

# KEYS TO INNER SPACE

LEHMANN HISEY



AMERICAN UNIVERSITY OF WASHINGTON  
PUBLISHERS OF BARD, CAMBRIDGE, HARVARD, MIT, and YALE BOOKS

1974 • 273 pp

### Keys to Inner Space

any of the sympathetic plexuses of the physical body. The Anja (Pituitary) located near the Pineal at the root of the nose is sometimes called the "Third Eye" or the seat of the mind. It is very sensitive to vibration and is often referred to as an aid to psychic vision.

Any one of the vortexes or Seals may be stimulated by *Toning* the musical note indicated in the diagram and visualizing the predominating color. This practice, if done correctly, enables one to listen to the song of life within and catch a glimpse of his own Cosmic being.

The Crown Chakra, the last to be opened, is described as the thousand-petalled lotus and is not actually connected with any of the sympathetic plexus of the physical body. In some diagrams it is shown as existing many inches above the head and is believed to be the basis for the artist's concept of a saint in which the circled halo is drawn.

The Ajna, or pituitary vortex, a tiny, cone-shaped body located near the Pineal at the root of the nose, is often called "the third eye" or the seat of the mind. It is extremely sensitive to vibration and is frequently referred to as an aid to psychic vision. There has been much speculation and many books written about "the third eye" and its possible onetime existence in the center of the forehead. It is interesting to speculate that aeons ago this may have been the only eye used by the earth's first inhabitants.

Any one of the seven vortexes or *seals* described in the diagram may be stimulated by "Toning" the musical note indicated and visualizing the predominating color frequency. This practice, if done correctly just before meditation, enables one to listen to the song of life within and perhaps catch a glimpse of his own Cosmic being.

## PART TWO MARK PROBERT

The ensuing pages provide an extra key to an area of awareness which may prove to be more revealing and far-reaching than any key found in preceding chapters. In this dimension of "inner space" so close behind the doors of physical existence, not too much information is available. Herein is provided, through the mediumship of one Mark Probert, a vast amount of documented information and wisdom teaching which bubbles as naturally as an artesian well.



### Keys to Inner Space

trying to make bargains with God. And here, with an excellent body, I was wasting it from lack of exercise. My body broke down, my body went to fatty tissue, later to kidney trouble, bowel trouble, and with all these things, I 'died'. So much for promises. If we can't have a memory of our life, then what good is it? People say, "So we shan't make the same mistakes." Well, damn, we never did, because the condition, the environment we come into is always different."

QUESTION: "But could you say then that one of the more proper, or useful memory banks is to remember the principle that will apply to any situation?"

PROFESSOR LUNTZ: "That is right. To remember the truth. To know what is the law. To be able to recognize this law and to follow it; just to have the intelligence to follow the law. In this way we do what we should do and not just what the lower consciousness drives us to do. In the Christian Bible it says, God made man and gave him the will to choose between right and wrong, well, that simply is not true. A will is something an individual has to make himself; to create; to feel; to act; and, unless we have the awareness for it, we cannot do it. We cannot learn a thing." **25 YEARS**

Over nearly a twenty-year recording period I would estimate that there must be as many as two thousand Probert tape recordings in existence, most of them far out in profound spiritual teaching.\* I would like to add that all the entities in the course of my acquaintance with Mark seemed to be normal, fully integrated personalities. And that most of the conversations I have taped contain information and ideas far beyond

\* An indexed catalog listing several hundred tape recordings according to subject may be obtained by writing The Probert Memorial Foundation, P.O. Box 11672, Palo Alto, California 94306.

Mark Probert

scope of Mark's education, not to mention vocabulary and normal interests.

When Mark was taking dictation clairaudiently he "heard" the words but in a higher frequency than one hearing normal physical words. He was attuned to octaves beyond the normal range.

### Creation—Chemistry of Life

E Yada di Shi'ite in most of the sessions made at least one or two references to "how it all got started," some of them humorous and some "deadly" serious. I would not attempt to summarize his observations but have pieced together the following from documented tapes and transcripts.

YADA: "In the beginning, man—that which is man today—was formed in the upper regions of space, in vast clouds of cosmic dust, which was the remaining substance of the earth as it formed itself. This was formed in minute drops of water—not the kind you have today, but very much radiated water. The energy of the physical life is ultraviolet light. And when these minute pieces were radiated by the sun, they formed protein enzymes which then came down in water droplets and created great fields of water on earth.

"Then came a drying period. The water goes back to the sky, and these living energies, which had fallen deep into the water, were left on the surfaces with no water. Then a fermentation process started in which these minute substances had more chemical elements added to them by the process of fermentation.

"Little by little, the great creative Mind decided that was no way to progress—by division of cells. So it started a pattern called addition—do you see how mat-

mathematical life is? Then came changes that formed beings that could survive in given environments. If one could not bring itself into balance with its environment, it died. It was annihilated by its own inability to adapt.

"Man (Mind), the creator, decided to come and work with his creation—the son of the Sun. He tried many ways of getting here, but none of them worked. So he started anew and he started very low, and little by little, he worked up, by the pattern you call evolution.

"This creative self was born spontaneously all over the earth. There is no one place that you can call the cradle of man, unless you believe it to be, as your book says, the Garden of Eden. I cannot counter your stories, your beliefs. I cannot deny them. *I am telling you only what I know. If you are comfortable with your beliefs, forget mine.*

"You must understand that energy is light. That is what your world came out of—your times were started by harmonics—sound; sound that is not what you call ear-sound, but a series of vibrations that brought the matter world into being.

"Starting by vortex motion; creating little whirlpools, centering, ever centering, until the density reached a point that we may call capacity. It cannot get beyond that density. And then there is a falling in on itself, creating what is called an implosion. And then follows an outer or explosion.

"With the first outer explosion came green, green light. Then there was a great rushing back to the center, a great density again, and then a falling in, and then a great explosion again that set whirlpool motion going—matter, coming into being. And just what is that force?"

QUESTION: "Is electromagnetic force a better term?"

YADA: "Yes, of course. Very good."

QUESTION: "Are all vibrations electrical in nature?"

YADA: "Yes, either in a repelling motion or—in pull in—how you say—attracting motion. There are times when I do not have the proper words to use, so you will forgive me for that.\* It is a serious mistake we make, not to know the proper language to use when talking about anything so important, and I must accept the responsibility of my mistake.

Yada is having a little trouble with Mark's body at this point but after a few moments continues. "Not all humans, now on the earth, originated here. Some of them were brought from vast distances, from other planetary systems deep in the heart of the galactic system. So we may say they were 'seeded' here. It is the same thing with some plant life, some bug life, some fish life.

"Man himself, as I said, is a space being—born in space, born of heat and light and radiation. So in some senses, we can say he is an atomic being, for the sun is but a series of atomic explosions where matter is being fed into the Sun and broken down to its lowest component parts, and wherever there is such a Sun and Solar system, or planetary system, which is in proper alignment with the Sun—whatever its size may be—there is almost certain to be life there.

"And on some of the outer planets, life has not advanced in the same manner as it has on the earth. The beings are decidedly different and in some cases, we may say they are like large insects. On other planets, the whole procedure in evolution that has taken place

\* While E Yada di Shifu's style of expressing himself improves over the years, he does frequently slip back into old patterns, on which occasions, for clarity, slight editorial changes have been necessary.



### Keys to Inner Space

on the earth has happened on these planets—and an intelligent human being has been the end result.

"Some of these beings have created civilizations that are now several million years old. Think of that! Your civilization is relatively young—a few thousand years. Man has been coming here and going away, on and off for upwards of a million years—but his civilizations haven't lasted. Five times, beings called humans have been destroyed from the earth. They have destroyed themselves. This is what man is trying to do today.

"For, life is an individual experience and it is, as you Americans would say, a 'do-it-yourself job'. You are the creator. There is no other. Now, when I say 'you,' I am not talking about this [pointing to the physical structure]. You created this. The creator in you made this. So I am not talking about this body. Nor am I talking about the consciousness of this, called the ego. I am talking about YOU as a Cosmic being.

"In the beginning, I am born of love. The word love means understanding. The understanding may not be of the kind that is between the mother and the father. The understanding may only be in the entity that is moving from father's body to mother's. I may be the result of a very violent attack, yet the results of that attack—called me—is love. The whole universe is born of violence but it becomes at rest with itself after a time.

"Great sounds, great galaxian systems are born from violent action. Then little by little the violence goes on and the creation becomes more peaceful or sane. Man was insane, for a time, and some of his insanity stayed with him still.

"Man, being the Creator, giving himself time to observe what is going on around him, can create anything he desires.

"You, I, we are not around like pieces of chess on

board, the whimsical motions of fate. But, we are moved around by our own fate through our way of thinking and feeling and responding to our thoughts.

"So, if there is any important thing, important to your continuance of consciousness that you wish to learn, you will learn it. You may die at conception, but you'll live again to die again. Perhaps for a little longer period of time. Perhaps to get more experiences in some particular environment. You cannot die, the creator does not die, even though some have proclaimed, 'God is dead.' This 'God' is never dead; never sleeps, is eternal. 'I am that.' I am the eternal light.

"You look. You stay aware. I do not know more than you. I just know different things than you, that's all. I know about life in a different way than you. You know about life in a different way than someone next to you.

"The building blocks that have gone to make up the material world are a something you in your English call 'energy.' The motion of energy creates a something called 'molecules.' Molecules are the beginning of something called 'matter.' Matter meaning surface, surface meaning sensory. Something that is measured by the senses. There are degrees. Everything is in degrees, never absolute. If you found something that was absolute solid, you couldn't lift it. There is a substance in spaces; today you call this substance 'plasma' spread out in countless millions of miles; a substance so dense that one cubic inch of it weighs into the millions of tons.

"Only in recent years have your scientists created an instrument that they can see through that vast density. At one time, it was believed that that density was simply empty space. No stars, no forms at all. But, since

It is better for you to try to understand the "Law of Change" and the necessity for change."

QUESTION: "In our universe, after implosion came explosion, is that right? . . . then we are currently still expanding?"

YADA: "Expanding and your scientists think about this very often and are not able to make up their minds whether you are expanding or contracting.

"You see, the thing that started it, the force that started it into the explosion, is still carried in it by the space, from the source. It is still creation, but when the vibration that started it blowing out from the center begins to lessen, then you have another explosion, where matter begins rushing together."

QUESTION: "And that is what we call going home?"

YADA: "Yes, that is what I call going home. This is the breath of Brahma, this inbreathing and outbreathing, that's what the Hindus say. But that is a figure of speech, not exactly a breath, as you may call it, as you call the word breath, as you think of it. It's a motion of expansion and everything returns to its creative center, everything returns to the creator. That's where the Christians get the idea that man returns to God, who they assume was the Creator. You see what happens in this returning to the center. The energies that let the explosion take place begin to drop off very appreciably, according to the square of the distance. What you call the center, you find the same thing in a single atom. You find the electronic bodies in their orbital path, expanding from the center and falling back to the center because there is a point of expansion wherein the electron runs into neutrality, the neutral fields. So they are not drawn back to the center, they fall back to the center. They can do no other, because the energies have been pulled back to the center and they must follow that loss of energy

ergy to try to keep orbit in the atom. Try to find an orbit and stay with it.

"The physical world, because of density, of slowness, brings undue pressure upon the mental self. That is why it is so vital to keep the body in good health. Use the energies, but do not squander them. All is made from energy. In physics it is called the "Law of Energy." Strange—everything is energy, yet it is necessary to conserve it. A paradox? A law. A very real one. We feel the effects if we do not follow it!"

Many times Yada was asked why it was that these "Teachers of Light" chose this particular time of 1945-1946 to make their appearance on earth plane. He answers: "Starting in 1945 was the Aquarian Age, it was also the beginning of the space age. Age when the first atomic power was let go into your spaces. Man put his foot for the first time on the path of mental growth, mental involvement with the higher consciousness.

"Yes, many times people ask me, 'Yada, why do you come to earth? What is your business here?' It is my business to help people think. This is of utmost importance! If we humans do not learn to think, we are not humans. We lose our humanness as we live on the earth if we do not learn to think. We are no more than the animals. Is that not important enough to come to your world for?"

#### Outer-Space Beings—UFOs

As there appear to be so many dimensions or planes of consciousness, it is not clear in just what manner Yada di Shi'ite would be able to consort with an outer-space being, say from another galaxy. If it is only a matter of controlling his frequency and raising or



#### Entry to Inner Space

lowering it at will, this might be possible. But other factors may be involved. Be that as it may, let us take a look at some of the fragmented quotes I have culled from documented tapes and transcripts (1967-1968).

YADA: "So, what do we talk about and feel emotional about? Do we think of beings from outer space as beautiful—as intelligent? Do they have your interest in heart? Do you think they come into your atmosphere for your benefit? Many of these races of people have been drifting through space for millions of years, visiting all kinds of bodies throughout your galactic system as well as many other galactic systems, some that are millions and billions of light-years away. Time means nothing to them. Time is only a measurement of earth time. I know of no other system, no other solar system that has measuring of time.

The space people, in their own land, are inclined to be kindly and helpful to one another. But when they encounter trouble, when they have too many on the planes—or their planets, if you wish—they too become difficult. They go looking to expand themselves where there is more land. And as we of the Circle have often said, the earth is a living gem in the sky.

These beings are going to come here more and more now; and some may prove a danger to you, a threat. They have been coming quietly now for many, many years—several thousand years. They can afford to do so, their plan is a long-range plan. Many of them come from a great distance, millions of light-years away from your galactic system and beyond that."

QUESTION: "How would one approach one of these space beings if he or she ever came close enough for contact?"

YADA: "Simply to accept them. Your invitation is in your attitudes toward them. They are not mysterious.

Mark Probert

that need to be solved. They are beings from other states of consciousness, other dimensions of time. And they would be very interested in making some direct communication with some of your people and eventually with all the people that they can reach.

"But this can only happen if you people here on earth stop playing with these things, stop making believe that they are your saviours; stop giving them useless credit. They do not like it, so they will not do anything to come closer.

"They fear two things. They fear your violent nature and they fear your general attitude of friendliness because they see through it. It is not friendly; it is self-seeking; it is something for me. This means that almost any person who has any direct contact with these beings automatically tries to make himself the vicar of flying-saucer people. The man Adamsky tried that and he ended up with nothing. He proved nothing, and none of the others will either, if your attitudes among yourselves and toward them does not change. They are afraid. I would be too, but with me, I have a very easy exit that I can run fast.

"But you see, there are many, many levels of consciousness different from mine that beings come from. You can call them 'planes' in which they move through different stages to learn—as you learn in your way—to experiment and to record; so that in the event your civilization falls, as almost every civilization has in due time, they will have the recordings for those who come up later."

"Much of the mystical teachings of life, much of the inner truth, come from beings who are not of the earth, but descended to the earth. Some came of their own accord with willingness and love, to bring man some brighter knowledge of their existence, from which have

the orders of Masonry, the stories of the Druids, and the stories of the mystical schools of the Greeks and the ancient Egyptians.

The story has come quite clear in some writings called 'Isis Unveiled'. Then there are what are called the Upanishads, out of which has come much understanding of our individual nature and what our struggle of life is about."

QUESTION: "Yada, may I ask, do you have any comment about the alleged UFO sighting that we came upon last Wednesday evening?"

YADA: "You know, you made a comment which you possibly do not know of, or do not realize how true it was. Whenever there is certain physical phenomena taking place in the skies—such as the eclipse of the moon or the sun, or other forces of nature acting out their work—these space dwellers come and do what you may call 'geo-physical work.'

They study the moon and its passage between planetary bodies, or between the sun and a planet, from all angles. They use the energies in space, to make pictures—vast pictures of what is going on, on the earth or off the earth—anywhere in space. And this is what we saw last evening. These beings were making pictures of the earth, of the moon, of the sun, at the time when the sun was beyond your vision.

Also, they photograph, by a kind of X-raying, the interior of the earth—over certain sections of it, so as to know where possibly there is likely to be a very big cracking of the earth that may displace vast lands into the water or somewhere else."

QUESTION: "What did they find out?"

YADA: "Now, if I know, how could I tell you? I can't. It is very complex."

QUESTION: "Were they using any of the TV electrical systems for recharging?"

YADA: "Yes, of course."

QUESTION: "Is that why they were over Mt. Soledad specifically?"

YADA: "Yes. Often, these beings use the forces of the planet they are on to do their work, whatever it may be."

QUESTION: "You said once before that they came into our visual spectrum when they were at their lowest point of energy, when they were just about to run out of power. So is that when they became visible and were being recharged?"

YADA: "Yes, because they begin to absorb it then. They are now out of it and begin absorbing it, because when they are out of it, they begin to look three-dimensional. They begin to look solid."

QUESTION: "Of what use is a physical planet to them?"

YADA: "The word 'mental' is not understood by you. If one has any kind of body, it must be put together by lines of force, called 'electrical,' or the energy by that name; you have plenty of it here on your earth.

"I go back again to space people and you will see how all these things go together. These beings are everywhere present. They just do not come now, and then go away. They live in your atmosphere. They can communicate with you mentally, as well as physically. They can make themselves look human, or not so human. They have command of energy."

"You will do it, in due course. You will be masters of many things, but first you must learn to master yourself—especially the emotional self."

"These beings are coming here for one purpose only, and saving the human race has nothing to do with that."



purpose. It all has to do with gathering energy and they can get more energy from an atmosphere as heavy as yours than anywhere else where there is no such atmosphere—your physical atmosphere. Most of these beings do not care much about you. If it were possible for them to do it, they would come here and get what they want without ever letting you see them. But in losing energy, they show themselves, for they have no protecting shield of invisibility."

QUESTION: "Are they mostly coming because their world of energy is in a state of decline?"

YADA: "Yes. Your energy here is more alive, more active, more powerful because it is created in a dense atmosphere. The vast part of the universe is sleeping energy."

QUESTION: "Which needs revitalizing?"

YADA: "That is right."

QUESTION: "These people who come here—if you could explain what they look like, how would they differ from us?"

YADA: "You wouldn't want to know! Physical forms are anything but humanlike."

QUESTION: "Like 'The Invader'?"

YADA: "No, they—'The Invaders'—are humanlike. These beings are much more not so."

COMMENT: "They disguised themselves as our type."

YADA: "What is being shown there on 'The Invader' is telling a story with a great deal of truth in it. They are energy beings. The beings we call UFOs are energy beings. Some of them, the men, are trying to mate with the women here, so as to produce a more continuous being, so that when their body dies, there is an intelligence that survives. They do not now have that continuity."

QUESTION: "Is that because on their level there is no continuity?"

YADA: "There is no feeling of continuity with these people."

### Poltergeists

YADA: "Now we go again to something that looks entirely different—poltergeists. These beings are pure energy, and when energy wears out, they are no more. Many of these poltergeist beings appear in your atmosphere to gain and keep more energy, to exist longer."

QUESTION: "Is there such a plan involved?"

YADA: "In your America it is called 'everybody doing their thing.' Nature's laws do not hinge on emotional attitudes. If that were true, the lions would stop killing for eating, all things would stop killing for energy. We are all energy-absorbing bodies. I could have no form at all if I did not have the ability to absorb energy. I could not come here unless I knew how to absorb energy from you. So we all, living things and all not living things, are absorbing energy one from another. Everything is living off the vital forces of everything else."

COMMENT: "It is not acceptable to us that these people have no continuity when their bodies disintegrate. Is that what you are saying?"

YADA: "Yes, because their minds are pure energy also."

QUESTION: "The same as a poltergeist?"

YADA: "Yes, that is right."

QUESTION: "We are not of that nature?"

YADA: "Yes, you are, in a way, because your brain is an energy center gatherer and the whole body is of the same order, an energy gatherer."

QUESTION: "What form do they take in order to

"Very often, our sex urges drive us to take another of the opposite sex, to bed with us. We say those two people are together in bed. But are they really? They may be mating in body, but there is no communion of their minds. So the physical mating does them little good. They think they have gotten some satisfaction from it, but unless they are mentally communiting besides physically, they get no real substance from one another. There is no exchange. It is a little tickle for a moment. And if it is not ticking in the brain, in the mind, also, the tickle will bring no laughter of joy, but pain and disgust. Do not cheat yourself. Know what you are doing.

"Everything is related to every other thing. Nothing stands alone. Isn't that beautiful? When you go to your bed, you do not go to your bed alone. You may use another person to bed with you or they may go with you of their own free will. But you can be just as much alone, as far as that one is concerned, as if you were alone because if he or she is not in harmony with your thoughts, your feeling, they are not there.

"This is why I have said that to have a bed partner, the partner must be closely related to you. Often, in our teaching, we think we are related only by blood. In a manner, we are, because every human being has blood, and there is only one blood, even though we try to make bloods different by classification, due to the different chemical compounds. Yet, there is only one blood—as there is only one water.

"Imagery sets up an actual flow of electricity through the chemistry of the nervous system, the chemistry of the body. When two people meet, who have an affinity for one another, in the beginning it is purely physical. It is sexual, biological.

"Of course, being taught that sex is evil, they do

want to admit that and so they make it romantic. They try to keep their minds away from the sexual feeling they have for one another—it's evil. Nature being what it is, this cannot go on for very long. They automatically get pulled against their negative thoughts about it, and will come together.

"If they have sexual relationships with this kind of love, they create an actual electrical exchange between them. This is one reason why it is not a healthy thing for a man to use protection over himself. It cuts off the electrical flow and if continued, can actually cause some form of tuberculosis.

"The love flow—called kundalini—is magnetic. To use that flow for just one purpose, through the sex centers, is not enough. For it is creative energy. It is substance of the mind, out of which we do all our creating. We impregnate life with our feelings about our creations.

"Yet, if we feel shame, we destroy that creative feeling in many ways. Great paintings, great works of sculpture, of engineering and mechanics are born of this energy. When you move to one to whom you are physically attracted, try to know what that one wants. What is their expectation? What is their feeling regarding the sex act?

"In the same way as you should with food—move to your food with a feeling of love for it. Give it life—your life, so it will give you life. Put a sense of joy into your eating. Taste, before you take your food. Taste it mentally. Start the juices flowing in the mouth, preparing the mouth to take the food for digestion, for that's where it starts—in the mouth.

"Love does not bind. Perhaps that is its weakness. But no, from the moment anything binds the individual, it destroys him. LOVE HOLDS TOGETHER BY ITSELF



SELF, by its own nature. It is made of silken cords, it has much latitude for motion.

What is called the 'climax' in sex is 'Samadhi'. Do you know what Samadhi is? Your high state of consciousness. How does it come by the sex climax? Because it does the same thing—the mind of the individual becomes centered, tremendously centered, at that moment. I like to call it 'the poor man's Samadhi'. I say 'poor', meaning only that he doesn't know what to do with it other than gasp. It is the thing that puts him in that high state of consciousness called the heavenly state.

Now if he knew how to use it more to help his fellow man, he would be more satisfied with his life. It is one of your vital energies to someone you love—that is, satisfying your creative self. But when you misuse it and give it to someone whom you do not love, you devitalize yourself.

Now you might think that the few moments of Samadhi is worth the effort—and I suppose to those who think that way, it is. But fortunate is the man and woman who can reach that stage together where they love one another—really love. They bring themselves in union to the state of being.

Now the majority of the time that men and women relate themselves sexually, it is mostly only for the momentary gratification each one separately gets out of it. So, when they move away from one another, they find themselves disconnected, not only physically, but mentally. So, many times they feel disgust, not only with themselves, but with the person they were with. But when you love someone, it is a tremendous union which you feel completed. If you never mated again that way with that one, you wouldn't miss it. It would go on making your life one of beauty and satisfaction.

I have had people talk to me, at gatherings like this, asking—and I can hear the unwitting stupidity in their words; they do not know they are being stupid; but they would say—'But Yada, do you not think that man and woman should have sex just for fun?' I do not think about it at all but I do say that if you do know what you are doing it for, just for fun, can you attain Samadhi just for fun?

'Is there any laughter in sex? Not really. Because, to have a sense of completion, you must be one-pointed in mind. The vital forces flowing between you must be one-pointed, otherwise there is no response. The body gets little satisfaction from it. And what is a body? It is a point of energy. Now you learn to breathe that energy back into your center; the center of your being, because you made it; it belongs to you. But, you will not do this for a long time yet, because you have no real need to do it. You are going to another place; you are not yet going home. You are to adventure further into other lands, in which you do not need that form, so you leave it behind.

'But there will come a day, there will come a time, there will come an hour when you will suddenly realize that you are dreaming. Then you will know how to move around. Then you will know the value of energy. Then you will know how to mold it according to the way you want to.

'Many people think that when you become a 'ghost', that is the end of your sex days. I think, for the most, the end comes long before that—and just because they did not know how to hold on to it. They so misused it, they lost it. No one should stop, or be unable, or settle for—what is the word—impotence?

'No one need suffer it. It is not the normal thing that because we reach a certain age, now we are done.