad field of battle,
In the bivouac of life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act, — act in the living Present!
Heart within, and God o'erhead!

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints in the sands of time.

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.

The Arrow and the Song

I shot an arrow into the air,
It fell to earth, I know not where;
For, so swiftly it flew, the sight
Could not follow it in its flight.

I breathed a song into the air,
It fell to earth, I know not where;
For who has sight so keen and strong,
That it can follow the flight of song?

Long, long afterward, in an oak
I found the arrow, still unbroke,
And the song, from beginning to end,
I found again in the heart of a friend.

