

IF THE FOLLOWING SHORT EXTRACTS INTEREST YOU, YOU ARE INVITED TO READ THE LONGER READINGS FROM WHICH THEY ARE TAKEN

MAHATMA K.H. *Mahatma Letters to A.P. Sinnett* LETTER 9

The lower world of effects is the sphere of such distorted Thoughts; of the most sensual conceptions, and pictures; of anthropomorphic deities, the out-creations of their creators, the sensual human minds of people who have never out-grown their *brutehood* on earth. Remembering thoughts are things -- have tenacity, coherence, and life, -- that they are real entities -- the rest will become plain. Disembodied -- the creator is attracted naturally to its creation and creatures; sucked in -- by the Maelstrom dug out by his own hands. . . . But I must pause, for volumes would hardly suffice to explain all that was said by me in this letter.

Mahatma K.H. DOUBT NOT

Indulge not in apprehensions of what evil might happen if things should not go as your worldly wisdom thinks they ought; doubt not, for this complexion of doubt unnerves and pushes back one's progress. To have cheerful confidence and hope is quite another thing from giving way to the fool's blind optimism: the wise man never fights misfortune in advance.

THE DESPONDENCY OF ARJUNA

***Bhagavad Gita* (W.Q. Judge's rendition)**

ARJUNA:

Now, O Krishna, that I have beheld my kindred thus standing anxious for the fight, my members fail me, my countenance withereth, the hair standeth on end upon my body, and all my frame trembleth with horror! Even Gandiva, my bow, slips from my hand, and my skin is parched and dried up. I am not able to stand; for my mind, as it were, whirleth round, and I behold on all sides adverse omens. When I shall have destroyed my kindred, shall I longer look for happiness? I wish not for victory, Krishna; I want not pleasure; for what are dominion and the enjoyments of life, or even life itself, when those for whom dominion, pleasure, and enjoyment were to be coveted have abandoned life and fortune, and stand here in the field ready for the battle?

KRISHNA:

Thou grievest for those that may not be lamented, whilst thy sentiments are those of the expounders of the letter of the law. Those who are wise in spiritual things grieve neither for the dead nor for the living. I myself never was not, nor thou, nor all the princes of the earth; nor shall we ever hereafter cease to be. As the lord of this mortal frame experienceth therein infancy, youth, and old age, so in future incarnations will it meet the same. One who is confirmed in this belief is not disturbed by anything that may come to pass. The senses, moving toward their appropriate objects, are producers of heat and cold, pleasure and pain, which come and go and are brief and changeable; these do thou endure, O son of Bharata! For the wise man, whom these disturb not and to whom pain and pleasure are the same, is fitted for immortality. There is no existence for that which does not exist, nor is there any non-existence for what exists. By those who see the truth and look into the principles of things, the ultimate characteristic of these both is seen. Learn that He by whom all things were formed is incorruptible, and that no one is able to effect the destruction of IT which is inexhaustible. These finite bodies, which envelope the souls inhabiting them, are said to belong to Him, the eternal, the indestructible, unprovable Spirit, who is in the body: wherefore, O Arjuna, resolve to fight.

W.Q. JUDGE *Letters that have helped me, Part I, Letter 3 and 4, pp. 4-7*

Those moments of intellectual gloom are the moments when I am influenced by those ignorant ones who are myself. All this in my nation. But there are many nations, and to those I go in mind; I feel and I am them all, with what they hold of superstition or of wisdom or evil. All, all is myself. Unwisely, I was then about to stop, but the whole is Brahma, so I went to the Devas and Asuras; the elemental world, that too is myself. After pursuing this course a while, I found it easier to return to a contemplation of all men as myself. It is a good method and ought to be pursued, for it is a step toward getting into contemplation of the All. I tried last night to reach up to Brahma, but darkness is about his pavilion.

George William Russel, AN INNER ALLIANCE

If it is true here that many exert a spiritual influence they are unconscious of, it is still truer of the spheres within. Once the soul has attained to any possession like love, or persistent will, or faith, or a power of thought, it comes into spiritual contact with others who are struggling for these very powers. The attainment of any of these means that the soul is able to absorb and radiate some of the diviner elements of being. The soul may or may not be aware of the position it is placed in or its new duties, but yet that Living Light, having found a way into the being of any one person, does not rest there, but sends its rays and extends its influence on and on to illumine the darkness of another nature... So it comes that there are ties which bind us to people other than those whom we meet in our everyday life. I think they are most real ties, most important to understand, for if we let our lamp go out, some far away who had reach out in the dark and felt a steady will, a persistent hope, a compassionate love, may reach out once again in an hour of need, and finding no support may give way and fold the hands in despair. Often we allow gloom to overcome us and so hinder the bright rays in their passage; but would we do it so often if we thought that perhaps a sadness which besets us, we do not know why, was caused by someone drawing nigh to us for comfort, whom our lethargy might make feel still more his helplessness, while our courage, our faith, might cause "our light to shine in some other heart which as yet has no light of its own."

James P. Swyer The Effects of Depression on Body Immunity

Dr. Michael Irwin, Assistant Professor of Psychiatry at the University of California-San Diego School of Medicine (UCSD) has concentrated on measuring the activity of a special type of immune cell called the natural killer (NK) cell and how it is affected by psychological stress, studying NK cell activity is important because its primary function is to guard against virally infected and cancerous cells. Because of this immunologic surveillance function, many consider to be the body's first line of defense. NK cell activity measures the ability of a particular type of immune cell to destroy tumor cells.

Prolonged mourning after the death of a spouse can lead to many extreme psychological reactions, particularly depression and anxiety. A number of clinical studies have shown that many older people who become severely depressed soon after the death of a spouse tend to develop declining health, increased susceptibility to cancer, and higher mortality than other people of the same age and economic background in the general population. A growing number of researchers and clinicians believe the stress brought on by bereavement triggers chemical changes in the brain that can suppress the immune system.

The women who had the most symptoms of depression had significantly lower NK cell activity than did the women with the fewest depressive symptoms.

W.Q. Judge, ON WISDOM IN ACTION (extracts from letters)

This is the right conclusion, to let all talk and other people's concerns slip by and not meddle. No one should be taking information to another, for it fans a flame, and now we have to ignore everything and just work on, be good and kind and, like St. Paul's charity, overlook all things. Retire into your own silence and let all others be in the hands of Karma, as we all are. 'Karma takes care of its own.' It is better to have no side, for it is all for the Master and He will look out for all if each does just right, even if, to their view, another seems not to do so. By our not looking at their errors too closely, the Master will be able to clear it all off and make it work well. The plan of quiet passive resistance, or rather, laying under the wind, is good and ought to work in all attacks. Retreat within your own heart and there keep firmly still. Resist without resisting. It is possible and should be attained. Once more, au revoir only, no matter what may happen, even irresistible Death itself. Earthquakes here yesterday: these signify some souls of use have come into the world somewhere; but where?

(...) Wait for the hour to make the decision, for if you decide in advance of the time you tend to raise a confusion. So have patience, courage, hope, faith, and cheerfulness.

The very first step towards being positive and self-centered is in the cheerful performance of duty. Try to take pleasure in doing what is your duty, and especially in the little duties of life. When doing any duty put your whole heart into it. There is much in this life that is bright if we would open our eyes to it. If we recognize this, then we can bear the troubles that come to us calmly and patiently, for we know that they will pass away.

(...) You can solidify your character by attending to small things. By attacking small faults, and on every small occasion, one by one. This will arouse the inner attitude of attention and caution. The small faults and small occasions being conquered, the character grows strong. Feelings and desires are not wholly of the body. If the mind is deliberately taken off such subjects and placed on other and better ones, then the whole body will follow the mind and grow tractable. This struggle must be kept up, and after a while it will be easier. Old age makes only this difference—the machine of body is less strong; in old age the thoughts are the same, if we let them grow without pruning.

(...) There is never any need to worry. The good law looks out for all things, and all we have to do is our duty as it comes along from day to day. Nothing is gained by worrying about matters and about the way people do not respond. In the first place, you do not alter people, and in the second, by being anxious as to things, you put an occult obstacle in the way of what you want done. It is better to acquire a lot of what is called carelessness by the world, but is in reality a calm reliance on the law, and a doing of one's own duty, satisfied that the results must be right, no matter what they may be. Think that over, and try to make it a part of your inner mind that it is no use to worry; that things will be all right, no matter what comes, and that you are resolved to do what you see before you, and trust to Karma for all the rest.

Raghavan Iyer, RADICAL HEALING

Through continuity of consciousness there is a radical healing that takes place within one's whole nature, and an authentic gain in self-respect. Like a person who late in life learns a new language and is thrilled that he can learn the alphabet and write his first sentence, so too any human at any age can so strengthen the antaskaranic connection with the Higher Self that life takes on a new depth of meaning and expression... Functionally, the definition of an enlightened being, of an Initiate, is a being who chooses every thought. Things do not happen to Initiates; thoughts do not come to them. They choose them. To be able to get to the ultimate capacity not only to choose every thought but to make it a living reality by mastering the power of *Kriyashakti*, totally purified creative imagination, is an exalted ideal truly inspiring and relevant to every human being. By renewing one's sense of the reality of this ideal, one can reach a point where one can give up altogether the false notion of personal or individual spiritual progress. It is replaced by a beautiful

awareness that whatever happens is a kind of resignation to the universal flow of light working through one self- consciously. It is like swimming on the ocean....It is a matter of choosing consciously the divine harmony and saying that whatever eventually comes is not merely what I deserve but what I desire.

SELF-DIRECTED PREVENTING AND HEALING DEPRESSION

KATHERINE TINGLEY *Wisdom of the Heart* pp. 51-57

First Thoughts Upon Waking

When rising in the morning our first thought shall be, I shall make the day one of sunshine. I shall put into each duty no matter how small unselfish thought. Aim to conduct your life as though each moment were the most precious in eternity, keeping an endless sacred festival in your heart and living all the year in the joy of service to humanity.

(...)This very day you can make or mar your lives, and render them a blessing or a blasphemy. You can fill all the hours of it with such powerful affirmation of your hopes that they will become the world's hopes and the illumination of all life. No duty can come to you but will bring the possibility of doing kingly service.

Hence the importance of first thoughts upon waking. If one rises in the morning in a mood through which the Soul can express itself, one is at peace during the whole day. Remember how great is the creative power of the imagination. Build up with it, upon waking, a picture of hope and joy. Lay aside all that belongs to the lower self, and going up into the temple of the heart, dedicate the day to self-purification. Do this and you invite an invasion of the gods. But rise with the brain-mind dominant, and a day of perplexing difficulties awaits you.

(...)Do not worry; do not fear; do not think about results. Set plans come from the brain-mind, and in creative work that cannot be allowed to rule. There is a method of fashioning the life so that this will not be; then the brain-mind will keep its place as the servant, not the tormentor of the soul. It is something to think about when you get up in the morning and when you retire at night. It is very close to what I mean when I speak to you of trust in the Higher Law.

System, self-discipline, orderly habits: these are the things that set the soul free and allow the mind to gather such breadth from its experiences that it comes to see itself a factor in the infinite harmony of law-governed manifested being. We have to learn to conserve our energies if we are to do our duty by the world.

How much we waste in a day for lack of this knowledge! How we talk ourselves to death on trifles, and die of chattering long before our time! What tearings, worryings, and confusion the poor brain-mind suffers where there has been no self-training in disciplined methods of thought!

Last Thoughts Before Retiring

At night it is helpful to go over the day in thought. (...) You will suffer in noting lapses and omissions; but if your motive is pure and selfish you will learn and pass on. And then will flash in upon you a sense of the nearness of the Higher Self, and ere you know it a new life will be born.

We cannot reap the real benefit of sleep if we enter upon it negatively, in ignorance, carrying to bed with us our fretfulness and dislikes, despairs or hatreds. Let us end the day with more power of thought for self-conquest than we had at the beginning of the day. Let us close our eyes tonight with a clean conscience and with a feeling of generous love for all that breathes which is the best side of our natures. Let us seek more knowledge, more light, more strength in the silence of our last thoughts before retiring. To retire in the right spirit is to set aside the worries that have followed us during the day, to pass into sleep resting in the True, in a mood of utter trust in the wonderful Law and Mystery of Universal Life, and holding within a clearly defined aspiration for a better and sweeter tomorrow, and that we may wake fortified in the strength of the Soul's majesty.