

LECTURE GIVEN BY DASKALOS

(24 September 1990)



Our Father, hallowed be Thy Name, Thy Kingdom come, Thy Will be done on earth as it is in Heaven. Give us this day our daily bread and forgive us our transgressions as we forgive those who are transgressing against us. Lead us not into temptation but deliver us from evil, for Thine is The Kingdom and the Power and the Glory, forever. Infinite Beingness, God. Life, Love and Mercy. Manifesting Yourself in Yourself as the Total Wisdom and the Almightyness, enlighten our minds to understand that You are the Truth. Clean our hearts to reflect Your Love towards you and towards all other human beings. Amen.

If someone asked us "What is life?", everyone would be ready to say "I know what is life." But, do you really know what is life? If you know what is life, then you know what's God. Now, what is life? Life is incomprehensible Beingness. It is and exists. It is a different thing - to exist from being. "Being" is eternal. Without a beginning and without an end in the Eternal Now. In eternity now is always. We must understand the Eternal Now.

Now, I'll ask you again "What's Life?" What you think you know is the phenomenon of life. Even that you don't know properly. You can say, "I live." Yes. But, I can say that it is not only you living. Look around you! Billions of phenomena of life - living forms. Of course, looking around us with our material eyes we see the phenomena of life. What about seeing a drop of water with a microscope? What do you see in that drop of water? Life! Phenomena of life. The orthodox science has found out that everywhere there are phenomena of life. They call them microbes and viruses. Now they have found out that with stronger (electronic) microscopes they can see even smaller phenomena of life. What is the characteristic of Life? Kinesis - movement, motions, vibrations. Nobody can understand Life except through kinesis (or vibrations).

What is the orthodox science doing today? Searching on the material plane with material things to find the Truth. What part of the Truth the orthodox science has found until now? Two things. Everything existing must have a form. Kinesis (movement or vibrations) is the principle governing the living forms. This is definite. But, this is a part of the Truth. The relative truth, which has behind it the Truth. The phenomena have behind them their causes which brought them forward. What the orthodox science is doing now is searching what is Life. What are the phenomena all

around us? Orthodox science is trying to find what is a material body of any man or animal by making use of the five senses, and by certain instruments, but, again - with the five senses. I cannot say that what they have achieved is not great. It is. We should admire the work of these orthodox scientists, but, there is much, much more to know and to learn, until they reach the conclusion that everything living, having a form, a living form, we shouldn't call Life. This is wrong. We should call it the phenomenon of life, which has, in it, or behind it, the expression of Life.

What is Life now? We shouldn't just stay on the phenomena of life, or on the nature of life, which is kinesis (or motion). We must see more clearly. Is Life beyond the phenomena of life intelligent? What is intelligence? You can call a man intelligent because he can use his mind thinking rightly and knowing the relative truth about something. That fellow we call intelligent. But, this kind of intelligence is an expression of the phenomenon of life, or rather, life inside the phenomenon of life. It is very, very limited. This intelligence is many, many times erroneous. Every intelligent man may make mistakes - many mistakes. Is this, so called, Absolute Intelligence making mistakes? Seeing all around us the phenomena of life, from the amoeba or from any kind of (even the smallest) phenomena of life, a virus, up to the galaxy - we find order. We find that all the phenomena of life obey a certain law. The Law of Possibilities. No phenomena of life can escape the Law of Possibilities. What else can we see? With the Law of Possibilities we see the Almightyness. Nothing is impossible for the expression of the Logos as a phenomena of life. This is definite. In the Circle of the Possibilities for every phenomenon of life we see the Divine Intelligence and Its Almightyness. Nothing can escape from It!

What is that? Is that not God? What kind of God can we imagine that is existing? Life. God is Life! Now, I'll ask you "Do you know what is Life?" Just observing and seeing the phenomena of life (living, moving, growing, presenting themselves in what we call time, in the worlds of existence, with a beginning and definitely with an end) can you know what is Life? In this way - no. By observation and simply concentration (and meditation) you can know much. Much concerning the phenomena of life all around you. This is what the orthodox science is doing now using material instruments. But, if I ask you "Can any phenomenon of life, from those billions and billions of phenomena of life around you, exist unless it has - a source? Can you understand something running without a source behind it?"

So, we must have a source. Though Life is incomprehensible (to the material brain, of course) it doesn't mean that you cannot know what is Life. To understand what it is as human beings - I am telling you that's impossible. But, to know what is Life, "you" as Life, it is possible. First you must realize what you are as Life. You must find (you yourself) your Self-Superconsciousness.

Christ said, "The flesh is nothing. It is the Spirit which is giving life." and He said, "God is the Spirit, and those who approach and worship God should do it in Spirit and in Truth." (Spirit and Truth is the same.) So, in the Gospel, in the sayings of the Godman, Joshua the Christ is all the knowledge and all the wisdom, but you must enter the meaning of the teachings. Is it only Christ who said that? All wise men and teachers from the past approached the Truth in some way. They spoke about the Truth maybe in a different way. But, they knew it.

When you ask me "Is Absolute Beingness - God? Where can I find Him?" Many, many centuries ago, thousands of years before the birth of Christ, human beings were

searching for this Truth. Why? Because they felt the need of getting an answer on "Who are we? What are we?" You cannot get the answer unless you know what's God. So, thousands of years before, the human beings in their search started to think "What am I to be different from all the animals to worship them as gods?" They made that mistake. The old Egyptians were adoring certain animals as gods. Anubis and other gods. It didn't satisfy them. But, why did they come to that stage to adore animals? Because they saw them living and expressing some strength. And, instead of entering into the meaning of the phenomenon of life they simply got this shape and the form of it. That was a mistake.

Really, all the old people were making the same mistake all over the planet until one day a fellow hierophant (he was considered by the hierophants in old Egypt as insane because he said strange things they couldn't understand), adoring animal shapes for a long time, said "No, that isn't possible. Yes, now we are adoring the Sun calling it Amon Ra, but, what's the Sun?". Then he started thinking what's life, why are we living and how. They used to call that fellow a dreamer. Of course, this state of things was putting that fellow in a kind of unconsciousness. They thought that it was an epileptic convulsion. It was not. He was entering a state we call ecstasy. The name of this fellow was Amenophys the Fourth. One day he called his nephew. His name was Khoramon. He was a Prince. He told him "Come here. Why don't you go to the sacrifices to the Gods?" He said, "Uncle, I am afraid I cannot tell you." "Why?" "Because you are also a hierophant." "But, you are also a hierophant (high priest)." "I am no more." "Why?" "Why should I do things I don't believe in?" "Look here, maybe we face the same problem. Come here. What's God?" The one was looking in the eyes of the other. "Uncle - Life!" "That's it. Life as a phenomenon or something beyond. Look now, I'll do something different. I'll just denounce the Gods and even Amon Ra. In their place I'll adore Aton, the one and only God, the Incomprehensible." (In the old Egyptian language Aton meant incomprehensible.) "Shall we call this Infinite Life - Aton?" "Yes, I follow you." "From this time on my name instead of being Amenophys will be Ankhenaton (the one beloved by Aton)." "And my name?" "Your name will be Khoraton." "O.K."

They have declared a new system of worship - worshipping Aton, the one God being everywhere, giving light and heat to the Sun and life to all the animals and human beings. Of course, the world was not ready for that. They have proclaimed Ankhenaton insane and openly rewarded other hierophants adoring the Amon Ra and the animal gods. Now, Ankhenaton has placed Khoraton as the High Hierophant of Aton. He was teaching about the one God (both of them). Khoraton was assassinated by the worshippers of Amon Ra. They stabbed him in the heart with a knife. This is what always happens to the pioneers revealing the Truth. Ankhenaton was poisoned. The throne came to Tutankhaton. Out of fear (because he didn't understand the new system of worship), to satisfy the priests and the hierophants of Amon Ra and the other animal gods, he changed his name to Tutankhamon and restored the old faith.

From the old times, everywhere, you'll find the following, just like in this story (in the Aztecs, the Incas, the Hindus): Ankhenaton, in ecstasy, revealed the Truth and said "I feel Aton within me, talking to me." (As Super Intelligence.) This is what made the old hierophants of Amon Ra call him insane.

What about the Lord Buddha in India? What is the story of Buddha? Buddha was also a Prince brought up in the palace, married and with a son, but, in him, he also had this thing torturing him "What's life? What's God?" He left his princely clothes in the palace one morning, even his sandals, and went barefoot to the jungle. Of course, from meditations he had some powers. No wild animal approached him. No snake approached him to kill him. He was fasting trying to understand what's God. After years of search and being in that state of ecstasy he came out. He got some of his disciples and said "Searching for years to find God I found him after all." "Where is it master?" "Within us!"

So, what's Life? We said Life is God. By the word God we minimize this Absolute Beingness to our measure. And, our measure is not a good one because we are adoring the animals as God and things in nature. We are not giving any special honor by calling the Infinite Beingness - God, though, we must use that word because it means something to our human intelligence. Yet, we must see God in Spirit. That's what Christ said. "God is Spirit and those who intend to approach Him must do so in Spirit and in Truth."

Then comes the question: "How?" "Yes, you say God is Spirit." But, I'll put you the question: "What are you? Material body only? Nothing more? You are God! You are also Spirit. You are a Spirit-Soul expressing yourself as a personality." Now you come to the point of analyzing. "What am I? Who am I?" Just try to find out who you are. This is the aim of the Researchers after the Truth, of our Circles. Serious research to find the Truth. But, you cannot approach the Truth unless you ascend the ladder of the relative truth. It is not so easy to pierce the real meaning of the Truth.

Now, how shall we start working to find the Truth? What is the Truth? Of course, we know the relative truth. We know the relative truth on things in time and place-space by comparison. This is the relative truth about things and conditions in life where you say that this or that isn't true. This is the relative truth. What is the real Truth behind all the phenomena of life? And, how can you find it? By trying to understand it. What will you find out? "I am a different being from the animals all around me." It is done by observation and through it you'll start with concentration and meditation. Meditation? Thinking over and over, and over again about something until you reach a conclusion. Concentration? Unless you are a master of concentration how will you fix your attention and continue meditating. These are the two things a Researcher after the Truth should gain. Concentration and meditation. You use these words many times and you find them in many books. Some are teaching you meditation giving you certain exercises. But, I ask you "What's meditation? Do you know what's meditation? Concentration? What's concentration?" You must analyze everything and know the real meaning in everything.

So, one should, first of all, master concentration and meditation. Then you arrive to another point. "Who meditates? My human brain? My body? Is my body meditating? What are the means I use to meditate?" Then you approach the Mind. Now, I ask you - what's the Mind? You are using it subconsciously every day, every moment, yet - you don't know what is the Mind. Through concentration and meditation and observation find the nature of the Mind. What is this Mind? You have different names. Intelligence. Perception. Sensitivity. Emotions. These are the expressions of the Mind in the phenomena of life. But, we have to find out what the Mind is really.

What did the Seekers after the Truth, for centuries and centuries, and even now, find concerning the Mind? Mind is everything. Mind is the Super-substance, formless, becoming substance to take form and become matter. Matter is Mind solid. Even an atom of matter, unless it has Mind in it, cannot exist. So, everything is the Mind. Are our material bodies the Mind? Definitely, and they have their own way of living and existing apart from your intelligence. You are living in the material body you know very little about or nothing at all. Yet, the material body is living properly. By itself? Phenomenically - yes, by itself, but, in reality it isn't so. It is by other, higher (much higher than your own), Archangelic intelligences. The Lords of the Elements.

Now, can we find it out practically and be sure about it? This is the aim of the Research. Of course you can, but, it needs time to exercise to master the Mind, because, through the Mind as a mirror you'll see reflected the Truth as its images. So, starting the Research, where does it end? No where! You'll search and search for centuries and still have more to search. There is no end!

Somebody asked me "Daskale, how many years must we study? In seven years you get your diploma as a doctor of medicine. How many years should we study these things?" Years? Centuries! Studying and studying you find more and more concerning the Truth which is Life. But, one should be sincere with himself. "Do I really want to know the Truth? Or, am I satisfied in living as I am living now in a material body I don't know, while others are taking care of it, the Archangels of Creation. Living in a very, very poor, not to say lamentable condition, not very different from the life of the animals all around me." How many people are living just like that? Many. Under impulses: sex, feeling hungry - just like the other animals. But, this isn't so. We are not animals. Our nature is to use the super intelligence of the Mind and find our nature - what we are.

We should start searching from below. "What is the material body I am living in? Is it mine or I just live in it by the Grace of the Infinite Intelligence? What did Christ say about this body of mine? "Every hair is growing with a mathematical exactitude." Every hair. Do you know the material body you are living in? The orthodox science tries to know more and more by investigations. Of course, they have succeeded to learn much about the muscles, the bones, the constitution, the sperm, the working of the glands, the lungs, and the brain, how the five senses are functioning. The orthodox science has learned much - in the wrong way. All these things were taking place in the bodies even of the cave men. Who cared about their bodies? Not them. They were only living in their bodies the same way you are living in your body now. Caring? How much do you care about your body? Taking the food? We didn't make the food - we find it ready, created say by nature (I say by God). You take it - that's all. What do you do for your material body besides taking a little food and washing it? Nothing. On the contrary, you are living a kind of life, which damages the material body. You are causing many damages, calling them - illnesses. This is another kind of research, beyond the orthodox science. The orthodox science will start joining the esoteric teachings now.

I asked certain doctors of medicine (happily, in our Circles, everywhere around the world, we have many, many doctors of medicine, men and women, in Cyprus too) "Look here, why one man is immune to an illness and the other is not? All around us we have all the germs, viruses and microbes - why are some immune to them?" "Because they are." "That's not an answer. Why are they immune to these little

organisms affecting the health of the material body? Of course, we know, because, we know what is the etheric double of the material body and we know its nature. We know that body of energy, of electro-magnetic vitality. This is the real principle of Life. Not Life. Principle of Life.

Asking a doctor of medicine "Sometimes you take parts of dead man's material body and transplant them to another fellow who needs it. What's the difference between the material body of a dead man with that of another man lying there, sleeping and snoring, enjoying good health? What's the difference?" If you tell them they will say, "Is it because you say so? Where is this Source and what is it?" They want the Source to be something tangible, something to touch (though they see it). So, some doctors say "Oh yes, of course, you say it is the etheric vitality - is that the Source?" Definitely - that is not the Source (the etheric vitality). Yet, it is under the command of the Source and of the Holy Archangels. It is the Holy Vitality - the Mind vibrating in the lowest rate of vibration, a little above from the rate of vibration of the material body. We have to know it. Use it.

Researchers after the Truth know much more than the orthodox science now what concerns the human body and life in it. We give many, many lessons concerning the etheric double, but, really, believe me, sometimes I feel greatly disappointed, even by the doctors of medicine who have attended these lessons (many, many lessons) on the etheric vitality. "What is it?" They don't want to see things, as they are in their nature but only as something material. That is what is wrong. It is better to understand that apart from our material existence in the world of so-called three dimensions there are worlds of other dimensions. That's why most of them don't believe. They don't believe in the worlds of fourth and the fifth dimension (and the sixth and the seventh). Yet, the church believes without knowing what they are. Christ spoke openly "The Kingdom of the Heavens is within you." He spoke about the Kingdom of the Heavens - not of one Heaven.

The Seeker after the Truth (not only reading the scriptures and all the holy books ever written by mystics and others - no reason not to read books written by others - no need to be under the xenophobia, just consult the books - you have to consult them to know how the others see things), as his first step after learning by exercises, starts to use concentration and meditation. What is concentration and meditation? By finding out we start with the second step: "What is this body of mine? I touch it and I move about with it. Who is moving about? The body is not moving by itself. I am moving it. Who am I? When I say I am awake I get out of the bed, I dress myself, I mean I dress my body, and then I move about. Who am I moving about? The body cannot move by itself alone. I can use it. Who am I? What am I?" You are reaching another way of thinking: "I am a kind of personality. What is that 'I am'? I am not the body."

Then we start searching. Who am I? This is more difficult now. To know the material body is easy. (I touch it - and know the surface only.) What am I? What are all those others around me? In my family, at my home - my parents, my children, my neighbors? We will find out that their material bodies are all similar. Men have similar bodies to all other men and women to all other women. But, am I the same as my neighbor, as my brother or sister, as my parents? No. I am I! I see this "I" reflected in the mirror of matter in my material body and its expressions. I am a personality. Now comes the serious work.

What am I as a personality? I say I am living. I am living even while sleeping. I am living even in that period of time I feel I am not existing as if annihilated. I am recomposing myself the next morning. How is that? Where have I been during those hours of dreamless (as I think) life? What was that life? If that was really annihilation how did I recompose myself the next morning and am what I was before going to sleep? What was I before going to sleep and what am I now, awakened? The same person, which means - same desires, same way of feeling, liking and disliking, living my life in a different way from the others (everyone has his individuality).

Now, I have to search in two ways. How do others feel and behave and how do I feel and behave - to find something common. The causes are common to all! The expressions are not the same to all in life. By thinking seriously I find the causes - the causes common to all: desire. What is desire? The feeling of getting things which came to my notice. The will of having them, calling them mine. This is a common cause. What is it in my life? Why do I feel that?

With patience and sincerity, we have to observe the way we are feeling and behaving. Why do we behave in a certain way? What is anger? What is enmity? What are weaknesses? What are certain conditions, which really shake me? Who am I now? And you may say "Oh, and I thought I knew myself as a personality." You find out that you have to study more that self of yours to find out who you are. Now you start to use your etheric double as the imprinting ether, visualizing with your mind and studying the conditions of your life as a phenomenon of life. This is most important.

Then, you have to look both ways. Now I study these ideas but, I get this energy from another side. What is the Mind? What is the formless Super-substance which, now, with visualization, I am using studying things and conditions. Visualizing? Bringing to the surface what has happened and seeing it, and - judging it. Of course this is a serious study. What is the Mind? What is the Super-substance, formless yet, creating forms? Elementals.

Now you start with "What are elementals? What are thought forms? Can I see them?" At the beginning - no, but, you can feel them. They can be your torturers, these elementals. When they become fixed ideas as the psychologists call them, they really start crushing that personality. By not being seen doesn't mean that they don't have a life of their own - torturing. Only torturing? If they are good elementals, good thoughts, why should we see this side only? Instead of creating what you call the devilish elementals, create angelic ones. Of course you can. Definitely you can! You must learn how to do it. When you disenergize an evil one replace it with a good one. Don't leave its place empty.

This is an art, which every Seeker after the Truth belonging to our Circles has to master. The most important of the exercises (most people don't give much attention to it) is the introspection, looking within, and analyzing that kind of self we now call - our personality. Looking at it with sincerity and an open mind. So, there is much work to do.

By doing it, I study the nature of my etheric double. I'll find the nature of my etheric double (which is electromagnetic) and call it the etheric vitality, just changing the names. (In a sense it is the same.) So, what do I find? That in the Order of the Holy Spirit (the Super Intelligence - dynamically), there are Holy Archangels - Lords of the Elements. How do I know that they exist? By studying the elements. By seeing the

intelligences in the elements. By observing the creative work in the material body through the etheric double. It is logical that behind it are the higher intelligences. And, by concentration and observation, gaining what I call visualization, one day you'll see them. Then you'll come in conscious contact with them. They want it. They would be happy about it - to know that, after all, you are able to appreciate their work they do for you, for your material and other bodies. In the course of time you'll gain more power in visualization, gaining what I call clairvoyance instead of seeing just with your eyes.

So, studying continuously, using observation, you come to know the nature of this etheric double of your body. Under the order of the Holy Spirit and the Holy Archangels (building and creating) you see that they are persuading and teaching you now to help them in their work and do the same, because, after all, they say : "You call this body 'yours'. Why do you call it yours if you don't take care of it yourself. We take care of it all the time creating and repairing it."

By observation you'll find the nature of this etheric double. And you'll find that this etheric double, from an atom and a molecule, to each organ and the whole body, is a mould in which everything is created obeying the circle of possibilities of each thing in you. You'll be wondering: "How is this work done Super consciously in this body of mine without me knowing it? Whether I am awake, doing this or that thing, being aware of my body or leaving it to sleep, they repair its wounds and illnesses."

This is a serious study. But, I insist, it needs observation - to be awakened all the time. That means transferring your "I-ness" from the subconscious state you are living in now to the self-conscious state. That needs time and many, many exercises. So, it is a double gain: gaining the knowledge about your self as a Present-Day-Personality and knowing things and conditions concerning life around you. Life in your material body - by learning what is the etheric double of your material body.

What more will you know? The principles of Life, which is kinesis, motion or vibrations. This kind of etheric substance I call kinetic ether. Now you are sure about the existence of the kinetic ether. "Once I know about the existence of the imprinting ether (visualizing things) can I use the kinetic ether consciously? Subconsciously I was using it all the time without knowing it." Getting up and working you are using the kinetic ether of your etheric body. Why a dead man over there cannot get up and walk? Moving your hands, doing this or that work, expressing yourself as an intelligence with your fingers (a pianist, a violin player, a sculptor) So, you are using the kinetic ether without knowing it - subconsciously. Now you know how to use it consciously. You know the nature of this etheric double as the kinetic ether. Kinetic ether? But I am feeling it. I touch things and I feel them. They are soft, hard and all that. So, I see another nature of this etheric vitality, of my etheric double, which I call aesthetic ether - the feeling-giving ether.

So, I learn the nature of this etheric double of mine, I repeat, by concentration, meditation and observation (as the imprinting ether, using it by visualizing, as kinetic ether, moving the body anywhere I want to go, as aesthetic ether, feeling that I am living and existing - you are using the aesthetic ether subconsciously without knowing it). We gave three kinds of work of this ether. What remains? We call it the creative ether. But, the creative ether is under the order of the Holy Spirit and the Holy Archangels. When you know the use of these three kinds of ether then you find that you gain knowledge of these high intelligences to trust you this, what we call,

creative ether. If you are a psychotherapist you can materialize or dematerialize things. But, you have to work to be worthy of it. Unless you are worthy of it, don't expect the Holy Archangels and the Holy Spirit to grant you this creativeness of the ether. Once, man had it, made very bad use of it and God deprived this creative ether from the human beings. But, in the future, when you become good, He will grant them also this creative ether.

Now, are there no other kinds of ether and another kinds of work? Of course there are. But, it is not permissible to say, because, we don't want to create black magicians. This is something different. Better not bother about these other things.

When one, as a mystic now, calling himself a mystic, a Seeker after the Truth (this is just synonymous), works on the etheric double to know these qualities of the etheric double, the Holy Archangels will reveal to him much more the things teachers and Daskale are not allowed to reveal. That means that you will find them out when you are worthy of finding them out.

So, I said that you are using the kinetic ether subconsciously: getting up and walking here and there and all that, working with your hands - misusing the energy in many, many ways. You call that sport. Kicking a ball - I find that stupid. Of course, if there are athletes here, they will have a different opinion. Loosing much time in kicking a ball and using much energy, which you could use for something better. Much, much better. So, maybe this is a need for the human beings to get out of their responsibilities and the way they are living. Maybe that's necessary. But, if you advance, you don't need to spend such precious time and so much energy for something without any real use.

Now, we can use the kinetic ether in our bodies in our etheric double. These are some of the exercises you will have to do. But, the kinetic ether is not just replacing your body from here to another place, or moving the hands, or feet, or head. You must look within. You can use the kinetic ether in your bodies in their etheric doubles. I will make exercises.

Just sit well.

Feel the toes of your feet. Move them. You can move them in your shoes. That's the kinetic ether moving the toes. Just feel them. Feel the feet where you are standing, the whole foot from its lower part where you are feeling the ground. Start to move upwards, to the knees. You can go to the knees and feel the knees. Now, from the knees down. Feel your feet down. Now feel your knees. Your attention should go up to the knees, but, in the meantime, feel that you are going up from the whole foot upwards. Feel the knees again. Feel going down to the feet to where they touch the ground. Now feel your feet until the knees, but, feel them (feel both the feet touching the ground) and the whole foot until the knees. Feel them. Now, feel from the knees to the place you are sitting on the chair. You are moving towards your belly. Feel just where you are sitting. You can feel that. You didn't feel that when you were feeling the feet down. Now you can feel it. Feel the place you are sitting. Feel the feet from the belly until the toes. Feel them. They are yours. You can be in them. If you can use this aesthetic ether you can drive away any kind of pain you have in this part of your body.

Now, feel the belly. Feel in the belly. Move it. You can move it.

From inside the belly feel it until the sternum. Now, you are feeling the whole belly without the organs in it.

You are in the etheric double of your body now and you think that you are in the body. But, the etheric double is in your body also. You are feeling the etheric double in the body.

Now, take deep breaths and feel the chest also. Feel the chest from the thyroid to the toes. You feel the shoulders. You can feel them. Feel the hands. Move the fingers. You can feel inside your body from the thyroid to the toes of your feet.

It is much easier for you to concentrate in the chest, because, there are more active centers of energy in the chest.

Breathe deeply and feel in the chest. Feel you are in the belly. Now you feel the whole body from the thyroid down. Feel in the head now.

It is not difficult to feel in the head. You can feel in the head properly and if a headache comes you can drive it out.

Now you are in the whole body: in the head, in the neck, inside the chest, you feel the shoulder blades behind your back, your hands you feel them, you feel the muscles, you feel the fingers, now you feel the stomach and the belly, you feel the place you are sitting on the chair, you feel the thighs. Love your body. It is yours. So many Archangels are working in this body to keep it in good order for you to live in it.

Now you are in the aesthetic and kinetic ether, because, you are feeling it in the body. By practice you will be able to notice the circulation of your blood. To be in every organ, in the etheric double of every organ, and know what is going on there. To feel the blood cells circulating in your arteries and in your veins later. But, it needs practice. Practice - to be the master of your human body. When you become the master of your human body you are the master of the human body of - everyone else. Because, you can project your etheric double in any material body of a human or an animal and - help.

Feel you are in your material body. Feeling you material body put yourself the question: "Who am I now, concentrated and feeling my material body?"

Try to find your I-ness - not your name, the name of your personality. It needs practice, of course.

So, breathe deeply and feel that you are in your material body and - love it.

Don't expect pain to draw your attention there, because, pain in the material body is just a warning to give attention there.

For some time you will feel inside your body completely relaxed. You can relax the material body. Every muscle should be relaxed. Feel being in your material body. That means: feel your material body.

Now, you have to make two thoughts. "What is this material body that I am feeling it and being in it, and - who am I who can feel it and can move about in my material body?" Move about? Now feel the left leg only. Concentrate being in the left leg only. Consciously. Subconsciously you are already in the body. Feel the left leg only. Now feel the right leg. That means kinetic and aesthetic ether. Feel the left hand from the shoulder to the fingers. Only the left hand. Feel it. Caress with the fingers of your left hand your knee. You are in the left hand. Now feel the right hand. Feel being in the chest. Feel that you are in the left side of your body. Feel that you are in the other side of your body now. Feel the left eye. You can touch it with your finger.

Touch with your finger your left eye and concentrate in the left eye. Now with the other hand touch the right eye and feel it. Feel the forehead. Feel the tongue in your mouth.

This is very easy because there is a very active center there. If you feel it you'll see that the saliva is in your mouth.

Feel the tongue in your mouth. Feel the thyroid. Swallow a little bit of saliva and feel it going down through your throat.

You have so many things in your body, inside your body, to know, to concentrate, and use the kinetic and the aesthetic ether. What is the gain of it? We make more active the centers of the etheric vitality keeping the material body in much better health than neglecting your body. How many of you care about your feet? Yet, you are complaining. Love them. Caress them. When you are washing them just caress and love your feet. So, we have to love our body and give thanks in thought to the Holy Intelligence caring about the material body, which is the Holy Spirit. Give thanks to the Holy Archangels working continuously in the material body with what we call the creative ether to make it suitable that we may live in this material body.

Is that all? You should give thanks also to the Logos who creates your self-consciousness, your Present-Day-Personality, the thinker. So, apart from the Holy Spirit and the Holy Archangels, Christ is also in you - working, unfolding your personality, your self-consciousness.

All of us are Christians, maybe, but - are we? What is Christ? A personality who had lived two thousand years ago walking in the streets of Jerusalem? Yes, that is true for the personality as a human being. But, that was not only Joshua the Godman (that personality), because, He said: "Before mountains and everything existed I am." - in the Eternal Now. And, He is now. So, what is Christ? Where can we find Him? In the church? Which church? Where can you find Christ? What did Yohannan, Saint John the Apostle, say? "The Logos is the light which lighteth every human being coming to the world." So, every human being, whether he knows it or not, has Christ in his body and, especially, in his heart. Whether he knows it or not. Even the black, the Zulu, those people called idolaters, express a primitive self-consciousness. This self-consciousness is the light which lighteth every human being coming to the world. So, for us, Christ is not a mythical person. It is Life. Life unfolding in us, Spirit-Souls, the Self-consciousness. You don't need to go very far away to find Christ or God. Find them inside you. In your own nature, because, we are all gods. Christ said: "Ye are Gods and Sons of the Almighty. All of you." All human beings.

What I want to say is: if one wants to unfold in himself, what you call, the psychical, the psych-noetical powers, and approach the knowledge regarding the Truth one should be sincere with himself and search. Be a Researcher after the Truth. Search always. Exercise always. Exercise. There are many exercises given. Not only by us. By all the systems of research. Select the ones good for you, because, not all the exercises are good for everybody. You must have this in your mind. You select what is good for you. Some find as an exercise of concentration and meditation - prayer. Yes, a prayer is a kind of concentration and meditation. But, what is prayer? Reciting words in your mind and being far away? That isn't prayer. It isn't a kind of concentration. What's prayer? Usually people are asking for something. Well, that is not prohibited. Christ has allowed it. Even asking for our daily bread. It isn't that God will not give us our daily bread but - to convince us that we will have it. "Give us this

day our daily bread." When you want something good ask from your Father and you'll have it. This is in the religious way. There is the other way of using thought, concentrating on certain desires to create an elemental to bring that desire to fulfillment. What's the difference? Religious and scientific way? It is exactly the same. So, in giving thanks to the Holy Spirit with your thought (and the Holy Archangels for what they are doing in your body) - is it not a prayer? It is. Prayer in reality, in order to work, should be real meditation and concentration. Not just learning to recite words while the mind is in many other places. That isn't prayer. That isn't concentration. For me concentration as a prayer. You'll find it out by your practice.

Now, concentration and meditation for you must be real power which you should master. Why? Because that will broaden your life. It will make you feel that you are living now in a better way and more broadly. And, in the course of time, your self-consciousness will unfold in itself, in you, into Self-Superconsciousness.

So, tomorrow we shall continue with more details and more practice with the etheric double. Yeah.

Something else I want just to point out. Please, the lessons are not for sale. Do I charge anything for the lessons I am giving you? Do you give anything? No. Also, the treatment of these people is not for gain. We don't charge anything for the treatment or for the lessons. Which means: I allow you to get this lesson on tapes. Some, in the past (Swiss and Germans), were copying the tapes and selling them. Please, I don't like that. If you have the tapes and certain friends, and you want them to hear them, invite them to your home; or, if you trust them to give them. Good. Yet, if they want to copy them, copy it for them - for the real Seekers of the Truth. But, don't copy these tapes and sell them. Please, because, these things have happened in the past. Yeah?

- May we try to translate them, because, there are many in Germany who cannot understand them and they are longing for it? Monica will do it, and Nicol.

And Christoff will do it. I think they will do it. We have those in the circles and they know good English and German language, and - they will do it. O.K.?