

SISTER

THE MESSAGE OF THERESA VANDENBERG

I am Theresa--Theresa Vandenberg. I was a nun. A nun of the Sacred Heart in New York State, in 1862. Most of my life I believed everything I was taught, but now I know better--a great deal better. But we have many nuns over here who have not changed their beliefs at all. They still belong to the Church and to their Orders. They are really sincere and do good work, because millions of souls come to this side of life who cling to the old beliefs, and they (need) the help of those who accept them with an (equal) fervor.

ASTRAL LIFE

ASTRAL PREJUDICE

"I have come out of that state; I was ready to come out of it long before I passed over, but then I was an old woman, nothing would have been gained if I had spoken of my thoughts to others. Only sorrow and trouble would have come of it. But I knew even then, as I do now, that Life is far too great a thing to be summed up by any set of teachings. Since then I have studied philosophy. If anyone asks sincerely, 'What is Life about?' he cannot remain within the bounds of any creed. The creeds taught to mankind are stories told to little children--and yet, there is little use in telling them the truth. Children are children still, they cannot understand the truths of adult knowledge.

DOG-MAS

"Compassion--let us have compassion above all; Love goes with it, but teachings do not. If a man is to rise from the thralldom of sorrow, he must first have love. And love is nothing mysterious, it turns on understanding of our fellow man...Yes, the saying is true, to understand all is to forgive all. More, it is (love)...As to the love of God, it equates with the love of Wisdom. Whoso loves Wisdom, loves GOD. Understanding, Wisdom, Love of God, love of your fellow man, the uniting of all men in brotherhood--all these are one, all flow from one and into one, each one involves all the others.

LOVE

UNDERSTANDING

"Christ, as I see it now, is (an Ideal). Jesus was a man even as other men, though highly exalted in wisdom and perfectness. By the virginity of Mary, the Virgin Birth, the Immaculate Conception, I think is meant only that Jesus was filled with wisdom and goodness and love; he loved, and the God-Force responded to his love, as it always does. Always, the Universe responds to love and wisdom--even evil things do this. Evil itself is part of the Divine Manifestation.

JESUS CHRIST

VIRGINITY

GOD

EVIL

GROUP-FORCE

"You ask concerning the group soul. It exists, it is not an entity, it is intelligent (Force). As for the Archangels, they are singular Entities, and they were once men and women on this earth. It is my belief that the soul does not enter the child body until that body is ready for it, being fully formed in all its parts--until the new house is complete and ready for it. I know the teaching on this matter, but the Catholic Church presumes too much. I shall say at last, what is in my heart. The authority of the Church is authority for the ignorant only. It is naught before the face of Wisdom.

CHURCH

RELIGION

"'The love of God', said the communicator, "is the religious expression of the relation between the Absolute and its manifestations."

NOTATION TO THE MESSAGE OF THERESA: This message was delivered through the trance mediumship of Mark P., at San Diego, January 5, 1947. It is the first communication of a distinctly religious and moralistic turn which has been received in the present series of seances, and seems to have been occasioned by playing of the Ave Maria on a phonograph record. The communicator spoke with clearness, strength and impressiveness. It's content was unexpected and quite foreign to the thought-habits of anyone present.

The communicator Lo Sun Yat, a Tibetan and a very learned personality made a brief comment, immediately afterward, on three points:

GROUP-SOUL

"I do not understand the distinction made by occultists between a group spirit and a group soul. To me they are the same thing. The group soul is not an entity; it is a flow of cosmic energy instilled with intelligence. It is as if electricity, for example, knew what it was doing.

ARCHANGELS

"The conception of the Archangels is a true one. The great Spirits which stand before the Throne, as your language has it, are singular Entities (i. e. separate and individual Beings).

"Jesus the Christ and other great teachers also were building for themselves their Archangelic bodies, even while they dwelt upon your earth."

INNER CIRCLE

The Mark P. seances are not "message circles", nor spiritualistic meetings in the usual sense of the word. The medium receives no compensation and is considered thoroughly honest. The purpose is (1) to assist troubled and bewildered persons on the "other side", and (2) to gain as much factual information as possible about other-world conditions. The honesty of a medium is in itself no guarantee against deceit by the communicators. There have been occasional impersonations, such as that of "Sir Isaac Newton" who knew no mathematics and less Latin, but was a very smart fellow for all that. And it is obvious that the true identity of such personalities as Lo Sun Yat cannot be verified.

IMPERSONATIONS

All one can say is, that they are (very often) powerful, learned and fully integrated personalities, and that there is no reason to suppose them fictions of the subconscious, etc. The RR Editor merely reports, from time to time, communications which seem of interest. He does not guarantee anything, and tho he personally accepts the communicators as being incarnate human beings (having no reason to do otherwise) he does not thrust his opinion upon his readers. He only entreats the sceptical-minded to suspend judgment, and above all to continue to investigate with patience, and growing knowledge, and with a critical but open-minded attitude. As to the message of "Theresa Vandenberg", it seems to have in it a measure of wisdom and beauty, and commonsense as well, sufficient to justify its inclusion in this brochure.

SEEK TRUTH



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(Control: THERESA VANDENBERG; Cont'd.)

discovered many things that I could not possibly have learned in my earthly time. I turned to the field of philosophy and science a number of years before passing over, but then, on gaining some knowledge, I did not think it worth my own good to desert the Church at that time. You can go into an organization and follow its laws, but you can also follow your own laws by your inner learning; even though your inner learning may nullify all the laws that are taught by that organization. And yet, if you find yourself in a position where you can do the most good by staying in that organization, it is the intelligent thing to do.

"Now, the lady over there mentioned the 'giving of the Holy Ghost' -- I think you will find that in many occult teachings the Masters or Adepts of these teachings have a way of giving the power of themselves to those whom they accept as disciples. Dr. Layne, in the teachings of Huna, the Masters of Huna can bestow the power of walking on fire to their followers, can they not? It is giving a part of their High Self to that of another. It is an awakening of the other's High Self. So you see, I know a little of Huna!"

(M.L.: This corresponds to the vital energy of the High Self?)

BREATH

"Yes, and the way to revitalize that energy is by the proper attention to breath. Breath is life, and in your moments of meditation, I have learned, breathing is one of the roads to the golden knowledge. It stimulates the brain and frees it from toxic poisons."

T. M.

(M.L.: You mean a rhythmic breathing?)

"Yes."

(M.L.: Counting, and holding the breath?)

"Yes. Holding the finger to the nostril, breathing through one, then the other, exhaling from opposite sides alternately -- is a good way; you are thereby producing a mental state of positive and negative."

(M.L.: You are speaking of our ordinary way of meditation here?)

"Yes. I wish that I had learned more while on earth concerning that particular practice. I did learn some little of it, but I was afraid to practise it."

(M.L.: There are many who are afraid of it.)

"Yes; it is not well to practise it unless under the instruction of someone who knows; for if improperly done, it may produce an amnesia, a breaking away from the surroundings which may be dangerous."

(M.L.: I was referring more to the physiological effects.)

THERESA VANDENBERG: "Yes, it does affect the brain -- I think, through affecting the acid content of the cells of the brain. Does that not agree with medical opinion, Doctor?"

(Dr. G. C.: I think we have not gone deeply enough into that to venture an opinion.)

(M.L.: You mean amnesia would arise from that?)

"Yes, that is my belief. If there is anything in what I have said that you do not agree with, I hope you will say so. We who speak through this young man attempt to keep an unbiassed mind. We like to have a sort of debate. None of us, I feel, can be so sure about anything that we can consider ourselves right all the time."

(M.L.: We have sometimes had the phenomena of cold winds in the seance room; is there any relation to the "rushing of winds" mentioned in the Bible?)

"In opening the psychic door, you are naturally creating a condition. Our world is a mental world, and yours a so-called physical, and you are opening the door between the two worlds. I do not know that I can properly explain it in words. Perhaps there are others here who can explain it."

(Mrs. H.: Is there a difference between illumination and "conferring of the Holy Ghost"?)

"Yes, there is a difference, I believe. In illumination, the mind of the individual is opening of itself; but in the giving, there is a second party concerned. In the first instance; the mind is learning without the aid of physical substance in the 'giving of the Holy Ghost' there is a physical part of the self given to the other. Now, this 'physical' is difficult to describe. I am afraid I must leave it to someone else to explain to you."

(E.C.: Before you go, could you explain to us the "sin against the Holy Ghost"?)

"I believe that refers to the sin against the Higher Self. The Higher Self is truly the Holy Ghost. You see, my knowledge does not cover so great a field because I did not start my study till so late in life. I would much prefer to give over to someone who would be better able to answer. But the others who will come today would like to have you ask your questions again." (Theresa V. withdraws.)

HOLY GHOST

JANUARY 2, 1949

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M.L.: The letter says that it is a matter of life and death.

RAJAH NATCHA: "If it is so serious, and if the angelic Order to which they belong has any understanding about life and these pupils of theirs are important to them, then it is entirely up to them. It speaks there of a 'wise man' -- I do not mean to become lost in philosophical expressions, but wise to what? And in what manner is the angelic Order to make contact with these people, and why 'the wise man'?"

M.L.: Of course we do not know the details, but it seemed an urgent case.

"I suggest one thing: that they spend ten or fifteen minutes of an evening, or - better yet -- in the morning before they begin stirring around, and concentrate their thoughts upon the angelic Order, or the wise man, and I feel sure they will establish the contact again. I am only too sorry that I cannot do more. Good afternoon."

3:46 P.M. CONTROL, THERESA VANDENBERG; former Roman Catholic nun:

"Well, another year has come and gone for you people, and I am sure you are all expecting a happier year. Is it not odd that each year, as we go through life, we say at the beginning of the year, 'My goodness, I am glad that last year has gone! This new year will surely be a better one.' I have learned through my years of physical living and on coming over here that one year is no different from another year. There will be an equal amount of good and not so good."

HPF: Do you think this year will bring us any nearer peace and brotherhood in the world?

THERESA: "There have been men who used those expressions from far back in prehistoric times when men used clubs to strike with. Just as soon as the man with the club had everything coming his way, he felt that all was happiness. Because he had all that he wanted, he figured that it was time to say, 'Let us have peace.' But the one he had struck over the head had no peace. And so it has been through the ages, and so it will go on. There will always be struggle, because only through struggle and trial is there any learning. Man does not seem to progress through peace and relaxation. Without being irreverent I would say that perhaps God in the Garden of Eden thought Adam and Eve were becoming too fat and lazy!"

STRIFE

Dr.GC: You have come a long way from your Church training.

"My goodness, yes! It was only in the latter part of my life that I began to turn my attention to anything except the teachings of the Church. I sometimes find myself wishing that I had known these things at an early age; but then, that was my life, that was what I was to experience -- my expression on the physical plane. The old Chinese philosopher says, 'No man awakens before his time,' and even he has no control over that time. At any rate, I do wish you all a very happy and joyful year, and that you will continue with this work. It is, in our opinion, a great work, and we would feel the loss as keenly as you would, should anything happen to bring it to a close."

OUR OWN PATH

JANUARY 2, 1949.

G

M.L.: We have a good many difficulties in keeping it up - financially, especially -- but we hope to carry on, of course. The boy has to have some way of earning a living, he feels insecure --.

THERESA VANDENBERG: "That financial trouble is a very annoying one. I managed to escape it by living in an Order that more or less looked after my welfare, but I know how difficult it is. We will look into this matter and I think we can do something about it."

M.L.: Since you say that, I will say that we would be very grateful if you could, for we do need help in a material way.

"Well, before long, either I or someone else will come back and talk to whoever is around that is interested, and make some suggestions, and I am sure that they will be helpful. I am just a little tired now; the mental hold is slipping out of my hands so I will go."

JANUARY 16, 1949

CONTROL LINGFORD: "You are all anxious, I know, to find out whether there is a possibility of your all arriving on my plane in one family group, eh? (there had been discussions of effects of proton fissions, if possible.) We have talked at great length on this matter ever since your first atomic bomb was dropped -- we had watched the whole works in process and we knew what was coming -- I am here this afternoon to tell you that in the opinion of the rest of the Inner Circle, the splitting of the proton would be the ever-loving end of all of you. Of course, there is some speculation as to whether we over here would also be affected. Yes, we would, physically speaking, the ones on the lower Astral, or the ones caught on the lower Astral, would most decidedly be affected by it, putting them through a state of what you would call 'unconsciousness.' Can you imagine what the results of such a beautiful explosion would be? What the effects of those hammerlike blows --"

ATOMIC WAR

M.L.: I suppose it might affect the whole solar system; I didn't suppose it would affect your side of life.

"Have any of you ever had the pleasure of watching the psychic body leave the physical body? Do you not suppose it is a physical structure and therefore composed of a form of atoms, molecules -- whatever goes with it?"

ASTRAL MATTER

M.L.: Is that true of all vehicles?

"Yes."

M.L.: It is a question of just how far the disintegration would reach, what level of matter?

"There will be no waiting in what you call time for reforming of the Earth again. Man's consciousness then will have to extend out quite a way from this -- not present world, but from this galaxy."

C.

M.L.: Probably the people on this planet would come to consciousness on some other level; is that true of yours also?

"Yes, but not for a long long time to come. We have no doubt but that your earth here would be just sucked right into the Sun."

EARTH-SUN

#50-A Special Lecture by Sister Theresa (From phonograph record)

I am Sister Theresa Vandenberg, formerly of the Sacred Heart Church in Brooklyn, New York. I am going to speak on The Fear of Failure. I found, while here on earth, and since coming over here, that our fears of life are based principally on a fear of failure in our efforts to accomplish whatever we may set out to do.

In the schools, of which my beloved colleague Yada Di Shi'ite was speaking of a while ago, the children in their efforts to learn the various and seemingly necessary subjects in order that they may carry on in the business world, become subject to a great inner fear of failing in their lessons in the classroom. More, the giving out of report cards, I do believe, is a somewhat unfair system.

If such report cards are given out, the pupils should never be given the chance to see one another's reports, for if one individual, one child, is backward in certain studies, other children may make a great deal of fun of that child, tease the child and torment him about his ignorance or level of understanding of that particular subject. This is likely to drive the child into mentally running away from studying that subject longer. He or she becomes afraid of that subject.

A teacher should never admonish a child because it fails in a subject, but rather to find out why, to learn the process of thinking which that child has become conditioned to by its parents first and in the home. For, a fear of that subject may last an entire lifetime where the child, even into adulthood, has a psychological fear of approaching that subject again. He does not want to be belittled. It brings upon him a state of insecurity.

If teachers could be gotten who truly love their work, and who had a psychological understanding of the nature of a child and how it has been conditioned in its home, - to love the children is to understand them.

When we are very small - indeed when we are born into the world - for a period of time, we have such a curiosity to learn about things that it drives us or urges us to pull everything apart. Unconsciously, we are studying that thing. We want to know what it is made of, or - as is sometimes said - what makes it tick.

Now, as a baby, of course we destroy things because it is exercise for us, not for any other reason. It is giving us something physical to do with our hands. However, in the course of time, the mind of the baby begins to examine the pieces of the thing it has torn up. This is the beginning of the scientific mind - examination by destruction. In the course of time, the true scientific mind come to the front and wants to learn how to put that thing back together again after tearing it apart, how to get it back together in the same manner it was originally.

So, children should be given things to tear apart. These we may call 'the toys of destruction'. If we encourage the child to destroy earlier, of course we are going to encourage it to reconstruct that which it has destroyed. If we do not do this, it leaves him as a destroyer and he will carry this pattern of destruction all through his life, and suffer by it. When he sees other individuals putting things together, constructing things, he will have a fear to attempt construction. He will feel inadequate to the job and this will give him a sense of greater violence because of the feeling of inferiority it brings upon him.

Let us teach the child not to be afraid to fail. Then he will not be afraid to try, no matter how often he may meet with failure. It gives him a sense of being important, of being part - a necessary part of his world.

Fear. "Do not come to me in tears or anger because you have failed", I would say to the child, "Realize that it is definitely possible to fail many times before you can succeed, for all of life, all successful ventures come about by making a series of mistakes - first, in approaching a subject, an idea."

We may say that all is but theory and out of theory we make facts. FACTS, therefore, lie only as a possibility, a potential in any given condition or situation or thing. And we cannot succeed without knowing the great possibilities of failure. Failure not only gives us strength of character, if we face the fact that we - we ourselves, have created the mistake and to accept the fact, accept the responsibility of our failure.

* Unless we do this, we shall never succeed in anything we attempt to do. How can we tell we have succeeded unless we know failure first? Life seems to be wrought out of the wrong way first, the right way later.

Many individuals say, when they see a fine piece of artwork, "My, isn't that beautiful!" And then they will add, "Why, I can't even draw a straight line!" Why heavens, there is nothing more difficult to do! It is almost impossible to draw a straight line without a straight-edge ruler - is it no so?

Yet, I think the majority of human beings have that tool called the straight-edge ruler, right by their side all through their lives but simply refuse to recognize it as a useful tool. Then in attempting to draw straight lines without it, and finding continued failure, they cry out to high heaven, "God what is the matter with you that you do not do things for me in the right manner?!"

This creative light has given them the tool. Everything works according to nature. Nature? Naturalness. Perhaps you may be able to make pictures in the light today; I do not know. But I do know that in the beginning, the law of developing a picture was darkness. That is so isn't it? Now you can imagine one, who know this, continuing in his efforts to develop a picture in bright sunlight and then protesting madly to the deity for his lack of consideration, and of how devoted he is to Him or of Him.

We go against God, the Eternal Light, and then we deplore Him, we cry out against Him for not answering our prayers or seeming to neglect us. Sometimes we think it is because He is chastizing us, that somehow or another we are sinners and need to be punished. But heavens, this is only a guilt complex and we really don't want to be punished at all. We are simply saying this to get the sympathy of The Light, of God.

Well, He does not work in that fashion. He does not work by emotionalism. He works by Law. He is the Law, the eternal Law of balance, of beauty, of love. Let us not be afraid to face, to recognize that it was our fault, our mistake - not our next-door neighbor's, nor the devil's, nor God's.

Only then shall we be able to rectify the condition.

by

Anita Ganschow

Man is a divine being. Man is born of Love, not born of sin, as many churches teach. "Sin" means to make a mistake. How else can man learn, but through his mistakes?

T.A.

The God-Self, the living essence in us, needs our conscious acknowledgment of "IT'S" existence. Love the God within! This we can do best by living more consciously, by becoming more consciously aware in whatever we are doing in our daily activities. By becoming conscious, responsible human beings, we automatically avoid many accidents and ailments of body and mind.

Earth is a school. The human being comes here to learn; to have all kinds of experiences which he, himself, (the self within) has prescribed for himself or herself, for soul growth. Every experience has its value. It is meant for man to experience life with joy, with love and understanding. Pain and suffering he brings upon himself - mainly by negative attitudes towards his experiences and unnatural habits, such as smoking, drinking alcohol, overeating, ect. These unnatural habits are an offense to the most holy "Temple" (the body) of the living God.

If we are un-knowing of this Truth, in our ignorance we shorten our life span. Not only do we cause ailments to ourselves which we must cope with; but also we, irresponsibly, give unhealthy "building blocks" (genes and chromosomes) to our offspring - our children.

We may do anything and everything which seems natural for us to do. However, in our doing, we must hurt no one else. Each one of us is in need of love. To love is natural. To have compassion and understanding is intelligence. "Hate" will destroy the hater quicker than it can harm the hated one. Don't hate.

Meditation is constructive. Meditation is a personal thing. The individual draws within. Contemplating, and in calmness of body, mind and spirit, one is attuned to the "High Self" and may ask "IT'S" help - and help will come as needed. Jesus said, "But when thou prayest, go into thy room, and closing thy door, pray to thy Father in secret; and thy Father, who sees in secret, will reward thee."

It works! - For "IT" is always for you, never against you.

"IT" is your very best Master, Companion, Friend and Protector, your Guardian Angel.

Dear Ignacia
 Dear Maria
 To both of you, very, very special love and greetings from Sister Teresa and, of course from your good and true friend, Anita
 I am looking forward to be of service to you again soon? Love, Anita

February 15, 1993

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Dear Ignacio and dear Maria Luz:
Well my dear friends, here is your
very nice order of the special lectures
you want.

I am most pleased to read and re-read
your short, but very beautiful note of Jan. 22nd.
And am quite happy to know that you
are happy and really can enjoy life.

And Sister Therese Vandenberg has been
with me when I read your note. And she
told me that she is often there with both
of you, and is also pleased to note the
beautiful change in you, and both of
your wonderful feelings and work for the
Truth, the wisdom teaching of Gada and the
Inner Circle. She, Sister Therese asked of me
to tell you, that she is very often there
and also enjoys the lectures with you.

And she wants me to tell you that she
is contacting you - but only by mental-
short communication, no 'ouija board' -
just mentally. She loves you and always
will love you and your Marie, and she
may at a time be appearing. - - - ?

Now this is what came to me to say
and I am certain you both understand you
are very Truth loving people. Keep up with
your study and do not forget there are
many more transcripts for you to read.

Now be aware of that you do have a true

much love to both of you,