

INNER CIRCLE KETHRA E'DA FOUNDATION
Transcript Number 164 — May 31, 1966
YWCA, Virginia Beach, Virginia

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Annie: I just talk until one of the teachers 'comes in'. It will probably be one who calls himself 'The Yada'. He had one incarnation, the only one through the biological path, 500,000 years ago.

Yada: Senas et Senahas, E na Yada di Shi'ite. A notchi, a notchi (continues to speak in his language)

My most honorable friends, we of The Circle greet you and express our love and appreciation to all those who were engaged in bringing me here so that I could communicate with you - not 'at you'. Man must learn to talk WITH man instead of talking AT him. There has been too much of this in the past. We dishonor one another when we do that. When we talk with one another we share ourselves in ideas, in thoughts and in feelings. This is the only way we can grow.

I am told I am to talk on a subject called 'Man's Awakening'. What a big subject, for man has been asleep for so long without awakening. But when we do get started waking up - the physical evolution of man came to an end in the year 1945. Then man started on the path of mental growth, mental waking up, mental progression. My friends, the atomic blast was the ultimate of man's awakening. So you see it is an ill wind that does do somebody good! (laughter).

This world we live in is truly a great class room, in which man has been struggling to educate himself. Do you all hear me, in the back, please? It is no use listening if you can't hear! That is what man has been doing for so long. It makes a good listener when you don't hear!

The first thing we must all come to realize is the truth that we, man, does not die. We move on to other plateaus. Down here, is a kind of graduating - that's the hard way to do it, eh? But that is the way it is done. We should die consciously - that is to say, we should lose consciousness for a very short period of time before we become conscious again. That period is called the post-mortem state.

When dead, we look as innocent as we do when asleep. Most of you here have watched someone in the state of sleep. They look innocent, eh? We think they are not thinking, have no feelings about anything; they're asleep, they're unconscious, they can't hear anything and don't know what is going on in the outside dream.

But do not let that innocent look fool you because there is more action going on in that person, when they are asleep, than when they are awake. There is more action going on in that person when their body is asleep, than when they are awake and aware of the physical world - much more. The mind then is keener, for they are living in mind. Here, we live in an active body but are mostly asleep - the worst kind of sleep, called ignorance, not knowing.

My friends, it was my honor to have some communication with the honorable Mr. Edgar Cayce. He is now, for the first time, at peace because he is much more awake, to the truth of what he was doing, than he was when he was in his skin body. Seems strange, doesn't it, that we have to get 'skinned' before we wake up! (laughter) I forgot to 'and boned'!

My friends, many people think I am a spirit, a ghost, an astral shell, a spook. Everybody knows what I am - but me. Isn't that the truth of you too? Everybody around you knows, but you. It makes you feel almost naked! (Laughter) There is nothing that makes us feel so naked as to suddenly realize the truth of ourselves and of life. In our ignorance we felt well clothed. Then suddenly we wake up and what a shock; what a shock - "I didn't know we continued beyond the grave! I didn't know."

Then there are those who say, "I did know but I didn't know that there was no heaven, where I would be saved, where God wanted me. You know, what I thought God wanted me to do was to sing his praises around the throne forever and ever". Can we not realize how we would put God in Hell by doing that?! (laughter) So few of us can sing that well. The Devil is smart - he doesn't want us to sing, only to shovel - and nobody likes shoveling - especially coal! That's what you call 'keeping the home fires burning'! (much laughter).

My friends, in all seriousness, I am not a spook; I am not a ghost. I am not an astral shell or a spirit. Spiritus means breath, the breather. Would you like to be just a breath moving around in time and space? As a spirit, you - it is the breath, not spirit.

One man, in an audience I was talking to, said that in his studies of the human survival, he had come to the conclusion that perhaps a little residue was left over. How much is a little? A little of anything - much less a little residue?! Do you want to be a little residue?

You - like me - are a consciousness. How much more reasonable that word sounds, than spirit. You are a consciousness, and a wonderful consciousness. Little by little we wake up to this fact. Then, when you accept it without fear, without anxiety about your ability as a god, your life changes. Why does it change? Because you begin to want to be responsible for you. It is of the utmost importance, this self responsibility, for the human in his world. In the past - before 1945, it was all right to leave the responsibilities of your life up to a god.) But you cannot do that anymore, for YOU are the god.

Now, lately I have been listening in on your world. Sometimes I am a big ear; every once in a while, a big mouth. Mostly, people like big ears, not big mouths. I have heard, somewhere within the last few months, that God is dead. I could laugh but I do not think I will. It is not so funny, for the human individual must have something to hold onto, something - not just to believe in - that is not enough. He needs something to give him the courage to live; it takes courage to live in your world.

No courage is necessary to die - at least I do not think so, because I hear so many people crying, "Stop the world, I want to get off!" That's a modern expression but, as we cannot stop it, we must either go with it or jump off, or end it in some other way. It is called suicide. Many, many people in your world - young, as well as old, commit suicide because they have come to the end of their rope - their rope of knowledge, their rope of understanding. Because of that, their suffering has increased.

The God, that is, cannot die. It is the God, that isn't, that dies. It is a mock-up, a thing created by humans - going back thousands of years ago, when man suddenly realized he needed someone with him; when he realized he was a different species than the rest of the animals.

The human mind has a tremendous ability to invent, to create, to make real - that which it needs at any given time. Man needed a god, one that he felt was bigger than he, was greater than he. At that time, it was right that he should do that. He couldn't have done it any other way because he walked in sleep, the sleep of ignorance.

You can do that no more. Man is truly waking up. He is going to, and is, throwing off the hypnotic yoke that had been put around his neck by those who wanted him and needed him, to believe in them as the source of knowledge - the powers that be, that seek to control you when you sleep.

Do you need to take what I am saying as the last word in truth? My friends, each one of you lives this life alone. We come in here alone. Even if you were born a twin, each one of you has come here alone. And while we stand around, seeming to be with others, if we could realize that those others are not something different than you - they ARE YOU, in one consciousness, in one mind. Only the bodies are different, because that one mind - the great creative source, is a wonderful creator. It creates for the love of it. Too many of the same faces are a bore to it. You notice I say 'It', not 'him'. Him, the male god, is dead. Man needs him no more. This creative mind of man creates by light, that wonderful attractive force that brings together, not only humans, but all things.

Just think, my friends, how great an attractive force it is. Imagine if you have a body here, and one here, and they were the only two bodies in space. Let us say they were tens of millions of light years apart. In the course of what man calls time, they come together. They find one another because, even at that vast distance, there is that marvelous sense of rapport, one with the other. I need you; I cannot stand alone. I need you; come to me. Without you, I am nothing. Why do we come alone, and do things alone, and go away alone? We still need one another in the greatest way - male and female.

How difficult, and - to some, an insurmountable nature is taking place in your world, due to this great struggle of the human mind in its effort to wake up. One of the troubles is what is called over-population. Now, one indication of this should frighten you more and worse than the blast of the atomic bomb. That's how prolific man is. You think rabbits are prolific? The human rabbit is much more so.

Now, because anybody thinking this, knowing this, has started to create an embargo against God's product. Think of that - an embargo! That means he can not make any more of you. Sad, sad. The sad thing of it is that, with all human effort to put an embargo against creation, it will not work - especially not the way they are trying now. Man must become educated before he can see the necessity for limiting the number of people on the earth. You must become self responsible. Only then will you make any effort to stop. Educated man turns his efforts, not only to creating other beings like himself, but to act on the sciences. He learns to use these creative forces for making a more intelligent world, a saner world for himself to live in. You couldn't make enough contraceptives to stop him now; the only way is by education.

My friends, the other problem is race. If you stop and think about it, really think, you will clearly see why the human races can no longer stay apart. Humans are humans - black, white, red, yellow. We are humans first, and we are all Gods in the making.

In the past, before man started on the path of awakening, that way was all right; it was expected of you. You were still too busy developing physically, to develop mentally. In truth - whether many of us like it or not, is beside the question - I don't know of any time that nature has consulted with man, before bringing about what was desired on the earth. Have any of the 'storm gods' consulted you lately, to ask whether you wanted a little rain or would you rather they wash you out? (laughter)

You see, in the past when there was a need for water, when there was a drought anywhere, it was quite irritating to man to believe that his god would treat him in this manner; and so he set about to find a way to barter with god for these things that the god seemed to be holding back. "Now, dear God, I have done much for you, so would you do me a favor please? We need water. We are dying of thirst. The land is croaking. Where are you?"

There are holy men, sometimes known as the clergy, who got together and said, "Let us pray". And they prayed and they prayed, "Give us water, water, water". That wasn't the way to do it, but they didn't know that, so God gave them the water and washed them out! They forgot to say how much water! Is it just water you want? Well there it is! It washed the land and the people.

My friends, there is a way to pray for water; you state how much. That great creative mind is extremely aware of how much you ask for, and will give only that much. We must stop doing things haphazardly and leaving it up to our 'gods' to guess what we mean. We have got to know.

A person has a sickness. After the medical world fails to do much for him, he decides to call on God. He feels what is wrong with him. He doesn't try to deny it. First he accepts it - "This is what I have and this is what I want you to help me with".

- Concentrate. That great creative mind within you will hear you.

Now sometimes, some of us can't do it right away; we call on someone else. These are called 'healers'. Sometimes these beings heal by laying hands on you; sometimes by prayer at a distance. Sometimes they go to such a man or woman, as the great Mr. Cayce was, and he tells you what is wrong. But he does something more; he tells you

WHY

That is what is important; why are you sick? Did your sickness come out of nothing? That is what your medical men seem to believe, because they give you pills and they cut you with a knife. Sometimes, they remember to sew you up again! (laughter) These men and women, of the medical society, do the best they can. They do not want you to die. It is just that they work to the limit of their knowledge, and that is not far enough sometimes.

Now sometimes a man goes to a doctor who gives him pills - mostly of sugar and water and flour. What an interesting combination. What does this do the human mind, to the believer in pills? They do him no good so he changes doctors. He should have changed the pill and his magical ability to cure himself with his belief.

Imagery. Now, if man did not have that wonderful attribute of imagination, he would still be in the zoo, an animal. But that marvelous thing, imagination, brought him out of the zoo and continues to bring him out. But we cannot imagine away all ailments. I wouldn't suggest you try, because our ailments are the result of our own fears, anxieties and frustrations - all diseases, and I mean ALL. Some of you may question me on this, and that is very good. The human body is like a dynamo. It is an energy center and the energies are directed to the various parts of the body - first, by feeling. Feeling moves the nervous system. Interaction. Feeling produces imagery in our minds, as to how this energy should work, and it works right away. But if you have blocks, blocks of fear, insecurity or uncertainty, you will not heal yourself until you clear these blocks.

You have men and women in your world called psychologists and psychiatrists. In short, these are mental doctors. Those who need such doctors, should go to them, but please remember they cannot cure you without your help. You must fight; you must learn to do what they tell you. You must practice; you must stay aware of your own needs. The greatest magical healer you can have, sometimes using voice, using chants, intoning words, will not do it if you have these other thorns in your mind and emotional self - called deep seated fears and guilts.

You have all heard how hot the Christian Hell is, but it is not nearly as hot as our own feelings of guilt, These can de-bone us. This is why Mr. Cayce, in telling people what

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the trouble was and in suggesting what they should do - that is the limit that he could work with them. You cannot make them do these things. This life, as you know I have said, is a do-it-yourself job. "Oh I can't; I can't do it alone. Somebody please help me!" They can help, and that is all.

It is said that the man Jesus - when a lady reached and touched his garment, and was healed - said, "Lady, your faith hath made you whole". You did it; don't blame it on me. I have enough work to do. You did it, and you must realize it. You know why? He didn't want to have the responsibility of her getting sick again!

But no. He knew that's why he was a master, a great avatar, one who realized and said, "I am IN your world, but I am not OF it." He should have added, under his breath, "Lucky me" - meaning he knew it was an hallucinated world, created by the senses. He knew that if you lived in a world created by the senses, you got it _____. Shut off all your senses and see what happens to you; see where the world goes. It will go out like a blown out candle light.

The ancients said the world is a world of illusion, but they did not mean that it is not real, but that his reality is in the senses - not in the things you see and feel and hear - these are the sense measurements. The real world does not look anything like you are looking at. It is masses of fast moving substances you call energy. Nothing stands still. There is only one eternal thing; it is called change - not the speed of light. Change is the only eternal thing and you do not need me to tell you this. The best way to realize it is to look in the mirror! (laughter) Nothing will tell you quicker than that! You see, when I've learned truth, I laugh, because it is so joyous to know. And I also laugh because I suddenly realize what ignorance I was living in. I've now come out of it. (Truth. Oh, the Light, the Light of life. I have awakened to truth.)

My friends, if you doubt that I am a being in my own right - not in Mark's right, in my right - Mark is only an instrument; I use his brain to communicate with the physical world. I block out his senses and bypass them when I put him in a state of trance. I bypass the centers that belong to him, through which he operates in the physical world, and use centers that he never touches. But if you doubt that I have a reality in my self, try to find out if you have any reality in yourself - and in doing so, when you find that reality, you will also find me, for we live in one another. We do not bounce off anywhere when we die. We live in the great cosmic mind and, because that condition AS a condition is very much like the world you are in, we all live in one mind. I can say that it is very much like the world you live in. What do I mean by that? You know, each one of you is living in a different world but it all looks the same. We live together. We recognize one another. We recognize the room but, in truth, we are living in mind - mind, not time and space. Time and space are not entities separate from your consciousness. You created them and continue to create them. You image them because you need to. You can carry this need for time into any state of consciousness you desire. But, you know you will not be telling time anywhere; you do not live in time. You live in 'times' - plural - times. All existence moved out of time into times when it started to create. Or am I being muddy? You tell me. I will stop talking. I listen. You want to contest me?

All right. You live in a world of times - alpha, beta, gamma - one, two, three - tick, tock, tick, tock. Watch out for the tock! A bump in time, a bump anxiety, a bump in guilt and shame and all those negative things. Times. I say it tonight - alpha, beta, gamma - or if you want to go further, to the end, alpha and omega. Want to object? Do have a question for me?

Annie: Yes, we have some questions. Shall we take a break and come back?

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Yada: All right. I'll do that. In the meantime, I leave my love with you. Don't go away because if you do you will take me with you! You don't want to be haunted by a spook! (laughter) For a little while. Thank you.

Yada: All sicknesses start in the mind. They start out by attitudes - attitudes we feel to what is going on in our external world. No experience harms a person, not one; and no experience does us good, no experience per se. It is our attitudes that hurt us or awaken us, builds us, educates us or takes us out of insanity to sanity. That's the trouble with man; he's not a sinner; he is just crazy!

Emotions are the motivating force of the mind. They cause pressure to bear on the human body. Anything we experience with the senses is experienced by pressure - the pressure of light on the optic nerve, to see; the pressure of food on the taste buds that make us taste; the pressure on the skin, at the nerve endings, to make us feel.

Smoking. It is not because I am pure that I don't like it; it just stinks. We poison the system with it and then we wonder what causes our sicknesses. We want to blame it on tobacco. It is not the tobacco; you are smoking frustrations, anxieties. Alcohol - you are drinking anxieties; and many people get very drunk on anxieties. Remove these anxieties and the alcohol goes away; it makes you sick to drink it, without those anxieties.

A great many systems reject drugs. They cannot tolerate to be drug addicts or an alcohol addict. Only a sick nervous system can do those things. So I do not get angry or lose patience with an alcoholic. Try to understand him or her - why are they drinking, not WHAT. If you are only interested in what they are drinking, pretty soon you will be drinking too! (laughter).

You may tell me that a baby can have arthritis or any other disease. So they can. Then you may say, if that is so, are you telling me the baby has rheumatoid arthritis from anxieties? Some babies look as if they do, eh? But that is what I am telling you, a baby is only a baby in its size. It is adult every bit as much as you are an adult. It just cannot move and manipulate that body yet. But give it time, it will. The baby is as ancient as creation. It has recorded - should I say ten experiences or ten million? Or how many? In this world, you want exact numbers for everything but I can not do that because we live in consciousness and not in time - or even times.

My friends, much has been said about reincarnation, rebirth. And that seems to be what I am referring to when I say the baby is as old as time. I wish I had more of that - which does not exist - called time, so I could be more explanatory to you on the subject because it is tied right in with rheumatoid arthritis, with cancer, with diabetes.

This man, Mark, has diabetes; and everybody wants us, we of The Circle, to cure him. We didn't give it to him! Are you going to take from someone, something which you didn't give to them? That would be stealing, even an ailment. Who wants to steal an ailment? We make much of our own; we don't need other's.

My friends, if we could go back in that person's life, we would find the cause - not only of rheumatoid arthritis, but of other ailments you bring over with you from life to life. Many who do not believe in reincarnation, will go away from here saying he believes in reincarnation. But don't do it, because I do not believe in it as you believe in it when you mention the word. It is not a belief with me; it is a FACT!. And that is a big difference.

Belief. I believe. Do you know? That is what is important; not what you believe. Nobody cares what you believe because everybody has beliefs of their own; but very few have facts of their own. This is important. That is why I say to you, don't believe what I am telling you; don't do it. Don't make a belief out of it. Look everywhere; search everywhere, to know the truth. That's what is important. That is a sign that man is awakening. Man is waking up to it. Do you want to grow well or do you want to stay sick. It's not my business; you're doing the living. You have to wake up.

I didn't say I was a Master. That is your concept, not mine. Master in what? Master in putting my nose in everyone's business. Is it being a Master for me to tell you how to live? I wouldn't have any time to do my own living if I did that. But all spirit beings are supposed to go around predicting the future and telling you what to do - Do it, do it! They would like to see you do it, especially if it would make trouble for you. Those you call 'spooks' parade through all the seance rooms. They are always with us, like a great man once said about the poor. Do you know who said it? Do I want to drop any names?

Diabetes comes from a number of shocks that upset the pancreas gland and create bad conditions in the Isles of Langerhans, that upset the activity of the liver which breaks down toxic material and makes it into usable material. Shock. Not too much sugar and not too much starch; these things make you fat. They do not give you diabetes. White sugar is deadly to you. It can produce another ailment called neuritis.

Rheumatoid arthritis comes from anxiety, largely produced by that ailment called gonorrhoea. You may say you got these ailments through someone else but you didn't. You made them. You made them by being there at the wrong time, with concern only for your own satisfactions. There was no love in what you were doing, no concern for your partner - just self interest, and self interest is poisonous, is deadly.

This should teach us another lesson: that we cannot get that which is not ours. Nor can we reject that which is ours. We cannot. So, any time you think you are losing something, you had better let it go. It doesn't belong to you; let it go. You want it? Take it. This is the only way to feel free. Don't try to own anything because that thing will be owning you very shortly. You won't be able to get rid of it. It will be like having paper with glue on it.

Do not enter into relationships with those you have no love for; it will kill you. I know many who have ignored this warning - and that is good, for each must act in the way they must act. They can do no other. We are either sane or insane. Which are you? Only YOU will find out. I do not know of any drug cure for these things.

The honorable Mr. Cayce was very good at that sort of thing. He could tell you. All I can tell you is to think before you act. How do you treat your body? How do you live? What do you eat? What do you drink? How do you relax - or can you? Although I cannot see how anyone in your world can relax! (laughter) I am making a joke. Of course I know how to relax, and that you can relax, and that you must relax if you want to live your life with pleasure, with joy.

People have asked me, "Yada, how long am I going to live?" A question: How long do you WANT to live? Because, the one thing that will kill you quicker than anything else is called boredom. You want to live long? be active; enjoy your life. Do things that are exciting to you, that stir the blood. Instead of giving yourself high blood pressure, stir the blood with good circulation. Love what you are doing. You want to live long? Those are the secrets of longevity. When you are living this way, you have peace of mind. Who can enjoy life without peace of mind? Who can live life, really live it, and

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try to possess it or anything in it? Don't possess. Remember you are a borrower, not an owner. We borrow everything and then we give it back, sometimes in one lump sum.

Do you have any questions for me?

Annie: We have more questions but we have a time problem; we have to be out of this room in ten minutes - at one o'clock. These three questions are together: Does brain damage retard one's awakening/ How do brain injured children awaken? How can we best live our lives?

Man: All in five minutes?!(laughter)

Yada: You see, my friends, when you pass away, don't come back! Yes, you get in trouble when you come back, and you get in trouble when you can't.

In time, your scientists will learn how to apply energy to the brain centers to cause nerve cells to grow. This is the only way you are going to reach one who has had brain damage. Brain damage means the loss of cells; they are dead. Brain cells seldom re-awaken; almost never. Sometimes they are damaged by chemistry. Sometimes they are damaged by too much pressure put upon the head at birth.

Sometimes the incoming entity doesn't complete the nature of his body. In doing this, he may forget to make eyes, and be born blind. He may forget to make brain cells. I have talked to several parents who have children that did not make proper brain cells. This is sometimes a karmic condition - which, while it may not be true, is better than blaming God because God can't do anything about it. You make yourself.

You want to come back here with a good body, a healthy body? Seek out parents that are healthy. Do not let yourself fall back into this world; come into it consciously. Know what you are doing. My friends, the greater majority of people come into this world unconscious. Think of that! Unconscious, unknowing. Sad.

It is too late for you now because you cannot go back. But you can go on. Then if you wish to come back, try to first know what you are coming back for. Many are pulled into this world by their unsatisfied desires - the desires produced in the physical body. They remember them, and that is all they remember.

If we had time, I would like to talk to you on the retrogression of the human consciousness. It can happen. But I do not think I have time now - I have, but not you, not by myself.

Time to go. My friends, it is always time to go. You have a saying - an interesting and true one - "It is later than you think". What time is it now? Five of ten? In one split second you all could be transported out of this world into the Astral world. In one split second! How many of you are ready to go? Have you got your conscious bags packed?

I do not intend to frighten you; I intend to cheer you, to get at your consciousness. That will cause you to laugh because all creation is truly built on the laughter of the gods. And who are the gods? YOU are. What wonderful beings you are. What a precious gem, just to make a physical approach.

Many people come to me and say, "Yada, will you do some physical phenomena for us? Materialize yourself, do it please?" I want to say: Oh you want so say 'AH'? You want to get excited about life? Then look in the mirror. You will see the most exciting being that ever existed, the most marvelous. Go look at only one eye, if you want to say 'AH'. Look at the structural nature, the marvel of it - just one eye!

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Ha ha - phenomena. I want to be Awed. The flying saucers are coming, down come those beings! Oh give me phenomena! You want phenomena? Go look in the mirror if you want to see the most marvelous thing; go look in the mirror and then to the eye - just one eye. When you do this, you respect yourself, you honor yourself.

A notchi. Grati ya, grati ya. Thank you. In my language, grati ya is thank you, you the spirit. I do homage to the spirit. The deeper I love you, the more sincerely I understand you, the more homage I give you. You know, the worthiness of this is what you get back in doing that. You get love back. You can't lose. You get it back so wonderfully. Everybody will be concerned about you. They will be sincerely interested in your welfare. You will never be alone again. You will be living in the Light, the Light of consciousness. How wonderful! How very wonderful!

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Virginia Beach, Virginia

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Annie: This is June 1st, 1966. We are holding this lecture in the home of Helen and Bryant Reeves in Virginia Beach, Virginia.

Yada: Senas et Senahas. Ena Yada di Shi'ite - (speaks in his language) My friends, how fortunate you are to have such pleasant surroundings.

Man: We appreciate it, Yada.

Yada: That is what we humans need to feel, in or out of the physical world, a sense of appreciation for what we have. When we love what we have, then we will get more without being anxious. Thank you for inviting me into your home.

Man: You almost stayed at the YWCA - a ladies' place.

Yada: (laughing) It appears to me that Mark was a little bit upset.

Lady: I forgot to tell him; I forgot to invite him. I just thought he would know we wanted him.

Yada: Well, so much for not knowing, for not being aware. We get wrong impressions and then they are very frightening to us.

Lady: Don't think about it then.

Yada: No, he is of that nature - always ready to bend in whatever direction proves to be the most satisfactory. And again, this is what we, who seek to understand life, must do - be ready to go with whatever happens to us because when we go against it we are in trouble. We must go with things and then we can work out whatever activities appear to us in these troubles. Running away from them, rejecting them, leaves us in a state of confusion. Many people, when trouble arises between them, forget the problem and become more attentive to what is called blame. Somebody is to blame. But that doesn't solve the problem at all.

Lady: Yada, you are going to have your picture taken.

Yada: That is very nice. It has been some little time since I had my picture taken. It is a very amusing phenomena to have a picture in a camera - think of this!

Man: We don't actually get your picture.

Yada: But you are taking my picture with the mask of Mark over it.

Man: I understand.

Yada: Is this not also true with most? They wear a mask. We seldom would permit the camera, if it would take an exact picture of what we are. But we wear a mask and that is what appears in the picture. If I could photograph the true Mark, I would not ever need to come and talk with you. But is he with you? We are all hiding behind masks. I think that is where the word 'persona' came from - mask wearer - personality. It appears to me that the Greeks had a word for everything.

Now I would prefer to talk upon the subjects closest to you and that interest you, so I will listen to you.

Lady: There are two things I want to bring up, Yada. One is in connection with the experience I had many years ago. I had the opportunity to talk about it a year and a half ago and my experience under the guide was a very beautiful thing. I felt this oneness for all life and with great love for everything. I've been practicing meditation every morning for several

years now and there are times when I get that same enlightened feeling, but it doesn't last. My question is: Is there anything more we humans can do to get into that state of love and one-ness of meditation, and perhaps awareness of my being? I don't know.

Yada: My friend, in what is called ordinary daily living, we are largely moved by our natural desires which we sometimes call our animal desires - which are eating, sleeping, drinking and these things. Mostly we are seeking only to gratify physical senses. If we do not know that there is something more to us than our physical senses, of course that is the only way we can gratify them.

Lady: I know there is something more I am reaching for -

Yada: That is so. And there are many in the world who know this and our greater sides. We are reaching for it. But when we first wake up to this fact, that there is a greater side, a more sane side to us, we form a pattern, a pattern of thinking only about ourselves. It wants to graduate.

I don't care whether you graduate or not. You see, in our natural physical desires, it is I who is hungry for food. It is I who is hungry to express myself sexually or whatever. And we can carry this same I-ness into the world of higher thought; and this can often make us change as it applies to our ordinary daily desires.

Lady: My thought of course is to lay aside the Helen - the personality, and let the higher self of me come forth.

Yada: This is the way (it should be of course but in the beginning it is not always what we do, what we are capable of doing even, because we are not yet out of the shell of our low self. We see daylight and our desires breaking the shell and completely coming out. But we are still bound by those other desires, the lower desires. Knowing this, we should never condemn ourselves when we find ourselves falling back into this pattern.

Lady: What lower desires are you referring to?

Yada: Eating, sleeping, sexuality - whatever it is the senses demand of us.

Lady: Well don't those lessen as time goes on?

Yada: Yes, if we are really seeking. They lessen in each one of us at different times and at different rates. This is why people who share their lives with one another, in what is called legal marriage -(I do not understand how you can legalize love) - they must each consider one another. Some grow faster than others. Some feel faster; they get the feeling quicker than others. This means the ones getting it first, must have patience with the other. Do you want to carry your mate along with you? Then you must realize that they need you as much as you need them - very often, more. If you have gone beyond certain things, and they have not, then you must be patient and wait for them to attain to your understanding. They will, in time. You will realize also that what they are doing, you have been through; you know what it is. The drives they are caught up in, you were once caught in. So wait, be patient, they will come through.

Now, if you do not want to take that person with you, if you think perhaps they are holding you down then you had better separate - much better both for them and for yourself. If you do not, then your mind gets caught up in what they are doing and you feel they are doing wrong. Then you become impatient with them, expecting more of them than they are capable of performing. This only leads to irritations, holds you back. You see, you hold yourself back with this attitude and, more, you do not push them ahead one bit. In

fact, you drive them back because to try to force one ahead causes irritation. Let me remind you that you yourself were in that position before. They are not ready for it.

Many people, reaching a degree of understanding, and observing that their friends and relatives have not reached that degree of understanding, become impatient with them. This only leads to contention. It is like the orthodox religious person who feels he has seen the light and then becomes more concerned about YOUR soul than HIS OWN. This holds him back and does not push you forward one inch. We must not be concerned over the growth of another. They will grow as you do, in their own way.

It's an individual process. We have said this many times. This learning, this getting out of the shell, is a do-it-yourself job and all that you may do, you cannot break the shell open for another. He must break it by himself. If you get the shell open, they may not be strong enough to survive the light.

Lady: It is like you said the other night - you can't be selfish and tend to your own spirituality; you must bring your brother up.

Yada: Yes.

Lady: But you just said we couldn't -

Yada: This still holds. Your duty is to your brother. It is a kind of paradox but not really; because if we are ready, if we are truly ready, if we have come out of the shell in a certain way, then we must devote our time more in patience, more in sympathy. Not so much in sympathy - there is another word for it - EMPATHY, for that one. We do not push. Truly our duty is to our fellow man. Now myself, my work through Mark, is a tremendous love for my fellow man. I have come out of the shell to some degree.

Lady: How did you come out of the shell? By meditation?

Yada: By using many methods. A very important one is observing things consciously.

Lady: Live in the now?

Yada: That is right. Look how things are. Think how they are, and not project any of your thoughts of how you wish they were. Wishes do not give us what is. You must be able to see what is. Now on the surface for instance, it appears in your world that your world is solid, and other worlds are not. But the truth is, each world has its own state of solidity, according to the measure of each world, has its own reality. We measure things by using ourselves as yardsticks. This is why in your world, as in the Astral world, there is so much confusion. I measure you in my way but you may be something totally different than my measurements of you. So I have to wait, I have to observe you closely so I can get a more accurate measurement of you. If I try to measure you just from my understanding, then I begin to wonder why you are like you are, and to me you are wrong. You are moving in the wrong direction. Then my drive is to save you from what I think is self destruction. I become more of a detriment to your life than an improvement, than an asset.

Lady: But can we really help another improve? I think it is a matter of he or she has to help themselves in order to evolve.

Yada: That is right. Another can listen to us, and even agree to what they hear, but they are still not certain until they have had the actual experience; and this of course makes it painful. I do not want to see you suffer that way. I think I'm not suffering so I think you are; but the fact is, if I believe that you are suffering, it's because I am suffering. I cannot tell what suffering is for you. You may be having a very wonderful, joyful life, but

what you are doing appears to me to be suffering, so I say, "Don't do that! How can you be so foolish as to do something like that?"

It's easy to do that. It's easy to be foolish because it is always my foolishness that I see in another, not theirs. I cannot understand what is right and what is wrong for another. I can only make judgments about myself through my own feelings, gathered from my own experiences. Now, we can be better teachers to one another, better helpers if we really have love and understanding. There is nothing we can do that I would condemn because I know that you would do better if you knew what better was. Now, when I talk about goodness or badness, I am talking about my own feelings, my own judgement.

Lady: If a child insists on putting his hand on the stove, you should just let him?

Yada: Let him, because the best way for him to learn is by burning himself.

Lady: But he is ruining your stove.

Yada: He cannot ruin my stove; only I can ruin it. He can make no chaos in my life, only in his own.

Lady: You have to be hard hearted and not look at certain things.

Yada: Sometimes, a really thinking parent - it hurts him or her to punish the child. It hurts but they know if they will not do it, the child will do worse in time.

Lady: Yes but the parent is punishing according to his judgement of the child.

Yada: Of course. They must do this. This is the only way. They can see that the child wants to be punished according to their understanding. This is what the child needs.

Man: According to anybody's understanding - that's only reaction.

Yada: That is right. This is the only way.

Man: In other words, if you want to go fishing every day of the week, go ahead and go; but don't expect me to stay home and wait for you. But if she really loves him she would stay home and wait for the fisherman to come home.

Lady: If he wants to go fishing why should I have to stay home?

Yada: I think neither party should expect anything more of another than they know they are capable of and willing to give.

Lady: I wouldn't want to stay home all day while somebody went fishing; I wouldn't be capable of it.

Yada: Then it is better that you don't. If staying home denies you of expression, that the other one is getting, then there is no purpose in this attitude of staying home.

Lady: Yet, a truly loving person would stay home. If she loved her mate she would say go ahead and go fishing if that's what you want to do. What you have got to do, go ahead. I'll stay home waiting for you with loving arms.

Yada: That is alright, when we can do this, but when we think we are making a sacrifice then we are not acting truth. When we do it because we want to stay home, this is a desire of your own; what they do is a desire of their own. It is obvious what they WANT so let go; let

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them do it. As I said, it is you who does the learning, you who goes through your type of learning, not the other person. You cannot expect that of them. They also have to move according to THEIR desire to move.

Lady: There is nothing wrong for you to object to staying home so that they can express themselves in fishing.

Yada: No, but you still know you are not making an undue sacrifice. If you are making a MARTYR out of yourself, then of course you're not doing right. But if you let go, with no feelings regarding what the other person does, no feelings of "If you can do this, so can I", then you're not learning anything if you take that attitude. Do you want to stay home? If not, then don't.

Lady: I think you would be doing an injustice to the other person. When he comes home at six o'clock, he wants his dinner so I have to stay home and fix it. So I'm being unjustly treated.

Yada: What he loses, by your not staying home - that is for him to put up with himself. He must take it or she must. You want to go fishing? All right, there is a price on going fishing.

You know, everybody should know that there is no such thing as something for nothing. You have a saying in your world that you can't eat your cake and have it too. What do you want to do? Do you think that life is so one-sided that it is right for one person to do something and wrong for another? Of course not! Right and wrong is an individual thing, an individual feeling. If that's what you want to do then do it. But at the same time don't believe it's for nothing because if you do then you make a martyr out of yourself. You're doing the sacrifice. This means he doesn't love you as much as you love him, or her. Or is it a tie. Both parties may love one another very deeply but both parties had different approaches to their different desires, different feelings about it.

Something more, the nature - just the nature of the way the female is constructed, not only physically but mentally and spiritually - (she thinks about the animal side very differently than the male.) In the male, this thing called ego is very strong. There is something that is true of the male, all over the world, the entire creation, that drives him away from repetitious experiences. To repeat and repeat, with the same person, has its biological point of destruction. There must be a newness, a difference; otherwise they become impotent.

There are some females who have this male quality; they cannot become excited all the time by one person. So they seek another person for the additional stimulus they have lost with the first person. Because sex is basically controlled by our mental self, it is easy to see how a man can lose his ability quicker than a woman. He hasn't really lost his abilities; he has simply become bored.

Man: It has lost its luster; its not new anymore.

Yada: That is right. Now this happens in every marriage - there is this dulling of our associations with one another. When we find a male that this doesn't happen to, we can believe that he has more female than male in him; his feeling of security, with one person, is greater. In him, is this natural part of the female. Sex, with the female is a sense of security and this is what she often resents. Losing this security, the male goes somewhere else to get his sexual satisfaction. She feels insecure and it makes her then insecure of herself and her position in the home. This shouldn't really hurt too much for she has already had her children, her family; and because the female has her own sense of security, by her own abilities, her own understanding of life.

Now if one or the other finds this a need to move out, it is far better for both of them to ABIDE by this situation, far better. Either that, if they cannot, then they must separate. There is no other choice; I am going; I have reached a point in understanding where my sexual drive is one appetite that I have under control. In short, I can take it or leave it. Mostly I leave it because I have overcome that particular tendency.

Sometimes it is not a matter of having overcome. We have just become, chemically - through the glandular system lacking, and our glands have run down. Therefore we do not have the passion. Many people become celibates because they cannot perform anyway.

Man: The woman doesn't have too much drive.

Yada: Yes she does but too often she doesn't realize it. And the male doesn't realize it so he does not know how to stimulate her, to get her excited. He thinks she becomes excited by his approach. No. She first must feel something for him that is really deep; otherwise her performance becomes half a lie and very unsatisfactory. This is what I have talked about many times before - that men and women, most of them come together with only the thought of what you want, and not interested to know what each wants. How do you want to be approached? Let us really get on this subject. Let us speak in as plain a language as we possibly can.

Lady: It is unnecessary.

Yada: Oh yes. Too often the male has come to believe that only he needs to be satisfied. This is a most unfortunate belief because eventually it is going to kill the desire for such relations with the female; and the male will be the cause of it without realizing it. He will put all the blame on the female.

Then there is the female who has been frustrated by her parents, or in some other way. It is said that she is frigid when actually she is not, because sex is a normal thing and the female can be as excitable as the male. This means that the man must know how to stimulate her; she cannot get stimulated by herself, although some women can because they have that male quality. Some men and women will not put their hands on one another's organs because they are so ashamed. They think that sex is dirty, that the sexual organ is a dirty thing.

My friends, sex is an animal drive, an animal act - and man is in an animal body. I am saying it is sexually necessary because we have an animal body. We cannot deny that. We never had other relations with which to deal; we cannot deny we are an animal body.

Lady: But we have to get out of this animal body sometime.

Yada: That is an individual's choice and those of us who make this choice must keep it to ourselves. That is our choice. We cannot tell another that they must make that choice because each of us has a period of time wherein it is natural for us to express ourselves this way.

It is the same with food. You hear so much about we shouldn't eat meat. All right, who shouldn't eat meat? If I still enjoy eating meat, and you stop me, you are taking one of my natural desires away from me; it is natural to me. If it kills me, it is not your problem. It is my problem. Any desire for anything, is either beneficial or will kill me - depending upon our attitude. Since sex is an animal act, we must do it as animals; we cannot be timid with sex.

Lady: Would you say sex without love? Sex is animal, but we humans have love that goes with it.

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Yada: I say we should have this love in anything that we do. And most of all, we should have it in our sexual relationships with one another. Why? Because with man, he is burdened with guilt feelings, and if we do not have love, then we do not understand what we are doing and our guilt feelings increase our punishment.

Do you have love for what you are doing? Do you feel free in doing it? If you do not, don't do it! My friends, I have never said 'Don't do it' about anything but, in this, it is necessary to point out the grave dangers that lie ahead of one who does things in which they have no love for. Is it a real drive with you? Is it true, is this really you? If it is a natural drive for you, wonderful. I say go, enjoy it, enjoy yourself. For as I said last night, it is later than you think.

Man: There is a lot of difference between love and sex -

Yada: You see, sex is a form of love that drives us. It is a desire to feel wanted. When you, as a personality, feel unwanted, it shrivels and dies. We are seeking a sense of equilibrium within ourselves and with others. In everything we do, we are seeking equilibrium - which is love. How can there be sex and no love? How can there be love and no sex? Sex and love belong together.

Man: But they are not always together!

Yada: Yes, it is a love in which we act un-naturally because we have been taught that sex is bad, that sex is evil but we have no recourse to a better life. How are we to act? One way is to seek happiness, balance, in sexual expression. That is one approach to happiness.

With a woman, it is a very definite part of security in the world in which she lives. It is a sense of physical security, of mental security. If she can say her husband desires only HER favors, then she feels better with him and is more inclined to serve him. But the male is of another nature.

A man loves his mother with a very intense sort of love because she offers him security and peace of mind. He learns through her what love is, and if she is an intelligent person she teaches him by the way she touches him, by the way she caresses him, which is called demonstrable love. She instills in him the nature of the female and the love of the female.

When a mother does not do this to her children, she leaves them open to all kinds of unnatural drives. This is when the mother often causes her male child to be a homosexual. She does not instill in him the appreciation for the female touch. It doesn't thrive without petting, without touching. It loses its sense of balance in the physical world.

Surely sex must not mean as much to one who feels they must rise above it, as it does to one who feels sex is a natural thing to them. What my mate does, has nothing to do with what I do. As I do, as I feel, they will come to feel, perhaps in time, if that's what I want. But I do not want you to feel as I do, just because I want you to feel that way. If I try to force you to follow my patterns, that's not love, that's not appreciation. That is indeed a loss, a personal loss.

If I told you, that if I could give up sex, so can you - that is wrong. If you can give up sex, I bow to you. Wonderful! I try to encourage you to hold that state of consciousness because I know you feel that sex is something you want to rise above. So I encourage you. But if you feel the opposite, I encourage you in that too. Do as you must.

Lady: But don't expect me to stay home all the time -

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Yada: Oh there are no sort of expectations. If there is, then that is wrong too. You do as you must; he does as he must.

Lady: Who is paying the price?

Yada: If you do as you must do, there is no price being paid. You are earning what you get. You are earning it; there is no price. All right, then you are paying your particular price - but not because somebody else is doing something, but because you are. You feel the loss, why? You are not doing the sexing; he is. You are not interested in sex, he is. Or if it is the reverse, you are.

Should I stop you from eating because I have attained a way of existing on air? Should I want you to exist on it too? How did you come to exist on it? Why did you? Only YOU know that. We cannot impart to another the joy of living on air, when that person has been living on solid food. We cannot tell another the joys of a fast, and what it really does to you physically as well as mentally.

Lady: If you claim the joys of fasting, you might become physically nauseated seeing us eat all the time.

Yada: Then by all means go into the next room; get away from it. It is doing you an injustice if he demands that you sit at the table with him and watch him eat. If you are sickened by food, he is only imposing his will upon you. And if you give in to it, you are not living according to you - and that is the worst form of un-naturalness.

Man: She doesn't have to go farther than the next room to get away from it.

Yada: Then do it, do it. You cannot hold one another; you cannot force one another. You sit here and watch me eat; I will watch you vomit if I have to do that to you. Then I move into the next room or beyond, and get as far away as is necessary for me to get. I remove myself from it.

Lady: You don't see it so it does not bother you. What you don't know doesn't bother you.

Yada: That isn't it so much. It is what I know to be truth and I can only state truth. When I do not like to eat food, I am an air eater. I know what it is like to eat food. I know the tremendous hunger that exists in me when somebody prevents me from eating.

This is the pain that exists in your world today - nobody seems to care what the other needs. They only see what they want them to have, not what they need. When I know what I have been through, in reaching out to obtain a better way, a more intelligent way of life, then I can sit in the midst of all kinds of behavior. I can sit in the midst of this and watch it with complete detachment because I know it is what that person needs. It is what I needed at one time. They cannot sicken me. I sicken myself, if it is possible to do that. But when I know truth, I am not sickened. Truth keeps me awake to what IS and not just what I wish it were. What is.

I see my mate running away from me. There must be a reason. They are not doing it for no reason.

A man kills another man. Before he kills he has a reason. He wouldn't kill if he didn't have a reason. He doesn't kill, just to kill - although many people believe that of some people. There is a reason. The black panther kills for the sheer joy of killing, but that's the reason; I must understand the panther's nature, otherwise I become hateful to the panther. This would make ME a killer.

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Lady: But suppose you are just a little kitten - then you can go around with the panther.

Yada: I could if I were a smart kitten. I could if I were awakened - what you call a smart cat.

Lady: You live in two different worlds?

Yada: Very good if you know how; very bad if you don't. For if you don't know how, you suffer greatly. Who am I? I am that; that I am.

Man: You're not a physical body?

Yada: You are if you believe it.

Man: But if you don't believe it?

Yada: Then you're not. But you must have the kind of awakening in that you KNOW this, that you are not the physical body. You cannot deny it simply by denying it, because certain aspects of the physical body are becoming more repulsive to you than attractive. Does that lessen the fact that you are still a physical body? You cannot deny that.

Man: All physical things change in time. The strong can always make -

Yada: Yes, but when this happens, you move more and more into the realms where physical bodies are not needed. We cannot stay here with a physical body and deny it.

Man: It isn't a case of denying; there is nothing to deny.

Yada: That's for you. Do you expect the same for somebody else? No, of course you do not. You must live and he must live. A man with his arm cut off at the elbow, cannot reach out and pick up something with that arm. But because he cannot, he must not expect one who has an arm, to refrain from reaching out and picking up with it. He cannot do that.

How natural is it, for most of us who use mostly the right hand, to use the left hand? How natural is that? It is not. A left-handed man is a left-handed man. If he tries to be right-handed, he has to practice; he has to think about it, to change over the feeling from left to right.

Lady: If there is a left handed person and a right handed person living in the same house - if everything in the house is right handed, what does the left handed person do?

Yada: They try to adjust, one to the other, one with the other.

Lady: How can you adjust to that?

Yada: You can if you love; you can if you appreciate. Neither will condemn the other. Each will let the other use whichever hand is natural to him.

Lady: But if everything in the house is set up on a right handed basis, and I'm left handed, would it be right for me to live in the house?

Yada: Not for intelligent people. To intelligent people it must be to let each use the hand he is most familiar with. Nobody is hurt if there is love between them; no one will suffer.

Man: If I am left handed and cannot use a right handed machine, what will I do?

Yada: Find a machine you can use with your left hand.

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Man: If it isn't available, then you cannot adjust.

Yada: Then you move out.

Man: You don't try to adjust?

Yada: You cannot adjust if you say you cannot. If you know you can adjust, if your feelings of affection and understanding are truly there, then we do not try to get the other to do differently than they are doing. We try to abide with, to share with, to understand. You do not lose; you cannot lose. The only way you can lose is by objecting and wanting to run away from it. Then you do the losing, they don't.

Lady: But you cannot operate a left handed house if you are right handed.

Yada: But you can adjust.

Lady: Then I do all the adjusting.

Yada: That is all right because YOU are doing all the growing. If growing is right handed and we have found the joy of staying right handed, we must move away from left handedness. If you cannot get this adjustment, what can you lose? You're not picking up things with the left hand, they are. You may see the loss they are incurring by being left handed but that's not your loss; that's their loss. If you can teach them different, if you can show them the value of right handed action, wonderful.

Lady: You're not changing their life pattern; they've got to do it themselves.

Yada: Exactly so. But I said "IF" you can show them this value. If you cannot, there is one other choice - two choices - to stay with it, see it as it is and stay with it and make it as comfortable as you can, because you are going to make it more comfortable for yourself by doing it. Or, you move out, move away.

A Yogan who feels he cannot develop in the din, in the midst of a city, doesn't stay in that din. He goes where it is more conducive for him to grow, to awaken.

Lady: Would he have received enough light if he had stayed in the din?

Yada: Of course. Because, where is the din? The din is inside him, not outside him. When we learn to realize this, when we truly grasp this and are capable of so performing, we do not need to go into a quiet place to do it. We need but to shut out that which you do not need.

Lady: It's not easy to shut them out on a bus or walking down the street.

Yada: You can if you know how to do it, without putting your body in detriment, if you know how to do it.

Lady: Should you put your body in a safe place?

Yada: **Yes if you do not know how to meditate.** If quietness is the only way you can get into meditation, then put the body where it is quiet.

Lady: Well not necessarily quiet. I wouldn't go down to the seashore park and attempt to go into meditation. There are so many things there; they may pick up the body and bury it.

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Yada: Why not? Because when we are truly in meditation we are very very conscious - not unconscious. We are not zombies any more; we are very alert, aware of all the physical changes. We do not drown ourselves in the utter silence of the unconscious. We become more aware, much more aware, and it is in this high sense of awareness that we are safe. How can you run away from yourself? You cannot really.

In the beginning, it is necessary. This is an approach; this is the way it is. This is the mechanics to develop your thought. To know how to become conscious you start in the silence. We must always start where we are. First you have silence, introspection - which is making pictures. Do you make pictures in the light? It appears that you do, but the real picture takes place in the darkness of the little box you have. So it is with meditation.

Now there is conscious meditation and then there is unconscious meditation. It is in unconscious meditation where we are very often held, so that when we wake up out of it we are still unconscious. It takes time, it takes effort to come out of this unconscious state because most of the time we tend to run away. It is a method of hiding ourselves and this is what we, who are sensible, must not do. We must not hide. We must not go around with masks on; that is hiding.

I must be me. I cannot pretend to be you because it is not true. I must be me and you must let me be me. That is the sign of the greater life that you have from it. I would regret that you cannot come my way, all the way, but you will come little by little - and as you do, I am with you. I love you. I cannot profess to know truth if I think otherwise. What you do secretly, I am no longer capable of doing secretly because I feel differently about it now. My growth has given me a different approach. Then I must let you and you must let me. We must not command, just LET. Then when I am ready, I can reach you; but when I am not ready I cannot reach you. Love is not you doing as I want you to. Love is doing as I want to, as you want to.

Lady: I want to go to New York and you want to go to San Francisco.

Yada: Then each go the direction they feel impelled to go; that's being honest.

Lady: If I loved enough I'd go to San Francisco instead of New York.

Yada: That depends where your love is. It depends upon the degree of understanding. Would you feel a loss if you went to San Francisco? Because the other person wants to go there, will you feel love while you are there or will you be rebelling against things there?

Lady: Yes.

Yada: Then you do not love. You want only what YOU love, not what your love loves. If you keep turning against one another, wherever you may be, you are wrong. As you said yourself, something has to give. Isn't that wonderful?

Man: - to keep my sanity -

Yada: When you have found your sanity and you are now concerned about the other person's sanity? But is it sanity or self-centeredness? Do as I do; do as I want you to do, not as you want to do. If the person moves then away from you - and you announce furiously, "This man took this woman away from me!" And he wants to kill the man for it, or perhaps he wants to kill the woman - or perhaps both. What he is aiming to do is kill himself. That's what he really wants to do because he cannot put up with what has happened. He feels he owns, and no one should tamper with what he owns.

Man: Or divide the ownership -

Yada: So seldom do we want to do that because that would be letting go - and that's what we don't want to do. Both of them should come to an agreement - you want to go? If that is what you really want to do, then go. Please go. Don't stay because of what I am doing. You cannot save me; I can only save myself. Anything that you impose upon me, simply enslaves me totally to you.

Lady: That means you should stay around and wait until they grow up a little bit?

Yada: Yes you're right but if you feel that something has been taken away from you, then you better not stay around. You had better go, for your love is not giving at that point. Do not expect others to attain your state of growth at the same time that you have. To them, it may not be growth. It may seem to be a sort of appreciation to follow your pattern of thought. There is no growth in simply abstaining from sex, especially if we have no desire for sex. Then you are not sacrificing anything at all. (We simply are not capable any more, so then we want the other to be incapable when they are capable.) How can we do that and be right with ourselves?

Lady: If there is still a desire, isn't it better to give in to it than to suppress it?

Yada: ;Suppression destroys us;. As I grow I cannot be concerned only in love, only in understanding and that I want you to grow with me. Wonderful, but if you are not capable of it then I am only enslaving you. I am not helping you to grow.

Maybe I've lost my taste for meat and you do not eat meat in front of me. You must go behind my back to eat meat because if that desire is there you will eat meat behind my back. Suddenly I will discover that you are eating meat and I will become furious - (not because I am concerned that the meat will harm you, but because you are cheating on me.)
You are taking something from me. I do not possess that something. How can you take it from me.

Yada: Perhaps he does not like golfing. How can he go golfing with you?

Lady: Then how can I go fishing?

Yada: You do not have to. You separate. If you cannot understand one another then you separate - if that is your choice. Either you see the logic in it or you do not. And if you don't, it is because you see the logic in some other form of action. Very good; then take that other form of action. When you can adapt your consciousness to this way of thinking, then nothing can hurt you, nothing, because you realize that everything should move according to the forces. in it, and do not move any differently in it.

Lady: On both sides?

Yada: I said everything.

Lady: They can only do what they are capable of doing.

Yada: That is right. An electron is an electron. A proton is a proton. You cannot expect either to be the same; they will not function the same. It is only through experience that balances are brought about. You are you; I am me.

Man: As you say, the male and female are so different.

Yada: They are, but they can learn to be alike in certain ways - but only in certain ways. This physical body, in its own nature, is what it is. This is the is-ness we so often object to. All

things shouldn't be this way. "My husband or my wife shouldn't be this way because that is not the way I am." That is selfishness, self-centeredness. That isn't love.

Lady: Each one of them has their own desires in life, so if they want to live together they can't do two things at once.

Yada: No, but we can ADAPT ourselves if we love, in certain ways to a certain degree. What is my nature? Do I love you wholly, simply and nothing else, only you? This is a little bit of trouble to do. I must love everything about you - not just a little bit, not just your goodness, your sense of balance. I must love your other side too.

Lady: But the one is very clean and the other is very dirty.

Yada: Then one must teach the other to make soap.

Lady: What right do I have to force the other to use soap? That is not his nature.

Yada: A ha! Then move to where it is more to your liking. You like spic-and-span-ness? Then move to where it exists.

Lady: If I loved enough, I'd clean up every day.

Yada: No, he would understand what dirt is and you wouldn't see it. You wouldn't feel it as dirt, I mean. There is a difference. Go to India. How do you suppose those people sit around in all that filth, and bugs and things, and most of them make no effort to kill the bugs or clean their place? Because they are not aware of it.

Lady: They are conditioned to it.

Yada: Of course. They are not aware of it as dirt, as filth. If the dirt would annoy them, they move to where it is clean. They will wake up when they wake up to the need for it. Only if there is love, can the clean person adjust to the dirty person. If you adjust, seldom can you get the other one to be clean because that is the more sanitary and intelligent way to be.

Lady: That's my idea, that it is more intelligent to be clean.

Yada: It is intelligent and sanitary for me, but not for the person who is suffering it. If they truly love you and you truly love them, then adjustment will come about naturally. The changes that need to be made, between the two, will take place. There will be no sense of sacrifice.

Lady: Not if the dirty person insists on being dirty?

Yada: But the insistence will not last if there is true love between the two; it will not last. We respect one another. How do you stop your smoking? Now you do not smoke, do you Sir?

Man: No.

Yada: How can you stand the cigarette smoke? How can you tolerate it? With you it is a natural desire. That is why I do not try to stop this man (Mark) from smoking. To him, until he learns, until he feels the need to stop, I must keep my hands off him - and without any sense of self righteousness; this is what he is.

Many men and women become alcoholics simply because they are frustrated by their mates. The mate does not feel adequate. He or she is made to feel, somehow or other, impure.

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→ This gives a great sense of insecurity, a great sense of frustration that we cannot come up to the other's expectations, so we feel insecure in that person's presence. They will try to hide their habit. We must not do those things to ourselves. We must learn that all experiences are necessary for each one of us, otherwise we wouldn't be having them. How wonderful. I let you live; I do not command you to.

I do not have any expectations about what you do or what you are going to do. You live. This is what you call 'let live' and there are no expectations in it. I do not expect you to be different. You are what you are, you do what YOU wish, and please give me the right to do the same. Let me be me.

Man: So one goes to San Francisco and the other to New York?

Yada: Very good. That's the way it must be. But if you go to New York or San Francisco against your will, you're not doing the other person a favor.

Lady: If you love enough, you'd do it.

Yada: Yes but there should be no sense of sacrifice. This is what I am getting at. If you do something in the spirit of sacrifice, you're lost.

Lady: If you really loved the person you wouldn't care what they did.

Yada: Of course, but you do not try to FORCE them to be different. We should say, "This is the way it is with me; this is the way I feel. I hope that you feel this way also" and that is all.

Put it on the stove, burn yourself. It's you that is being burned, not me. Do you like pain? You have a mind; you know the stove is hot. You'll try it; you'll put your hand there in spite of your knowing. You must be mad, simply insane! It is only a baby who doesn't know that, who can afford to do that - and should be let to do that because that is the only way he is going to know it is hot.

Lady: Should we deny our desires when they might hurt someone else?

Yada: How can they hurt someone else? What right have they to be hurt?

Lady: My gratification is beating up on Bryant.

Yada: I do not think it is your gratification -

Lady: I was just trying to make up an example.

Yada: Do you know what makes trouble for two people? One is a masochist and one is a sadist.

Lady: We're both masochists, we're both sadists.

Yada: Then you must separate.

Lady: The man is a masochist - "that's my desire, that's my rage. That's what I must do regardless of how many people I beat up".

Yada: You'll pay for it. I cannot stop you, tell you to stop. Remember, YOU will pay for it. I know this so I'm not going to stop you. I'm going to let you earn your rewards or punishments. That is your job, not mine.

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Love is knowing; knowing is giving; giving is love. You cannot give to another that which does not belong to him. Nor can you take away from him that which does belong to him. Love is without much suffering.

Lady: Then this is as important as to watch the baby get burned?

Yada: Yes, because he, in time, will stop putting his hand on the stove. He will learn. I am not at all concerned. I know the balance of life. I know the rightness so I am not emotionally concerned about what you do. I am not emotionally concerned; that's what makes my love so different from what YOU call love. YOU love emotionally, and it destroys you. It always will. I love you, knowing - knowing is freedom.

Love, if we only understand it - you see what millions feel, in comparison to what many feel. Sometimes it's the same, and then perhaps they may destroy one another - perhaps they may not. Perhaps understanding between them may be of such likeness that all is well, all is in balance between them. But if there is a difference wherein I want you to lose your desire for meat because I do not like meat any more. Oh, I ate meat until it stuck out of my mouth, at one time, but I've lost my understanding of meat eating, and I want you to lose it right now.

Man: Then suppose you don't lose it right now. Then you love me?

Yada: Yes, I had better lose you!

Man: Then the desire is more important -

Yada: It must be; otherwise you wouldn't be doing what you're doing. I wouldn't be doing what I'm doing. It must be, or how else could I do it? And if I do not do it in front of you, I'm going to do it behind your back.

Lady: It's more important than anything else -

Yada: It is. MY hunger for meat is MY hunger, not YOURS. I do not know what you mean when you say to stop eating meat. I do not know what you mean when you say 'stop smoking'. Who is my commander? Who is my God, that seeks to rule me in this fashion? Who is my tyrant? We must not do this my friends. The best way to get anyone to stop doing what they are doing is to let them do it.

Lady: Yes, but if I knew my smoking was going to kill my child I would stop smoking.

Yada: Would you?

Lady: Yes.

Yada: That's what you say because you do not yet know what it is to do without smoking.

Lady: I know what it would be like to do without my child.

Yada: Then you make a choice. You either stop smoking because it is going to kill your child, and you love your child more - then you stop smoking.

Lady: Then I love the child better than I do myself.

Yada: But you do not make that an issue. That isn't good. You simply love your child. That's the way it is - not more than, but you simply love your child.

Lady: I really love smoking.

Yada: You cannot love smoking.

Lady: It's my habit.

Yada: Love is what we do to humans, to one another. We cannot love food. You may enjoy food; you cannot love it. We cannot say another human being is delicious because that happens to be a word used for eating unless of course you are a cannibal.

Lady: Maybe we enjoy another being.

Yada: Of course we can say we enjoy another person.

Yada: Sex is either active or it is not. When it is not active, and it still goes on in your mind, you are indeed put in a bad position. To stop smoking physically, but still go on smoking mentally, would be more detrimental to you by far; you know the consequences on this body. We have a tremendous love for this man, Mark, as we have for everyone and everything else. But should we say, "Now that we love you, we want you to live in the world only in the way we feel is the best way to live. You are stupid, ignorant, and do not know what is good for you. Only WE know what is good for you."? We should never have chosen him if he is that stupid!

Lady: You knew that before you made the choice. If you didn't know that he smoked, and then found out that he smoked?

Yada: Were you never capable of sex? Of course you were, but now you do not feel that drive any longer. But suppose, when you were capable of sex - I'm speaking of anybody, not just you - when you were capable of sex, suppose he was not. Would you have liked that? Would you have found peace with him this way?

Lady: It is an adjustment we have to make.

Yada: But it is not an adjustment, it is an understanding. Adjustment comes about - Would you consider it a sacrifice?

Lady: It depends upon what level you are on.

Yada: Did you feel that he must, or she must, because you must? Could you do it without making a martyr of yourself?

Lady: That seems to be one of the big difficulties - that one or the other gives up something and becomes a martyr.

Yada: That's what we would like to have happen to satisfy what we feel the lack of.

Lady: Yes, one would have to - and the other would have to put up with it. So somebody has got to give.

Yada: I do not object to that. My objection to this kind of living, this kind of thinking, is that we make a martyr of ourselves. We do not care, therefore we are not giving up anything. We are only making a pretense of giving up, and we make the other person's life a misery - "I am dying on the cross to save you. I am so sure that I can do this". Oh? Poor you.

→ You see the people in the street. It is said that the man, Jesus, as he hung on the cross, said, "Forgive them for they know not what they do". He had understanding. It was no sacrifice for him. It was a sacrifice for them; they were doing the sacrificing, not him. He

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knew what death and life was, so it was no sacrifice for him. In your Christian book, it makes it appear that this man, Jesus, was a tremendous martyr. Oh poor Jesus!

No, he was seeking enlightenment for himself, not to save them. You cannot save people that are ignorant. They must overcome their ignorance, and he must let them do it. He did it, and it wasn't that he was supposed to. It was natural for him. It was not something expected of him, like someone out here. Because he knew truth, it was not difficult for him at all, not at all.

"These fools think I am sacrificing my life for them" - if he had expressed himself that way, he would have been making a martyr of himself; but he didn't. He said, "I understand; I know. They don't know. They live in a dream, a dream of their own creation, without knowing it is their own creation".

Lady: Yada, isn't the definition for sacrificing - 'giving up something you desire less, for something you need more'? In other words, I give my money to the church because I think I need what I get from the church, more than I need the money? It's not sacrificing, I need it?

Yada: That is exactly right. You do me no favors. Only I can do my favors for myself - my self, which knows this, so I move like this. I cannot be unsettled watching what you do - it does not matter; it does not reach me like that. I know why you are doing what you are doing.

Lady: You have to be a pretty hard soul to see somebody put his hand on the stove and not be disturbed about it.

Yada: You are not being disturbed by their burning; you're being disturbed by your own burning. You feel it as you imagine they do.

Lady: They may feel happy in it.

Yada: They may feel it very enjoyable, so let them alone until it becomes a burden to them, until it becomes a pain to them and they can no longer tolerate it. When you can no longer tolerate a condition, you begin to rise above it. Maybe the rising above is first getting away from it.

Lady: Then we have to adjust to the situation.

Yada: Yes, if they think there is a sacrifice being made and they cannot force the other to do as they want. They cannot face the situation. It is a feeling of "I can't stand to see you enjoy yourself because I can't". So I end it. You don't end it. We must let one another do that too. We cannot let them die because of our own lack of love, lack of security. This is called hatefulness, and it is hatefulness that kills us quicker than a knife. A knife is only a symbol of our hatefulness - like the atomic bomb.

Lady: In that kind of situation it is better to move away from it.

Yada: Of course, moving in whatever direction you wish to move in. Do you think by ending your own life, you will make the other person regret what they have done? Or are doing? Of course not!

Lady: I had that in my own family. My rother just couldn't see a way out of the marriage he was in, and he just died.

Yada: That's all right. If he must die, that's a form of suicide - however he died.

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Lady: It's just that he couldn't see any way out, without hurting that person, so he just ups and dies.

Yada: That is one way of running away. You cannot hurt another; we cannot hurt another.

Lady: If you run away, you have hurt the other. But if you just die, that's just what everybody does.

Yada: That's what most people want you to do. Their unopened eyes regarding life and the need to live, often makes them murderers, either of themselves or of someone else. He didn't want to face it so he took the only way he felt out. Then I give to him the blessings, and what you Americans call 'three cheers'. Good for him. I hope he enjoys his next life in the astral world, and that he doesn't commit suicide there too.

You know, we make excuses. We say we want to do this or that, but we are not satisfied doing it. We must drag someone else into doing it.

Lady: In the final analysis, don't we have to make it alone?

Yada: Lady, of course. That is one of the secrets that is so interesting, that if we would only grasp it, we would stop trying to pull others with us. You cannot pull someone with you. You can let someone come with you, but you cannot pull them with you. As long as you do this, they become destructive to you.

Lady: And distrusting!

Yada: That's destructive. That's destructive, to really distrust. Do I really love you? Then I am going to do everything in my power to cause you peace of mind. Not happiness; happiness depends upon transitory possessions. That is why happiness doesn't really exist. Man never has it. But peace of mind.

I want you above anything. My love for you is such that I want you to have peace of mind. This means I must let you be you. I didn't love you either legally or illegally, because I never owned you; because I wanted to make you unhappy or because I wanted to destroy your peace of mind - but just the opposite. I loved you because I thought my love would give you a sense of balance, peace of mind. I can be me.

A man must always be himself to a woman, and a woman to a man - I can do anything before you and you will not condemn it. How wonderful! I can say anything to you and you will not frown upon it and make me feel ashamed. Wonderful. There is nothing you could do before me that would cause me any form of condemnation of you, right before me.

Lady: And yet you were willing to go through what will usually turn him off.

Yada: Of course, because I know. I know that you can't do anything to me that I do not let you.

Lady: That means you feel safe, doesn't it?

Yada: That is right. That means a complete sense of trust. Why do you love me? People tell me they love me. That is life to me. I understand what they mean. I understand the limitation of their love for me, but I do not love them any less for that, but I love them more because I do understand it. They cannot give me any more than they can give me. But how grateful I am for that little, however little.

I am free. Do you want to be free? You really do? Do you want people to love you, to come to you on all sides? Who hunger for you because you are sending out the honey of

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life? They cannot resist it. There is no pressure in this honey. It does not ever retire. It gives a continuous sense of attraction.

Tat, tat, sat - I am that; that I am. How can you control that, circumscribe that, put it in any form of prison? It escapes all prisons, all confinements, because I am the very person that one seeks to imprison. I am the Gods and the worlds. Can a prison imprison itself? A prison is for imprisoning others.

Lady: (Question inaudible)

Yada: Only to the individual suffering it in this civilization.

The mistake is because most of the time both parties seek to improve one another. They believe they love one another, and that marriage is a jail. But who wants to be in a jail.

Lady: Nobody. That's why there shouldn't be marriage. You can't take two people and make one out of them.

Yada: You cannot say, "You shouldn't do this". You can only say you (yourself) shouldn't do it.

Lady: I say you shouldn't do it, for you might be unhappy.

Yada: I wouldn't do it. It is not a matter to me whether I should or I shouldn't; I have no choosing about it. This is the way I know it is and so I follow the is-ness.

Lady: You would not marry?

Yada: You mean I wouldn't legalize it? Having it legalized does not make the one-ness out of it. The one-ness is there or it isn't.

Lady: They are trying to make something that doesn't exist by marrying.

Yada: It doesn't exist but you try to make it exist, and this is what makes it harmful. It is a forced thing. It isn't an accepted thing by light of love, which is understanding. It is a forced thing.

Lady: A man, when he gets married, it takes most of his money to support his family. But if he likes to drink and go to bet money, he has to give up drinking and gambling in order to make the marriage work.

Yada: No, not that he feels he is forced to give it up, but that he feels it is the thing to do.

Lady: Then he likes marriage better than he likes -

Yada: He likes his choice and he learns to live with it

Lady: (Question inaudible)

Yada: Then he is not living with it - he is only kidding himself - I like that, it is a good American expression! He is only kidding himself. He is playing false. He is being what you Americans call 'phoney' - and to himself, and that is so much worse than to be phoney to others. It makes it possible to be phoney with others. Do you not see this? If I am phoney with me, I have no trouble being phoney with you, none at all.

Lady: To thine own self be true.

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8-06, BERLIN

Yada: Is so, is so. Man is king. The king makes his choice. What is your choice? (Yada speaks in his language) I will go, for a time, and perhaps this man (Mark) can eat something to bring energy back to his body.

Lady: Thank you Yada. It is so nice having you here.

Yada: It is my joy.

Lady: You stay here while Mark goes up to NY.

Yada: Yes I'll do that. You know, I leave you but never leave you.

Man: Right.

Lady: Because I am you.

Yada: That is right.

Man: That's wonderful.

Yada: You see, living in your world naturally creates duality. You say you are you and I am me. I am me and God is God.

Lady: It is all one.

Yada: It is all one. We are together in the light of love.

Lady: - and had that feeling, that one-ness. Now I have it as a dream. I'd like to get back to that.

Yada: You can if you take what you find in the other years of experience, into your hours of meditation. You can -

Lady: Make a continuation of it? Thank you.

Yada: That is right. The mind is a wonderful instrument for imagery. All of creation is imagery. would like to talk to you on that, but perhaps later.

Man: Thank you so much for coming and never leaving.

(END 165-06/01/66)

(5)

INNER CIRCLE KETHRA E'DA FOUNDATION
Transcript Number 155
Taped at the home of Katrina Schwenger
Buffalo, New York, June 4th, 1966

Yada: Sena et Senaha, (Yada speaks in Yu language) - I said, it is my pleasure to be in this house where the Spirit is sought after; the house of the Spirit where the teachings of the spirit goes on. I wish to extend my appreciation and also from the other members of the Inner Circle, to the Lady of the house for inviting us here (Buffalo, New York). It is wonderful that Mark had a chance to relax here and feed the inner mind and get some rest. Anything that is done for Mark by any of you is deeply appreciated by us, for he is our instrument into the world. Getting himself well, and back into balance, he becomes even a better instrument.

You see, you play a very important part in seeking the Light. The ups and downs of the physical plane, that is the nature of it. When those of us realize it, then we take it in stride. We do not object; we do not put up a big protest such as "This should not have happened to me! to him, yes, but not to me!" When we have many problems it shows that life has an interest in us. Would we prefer to be ignored? I don't think so. The body is, by its nature, very open to pain and joy. They are two things. So how can we have laughter and not pain? What I am trying to say simply is we must come to realize this, to accept this. Then when things go wrong with us, we will not waste our energies and our thoughts and our feelings, becoming highly emotional.

I know today, protesting is a big thing; everybody is protesting about something. In fact you are not in the stream of things unless you are protesting. Nobody thinks you are around unless you get a desperate look in your eyes and cry out, "GIVE ME LIBERTY! GIVE ME FREEDOM!" Too often when we are uneducated - not knowing the nature of our being - what we want is not freedom, but simply a license to express ourselves in any way we see fit, whether we hurt someone or not.

I think - and you may object - that we cannot get freedom from any external tyrant unless we get freedom from the tyrant within ourselves. We are enslaved by this greater tyrant within, much more than by the tyrant without. Very often the slave protests his chains when he would really not know what to do if the chains were to be removed.

Many people assume that I am a spirit. How much in life we assume, and never take the trouble to find out whether our assumptions are based on facts or beliefs. "I believe". But some of those who believe that I am a spirit or an astral shell could, for their own education and safety, try to find out what they MEAN by using these terms.

Many people think that when one dies, they - what is called the spirit or the soul - flies off to heaven or slips off to purgatory or falls off to hell. Others believe that the spark of life, after being released from the flesh, darts off to nirvana. And there, it is said, the spirit or spark of life lives in peace and relaxation while he 'contemplates' his past life. Can you imagine anyone relaxing by contemplating your earth life? How could you do it?

Audience: You cannot even do it right here!

Yada: That is it. And if you cannot do it right here, how can you do it somewhere else? The release of the flesh offers you nothing more than we have by our education, by the understanding we gather very diligently, by seeking to know truth, facts. When we learn them, they do not always give us peace of mind, because we have been wandering around for so long with 'non facts'. Then suddenly, because we are never prepared, things go wrong. Our beliefs seem to blow up in our face and we are in a state of misery. When people find this to be so, when they suddenly pass over from the physical world, the many belief-systems about heaven, hell or purgatory or nirvana, do not materialize. They find themselves walking around in a vacuum. You want to stay out of

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the vacuum? Then learn truth. Certainly I do not have all of it; somebody else has some too. It helps, to exchange your thoughts and feelings with another. Much learning can be gained that way. The moment you put your belief in one place, it is lost and you find yourself in a state of confusion.

When the man called Jesus said, "Follow me for I am the way and the light", he did not mean "I, Jesus". He was not talking about the personality, but I AM, WHICH IS THE LIGHT. Sometimes that word is simply a sound: OHM. I AM THAT. THAT I AM. Tat sat tat; fat sat ohm. But this does not and cannot mean very much to the one who hasn't done any thinking to know. I AM THE WAY AND THE LIGHT. Most of you have been conditioned by the Christian teachings, so called, given to you by the priestly system of the temples, or what you call churches; and most have listened and forgotten - or listened and didn't really hear - or listened and misunderstood what they heard. This is very easy to do. Surely I am not criticizing; I am not in the position to do that. We are all seekers - high or low, masters or students - we never stop seeking. For that is life, a way of life. It is the mechanics of being, but it takes WORK.

Some people take what is called the metaphysical path. This is good for them, as is orthodox religion for others. (No one can learn faster, learn more than they can. They are all doing all that is possible for them TO DO.) But sometimes you must step beyond this path - including the metaphysical path - on to the occult one. Now on the occult path, it is not simply a matter of studying, but a matter of PRACTICING the laws in occult ways. Walking the occult path, you must eventually reach a degree of understanding that shows your need for a spiritual teacher. When that need arises, you will get one. They will come to you. There are certain occult practices that cannot be done alone, or just with another in the 'flesh-being'. You must have the help of a being from another plane.

Question: We attract this being don't we?

Yada: Yes of course. They will become aware of you when the time comes. Now the time may never come for some in this particular life. Before you can get off the physical wheel, you must take the path that will attract to you a being from a higher level of consciousness. And perhaps in the beginning, he will be on the plane just one plane beyond, which you call the astral - which I call the ante-room - where we wait until such time as we feel the pull to flow back into the physical world. You know, my friends, it is not easy to STAY out of the physical world - not as easy as it is to GET out.

Boredom is one of the keys that opens the door to the astral world because boredom ages one; it is not only starch which does that. Perhaps it is the starch of boredom! Lack of interest in life causes us to breathe so shallow that, after a while, you stop breathing. Boredom. Do everything possible to keep yourself away from boredom. Remember that you - and I speak to you individually - while you share yourself with others, you do live alone; and you are born alone and you die alone. Sometimes this is frightening to us so we rush out and get as many people as we can to be with us. We are trying to wrap them around us, to protect ourselves from loneliness. But, as strange as it may seem, the greater the number of people we attract to us, the greater our loneliness increases. To get one or two persons to become our friend - a friend is one you can tell anything to If we can get one or two in a lifetime, WHAT LUCK! We are indeed blessed by the gods - including the Christian one.

Believe me my friends, the Christian god is not very free with his blessings to his creation - and I don't blame him because he gets so much - as my English colleague Professor Luntz would say - badgering. Yes, badgering. God gets badgering from man. Can you not see him walking up and down his heaven shouting, "Oh me, oh me. All by

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myself!". What an utterly lonely being he must be, for the only time his creation shows any sign of interest in him is when they want something. The Christian god - no god, for that matter - has many friends for themselves, for their own sake. And that is natural, because how many humans truly love others for themselves? How many? We are all seeking something from one another, even with ourselves. Few of us are friends to ourselves because we expect more from ourselves than we give - or we are ready to give or we are willing to accept.

One would suppose that all humans are ready and open to accept love but that is the last thing that most of us are capable of accepting. Strange isn't it? But it is only because we are lost - lost in fear, anxiety, guilt and shame. One way of running away from life - because it is so painful - we start seeking avenues of escape. Perhaps one of the avenues is the desire to sleep all the time. Another avenue may be excessive use of tobacco or alcohol. Then it extends itself; the more guilt and pain in life, the more drastic measure we feel we need to flee from. One of the drastic measures is drugs, hallucinating drugs.

Audience: We have a lot of questions on that.

Yada: In my time there was a small flower that grew on the hillside just outside of the city Kaote. In the beginning the people used it to chew - it was like your morning glory but smaller. Chewing it, produced a variety of hallucinating conditions and the extent and kind of hallucination depended on the personality, the nature of that person. In any case, it gives them periodic freedom from the monotony of - not of their existence, but of their ignorance.

After a time, the priestly system created a law that said anybody but the priest using that drug would do so at the penalty of death, because it created god-like visions. Man thinks even today, as in my time, to pay more attention to his God than he does to himself, to his fellowman. He builds vast and highly expensive temples to his God while his fellowman starves to death. He feels that his God needs all this vast beauty to work around in, or he will be offended. Today you still do it. In my city Kaote - it was called 'city of temples' - there were 33 of them. And the more temples, the more poverty; the more priests, the more prostitutes. Drugs - or whatever you call them - we called this bud, this little flower, Pei. I think you refer to the drug marijuana as pe-i.

All of these drugs are mental ways or means to escape from, what is called reality. Reality, which is the greatest hallucination of all. No drug could create such an hallucination what you call reality, no drug. Coming into the physical dream, we become hypnotically enchanted by it through the senses. The eyes - the most beautiful colors they make. These colors do not exist in themselves. The basic, underlying fabric of color is a very dull uninteresting gray - the gray of energy. Only when the energy gets into action, and creates a surface matter, do you get the feeling of color from it, or sound from it, or taste from it, or any part of the senses. Think of that. The physical world is what you make it. The beauty or ugliness of it is by the way you measure it with your senses. All of it is hypnotically produced by the suggestions of the senses. The ancients called the material world 'the illusionary world'. They did not mean it doesn't exist, only that it is SENSORY and therefore transitory - even more transitory than those produced by drugs. More permanent changes are created. That is paradox - permanent changes. With drugs, the effect depends upon the individual, his feelings for life, his attitude towards his experiences. No experience per se haunts you. It is your ATTITUDE. And so we take our attitudes into the hallucinating state produced by drugs, and we do things with them. But do we not do the same thing when we go to sleep and have a dream? We take our attitudes with us and make monsters or angels.

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Question: What does it do to the consciousness, Yada?

Yada: Again, it depends very much on the nature of the individual, much more than it depends on the drug. The drug itself is nothing, produces nothing. That is why everyone who tries LSD has different reactions; no one has the same reaction.

Question: What lasting effect would it have upon the individual?

Yada: Again, how much do you want to escape from life, your doings, your daily living? Depending upon that, will be the lasting effect of the drug upon the personality. No drug is responsible for good or bad effect; it is the individual. No life by itself is harmful or good for one, or to one. It depends upon the dreamer. If you want to have good dreams, joyful dreams, peaceful dreams, satisfactory dreams that bring you peace of mind, you must learn to observe what is happening in you and in your daily life. UNDERSTAND IT. LOOK AT IT HONESTLY. ←

The only way you can do this is to first know what you are. By coming into the physical world - what we are, depends upon our own attitudes to our experiences. Are you afraid? Are you ashamed? Do you feel guilty? Believe me, you will turn your dream into a nightmare.

YOU DO NOT NEED DRUGS TO UNDERSTAND YOURSELF, TO KNOW WHAT YOU ARE AND WHERE YOU STAND IN EXISTENCE. YOU NEED ONLY CONCENTRATED THOUGHT, YOU NEED THE WILL TO GIVE YOURSELF TIME, TO TAKE INVENTORY ON YOURSELF, HONESTLY.

Audience: We don't want to do that, Yada.

Yada: Yes you are certainly right. I know this. And while I laugh, I do not think it is humorous. It is indeed sad. You put up a wall against what you do not like. You put up a wall against thoughts you have been taught are wrong - "Oh I wouldn't think those thoughts, not me!" -or- "Only when I am alone". That is the worst time because you are sitting with the worst judge - yourself. Wouldn't it be nice if we could close him out? - tell him to mind his own business please. But no, he sits there and, as you try to get away from him, he looks at you with a scornful eye and you cannot move. And as he criticizes, you get smaller and smaller.

My friends, I am trying to answer your questions in a moment because that is what you want and I will give you what you want. But I opened with the thought in mind to talk on this subject, as I have been doing it through this man across the country all the way to here. From the man on the street, to the most educated person, I have had talks on this. It is a big thing with you today - this, and crime, growing crime - not only among the young. The young are simply more active because they have more energy. I will talk on this and I will LISTEN carefully to what you will say to me; and I do hope you will listen carefully to what I say to you. It is only this way that we can get results from our talk.

(Yada withdraws and returns after a short while)

So, I come back. As I have said many times, I come back from whence I didn't go. My friends, first I think it important to say this: I am not a spirit in the sense that you understand that word. I am a consciousness. That is what you are. The word Spirit means breath, spiritus. Breath is for the lungs, for organs through which air passes to reduce oxygen, the proper amount of it in the bloodstream, so it can reach the brain where the thinker lives. The thinker sits inside this little box called the head. He is all crouched in there. And sometimes, if you haven't awakened him, he becomes irritable

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when you try it "Leave me be; I am comfortable. Sleep, sleep, sleep, don't turn on the light please".

In the use of drugs, you stir the sleeper; you stir the dreamer; you stir the creator. In each of us lives the creator - not a god, but a creator. Gods need to be worshipped; they are not happy unless you have your face to the ground and your bottom in the air, paying homage, hallelujahs. Man has been doing this sort of thing ever since he got here and discovered that he was somewhat different from the four-footed animal. He had to find something bigger than himself so he could crawl into its arms and cry, because he was afraid. Man has brought this god with him from his primeval life, but in no case is a god one bit better than the individual that created him.

Drugs will show you this. LSD and other drugs, and even the ones I used to take in my time, in my city Kaote, 500,000 years ago, half a million years ago. Has man changed? No, he has only changed his clothes. He feels more protected since he started to gird his loins with a cloth - protected from his own sense of guilt, his own sense of being an animal - although he recognizes himself now as a human being. In the Christian Bible it mentions this shame. Adam and Eve saw themselves naked - who else was around to care? Just the two of them - it says so in your Bible.

Question: Was this not symbolic?

Yada: Of course it was symbolic. They saw themselves, meaning they became self-aware for the first time. SELF AWARE. And this is what happens to us who seek life. The deeper we study, the more we come to have self awareness, the more we become ashamed - until we reach a certain point of understanding and we re-clothe ourselves with this understanding and feel safe again.

LSD and similar substances are used to stimulate the brain cells that have never been stimulated before. This can be done also - and the student of Yoga breath knows this - by forcing the breath with body energies, up to the center. This greater stimulation causes the creator to see his creation as he has never seen it before.

Now if he is a healthy person, not suffering from too deep a mental and emotional sickness, he will have such a beautiful experience that he will never forget it. He will be a different person when he comes back to the physical dream, when he becomes aware of it. LSD lightens the consciousness, makes it aware of itself. You see, in the beginning, the creator was sleeping, unconscious. He couldn't create all this with 'consciousness', because the physical consciousness tends to reason; and in no time, it would reason it out of existence.

Imagine, the consciousness being aware, and creating the neutron and the proton. It couldn't imagine anything like that, not the conscious self. But that great inner creator, which is the unconscious self, didn't reason creation; it just created. That's his is-ness and - if you excuse me - his aint-ness - because he is afraid. But his fears are coming out of becoming aware that he is a god, a creator. Because he has been for so long unconscious in his thinking, not knowing, suddenly becomes aware and says, Nō, I didn't do it; You did it! He does not take responsibility, and the drugs cut him away from any sense of responsibility; it cuts him away from the lower consciousness that feels guilty. Please read me one of the questions.

Question: The first and second you have answered. Do you foresee more serious research with LSD, in control of one's environment, such as the possibility to gain the ability to levitate or visit other planets?

Yada: Aren't you glad you are not me? First, remember that what I am saying has been

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gathered from my experience with life. You are not called upon to accept it as the ultimate truth; just listening is all you are called to do, and then rely on your judgement. LSD, or any other drug, can make you freer than you want to be. If you are bound by negativities called guilt, shame, fear of life in general, LSD may give you a pretty picture but they do not take you anywhere you have not been.

Question: Here is one of interest, Yada. In the experimental use of LSD, or in an induced state of consciousness, may one become a great healer?

Yada: NO. You see, you are going beyond the capabilities of - not of the drug, but of the personality this is given to - the individual. There is nothing magic in these potions, nothing magic. (THEY ARE STIRRING UP WHAT IS. They are getting into the heart of the creator and stirring up creation as it is.) And anything that is, is extremely beautiful.

Question: Might the user of the drug contact space people or other planets?

Yada: NO. What happens when you take the drug? Same thing as when you go into an ordinary dream; you get into yourself. You go into what is YOU. You might have a memory of being a dinosaur, as it is said one person experienced when using that drug - is this not right?

Audience: Yes this is right.

Yada: Space people are like you. They are a race in themselves. They have their own difficulties; they have their own life. They have their own limitations of understanding - high, if you want to call it that, or low - according to our understanding of them. We dream our own dream. The creator creates and lives in his creation and is no more than his creation. It simply extends our sense of awareness.

Question: Under the influence of LSD does the individual's higher self take over and transcend the lower consciousness and could such a state become permanent?

Yada: Permanent is a big word. It could be a tick in time or a billion years. Permanent. How long does one live? That is another individual experience, which also depends upon the attitude of the individual, to his experiences called living. There is no 'permanency' anywhere. Permanency is not natural; it is not a law. Creation is possible only because of the endless, continuous change that goes on; change in the state of the creator's mind. My friends, am I talking clearly please?

Audience: Yes.

Yada: It is of the utmost importance to me, and to you, that I do. This is the only way we can learn. These drugs will do nothing for you in terms of communication with other people. But if you have a real love for another human being, or an animal, or an object, the depth of that love will cause this experience - when you bring that love into your consciousness - to greatly expand their nature for you. You will make them bigger, more wonderful, more - how should I say - I do not like the word 'godly' - one must be human before he becomes god; and to become humans, we must understand what that word means.

We are not born humans; we have to BECOME humans. And we do this by learning our nature, by meditation. If you want to use drugs in your meditation use it; but remember there is a price. You may not be able to stop using them. You may find that they so stimulate you, in your higher consciousness, where your sense of beauty is so beautiful - if it is free of guilt - that you have to go on using this drug. The moment you wake

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up to everyday life, a sense of drabness will come upon you, dullness and boredom. Those states alone will drive you back into taking the drug. Can you see that?

Audience: Yes, it is real logic. Is there any similarity between a state of consciousness induced by LSD, or the other state of consciousness induced by hypnosis?

Yada: Yes, there is a likeness of what is induced by hypnotic suggestions. It is not as extended in its beauty and satisfaction as with the use of LSD, because in hypnosis - no matter how deep - they carry with them the physical pain and suffering of the external world. They find no beauty because they find no escape from the external world, not really. They cannot be reached deeply enough; the creator within them cannot be touched. LSD strips one right down to the creator, and I mean this my friends, literally.

Right down to the creator. This is why it is so dangerous when misused, because we become afraid as we go down and get closer and closer to the creator. We become afraid. Our anxieties stand in our way. Our sense of shame may stand between us and the creator - shadows of shame and guilt. This then may drive us to commit crimes because we become inwardly furious. We are not satisfied. We come close to the light and we are greatly hungry. We are starving and we feel that, with the use of drugs. Then we may become criminals; we may become obsessed. It will not make our life any higher than the creative self is capable of being touched by us.

Question: Here is the last one, Yada. If an expectant mother experimented with LSD what, if any, would be the effect on the consciousness of the unborn child?

Yada: I do not see it improving the child. I do not see it hurting the child either. The baby, the incoming entity, is so placed that its bloodstream is pretty well cut off from the mother's bloodstream. Some of it - the feelings and effects of the drug - that the mother is having, will get through to the mother's nervous system and may create conditions there which produce a better thinking child or a negative one, because the baby's nervous system is not ready to be stimulated. This is MY thought, my opinion, from what I have watched and seen in the use of drugs on mothers and their unborn children.

Question: I have a brother who has back trouble. Can you give me the cause? The doctor cannot find it.

Yada: The whole human race suffers from back troubles of different kinds. There was a time when man moved around more like a big ape, resting on the lower arms. Since man has stood up straight, the organs dropped and they do not have the strength that was there when man moved on all fours. Nor does the spinal column have the strength to sustain the upright body.

Nature, the laws of nature, through experiences and evolution in its effort to form a more healthy body, the process of it left weaknesses in the body. Too, the foods one eats today is different than what man ate when he was roaming around more loosely, and has affected the various glands, causing them to malfunction, making the body weaker, than better and stronger - a breakdown in the body's ability to use chemistry to keep itself healthy.

So what happens to these glands? Some misuse calcium and drop it in the bones, in the joints of the body. This causes, in the spine, calcification to the muscles and tendons that run alongside the spinal column, so that they are not as flexible as they should be. This disturbance may cause tension in the muscles and tendons, and in doing this they pull on the vertebrae and harden it. If there is a nerve pinch it could cause blindness

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or paralysis in some form in the body. If it is not a nerve pinch, it is these muscles and tendons that are pulling or sagging.

Question: And the doctors cannot find it?

Yada: Of course, he should. Is he a medical doctor?

Answer: Yes.

Yada: Of course they are not likely to find it; an intelligent chiropractor would. Now this does not mean he is able to cure it, but one of the best healing things for the spine is kneading along outside the spine, with the fingers, not twisting the bones or the head. Many chiropractors twist the head this way and then back again, where it is hurting you. You should not do that. Use the fingers, the ball of the palm of the hands, to knead the body - not along the spinal column but along the body. The glands break down and the substances called cholesterol become scattered, dropped into the blood and scattered in the veins without direction.

Question: Is that dangerous?

Yada: Yes of course. It creates what is called hardening of the arteries, or arterial sclerosis. Now the body produces cholesterol naturally; this is one of its functions. Under tension and anxieties, it often produces too much; and that 'too much' is deposited in the arteries. It is not just an old person's ailment; it can be found in many young people. It is not always from poor nutrition but from poor attitude toward life, emotional reactions - too much, with no control.

Mark, through whom I work, has diabetes. It is caused by shocks, grief, which the individual cannot shirk off or balance out, cannot reason with. The pancreas glands disturb the nervous reaction around the 'Island of Langerhans' so they cannot function intelligently to handle sugar and starches. So it drops these things into the bloodstream, the kidneys. Then the blood, with the excess of sugar, tries to get through the small capillaries in the brain; and because it cannot get through, you have unconsciousness. It destroys the mechanism that produces adrenalin and also insulin.

The adrenalin glands are also greatly affected by the use of LSD and so is the pineal gland; both can be greatly harmed by the use of this drug.

There is a substance which we had to make great effort to find for Mark. Some of you know of it; it is one of the best things for the glandular system, including the gonads. It is called Ginseng. It comes from China. Now, many people think it is a sex stimulator and that is all they use it for. The fact is it stimulates ALL the glands into a very balanced action. Because of the stimulation of the glands, it removes the collection of fatty substances in the arteries, thereby bringing back a sense of youth, a feeling of youth in the body.

Question: Why is it so hard to get?

Yada: It is not really; you have to look. You grow it in this country; you do not have to go to China. But if it becomes known how useful it is, you will have to be wealthy to get it!

Man has been striving to create many wonderful substances because his first desire was to find a substance that would bring back a sense of youth. You have all heard of the fountain of youth? Human beings have been in pursuit of it since the dawn of history, since the time of Adam and Eve. He became bored with her because his glands

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malfunctioned and that left her to grow old and fat.

But you know, my friends, there is nothing greater, that will leave you more old and fat, than losing interest in life. Look for things to stimulate your interest. LOVE LIFE. You'd better, because this is the only one you are going to have. You say to me, "Oh that is not so. I will come back!". No, YOU will not; somebody else will take your place. You may think you will come back but you won't; somebody else will be coming back.

Question: Because the personality dies?

Yada: You got ahead of me! That is right. When you come back to earth, you die. That is the real death of the personality. It is a game, this coming and going. It is called 'Go away Peter; Come back Paul.' How exciting! What happened to Peter? Where did you drop him? He is there but he is asleep, fast asleep. Sometimes you can stimulate him; this drug can do it. But not only stimulate Peter, but right up to - or down to, if you like - Adam.

Adam means first principle, meaning you go back to the creator. It stirs within the Light of creation. Its only danger is its misuse. It needs more study. But in any event it should not be in the hands of the ignorant, the fearful, or the guilty; It becomes a deadly weapon to the soul.

Audience: If you think Ginseng will help Mark, I will get it for him.

Yada: Oh thank you. That is very nice, but he is already getting it.

Question: Should it be taken in a dry form or a tea?

Yada: It comes in capsules. You can, if you wish, open the capsule and drop the powder into hot water and sip it. Using it that way, the effects may be more beneficial.

Question: Can you talk about LSD in treatment of mental illness? Would this be beneficial in any way?

Yada: Yes. You see, the treatment is in the hands of the ones who have a fair idea of the side effects this drug can have. I think the complaint of the so called authority, regarding this drug, is not about the drug itself but about the promiscuous use of it - especially in the hands of the young because they are already more stimulated than they are aware of, and that is why they commit crimes.

Their sex drive, uncontrolled, produces crimes, drives them into it. By teaching truth regarding one's sex drive, teaching how to guide it, to move it into proper and healthy directions, you would not have the crimes you have. In a young person, sex is the strongest; and at that age, they are forbidden sexual release; "too young".

Too young? Then you are saying too stupid, too inadequate, too irresponsible. Is that what you think? Too inexperienced? When are you going to get experience? Wait until you are old? Then it is too late; you 'have had it', as you Americans would say.

We say wait; it is only healthy to have sex when you are married. Because when you are married that is the only time it is lawful, lawful to act naturally. To do what is natural to your body and for your body, to legalize it? Do you see the results of trying to legalize it?

Look at your world today. When sex was held down it always exploded into violence. But, to teach the young self responsibility, to teach them to honor themselves, they

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will honor others. They will not be violent because they will know how to guide their desires intelligently. They will know how to use them with others who feel the same way as they do - to give to another with love and appreciation. To give otherwise, is to destroy yourself and your mate - whether you are legally married or not; it is the same thing.

The legality of sex is natural; it is the way life is, nature is. We cannot pass a law against the Laws of Nature! Would you tell your child to wait until he can find a way of legalizing his food before he eats it? If it is against the law to eat, he would be starving to death. And that is what he is doing with his sex drive, starving to death by misusing it.

My friends, even this wonderful way of communication becomes drab and hurtful to us when we misuse it. It is said when a human being becomes a certain age, he has no more sex drive; or if they do, it is a disgrace. How evil if one, of 60 or 70 or even 100, should have sexual communication? Where are we? What are we thinking? Where is our mind?

Do you see how necessary it is to become human before we try to become a god? There needs to be a drug to help us tap in on our human side first, before we throw ourselves at the feet of our god. OH, to KNOW ME, the lower consciousness who is trapped in the dream of the material world. To know me - this would give me the greatest escape from the pains of the physical world.

Question: This is a natural way?

Yada: Yes, the natural one. Drugs, like anything else, can take us down to hell or up to heaven, depending only on what is inside here and what we know is inside here.

Question: Why is it so hard to know ourselves?

Yada: Because you have been taught that you are not ready to know yourself; that you must go to "god", ask Him; he will protect you; YOU do not need to know yourself. The priests - go to them; enlarge their pocketbook; enlarge their life; fatten them.

You want to know yourself? Get quiet and try to take inventory of yourself. Look back over your experiences. Try to remember your thoughts and feelings about various experiences you had as a child. It is not difficult. It takes time and it takes 'wanting to' and an awareness that will guard you against becoming frightened about yourself. Remember, you - everyone sitting here - have not done anything that I haven't done. I have had every experience possible. I had to learn to take a balanced attitude toward my experiences. The only way you can do this is to be honest with yourself.

When you are sitting in meditation, and you take inventory of yourself, you suddenly see a picture that you have been conditioned by your environment - and by those in your environment, to feel guilty about it. Don't take a guilt feeling about it. Look at it. Don't say to yourself, "Oh I wouldn't do that! I didn't do that!". Kasida! Kasida is a mild oath in my language, "Not me, oh not me!" But you DID do it.

Do you want to be free? Examine that which you did and say to yourself in truth, "I did that because I was in that state of understanding - THEN. That was the limit of my knowledge THEN. I couldn't have done better because I didn't have it to do better with. I could not have done different. NOW, with my better understanding, I wouldn't do that - not because it is evil or bad or any of those things, but just that it isn't intelligent. That was before I was a human being; I was only partly a human being, partly awake. Now I have better light".

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Question: All of our experiences are to awaken us.

Yada: That is right. And that is all; that is all. Nothing good and nothing evil, but what the dreamer makes it so. As I said earlier, the worst judge, the most critical, is yourself. That does not mean that you have to be afraid to go before that judge, because his criticism would bring you that kind of light which no external judge could bring you.

Isn't it nice when you can go to bed in the darkness of yourself and find the Light? To be at peace; how wonderful! When you have no mask to wear and no one to wear it for, how free one feels. The last thing at night, off comes the mask. Now I am ME. No more posing, no more pretence, no more make-believe. IF YOU WEAR A MASK FOR YOURSELF, YOU ARE CERTAINLY LOST!

Yada: Do you have anything else to say?

Audience: I have no more questions, Yada.

Yada: Perhaps I will leave for a while.

Audience: We thank you. We have great love for you.

Yada: Thank you. And all of you, who haven't heard me through Mark before, I do hope you will have an open mind, as the others have, in the passing years. Friendship. There is no greater word than friendship. With love I will leave you. Good night.

(End #155 06/04/66)

This is June 9, 1966 in Cleveland at Hotel Pick Carter. We are holding a deep trance lecture by Mark Probert and members of his Inner Circle Preliminary conversation among the group with Mark.

Anita: Good evening, Yada.

ANITA GANSHOW

Yada: Speaks in his language.

Anita: Yada, we are so happy to be here again.

Yada: Yes, not so much Cleveland, not so much a place, but the people have been so very kind to us, to we of the Circle and to Mark and to Irene when she was here with him. Yes, others. You know it is no secret, it is natural that people love one another. If I am giving love I cannot get anything other than that in return huh? Man struggles to exist in the physical world which he has very little comprehension of. The pains that he suffers come from his not understanding that which is called love which is the vital forces of his being. He must learn to share these vital forces with his fellow man and share without anxiety as to loss. How are you going to lose? What are you going to lose? You cannot. Indeed again being so wonderful: it is without words that I find myself to express this thought. It is here so easy to do. But man does not understand this and so he finds everything difficult and again in his ignorance he complains; bringing upon himself all his negative reactions he becomes totally blind that he is doing it. That's because there is no one else to be doing it. Man is the ruler, he is the king of his life.

The physical world in itself is also an entity that is doing things to itself. The earth has been churned and rocked and blast all down through the ages. Continents have been shifted, vast land masses have gone down and others come up. Ices have moved across most of the earth, the poles have shifted. Man has been wiped off the earth five different times.

Aud: Completely?

Yada: Completely. And yet in reality you cannot kill life, you can only destroy form. In your modern time, your scientists, using certain kinds of insecticides, have tried to destroy what is called your banana fly, a certain species of the banana fly. And for a time it looked like they succeeded. They were all shaking hands at their success. No more of this species of banana fly, gone from the earth! Then when their backs were turned, here was this species of banana fly back again and now he is asking for the insecticide! Now he wants it, enjoys it.

He loves it! In fact it is doubtful if he could live without it. As long as a thing is needed it will exist and undoubtedly this species of bana fly is needed otherwise it would not have come back again. In fact it would have died out of its own uselessness. The dinosaurs did. Nobody sprayed them with insecticide or 'dinosauricide'. They just departed because of their uselessness.

Aud: And that is what will happen to the horse, I guess?

Yada: Yes, of course. It is moving that way today even. Man is going through some tremendous changes, only these changes are not so much physical now - They are very much mental. He has stepped on the path of mental evolution. One may say, perhaps with a sigh, that it is going to take him a very long time to get anywhere because look how long it took him to evolve physically. But that is not the truth. Mental evolution is of such a nature that the time span for evolvment is very much shorter than the physical one. The mental god was mocking up all kinds of forms in those early days of man trying to occupy the earth and some of these forms were very ingenious but they lasted only as long as they were useful. The form of today is going to lose many of its parts because of a lack of use. Think, that in time, because you are not using your feet you'll lose them. Very few have wakened to the fact yet that any organ of the body that is not used is lost. For the evolving consciousness, the mental creative self, feels that this organ is no longer of any use so why keep it. You can do well without it. Take you legs and give you wheels, you like that? Very few people today know the joy, the wonderful joy of walking. After while the creative mind loses its picture of legs - the symbol meaning of legs. And so it is with all or any part of the body. They are all wonderful as long as their utility remains.

Many people, in thinking about the astral life believe that there is no more working that there is no more talking, that sound belongs to the world of atmosphere but sound is

of two kinds - mental and physical. Telepathically a message is delivered in sound. (This is different than other explanations of how of telepathy) You hear the spoken voice and more, you know exactly who is speaking to you. The quality of that person is in the voice. This is brought about by a thought that is transferred from one brain mind to another brain mind and it goes directly to the brain cells. The voice does not go through the ear, that is the telepathic voice, it does not go through the ear but goes directly to the center of hearing in the heart.

Aud: Yada, which is more powerful, the spoken word or a thought?

Yada: This depends upon its use. How are you using it? What for? Nothing has any usefulness in itself or lack of usefulness, not really. It is the user where lack of brain is concerned in any of the functions of the body.

Clairvoyant - to see at great distances and without glasses and with poor eyesight! The sight does not come through here, again, does not come through the senses as the eyes. It is within. The brain cells are fed like a computer with this out here called mind substance. That's what the space is, mind substance. The voice doesn't travel any more than the sight travels, it is here in the brain. The brain exists, like the rest of the body, in this great mind, this great creator or creative self, this great mental self.

Aud: People in occult societies, Yada. We have trouble to keep it apart. Some of them anyway.

Yada: Any experience is a personal experience so it becomes difficult for me to know why about another or how about another or when about another. Some days ago in the city of New York I had the chance to talk to a small group there, and a lady insisted on my telling her why the world is. That's what she asked me, that was the question. She kept everyone else out from talking while she insisted I tell her the why of the world. Ever since then, almost every place I go, I ask this question myself so I can get an answer! You know, nobody is infallible but the Pope. (LAUGHTER)

Aud: Or so he thinks Yada.

Yada: And if he thinks so then this is so. This is the belief he has to live by. We all do. And so I am not questioning him but I would like to question him about "why is the world". I think that would stump him! That would prove his infallibility. I've been looking all over for a man who existed in the world called Soloman to see if he could answer that question for me. You know Soloman? a very smart man, almost as infallible as the Pope. Perhaps he has the answer! Can one of you tell me why is it? I know how it is, I know when and where it is but why - I cannot answer why it is. Why? Does anyone know the answer to why of anything? It is not a legitimate question. It is like asking another impossible question; how high is up, how low is down? Do you have an answer to that? These are relative terms, ups and downs, back and forth. But remember then, back where, up where. Very often when I leave you here with the promise of coming back, when I do come back I say I have returned from whence I didn't go. (LAUGHS) Hardly anybody seems to grasp that. They think I'm only, what you Americans call, kidding them. I like that expression - "kidding": I do not quite understand it however because kidding is what goats do! (LAUGHTER) Perhaps I am being made the goat. Why not? I have played every other part, why not a goat? I've been everything else so why object to being a goat. That goat as a rule is a jolly little person - mostly as long as you do not turn your back on him. Why is anything? Only one answer - its a female answer - its because! (LAUGHS) I think that is wonderful. It saves so much face.

My friends, I think I will stop talking and listen to you. Perhaps you have some questions to ask of me. It is very nice to hear my own voice, I like it - but I also like yours - So you talk to me please huh?

Aud: What about the war in Vietnam?

Yada: What of it - the war in Vietnam? There are so many questions regarding it that we must try to choose one. Is it good, bad or indifferent? Is it popular with the people or not? Should something be done to stop it or perhaps enlarge it? I say only this: violence begets only violence, it proves nothing. It solves no problems. Violence is violence and you cannot get anything else out of it. What happened in the land of Korea? That ended as a stalemate with both sides pretending they had won. They wanted to save face. Man hates man and so, as long as this hate exists, can we find balance? Can peace come to the world in which we live? It is foolishness to think so.

Aud: Man only hates man though as long as he dislikes, hates, himself.

Yada: That is the root of his hate for his fellowman, he hates himself with a great masochistic kind of hate. He is mentally desirous of taking himself off the earth - running from it; escaping. He does not know how to equilibrate himself with matter. Matter is a tremendous pressure on the sensory system. This is the only system whereby we can know the external world. In the past the ancients used to say that the physical world was a world of illusion. Surely they didn't mean it doesn't exist but that it is a world of the senses. That is where its existence lies, Now any time when I am talking and any one of you wish to object, you do it please, because that is why we are gathered together here - to discuss life.

Aud: Yada since you mentioned man, ----- said "His eyes are open but at the same time he lives in the land of the blind."

Yada: That is right. He can do no other until he makes an effort to understand himself. There is no work that we do out here, there is no aid, no help, that one can offer another until he aids himself.

Aud: Yada, in regard to the phase that you mentioned sometime ago about mental evolution, what about the spiritual evolution of man and where will he go from here?

Yada: It is rather, if you will pardon me, like how you say that? - putting the horses back of the cart, yes. heh?

Aud: The cart in front of the horse.

Yada: Yes, thank you. We cannot talk about those steps until we talk about the steps we are taking. We cannot know what those steps are like until we know what the steps we are taking are like. We have to know about now, about the present. It is while it is cheering perhaps. It really is futile to jump ahead of ourselves, because we fall behind more then. Now I do not mean to be at all side stepping any of your questions. It is not a matter of that. It is much more important for man today to know where he is and not where he isn't! The more he knows where he is, the more he will know where he isn't. A kind of paradox perhaps but a very useful one. Paradoxes that get us no where are useless.

Aud: Just like these people that say "I know you" and "I know you and you." But they really don't know. The only one they can really know is themselves, and that's all they know and that's really all they ever can know.

Yada: That is right. Man comes into the world alone, he lives alone. Every individual coming here lives alone, and he departs alone. I do not care that twins come into the world together, two people at one time, three, four, five, does not change this. Man - how think of this - man being the creator, creates all others. All others as individuals, create me. I am all things to all people but no one knows what I am to myself. Now this can be what you Americans would call creepy. You know creepy? Yes! Today you are fascinated with creepy things. Try that one!

Think about it. I work alone, - I, the creator. My work is creating so I cannot be alone. I am with myself, but not alone. Or, I am alone but not lonely. Many of you understand that - you have come to enjoy your own company, you get lost in your own creations and creative ability. A true artist soon loses himself in what he is painting. That is what causes him to create so beautifully. The more the creator gets lost in his creation the more perfect becomes his creation.

Aud: Isn't that the same with music too?

Yada: Of course! In all the creative arts, of course. That is why some people are so very, very fine at their work and others are only mediocre. The mediocre ones say "Oh, I do not have the talent for that." That isn't the truth. Everybody is a creator and they do have the talent to do what they will. ~~Before~~ Think of that. WONDERFUL! To do what you will. But you cannot do that, unless you give it that wonderful light called love. Love is a deep sense of appreciation. It is a very refined kind of feeling in which the artist - in music, in painting, in writing, in any of these things - the artist becomes, if he is a writer, the words he is writing; the painter the medium that he is using; the musician the notes he is making. Oh how wonderful. I am that - Tat Tat Sat, Tat Sat Om. Few realize the depths of that expression, the great meaning, the

marvelous implication behind it. Because so very few have this kind of awareness about their own being they waste their lives and often cause others to waste theirs - because those others are of the same frame of mind, not aware. The unconscious move around with the unconscious. Zombies associate with Zombies because only Zombies understand Zombies. Now I am not saying this in a critical way. We all have some form, some touch of the Zombie in us. That is what makes the seeking of life, such a beautiful thing - so we can get the Zombie out of us. But we have to recognize it first.

It is like the story of a man walking along the road in India and he comes upon a man sitting under a big tree. This man is making carvings of elephants out of blocks of stone. The man who came upon this scene looked around but he saw no elephants, "How does he do that?" he said to himself. Not getting an answer from himself he asked the sculptor. The sculptor said to him, "It is very easy. All you do is see the elephant in the block of stone you picture it there and then you knock away everything that is not elephant." Isn't that wonderful? And that is what we do with ourselves - we must do with ourselves. The moment I see the human in the animal then I can knock away everything that is not human and have a beautiful human appear.

Aud: But you have to see the duality before you can have oneness. ←

Yada: That is right. So if it is right, those of us who think cannot intelligently object to duality for that is the very nature of existence. The creator and someone to admire the creation. Yes, I look in the mirror and I am astounded at what I see. That's me the surface of me. What a beautiful painting, what a wonderful piece of sculpture! But I cannot recognize that unless I study myself. Skin-how wonderful. What a frock, what a tremendous frock skin - used in part to protect the indwelling entity from letting in negative force particles. What you call germs, dirt. Used also to let loose the dirt of the body. Look, a finger, the hands - and look how beautiful - and no seams. What a marvelous creator it must be. "IT" not he, IT must be. Life! Look in the mirror - what a marvelous phenomina! You will never find anything like it in the seance room. Nothing could awe you if you want to be awed, than the structure of the eye when you study it. The brain - to create a computer that can do the work of the human brain you would have to have so much water, just water alone, to keep it cool that you couldn't walk around in it because of the water. You would have to have a structure many stories high. Amazing!

Aud: Imagine someone designing a computer - coming up with something five stories high or something like that!

Yada: Yes, of course, think of that! In fact its only nature is heat because its beginning nature is heat; it starts off as heat, electrical heat. We have what you call neuron showers. Can't you see them? Nice words and of course you have to have words but words are never what the thing is that is named. Name it and it is not it. I listen to you . . .

Aud: What is the best method for accomplishing astral projection of consciousness?

Yada: Consciously? Well, you can start with consciousness but there is always a moment or so of - how shall I say it? - -

Aud: Unawareness?

Yada: Yes. Lack of self awareness before you resume it. There is a point where you are completely in yourself. (Mark coughs)

I lost control a moment there! Sometimes this man's body is not exactly a polished tool. It has its frailties and , , ,

Aud: That's putting it mildly!

Yada: Yes, but because he is what you call human and he lives, like you, in a world of great pressures, to escape some of these pressures many negative habits are built up. Now many people ask me "why do you not stop Mark from smoking?" We didn't start him smoking!

Aud: If he stopped that he'd be looking for something else to do...

Yada: That is right. And more, you may laugh and that's expected, but my friends would you suggest we do something to stop him?

Aud: No, but I don't think you have to do anything else...

Yada: No, you do not have to, no, but most of you people generally do. You do not have to, no one has to do anything because as I said before the individual human is king.

He is truly a master but he doesn't know this. He is not even a beginning student. He is ignorant. Now I do not accuse Mark of being ignorant. I know he suffers from his own kind of ignorance but that is his business. That is his life and I must not put hand on it unless he asks me to, and his fears are too deep for him to ask anyone to do anything for him because he fears he might lose these habits and have nothing to go on. That is the real fact but it is still his business. He must find himself, for only when we find ourselves can we be free. (Speaks in his language) I am the way and the light. I am, not Yada, not Jesus, not any human form, but I, the great consciousness, (Speaks in his language) I am forever the Light. I, the Light am not born, I cannot die. Only things that are born can die. Christ did not die. Christ is the Light, Christ was not born. The man Jesus, who attained the Christ consciousness, had to lose body consciousness, ego consciousness, the lower self, so that the Christ could rise out of the tomb of darkness. How wonderful to know this! What a tremendous sense of freedom it gives. How it sweeps away from us our anxieties, our fears, our guilts, our uncertainties. Wonderful!

Aud: Yada, the other night we didn't have the time for you to continue the talk on the importance of man in the universe. Since we are on the subject of man tonight would you please - -

Yada: That's what I've been talking about - man and his importance to the universe. Man, physical, got in your world so that the positive self could acquire self-awareness. He is the creator of all this that you call your solar system and the galactic system throughout. All of it is symbolic thinking of mind. That mind becoming developed in the human being makes him the creator. Anyone here want to protest? Say what you will, because we are together in the light, we can speak as we wish.

Aud: I'd like to ask you something, Yada, regarding symbols and astrology - if there is a connection between the two. Of course I'm discussing ancient symbols and the ones up to the present day.

Yada: Of course. Basically astrology is written out in symbolic form. It wasn't until your present times that astrology was written in words. The reason was that it needed to be hidden from the eyes of the unlettered. When we are unlettered we are animals and we tend to trample on the beautiful and delicate things of life. All of the inner teachings down through the vast eons of time, have had secret writings in symbol form. Your own body is made up of a series of symbols. To one who understands symbols the body talks. It reveals itself to one who loves, the body reveals itself.

I think I will leave for a little while, then I'll come back and talk with you some more, yes please?

Aud: Yes.

Yada: Thank you.

.....

Yada: Standing at _____. This is what man does. So to avoid it he must try to understand himself, he must. The personality is made up of attitudes to ones experiences. Now that personality is carried on into the life beyond the physical and the only time it is vanquished, really vanquished, is when it makes an effort to come back into the physical world. By this I mean you, as (the personality that you are now, will never walk this way again.) But we are somewhat like your modern computers - we store our memory of ourselves from life to life, like a computer stores what it is fed into it for a later time, to be read again with something added to it called answers to our attitudes. Why does one person take this attitude to an experience and another person takes an entirely different attitude to the same experience? There are many reasons for it, one being, in the physical world, the way the individual is conditioned in and by the environment he comes into. (In the beginning we are very definitely hypnotically conditioned to accept what the conditioner desires us to accept, without question.) That's alright. Nothing wrong with it. That is the very mechanics that makes it necessary for living in the physical world. But in due course, as you physically grow up you must also mentally grow up. and to mentally grow up we have to start reasoning with the conditioning that we have been given in our earlier years. We

we go on letting ourselves be conditioned by others, we become lost, we become like a robot.

What is man fleeing from or trying to extend his consciousness away from? Away from the conditioned self, away from mere acceptance. Acceptance brings us anxiety because we can never be certain that what we are told is entirely true. We can only hope so, but that is not enough, we must know so. This takes work; this takes willingness to look at ourselves - to take inventory on ourselves from time to time. If we do not do this and we leave the world with the conditioned mind, we find ourselves in the same position we were while here, no changes made, no improvement. This may bring us back and back into the physical world, into this world of dreams. We haven't learned, we haven't gotten out of the conditioned mind. Do you not think the effort one makes to get out of this conditioned mind worthwhile? No matter how small the effort, it shows that one is beginning to see himself and life more clearly. He is betting back his sanity. Man is not immoral, he is not evil, he is not bad, he is just crazy! (LAUGHS) That's not enough, heh?

Aud: It's the big curse, ignorance.

Yada: Ignorance that is what makes him crazy. Until he overcomes this kind of insanity, he can do no more than frightened people must do; start wars and enter into wars, both individually and collectively. Our hatred of one another has brought on our fear of one another. Our fear comes from not understanding. Look, please, the gentleman over there mentioned, "What about Vietnam?" But Vietnam is only one and a rather small one of your problems, - the problems that face man, not only today but have been facing him for thousands of years.

Aud: It is really the result of our basic problem - misunderstanding and not understanding

Yada: That is right. Such ignorance always leads man to violence because he hopes to protect himself and also hopes to get more than he has earned, than he deserves. What drives him to this is his belief that life has very little in it so it becomes his aim to get that little before someone else does. He is completely ignorant that there is everything that the individual could want here in his here-ness of consciousness. And enough for everyone that comes here no matter how many come here. Now, you have another fear, the fear of atomic destruction. You have another fear, the fear of over population. Which is the worse? This does not depend on anything other than man's willingness to wake up, to realize the bountifulness of his world.

Aud: In fact he says when someone does come along who does have some knowledge in some way he is attacked by the world and destroyed immediately. That always happens.

Yada: Of course. These are the robots, these are the zombies, I have been speaking of -

Aud: The insecure ones - -

Yada: That's what a robot is, insecure.

Aud: Never certain of himself.

Yada: Not only never certain of himself but not certain at all. And this state of insecurity not only affects his daily life, but his association with his fellowman. It affects him physically. Today with all that everyone has, everyone is struggling for more than they have.

Aud: We are struggling harder now than we used to - and this is in all nations.

Yada: Of course.

Aud: Even now, you not only have it between individuals, but between the leaders of nations, so it affects the whole nation.

Yada: Nations are made up of individuals and when you get collective ignorance you have a serious problem on your hands because it always leads to violence. "There's not enough for me." This thought keeps many of your business men struggling daily, exhausting themselves, wearing themselves out trying to keep up with the mad pace. This activity leads to heart attacks, ulcers, diabetes, cancer, arthritis, isn't it a pity.

Aud: That's because there is free enterprise!

Yada: Laughs - and the result of free enterprise becomes arthritis, especially if the individual is really ambitious and some one or something tries to hold him back. Hardly ever does an unintelligent person suffer from arthritis. It is the disease of ambition. Now I say nothing against ambition. I say only, try to know the (limits) of

your ambition and try not to push yourself beyond that which you are capable. More you do not really need to push yourself. Pushing one's self is entering into the malstream of competition - "I must get there first with the most."

Your medical world is in a spin regarding almost every disease of man. Today, in your highly advanced state of chemistry in medicine and in the use of medicine, the doctors do not know anything about the big diseases such as cancer, diabetes, about anything.

Aud: Everything starts with the mind and everything ends with the mind.

Yada: Of course, but these men and women as intelligent as they are, they also suffer these diseases. In fact, the medical world is burdened with heart attacks. More medical men suffer from heart attacks than any other profession.

Aud: What states produce heart attacks or leads to heart attacks, Yada?

Yada: Anxiety. Anxiety regarding ones environment and the drive to keep up with it - not to know it, but to keep up with it. This reacts badly upon the glandular system. It causes cholesterol, which the body normally makes and makes for a useful purpose for the body to make, when driven, more than the body can handle, so it dumps it into the blood stream. This then is dropped into the arteries and you get what is called hardening of the arteries. By itself, no - because when you are in great haste to get where you are not yet, you do not eat your food, you swallow it, you bolt it. You do not tempt yourself with the food therefore you do not excite the taste buds. You sit and talk and listen to politics and anything but what you should be talking about and paying attention to, your food and proper mastication of it. How many truly masticate their foods so as to turn it into a fluid before it goes down into the stomach? Many people start their heart attacks this way. Exciting the taste buds before eating, before putting food into your mouth - to imagine what your food tastes like - you do not have the time for that. Quick now, eat food, get it down quick, quick, quick. Back to your work, work, work, work. Getting through with that work then rush, rush, to your home.

Confusion in your home, improper balance of food substances, indifference to this leads to poisoning of the body, especially through the intestinal tract where the food sits and rots, it is not digested, it rots. Falling into the lower colon it creates a fine center for very virulent germs. Sometimes creating only a sickness which seems to be a general social sickness - halitosis. As time goes on you are getting tied up in the stomach, what you call constipation. Now with patience and thought you can overcome constipation of the stomach but it is almost impossible to overcome constipation of the head. When we have thoughts that are negative we create a blockage so that, no intelligent thoughts can get through. My friends, I say to you in all sincerity, if you do not consider these things you are a dead person before you die.

Taking care of the physical self is of the utmost importance. Why? So you can look pretty? No, that is only one part of it. So you can feel pretty? So you can feel free; so you can keep the blood in balance so that depressions do not alternate so rapidly that you cannot tolerate it, the heart will give out. To prevent this, besides good eating, good cleaning of the body, not only on the surface but inside. Not only that but learning the art of relaxation. But if you give no thought to your daily work or to anything else but yourself, give thought to yourself in complete relaxation. Who can meditate with an itching body? Have you not tried just thinking, doing a little thinking for a change, how it starts the body itching. Thinking is a very strange for you to be doing don't do it. That's exactly what concentrated thought will do to your body. Starts acids to the surface that irritate the ends of the nerves of the skin. Now this means you must have a clean surface body and you must have a clean inside body if you want to truly master not only the art of meditating, but thinking. More, when the food in the stomach is not digesting properly the blood in the brain keeps going down there trying to help the digestion, so you are getting sleepy, you are getting tired and very often getting fainting spells. If you are going to do any mental work, spend a few minutes hanging your head down toward the floor; just sitting and bending over and over, hanging head down for a few minutes, relax - you will be amazed at the improvement of your thinking capacity.

Another danger to the body is getting up from a reclining position suddenly. This can bring on a stroke or heart attack even in the very young, because the very young are not conditioned to take care of their bodies. It is sad, my friends, it is sad because this

body should last not less than 250 years and in good form, not coming apart, but in good condition. Examining the cell structure you will come to know that there are no reasons for dying until you are ready to die, until you want to die. No real reason except neglect indifference to the body. Today it is said that scientists are learning to make man live longer. But the question is for what? For what? So long as you abuse the body how can you enjoy life? Tobacco and alcohol are deadly to the body. Now I say using any of this you are abusing your body not for any moral reasons or spiritual reasons or religious reasons, but for health reasons. DO YOU WANT TO LIVE, to really live or have you become so accustomed to poor living, to merely getting by day by day, covering up the signals that are coming from your body in the form of aches and pains? Are you accustomed to living like that? I am not here to tell you how to live, you should know that. I'm just telling you what is.

Now man may take care of his body but if he does not take care of his mind along with it, it will destroy his body. If his mental self tries to go beyond the capacities of his body he kills the body. All things must be considered - the physical self, the mental self and the higher consciousness sometimes called the spiritual self. This is truth - the only truth that we should be concerned with.

Alcohol in some form for the male will destroy the power of the prostate gland. Tobacco will poison his sex organs, the sex glands in general. Now Mark is taking a substance that is five, six thousand years old and older from Asia. It is called Ginseng. Some of you have heard of it. It is a gland builder. You grow it here in your country, you grow it here in your state even.

Aud: How would you get it?

Yada: Grow it yourself.

Aud: My family called it yeast.

Yada: The root is a form of a male, the male body. But as long as he or anyone taking this and continues to put tobacco tar through their bloodstream it will do them no good. Ginseng is not that magic. Many people of the Orient took this substance believing in its ability as an aphrodisiac, but that is not what it is for.

Of course it heals and builds the gonads, but it takes a round about way to do it. It first builds the other glands up and lets loose the forces in the arteries that have blocked the blood - clears the arteries of this substance. But if you add tobacco to it, it does not. All we can do with Mark, or with you, is to tell you what is. What you do about it is your business. Nobody can live another person's life, and if they could they had better not because they would suffer serious consequences.

This life of yours is what you Americans would call a "do-it-yourself job". Nobody can do it for you.

You want to say something?

Aud: Yes sir. I want to ask you something. I heard one of your tapes and you mentioned about this explosion in Siberia and something about implosion and anti-matter. I wonder if you would enlighten us about that?

Yada: There have been many such explosions not only the one in Siberia but in different parts of the world. Sometimes certain forms of chemicals come together in the atmosphere and do not combine. This then can cause an implosion instead of an explosion. An implosion creates what you call anti-matter. An explosion brings matter again into the open or produces it. In forming the world these two forces made it possible - one to destroy and the other to build. There is nothing really mysterious about it. It is the mechanics of existence. I do not think too much is learned by the average person about the mechanics of the physical world. Mostly you have been taught to believe that a "god" made it, and you must not tamper with it or ask questions about it. You might hurt God's feelings! Very touchy fellow, heh?

Aud: I don't have that attitude, Yada.

Yada: Of course, I know, of course.

Aud: If you don't ask you don't learn anything.

Yada: That is the truth, yes. Do you want to say something there?

Aud: Yes. I hope I'm not out of order. It is referring to something you mentioned some time ago! If a group is working on a scientific device useful to mankind and have run into a roadblock or cannot quite complete this device - like a stoppage

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of the mechanism - is there any way that one can contact someone or some intelligence that can give you the answer that you are seeking?

Yada: Not really. Does that sound surprising - I say not really because what you or another is inventing is your job. It belongs to your kind of imagery. Now you can find the answer and one of the best ways to seek it is to stop for a time inventing or working on your invention. Turn your mind to something else. Let yourself go free regarding what you are doing and the answer will come to you in an instant. But as long as you concentrate on it, it will not come to you.

Aud: You road block it?

Yada: Yes, you cannot . . .

Aud: Yes thats right. I'm glad you brought that out. Thank you very much. I appreciate that very much.

Yada: Thank you. You see if we go to another, no matter where they are, in the world or out of it, we are no longer the inventor of that particular thing. More, their idea may add something to it that will cause it to be totally different than what you had thought about it. And that is why they would take your invention away from you. Work on what is yours. Give your mind to it periodically, then leave it to "cook" in the oven of your imagination. Believe me, you will get the answer. Yes. Yes.

There is a man back there that I have had some little conversation with in past years through Mark. He has darker skin than you here, the man back there. It is my pleasure to see you again sir, and you have brought a brother with you, yes?

Aud: Yes.

Yada: It is my pleasure to make your acquaintance too now. I wonder if either of you would have something to say to me please?

Aud: I really am interested in truth and if I were to ask a question it would be about the future of education of the young people in this country and the inculcation of spiritual ideals into the educational life on earth.

Yada: I think, sir, that in the beginning the young should not get their academic education mixed up with their spiritual education - in the beginning. Later, in their latter years, around twenty, from there, they should begin to study academic and spiritual subjects - mix them together because they belong together by right, by life. Now the spiritual education that the young in the world have been getting in the schools is useless. It does nothing for them, it has done nothing for them. I know there has been much talk about whether to permit a child to pray in school or not. There is not only much talk about it, the talk is all confusing, it is babble.

When we are young we are extremely sensitive. First we should be taught the nature of the matter world. We have come into - first that. Then we should be given the spiritual values, for all material things have their own spiritual values and you cannot, in the beginning, teach them together. We must separate the two so that we will have more time to apply to that thing. The nature of the matter world, whether in nature or the matter world, I know my spiritual world very well. I know its value. Praying is not enough, especially where children are concerned their minds are out here, not in here. They have been here only a short time and they haven't had time to comprehend the matter world yet. Their consciousness is in the matter world. They love it. They love the senses and what it does to them. But they love it without the kind of attachment that is put on these things when we get older. Everything is, there is no question in their minds. When we are young we are quite capable of seeing all the little forces that are operating around us. Different races of people call them elves, salamanders, and many more. (gnomes?) gnomes! (leprechauns?) leprechauns! In every country through out the world the little people are known of, the little people that are the life forces of nature; the little people that sometimes take on the form of a human. Mostly, unless a child has been frightened, a so called evil spirit does not enter into its life, an evil spirit is born of fear, is a thing of fear. Children who are not taught to be afraid, they have a love for life, for life itself - just for itself and not because! The active child runs and plays and jumps. Have you ever watched the young of animals do the same thing? They

skip and jump around as though they were possessed of the fire forces in great abundance and are trying to get rid of them. How wonderful! And we, as children, could maintain those life forces in that beautiful manner if we were not conditioned out of it. Conditioned to fear, conditioned to hate; conditioned, conditioned.

I'm sure you know that we need teachers of all kinds. You have an important work, sir, as a teacher. What a marvelous, what a beautiful profession! This means you have a great responsibility and you showed that you have accepted that responsibility by the question you asked. We of the Circle deeply appreciate it. I do not suppose that you would be allowed to teach the young the truth of life. You hand them today what amounts to fairy stories and the dark fairy stories, the hateful, the painful fairy stories. How do you expect to have a sane child? How do you expect them to grow up sane if you continue to follow these patterns? Teach the child the value of loving himself, of respecting himself, of honoring himself. Do you think if he really understood these things that he could hate anyone? Of course not! You, my child, are gods in the making, but you will never attain that godhood without the proper education. You, my child, have two sides, the material and spiritual. You must learn about love; you must learn why you bring pain to your body. You must learn why it comes to you and you must learn why joy comes to you. You must not act like a robot. That is alright when you are a little baby. Beginning on the seventh year of a child's life you can feed him the most vital food of a human existence - L O V E. Without it he dies. O yes, he dies.

Prayer. It is a form of getting in close rapport with your higher consciousness, with the creative self which man, in his not knowing, has made a god of and wastes not only his time but the god's time in adoration of him with the head down and the bottom in the air! Nothing can be learned this way. Of course, with the head down you get a rush of blood to the brain that makes you capable of better thinking. Man has to get off his knees. He has to stop making altars to worship his god; making temples. He must, because he has put his foot on the path to mental growth, to mental evolution and he cannot get off it - but he can cause himself considerable pain while he is on it, but he doesn't have to. Aud: And yet he is doing it! The grave yards are beautiful and the slums filthy. He worships the dead and ignores the living.

Yada: Ha, ha.

Aud: And he doesn't deny it.

Aud: Isn't that also conditioned by the theologians?

Yada: Of course! He worships his "god" and ignores his fellowman because he does not know the source of either. Think of that! He does not know the source of either. Now if you try to tell your authorities that this is the pattern to take for your children if you are going to save them, they may put you away!

Aud: They'll make sure that you don't teach it anyway.

Yada: Of course.

Aud: Yada, the last time I spoke to you was a few years ago. I had a woman on my left who told this story. Man when he looked into the water did not know his reflection. When he leaned over the water and saw his reflection up against the sky, and being ignorant, when he saw himself with the sky as a background he assumed that he saw God. But in reality he saw himself, that's the way it all started. (This is not verbatim but shortened and gives the purpose of the man's mentioning it)

Yada: He saw himself, which is God.

Aud: And he has been doing it ever since. Actually when he looks in the mirror he is worshipping himself!

Yada: Of course! (here is no greater self) I am that - Tat, Tat Sat, I am that.

Aud: In actuality, he saw himself and that is how it all started, the law and philosophy the short and sweet. There is no long story attached to it. It is, "My home is neither here nor there yet my home is everywhere." When the Christ was here, his message was simple, He was saying if I can do it, anybody can do it.

Yada: Of course. You see, my friends, I cannot tell you how to live, you must learn it.

Aud: It is all individual!

Yada: Of course. Concerning myself, I wanted to come into the physical world. I wanted to have a direct experience with it. I came here for that purpose. I came here consciously, I lived consciously and I departed consciously. Many people object to me.

because I seem to refute reincarnation. I'm not. Remembering that all is illusion, can we leave reincarnation out?

Aud: No.

Yada: No, no. This does not mean it doesn't exist. It exists by acceptance. It exists by illusion. It is a thought, an idea and those who think it and feel it come to live it going and coming. There is a little child's rhyme that goes, "I have a little shadow that goes in and out with me and what can be the use of it is more than I can see." That is a mystical story.

Aud: Most children's stories are based on mystical knowledge.

Yada: That is right. And that shadow is the creative self. It's going in and out is creating - that's its nature. Who can escape their nature?

Aud: Magicians?

Yada: (Laughs) Yes, because they know how to make more illusions to hide themselves in (Speaks his language). I think I will leave please. It has been a pleasure for me to come and speak with you. I do want to extend my sincere and grateful appreciation to you sir for your continued interest in the study of life.

Man: Thank you, Yada.

Yada: It is my honor. E grati ya - A notchi

Aud: I'm sure we gained a lot.

Yada: E.grati ya

Anita: Does Mark need anything?

Yada: No. And I will talk here again tomorrow night.

Cleveland, Ohio June 10, 1966

Yada: Senas and Senahas, ena Yada di Shi'ite.

Anita: Good evening, Yada.

Yada: A notchi, a notchi (Speaks in his language)

Anita: Are you saying 'Hello' to the group? Is that it?

Yada: No (tries to explain what he has been saying). All right, I speak English huh?
LAUGHTER. How are you this evening?

Man: Very well, Yada.

Yada: Looking all right, feeling all right, you are a fortunate man in this world of suffering.

Man: Yes.

Yada: Last night you came, you were here? um hum. So nice to see you again tonight. The man over there, Mr. . . . (with the skin coloring), I have talked to him a long time ago. How are you sir?

Man: Fine, thank you.

Yada: You're looking very good and you have not put any age on yourself. That's nice, huh?

Man: Yes it is.

Yada: Yes. That shows you haven't been carrying around too many worries, for worries make for age.

Now I have not had the pleasure of seeing these people before at gathering, but still you are students of life.

Lady: No, I'm not. I study just my reactions, I study my reactions, etc...and reincarnation?

Yada: That's what life is (a study) But it takes most humans several lifetimes to realize that.

REINCARNATION is a theory which about half the people believe in and half do not, and very often the half that do believe in it do not know whether it is true. And we have the don't believers; they don't know whether that is true either. Belief is not enough, we must come (to know.) There is a time when we must grow up, when we must decide, when we must be willing to make a decision and stay with it. Many people believe, they do not know, they believe that I believe in reincarnation. Now I do not care what anyone on the earth believes or disbelieves. As I said last night, what I am greatly interested in is "how do you believe"? About anything. How did you arrive at your beliefs? By mere acceptance of what somebody else said, because you think it sounds all right, or because you know something about it. either by direct experience or by intuitive feelings. Seldom when I say I believe in something does anyone ask me that question. You believe in reincarnation, how? Tell me how you think about it. What is the nature of your feelings regarding it.? You believe in continued life? That's interesting, but how? What do you know about it? What have you done to find facts regarding it? Or to dispute the facts. Both approaches are legitimate. You know there are waves of thought that are very valuable and if we do not have these waves, our thinking does not help us very much.

There are billions of people, I think about three billions of people on the earth. The greater number of them - think of this - the greater number of them are illiterate and that is about everything. All they know is to eat, sleep, drink and carry on some of the other lower animal desires.

There now are three billion people in this world in the year 1966. Think of how in a much shorter time this is going to double than it took those first three billion to get here, a much shorter time. What are your changes of survival in a world of so many more humans. Your best chance of survival is (by education) for a thinker cannot just get by the world. He has got more of the human in him than the animal, so he cannot just get by. There was a time when one who became a philosopher held a very great station in life, was highly regarded. But those days are gone. The philosopher, no matter how excellent he in that field, he must have more education on other things. In time, because of the increasing number of people, a method will be used to separate the ignorant from the educated and the ignorant will be made slaves of. You think you have a cast system now, a while. It will be much more so in the coming years, unless, of course, you have some better way of putting an embargo upon God's product called "humans"! You haven't any way now. You talk of educating people of the world regarding sex and how to control it. You talk about spreading the use of contraceptives, ha, ha, this is ridiculous. This is lik

in the earlier years of the atomic bomb, man in his panic started talking, and very seriously, about building underground shelters. That was ridiculous. For as you all know now had these shelters been built, and had there been atomic and hydrogen war, because hydrogen bomb would certainly have followed atomic bomb, everybody would have been cooked in those underground places. And even those that were not, they could never have come out. They would have had to seal themselves in and die there. For the world would be hot, hot with the fiery heat of atoms. The genie in the atom would not be your servant. He would be a most dangerous, most deadly enemy. How do you believe? It is time man started thinking about it.

Religion as it is today, is not going to be as it is today very soon, much sooner than most have any thought of at the present time. Temple worship will go and along with it man's created God, called Jehovah. That's man's created God. Today, in these times, there has been talk about, "God is dead". Is that familiar to you?

Aud: Yes.

Yada: That "God" has been dead a very long time because he never existed. He was a mock-up figure for primeval man to protect him against his fears. But the God that is, which is not a deity, cannot be worshipped except by man's doing. That is real; that is life; and the basis of life. God is dead? How can anything that exists not exist? Anything?

Aud: These people of all the professions, the theologians, how do you expect to teach them?

Yada: Well, you can understand how that is when you realize the foolishness of the whole thing, the utter insanity of it, that there ever was such a God. Now something that is born dies, but if it is not born it cannot die. Is it not so? Only something that is born can die and your Christian God was born; born out of man's imagination to use for a certain period of time. But, it is not needed any more. And gods, like anything else, die when they wear out their usefulness. Can you imagine keeping something that is useless? Is that sane? Would man have gotten anywhere if he had held on to the covered wagon; and at the same time make these fast birds in the sky you call the Jet? Isn't that ridiculous?

The real creator is not born, but the real creator comes into consciousness, becomes self-aware everytime it creates a form. Do I make sense to you? You tell me please.

Do you want to say something? Anytime, please you tell me if at anytime my thoughts may conflict with what you feel to be true, you tell me. This is a class of learning, not for making idle sounds in order to please our egos, mine or yours.

It is truth and that is all, because to find himself is to find the thing that the human is looking for most. It is called peace of mind. Without it you cannot know anything, with it we know everything. That's what gives us peace of mind and as I said last night happiness and peace of mind do not go together. Happiness depends upon getting something, that says I am out of something; that says I do not have, I cannot live without. When anyone has peace of mind you do not go seeking happiness. You look at life and you get the understanding, that all things are, and all things are as they should be at any one time. That's the way they are. This way you have no argument with life. This means you do not seek to bring pressure on things or others because you know that to the degree you do this, bring pressure on another, he will press on you. So to avoid undue pressure you keep your hands off; you stop trying to teach the world to your way of thinking. You first teach yourself, and when you teach yourself it is amazing how many other people you find around you teaching themselves. Yes, and everyone is doing it so quietly they create no sense of confusion. How wonderful! That's the way peace of mind comes, quietly, we seek to find ourselves. When we find ourselves, the struggle is no more. Life is ten-fold better.

Because you are here for the first time, would you care to say something to me, Mrs. . . .

Lady: I have studied about breath and do have an inkling about the metaphysical side of life and it has helped me solve problems with my health.

Yada: That is a very wonderful study. And are you using breaths?

Lady: Yes, not all, but some.

Yada: Do you have a teacher to guide you in this?

Lady: I take lessons.

Yada: You get lessons with no other human person?

Lady: No. Am I doing wrong?

Yada: Lady it is not a matter of your doing wrong, that is not it. What it is, is that you are putting yourself in danger and the danger is done to you.

You see, breath, properly used, becomes a key to the Light. A key that opens the door to the higher consciousness and if the lower self peeks into the higher self and is not prepared to see what it will certainly see, it may cause changes, nerve changes in the psyche that could not be to your benefit. I am not and I must not, I never have and I'm not going to do it now, tell you what to do. That is not my place. But I make suggestions about what is happening and what the results of the happening may be, and then leave the student to decide for himself what he or she should do about it. It is like with Mark, he smokes, smokes, smokes. Now I know, and I have made suggestions to him that tobacco is not conducive to good health of the physical body, but I'm not going to tell him to stop. That is not my place. I am not doing the smoking, he is, so he must do his own stopping. The same with you, lady, with the use of breath. I cannot tell you to stop. I can simply tell you the results if you do not have a teacher who does know. I have no will to frighten you either and you will not be frightened. You have reached enough years of physical living to guide yourself. Most of us learn better by experiences. But to you who have started on the path, my interest is to be of help, but not the extent that my help becomes interference. How do you feel since you have been using that?

Lady: It has helped me to a certain extent; breath has helped me in my singing, I could carry the voice so much longer than others. It has helped me as far as my health is concerned. I haven't anybody to guide me but myself.

Yada: Apparently you are not using breath to the extent that you are disturbing the.....

Lady: I know what you mean, no I'm not. I'm not using breath to that extent. I have only selected several breaths that would be helpful to me.

Yada: Yes. In that case then, as long as you have had no negative sensations in the use of it and in fact, from what you say, you have gotten some improved conditions, then by all means, let me say no more against it.

Lady: I haven't done things to the extent I've heard that would go one side or the other. All I wanted to do was to balance my equilibrium.

Yada: That is very good. Let me add, it is excellent because today in your world, very few people breathe more deeply than half the lungs.

Lady: That's right.

Yada: This leaves the lower levels in a state of stagnation in which all kinds of a very dangerous bacteria breed. You ought to have a school in your world to teach people how to breathe, just the ordinary kind of breathing I speak of.

Lady: I wish we did it would be very helpful.

Yada: Yes, there would be far less sickness in the world, oh yes. But then, I'm a little reticent in suggesting that anyone in your world breathe very deeply today, because of the smog, the filthy atmosphere, the poison waters, yes it is very dangerous today to breathe at all! Everybody should have a little bag to carry around with air that is good for the lungs, the body to breathe. You may have to come to this! People will have a big business selling air. LAUGHTER. Now most of the air is hot, in more ways than one!

Mr. M.....?

Mr. M: Yes, Yada. I'm here.

Yada: You have something to say to me? ^{sitting}

Mr. M.: I'm speaking for a friend of mine, ^{sitting} on my left, Yada. I'd prefer that he ask the question, but we are both interested in this. It is about certain maps, but he'll explain it a little bit better than I can, Yada.

Man: Maps used by a Turkish Admiral, or Sea Captain, or maps Columbus used to cover the Americas. The maps that were recently used by the United States Naval Department to correct the maps we have. And these maps were taken from the above, air views. Do you know something about them? The ones we have ^{were} taken by the land, we were using the compass to assist. And I like to add that these maps are supposed to be very ancient.

Yada: I talk a moment with my teacher, all right? (Speaks in Yu language) My teacher says these maps were not originally made on the earth plane; made originally by those you have come to call the space people, then given to man on the earth. The age of these maps is approximately 30,000 years. The space people came and made these maps like they are still doing today, charting the stars and other bodies in space. There are great numbers of them that make maps on solar systems. Then there are groups that are given to making maps of planets, single bodies in space. Some make maps of the suns

and some of these suns could hold within them, millions, millions of your solar system suns and not even know they are there. Man is only dimly aware of the vastness of his material worlds you call galactic system. There are untold millions of galactic systems, most of them so gigantic in size that you on earth could make no measurement of them of any real consequence. You do not have the time, you do not have the knowledge of how to do that. Now there is a form of travel which is, you may call, teleportation, in which one does not move in directional motion but changes position almost instantaneously by simple changing vibratory rates. Standing still and then vibrating.

Man: By use of consciousness?

Yada: Yes, yes. This is when one is in very direct contact with his creative self. Now there is coming to your world a time when this ability to teleport oneself, or move an object in this way, but that time is still a long way off for you. So the thought that the stars are out of reach of man can be legitimately accepted. I add to that, at least for now, nothing is impossible forever.

Man: So everything in its time.

Yada: That is right. These maps you are speaking of were made at a time when ice was moving across the earth. That was when the earth was warming up.

Man: That is accurate, Yada, and that is what has the scientists baffled.

Yada: Yes, of course. They need not be baffled. The only thing that should baffle them is the space people, the reality of their existence, that's the only thing that should baffle them. And the only reason it should baffle them is because they are not yet in the state of mind to accept them.

Man: That's true, Yada. I'd like to add something to this. I have been interested in autropology and other forms - the aero-forms, and I tell my friends about them and they want a reason as to why they don't land. And I gave them a vivid description that, if they are not prepared for this, it may kill them, etc.

Yada: Yes, of course. Please a moment. What is that sound?

Aud: The air conditioner, Yada.

Yada: Do you need it? Could you for a time, please?

Aud: Yes.

Yada: Thank you. I do not know how loud that is to you, but to me it is

Aud: We had it shut off, but . . .

Yada: Yes, it has the sound of a big waterfall.

Anita: Yes, that is right. I had it shut off before, but put it on again.

Man: So that is the way I answer that question, Yada, and then there isn't any more said about it, because the actions of man, he runs into something he doesn't understand, or is afraid of and he either worships or is ready to kill it. Never the middle road

Yada: That is right and he kills or worships for the same reason, fear.

Aud: Insecurity.

Yada: That is right. You cannot turn it off? Can you turn it off?

Man: We will try.

Yada: For a time, I leave please.

Yada: It is all a matter of breath, that is the secret of life, breath. Each individual in the physical world has a different rhythm of breath, so our breath belongs to us by different rhythms. In different ways of breathing we change our consciousness, also we change our personality. You see, I am a different personality from Mark.

My knowledge of breath that belongs to me, I breathe through him. Observe, please, that when I start to take control of him it is my breath that is breathing in his body.

Lady: Have I done myself any harm. Have I done my breathing properly until now?

Yada: You are the lady I talked with earlier, yes?

Lady: Yes, that's correct.

Yada: Yes. You have not done yourself any harm and from my observations of you, physically, you have done yourself some good. Avoiding possible accidents, what are called accidents, you should live close to 100 years old.

Lady: Oh, God love us!

Yada: Perhaps you will not say that some time from now! L A U G H T E R. Because the processes of living a long, long life adds more threat to our life. More, what is the advantage of a long life if you are not constructive in your living, if you are not doing something more than just breathing in and out

Lady: I do a lot of constructive living.

Yada: Yes, and I know that about you. Your whole aura shows that. I hope also that you are being careful with the choice of foods.

Lady: Yes, I am very careful.

Yada: That is very good. It is very necessary, more so today, more than at any other time during the history of civilization, because the majority of the foods most people eat are aging agents and disease bringing agents. Then something more, not only are the foods poisoned but the atmosphere is poisoned. Throughout your land in the coming months you will be hearing of a great increase in the thyroid nodules. Some of this will be rapid working cancers, especially you will find it in the young.

Anita: Why in the young?

Yada: Because the thyroid of the young is very well balanced and is open to poison. The thyroid in the young keeps them in a mental state that is better than is found in persons very old, especially those who have been living for years on poisoned foods. You know, death is not the thing that worries you, I do not think. The thing that worries you is the process of dying. If it is painful and depresses the energies of the body, when the life that you have, if long, becomes a drudge, a worriness that you wish you could get rid of.

Lady: I don't like anything that's sad.

Yada: Then never permit yourself to do anything you get no joy out of. And do nothing for any other reasons, but for joy, just to be doing that, the joy of doing it, the joy of accomplishing that which you love. That you may make great amounts of money or not is not the question.

Lady: Yes, I understand.

Yada: Yes, you may need it, and everybody around you knows you need it. But you know better than they do, but even so, if you do need, it believe me, you get it.

Lady: Yes, the law of balance.

Yada: That is right. Now, I wish to talk on something else. Since I have been talking through Mark on this trip across your country, I have encountered several persons who believe that they are communicating with flying saucer people, or space people, and that if these space people are using them like spirits use a medium. I wish to say now, in all sincerity, that this is not what is happening. Space people are not ghosts or spooks of the dead. They are much alive people, very conscious people, and have different some of them, features than you. Some of them are of humanoid kind, yes, but many are not, not as you know what a human looks like. But as I said, they are not ghosts, they are very real beings. They simply live in a different dimension of time. They do not come from planets. I say to you, (there are no planets in your solar system that contain this highly intelligent life that you have here on earth. There are some low grade forms of life on Mars. More, in some of the planets that are very distant from the sun and are not much more than ice, frozen ice, and gases, highly poison. In these worlds there are living germs, ready to make form when the time comes.) Your earth was once a very deadly and inhospitable planet. The space people have recorded everything regarding the earth from its very conception. This is their work. They hand this information back to man when he is ready for it.

In the beginning this information was given to groups who were chosen to be secret groups. These were later known as mystical groups that formed the ancient schools of mysticism. Little by little information was handed from them to man's groups who called themselves religious groups; so that today, you are getting what is called temple teachings. Down through the ages, the recent ages, man got most of his knowledge from the priestly systems of the various religious groups. Also these religious groups were given the outer teachings of the mystical teachings. The outer teachings were for those who were not ready yet to get the inner teachings. Then little by little, as man became more intelligent being, he gets more and more of the truth, regarding the world he lives in and himself.

Now I do not believe for a moment that what I am saying regarding space people speak through mediums is going to change these people's minds and that is not my wish anyway. I just wish to tell you and groups like you that I have the honor to communicate with these people. These people (who think they are communicating with space people) are being real (possessed) by spirits and largely uneducated spirits, and one of their ways to get through and get control of their medium is to tell them what great masters they are, and that the

want to use them to save mankind from destruction. I must tell you that no person can do that! Whatever man's destiny is he will know and he will work it out in the way he must. No individual, in or out of the physical world, has the right to intrude upon the destiny of the human being. Now many mediums and other people that are sensitive practice the art of predicting the future. But have you not noticed that almost all of these predictors predict disasters? Is there nothing in man's destiny that is good?

Man: It seems they don't get interested in the good part, Yada.

Yada: LAUGHTER. And I can tell you why. The reason "why" is that man bringing up with him from primeval times, his fears of life and his guilt feeling that he is not good enough, has given him to the will to destroy himself. He has become a masochist, as well as a sadist. Anyone with guilt feelings always predicts disasters, he can do no other. In the Christian Bible, the teachers of it, and many walking the streets, are predicting disaster. "The world is coming to an end. You had better get saved, right away, quick." "The world is coming to an end". If it is, what are you going to be saved from? What for? This is foolishness and foolishness of the fearful mind. The world is not going to be destroyed, not in any relatively early time. Bit by bit the world, as well as the individual, destroys itself by its actions, by its continued actions. Deterioration sets in, breakdown sets in, due to a variety of chemical changes. The scientists talk of the universe breaking down. They say that in some future time (in some future time) do you like that? Some

Aud: Very vague.

Yada: That the material world will disappear. Like the Hindus in India believes this also and they called it the inbreathing of Brahma. The outbreathing is the creation again. Perhaps so. If looked deeply into, we find it is so. But this should not disturb anyone now living here or in any relatively near future. It should not disturb anyone. The world is going on for millions and millions of years yet. For it is the stage in your solar system for man to act upon. It is the only school now worthwhile for man. Until the creator becomes all self-aware, the individual creator will go on coming and going from the classroom, from the school.

Now these beings, called space beings, do have some concern regarding man's new knowledge about the atom and his rather foolish use of it. But they have no intention of trying to stop the human race from destroying itself, for the human race has done that five times already. So it is nothing new. But they are concerned over man's possibly destroying the school, or the earth, the planet. They know that the natural sources of life will not destroy the planet. But man in his ignorance is like a child with dynamite in his hand. You cannot really predict what he will do with it. You want to hold him back when you find a little child with a stick of dynamite in his hand. He may surprise you and just put it down quietly so you can breath again; but he may not, he may throw it at you! It is almost impossible to predict what the human individual will do next. He is the most unpredictable of all humans on the earth. But I say to you, there are no processes of nature that will destroy the earth. The earth itself has been churned and rocked and pushed around for thousands of years. It will do that again, many times, but it will not be destroyed. And the forces of life have no ambition to destroy the human being. It is only the human being that has this desire, because he suffers from tremendous guilt and shame.

Brought upon human life, its religion. When I fear God, I fear myself, I cannot know what God is fearful of, that He would wish His fears on me. All I can do is know my own fears and why I wish them on myself. I can know that and that is all.

You have something to say to me, please?

Anita: Yes, Yada, I have a question here: "Would Yada please explain how LSD works on the nervous system?"

Yada: All across the country this has been one of the most asked questions. First, with over-use, it disturbs the adrenal glands very greatly. It upsets the nervous system so that the heart is disturbed by the nerves. It causes chemical changes in the acid content of the cells, makes them more alkaline. They may think that is better, but it is not, for cells, cells run on an acid element. It is like your modern battery, electrically operated through acid. In the cells there are minute granules that are somewhat like what you call metal. The electrical current of the nerves disturbs these granules and causes their reactions to your feelings. The feelings causes counter action in the same way - electrically. The entire human body is like a great electrical dynamo.

Some cells made in the marrow of the bones are called bruised cells, the bruised is chemical-electrical. When a cell loses a quantity of its energy it goes looking for cells that are healthy, and attacks them by attaching itself to them. Now there is still not enough energy to supply both cells, so the two go looking for more healthy cells, and pretty soon you have a tremendous get together of cells, a piling up which creates a growth called cancer or other tumors, benign or not. Now LSD disturbs the electrical cells of the nerves. If used properly on people who need it, it is beneficial, but if it is left in the hands of those who know nothing about it and are curiosity seekers, and seekers to find out if there is some kind of thrill to the experience that this drug gives, it becomes a deadly drug. If over used, it causes changes in the nervous system and in the personality.

Please do remember, I've said this before, but I say it again because it is very necessary, there is no escape, we must live life. We cannot run away from it. So no matter what stimulant we take, to do that, we always find ourselves coming back down the road of depression and unhappiness. We must learn to live our life naturally. We have all the forces in our body that are necessary for us to be healthy, wealthy and wise. Yes, they are there, we need but use them. The trouble is, there are no schools to teach man how to live. Isn't that sad? So it becomes, at least until people see the need for such schools, it becomes a necessity on ourselves to teach ourselves, to wake ourselves up

Man: Yada, the only schools we have today are to teach one to become an economic success. They are not interested in whether one is happy or not. They figure with all the money you'll make you should be happy regardless. The whole thing is a fallacy, its a big lie.

Yada: You know what I have heard? I have heard this on and off for the many years that I have been using this man to communicate with you here, that your education is called a rat race of education. That means pardon?

Man: People are running around here and there in all directions. Nobody knows where they are going. They have no goal.

Yada: Because the education is not for bringing peace of mind, it is only for the green god.

Man: It is the economic system for success.

Yada: Yes, yes. So everything you do is paying homage to the green god. Of course, that is one of the diseases the world suffers from.

To go back to the use of LSD or acid, or peyote, you see, anytime these drugs are used it is mostly by the witch doctors or chiefs or heads of tribes or the priestly system of temples. Last night, I spoke of a small flower like your morning glory, and that was grown in my civilization and it was chewed by the people, until the priestly system discovered how good it was and so they began to use it, they wanted it. This looked like your morning glory and it certainly gave you glory - morning, noon and night. It was not really habit forming. Many times we have to ask the question: Is the drug habit forming to the person or is the person habit forming to the drug, there is something in the latter! Because of our weaknesses, our fears, our anxieties, we become a detriment to these drugs or to whatever else we are doing. One who is frightened, uncertain, may become a detriment to food. Instead of the food being a detriment to him, he becomes a detriment to food, because he is driven to misuse it by excessive eating. Same way with drugs. Drugs are not in themselves dangerous. No, we are, and we make the drugs dangerous. You want to stop a drug taker in his drive to take drugs? Because remember drugs are simply an escape, and an escape from something one can no longer tolerate. Help the person to get his tolerance back to life and help others to know what their tolerance is to life. How close can you come together in anything you do? What is your rapport with it? Is there any love in your rapport? Then be very careful because you are facing a very dangerous situation. Love is a catalyst between humans, between animals, between anything that has life in it. Love is a catalyst. It causes two people to become one person.

Now I go to another thought regarding these drugs. I speak at the moment only of LSD (Lysurgic acid) I think I mentioned this last night. Look around you, look at one another and you will get the feeling, that you are not alone in this room. But you can do something else in the opposite direction; get a sense of depression, where your interest regarding people is lost and you will find yourself completely cut off in the largest crowd. Is it not so?

Man: Yes.

Yada: Now when are we with another? When are we? Remembering that we are born alone, we

come into the world alone is it not so? Even twins, if we come as a twin, if we are what is called roommates, we still do not have realization of that other, we do not. Now, do we have company when we are aware that there are others around us? Yes, but only to a degree to the degree of our interests. Otherwise we go through life alone, nobody can think our thoughts. No one can comprehend us. (I can comprehend myself, but only to the degree that I comprehend myself, that I have recognition of myself, can I have recognition and understanding of another.) We live here, in the mind. So everything is of our own making. Every experience we have is of our own making. Knowing this we cannot help but realize that accidents - there are none! All things are well planned, well balanced. We bring ourselves to destruction or construction. Do we have a choice? Can one shape his own destiny? Only to the degree that he is aware, he is conscious of what he is doing. And you have to learn to maintain this kind of awareness. You have to do everything to keep it going, otherwise you go back to sleep. See how important it is to stay where your consciousness is, stay aware, otherwise you die much quicker.

There are many people in the astral world who are just as unconscious as people in the physical world. But because they have their eyes open they look conscious. This is very deceiving. But only you, the individual you, can know the degree of your wakeful awareness no one else. We gods in the making, we walk alone. The only path to another god is love. Believe me, my friends, this is the only other path.

Taking LSD acid, puts one in direct contact with himself, his inner, his real creator. In this way it can be very helpful to those who have lost communication with themselves. Which means, in the proper hands it is good for almost anyone. But only in given doses, after one understands the psychology of the individual and has determined what its effect may be on that person.

Go back to what I said, we come in the world alone we live in it alone largely and we go out alone. When you think of it, it could make you feel creepy, yes? You know what I mean by creepy?

Anita: Eery?

Man: It may give you claustrophobia!

Yada: (Laughs) I understand you very well. What are you looking for, when you look at life? What are you looking for? Everybody is looking in their own particular way. What may serve me well, may destroy you. It is not our experiences that harm us or do us any good; it is our attitudes to our experiences. Think of that a moment, isn't that amazing. It is not our experiences, per se, that harm us, that do us good or evil. It is our attitude

Man: By the way we react.

Yada: That is right, that is right.

Man: You mentioned something about goals in life and I know mine. You mentioned something about going home. That's the only goal I have; that's the only ambition I have that's the only dream I have, Yada, going home and I know what that means.

Yada: You want to go home? If that is your ambition, if that is your goal, believe me, you will be doing everything to take you home and you will get home, because that is your goal.

Man: There is something else important, Yada. When I leave here the only thing I want is the riches of wisdom, nothing else, nothing more.

Yada: Of course, for if you have the riches of wisdom. . . .

Man: I'd have everything.

Yada: You'd have everything, so you would have nothing to want.

Man: That's right. It is the only thing.

Yada: That is right. Because why? Because there is nothing outside of that. You see, there is nothing outside of that. Space, how big is it or how big is it?

Man: Everything is consciousness, everything.

Yada: That is right. So there is nothing outside of it.

Man: I've had an opportunity to listen to a lot of your tapes at weekends with friends of ours. Actually you told me something about myself a few years ago, you said, you know and I had a feeling that you made a mistake. Oh, no you didn't make a mistake. I made a mistake, I didn't understand you! It's entirely possible that you thought I knew, but I didn't, until about a year later it struck me like a bullet, what you meant and what's amazing, when you mentioned about a certain place and what you said about consciousness. . . .

Yada: Then I knew you didn't know, but I couldn't tell you. Thats why I couldn't tell you, I couldn't tell you because I knew you didn't know. If you had known I could have told you!

Man: I understand that. Actually Yada, as far as I'm concerned, I'm always going to be a pupil. There is so much to learn.

Yada: My friend, thats what I am, thats all I am.

Man: We're never anything else.

Yada: That is right. Eternal seekers of the Light. (Speaks it in his language)
Eternal seekers of the Light.

Man: Yada, when you said, "when you are looking at life, what are you looking for?", my conception of that always has been, what I'm looking for in life is for a better way (to serve).

Yada: My friend, when you are in such service you are in the Light. So this is why there is no conflict, you are in it and when you are in something, you're not looking for it.

Man: You don't look for it, you're looking at it.

Yada: That is right, you are looking at it. We are in it but do not recognize it. The fish in the water is not aware they are in something called water. They are aware only of their sense of environment. It is natural to them, they cannot question it and they have no awareness of being in something called water. In my language, E'wa - water. Does that give you a proper picture please? Man is in consciousness, he lives in mind, not in time and space, but because he has no awareness of what he is in, how can he name it?

Aud: Could man be better aware of that consciousness when and if he evolves to the fourth dimension?

Yada: Always he is becoming the human, is becoming a little bit more, a little bit more self-aware. The remembrance of this awareness is a very individual thing. Sometimes one who is in a little bit of heaven, after suffering much hell, feels they are in a vast amount of heaven. L A U G H T E R

Aud: Right.

Yada: Its true, yes. (Talks in his language) Perhaps I am going to withdraw and let someone else take my place and talk with you for a little while longer, yes?

Aud: All right, Yada.

Yada: Thank you. It has been my honor to come and communicate with you - and with you, not at you; very different. Try to do this with one another, try to realize this. It will keep you from talking at the person. It is all right to talk at a child, because a child needs that kind of guidance, but after a time you must let the child feel that you are talking with him. This means that you are showing signs of awareness of his mental growth. Thank you very much.

Aud: And thank you, Yada.

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Prof. Luntz: I just wanted to come and greet you all again and perhaps tomorrow night, I'll have a better chance to stay longer.

Anita: You'll try Professor?

Prof. L: Yes, I certainly will. Perhaps I can take one or two questions if you have something to say.

Aud: A friend of mine has a question or two of you.

Friend: May I ask about extra sensory perception, about me contacting somebody who said, life is universal and all is energy.

Prof. L: Yes, Thought, the processes concept of thought is energy and basically is light, but in the form of energy called mental energy; it does move considerably faster than material light. It starts off as material light and then goes beyond that. It is not moved into motion, it is immediate. THOUGHT IS IMMEDIATE. It is the very essence of now and the reason that is, is because this which looks like space and time to you is mind is consciousness. When one receives a telepathic thought, a message let us say, it is not moved in the way one employs energy to move something. One simply is in it. You can put your finger anywhere in the ocean and get it wet. Do you see that? That means the wetness is everywhere present and continues that way.

A thought, you can put your finger into the thought, into the great mind, the great consciousness, and get a thought anywhere. (These thoughts are fed into cells of the brain directly.) If you are in New York or in London and I'm here in Cleveland, Ohio? Yes.

Jolly for me, I do know where I am! And you send me a message, it starts off by what is called neuron showers in your mind, in your brain cells. But the energy, this brain energy can only carry a thought a given distance, then it begins to fall off at the greater distance. But it doesn't move off, it simply agitates brain cells and this sets up an activity in the mind, not in space. And in this mind, you, the receiver, or me, the receiver, know instantly what you are trying to say. It goes directly to the brain cells of the receiver, it doesn't go through the air, and it may sound like that, the sounds may seem to be heard with the ear, but it is heard with the nerves, the nervous system that go to make up the cells of the hearing organ. So the sender may be sitting beside you and when you get a message or I get a message and he is sitting beside me, and you will not hear it, but I will, because the message is directed at me. It is a very personal thing. It does not excite the brain cells in his head, only in mine, therefore, he doesn't hear it.

Aud: Can you people communicate with the astronauts?

Prof.L: Oh yes. Oh yes. And this, the teaching of it, is going to become a very necessary thing as man moves further and further into space. It is going to be his only saving grace, I may add. Otherwise he will go mad in space.

Aud: His only good piece of equipment.

Prof. L: That's right.

Anita: What makes one a good receiver?

Prof.L: What makes one a good receiver?

Aud: Yes.

Prof.L: It can be taught, yes, and there are many who could become perfectionists in it as people here are taught other things. Some people are extremely apt pupils, let us say, in mathematics, and others are very, very poor. So we all can't learn telepathy or mathematics or art, or painting, or writing, or music. We are not all that well equipped. Our receiving centers are dull. Some are very much alive, very aware. You find people who are outgoing people, will be much quicker to learn, than those who are not like that. When we are self-centered, we shut off all other selves, so that we can't even communicate with words to some who are standing right beside us. Isn't it so?

Aud: Yes, it is true.

Prof. L: So it is a matter of sensitivity and our personality and its operation with the brain.

Do you really appreciate others? Do you love to be in the company of others or would you rather have seclusion? And do you feel a little bit uncomfortable in the presence of others? You will know by this whether you are capable of communication accurately and well. Again, love, as my colleague Yada said, is the essence of this kind of communication. Then we are not so likely to use our ability to be mental communicators in a detrimental way, and we will not go prying into the minds of others without asking them if we may. For this is the worst kind of intrusion. No one would be safe. With the hatred abroad now, think of what will happen when telepathy becomes a wide spread thing. We must learn to love first. We must learn to appreciate the needs and the feelings of others before we can really accomplish worthy things in telepathy or clairvoyance, and that is even the more dangerous thing, if in the hands of an unscrupulous person. The reason why so few people can project, can physically project, is because they are afraid. They do not trust themselves. This means they do not trust others. They have no real love in their heart for their fellowman.

Aud: I was about to say this Professor. Prof.L: That is right.

Aud: We will first have to be at peace with ourselves and to respect others.

Aud: Aren't we all, basically, receivers?

Prof.L: Oh, by our nature, yes.

Aud: Don't we get messages without our conscious mind knowing about it?

Prof.L: Oh yes, oh yes. Many of us, many, many of us are great receivers without our conscious self being aware of it. In fact, the whole human race, every individual, is in direct communication with every other individual, but mostly unconsciously. Mostly. We are constant in our reaching out to others, but most of the time, this reaching is done unconsciously. And more, there is a condition within us that causes our mental self to split up here and there and periodically we project these small parts of ourselves while our conscious self is very busy, with our daily work,

not conveying our experience of the unconscious to the conscious.

Sometime later, we may be having an experience and we will say to ourselves, "It seems as though I have been here before". or "It seems as though I have done this thing before". So if we are believers in reincarnation we may stretch our imagination into believing that we have done these things in a past life. But not necessarily, for as I said, a part of our consciousness may have gone out and had that experience, but did not relate it on coming back to the conscious self.

Aud: Is this to say that such an experience might have been someone else's, not necessarily his own?

Prof. L: Yes, of course, yes. You know if we really understand how closely we are mentally related, much more mentally related than physically, much more.

Aud: Then it is that a great deal is according to brain waves and wave lengths.

Prof. L: Yes, this is a subject I think that we, as students, need to make a closer study of, become aware of, this business of the mind breaking off in pieces of itself and having many secret trips here and there and not saying anything to us about it, the lower us. It could present, and sometimes does, an embarrassing position. Here we come again with "my, but your face is familiar. I'm certain I have seen you somewhere before". You may not have physically, but only mentally. We have little trust in the mental self because we cannot stay aware so we do not trust it. We drift off. That is why many people get killed in their motor cars, because a part of the consciousness drifts away on some problem or some worries, some anxieties or seeking pleasure, mentally, with anticipation of what will happen tomorrow or the next day, or tonight. And we very often find ourselves instantly dead because of that.

Aud: I've thought of something else about that. You know there have been cases, with the war going on, where the mother knows that her son is dying or is going to be killed. it's heavy emotional strain. That's because he was wanting to be home at that certain time?

Prof. L: Yes, of course. And then something else, communication between us is made considerably more likely when we are at a high point of emotional stress.

Aud: It generates, speeds it up.

Prof. L: That is right. When we have an intense love for another and we are separated from them physically, our ability to get at one with them mentally is much better.

Aud: Instantaneous.

Prof. L: That is right. The relation of love is wonderful, shall I say, communication - source of communication(Prof. loses control of Mark)

Anita: Its after 11 o'clock now, Professor, can you say good night?

Yada: Suddenly I had to take my colleague's place for a moment. He was losing control of Mark's body. I'm sorry but he is all right and I will leave and he will return tomorrow night, all right?

Anita: All right.

Aud: Thank you. Goodnight, Yada.

Anita: Yada, does Mark need something now?

Yada: Yes, he should eat something. Thank you.

June 11, 1966

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Yada: Sena and Sinahas

Anita: Good evening, Yada

Yada: A notchi, a notchi. (Speaks in his language) I see you do not understand the Yu language, huh? So I had better translate. English is a wonderful language, but also very confusing at times. But a good artist does not stand around complaining about his tools; he gets to work with what he's got.

Some of you here I remember being in the room where I taught years ago and now I greet you. I'm so happy you have come back. To those of you who come for the first time, I welcome you in the hope that you all have learning tonight, whatever you are seeking to learn.

Tonight is the last night here in your city. Tomorrow somewhere else and I will be in that somewhere else much before Mark. With all of your speeding birds, you call planes, the modern plane, the Jet, you still have not acquired a great deal of speed. You have lying ahead of you in the near future much more moving faster than ever before. The trouble is can you mentally keep up with it? But that is your problem, not mine.

My friends, thought is the fastest moving of any thing. I say thing. Man is going to learn to project himself much faster by the use of mind. Today you have wondered out into the spaces, but it is only your baby steps yet. You're going rapidly, you're going to catch up with yourself. Man is moving into space because he has to, he has no choice about it. For him to not go, would be for him to deteriorate on the earth much faster.

There are planets in the far reaches of the great galactic systems like the one you call the milky way. There are planets with beings on them very much like yourselves and on some of the others there are beings very intelligent, highly advanced beings. They are not at all like yourselves. But life forms on a planet only when it is within some reasonable distance of a sun, for it is only through the sun that life can be on a planet.

Man brought himself here and now he is taking himself back from where he came.

Man is a space being. The planet you are riding on, called the earth, is but a big ship. In time man will be going into space. There will be no other bodies for him to go to, because he will have covered them. This is the way things stand, you may say, there are beings intelligent beings. in bodies in space.

But man is forever, and in this foreverness he must be doing something. He cannot just sit, he is not a very good sitter. He is driven into action by his great hunger for knowledge, understanding and wisdom.

I do not know what you are going to do in the space; where you are going into space. Let us say Mars, because that is the only possible planet that the weather conditions can be changed so as to produce the sufficient amount of oxygen and hydrogen for a lung breather to live on. But you may bring a couple of monkeys with you first and start them in some kind of garden of Eden. You may even name them Adam and Eve! Wouldn't that be a tremendous trick to play on humans in later times on Mars, teaching them they sprang from monkeys. L A U G H T E R.

But it does not make any difference what man sprang from. It makes a difference only what he is now. The past is the past, it's a dream that has been had. The future is still not lived yet; it is not a dream we have had yet. So now is the important time of our being. If man would learn to pay more attention to what he is doing, he would have very little need to worry regarding his future, because he would know by his acts today, his tomorrows will be made. He would know this.

As I mentioned last night, there is a great struggle going on on your earth; and the struggle is man to man and man against man. All this is the growing out of his emotions due to the false teachings given him when he comes here to this planet. He has made himself blind and he has walked in it for a great number of years. But he is coming out of this blindness. So he has put his foot on the path to mental evolution. His physical one is over with.

There is going to come a time when your earth will not be fit to live on. So now is the time to look for other places. But those places must conform largely to the nature of the earth. Otherwise you will have all kinds of difficulties living on them. There are no other planets in your solar system that are possible for man, the lung breather,

to live on, live on as you do now; live on without some great amount of mechanical things around you to protect you against the elements.

When you consider it, it is amazing that the human has survived as well as he has on the earth, starting out when the planet was a very wild place to live. Fortunately he grew up with the conditions. In this manner he learned to live with them, to adapt himself to the various changes that have taken place throughout the eons of time. Now, because man has built in himself a great adaptive system, it will come in very handy for him in the future out in space.

But one of the most important things he must now learn to do is to learn mental communication or what is called "telepathy". It will be his great saving grace. Telepathy this way, no matter how far he goes into the spaces, he will still have communication with himself on earth.

Anita: How can we develop this, Yada?

Yada: It is not that simple that I can put it into a few short words so that you could learn to do it right away, it is going to take a great deal of time and patience to learn the functions of telepathy. As it is now, some of you have this ability to a good degree, but the majority of people do not have it. And you are going to have to fight some people to train them, because they have been conditioned to believe in the evilness of the activities of the mind, not knowing that that is what they are living in all the time. That is what all things live in, the mind. This includes time and space. You are moving around, everything is moving around in the mind, not in something called time and space. You see, you are not going to be able to teach this very quickly because you have to teach, to get to the person's consciousness, that he is not living in extra mind or entities called time and space. Time and space is mind, is in our consciousness. That's what makes telepathy possible.

Anita: Then it takes mostly observation? Self-observation, and the will to learn of something that most people do not have any awareness of. Telepathy, clairvoyance - are going to be a very necessary part of the human life in the future. But this does not mean to say that all people will have to learn this because all people do not have to learn anything. It is not needed of them. They are workers, because of their not knowing, because of their ignorance, they are workers. Some of us are good receivers, but not good senders, Yada.

Yada: Well that can be remedied by proper training. It isn't that only a few of us have this quality of receiver or sender, we all have both, we simply need proper training to bring it out, to make us aware of it. Look please, even today in your great modern age, with all the talk of you cannot believe in clairvoyance that has been going on for centuries. You have people today that are asleep, who doubt it, and make chattering noises which they call "laughter" when somebody who can do these things talks about it.

You can always tell when a truly educated person is around. You can tell it by the sound of the chattering jackasses, the sleepers. But they are in their place. I do not criticize them, I only tell you what is. Everyone of us, we are in our place. Man does not grow en masse, that is an individual's work.

There is much talk today of collective learning. It cannot work. It is the individual that learns, not the collective mind. The collective mind does nothing constructive but it does much to destroy. A lady asked me one time, wouldn't man find himself in a better position that he could learn to read minds? Not with the animal in him, NO. He would be in a worse position. This animal must be taken out of man before he can properly handle these higher learnings, because he would use them to destroy himself and others, misuse.

Many people, coming to hear me talk and seeing the way I come through this man, using this body, they consider him (Mark) a spiritualist, a medium, and that he is communing with spirits. Or as the Bible would say, he has familiars. Hum! Have you a familiar? How do you know? Did you ever get familiar with me? Did he get familiar with you? What is a familiar? A familiar is a friend, not a haunt, not a spook. A familiar is

an educator, a teacher. He or she comes to broaden the thoughts of the one they are interested in, with the hope that he in turn, or she, will broaden the thoughts of those around them. What is the purpose of giving if the receivers hold on to whatever is given to them, fails to share it with his fellowman? The gift has been wasted. Whenever you are offered something, take it. Take it gracefully and gratefully, because you are going to give it to someone else. And if you deny what is extended to you, you deny many others. If gifts were given to one to keep who would care to give and who would care, really, to receive? A gift of any kind is good only so long as you can use it, put it into action. An artist becomes great by constant application. So it is true of any of the creative works.

I have said this before and I feel it necessary that I say it again, I, Yada, am not of the astral world. My understanding of life has released me from that sort of action. And so it should release you in the course of time. The true student of life seeks to go beyond the astral world. (The astral world is but an ante-room where most humans go and wait until they fall back into the physical world again.) For they haven't understood the nature of their feeling-self, their emotional-self by which humans become attached to the physical world when they come here.

A We hear much talk in the field of metaphysics where the individual believes that he must destroy all of his desires, so called lower desires. To do that would be to annihilate yourself for that is how creation comes into being. Most of these people have guilt feelings regarding themselves, so they seek to get out of the world. They really seek to destroy themselves. It is an intense desire to self-punishment that you are not good enough. This is not the Inner Teachings. The Inner Teachings are for life, not for death. The Inner Teachings are to let us know how wonderful the desire-self is and to use our desires intelligently, guide them.

You hear much talk about control. We have talked about it many times in the past. To control is not to destroy. It is to guide, to move intelligently, usefully. And you do not have to be what is called "good" to do that. Goodness is a sense of the individual regarding himself and the world around him. What I talk of is balanced action, not merely goodness. Goodness is not enough. Goodness and badness, these are abstract terms and it regards the individuals feelings. Life works in two ways called positive and negative. You cannot have one without the other. You may have the greatest ambition to spread what you call good around your environment, but your good may be someone else's bad.

Everyone in the world, or practically, who does not understand, understand the laws of life and that everything is operated by laws, believes such men as Hitler, Stalin and others like them, Genghis Khan, Alexander the Great, Napoleon, they are all very evil and now that they are dead they are of necessity in Hell. Mostly the Christian hell, that's the hottest hell there is! Of course, this isn't true. The only way any of these tyrants of life, these dictators, these people who have stepped across the earth bringing blood and pain in their wake, the only way they are going to suffer is should they get a sense of guilt about what they have done. And I can assure you, immediately, that when this happens, these people are in the worst kind of hell. Far hotter, if that is possible, than the Christian hell. Far hotter, because it is of their own making. But you would not be surprised that we, the individuals, do that to ourselves? But we do it out of ignorance, out of not knowing any better. But again, can we believe that any of these people mentioned committed only evil? Of course not! Look please, Hitler, the most modern of these. His ambition was to make a pure-blooded German, or Germany. But my friends, pure blooded anything doesn't last very long because it is too delicate. There are not these strong combinations, it cannot last.

Life, action - always needs strength. But he did not seem to be aware of that. He was one pointed in his thought. He had not looked around to examine nature, nature's laws. So he brought a great deal of violence to the world. Yet in this drive, in all of his efforts to control things, he destroyed what he wanted to do most. He brought together people of a vast variety of nationalities and different blood. He brought them together so that today Germany is more impure blooded by far than it ever was before. By the very method he used he worked against law. He crushed himself to death. Not one of his ambitions succeeded. But, he is a determined man. Do you think he is going to sit

in the astral world and weep tears of grief over what he did? Neither he, nor Alexander the Great, nor any of the rest of them. They were all ambitious men seeking self-power. And that self-power, the will for it, is still in them, and they will come back and try it again. You can believe that. A thought unsatisfied, unfulfilled, keeps us driving until we fill it. It becomes our work; it becomes the very essence of our life. And how are we going to shoo that away, hum, heh? Can't!

I will not come back to the earth, not taking the biological path, because I do not need it. And you must arrive at that in time. You see, my state is not because I am better than you or that I know more than you; but I do know something different than you. And it is in that difference that I am free.

Consciousness is mind, and all the universe and universes is consciousness, so am I. Man seeks oneness with the universal consciousness. Many people call this God, but this is the wrong terminology. It will lead you astray. Gods are for worshipping, that is all. They could not exist, their ego would die if they didn't get your worship. Just lately, I have heard much talk in the world, especially here in this country, that God is dead. And someone in the distant background cries, "God is dead, long live God". "The King is dead, long live the King". But you see, the God that died is that God made from the human thinking; thinking in fear and anxiety. Thinking, hoping of finding some security in the physical world. This fear of the physical world is a fear of death, not life. When the physical body dies, the one who has dwelt in that body continues to live. Because why? Because it, the mental self, was never born. The physical self yes, the mental self, no. The mental self is, has been and always will be, forever. It knows nothing about time and space. It simply is and in its "is-ness", it creates. I stop talking a moment. I hear some thoughts going around. Would you care to say anything to me? Now you may deny anything I've said. If you feel differently say it, you have the right.

Aud: I have a question. I've thought about it a long time and didn't get a satisfactory answer from myself. How is it that it appears there is an individual form, body, consciousness, entity which survives continuous returns?

Yada: This is a part of the dream of the one mind. This is the way it creates, this is the mechanics of creation. The body is an idea, it is a symbol. Before it manifests in form, it exists as a symbol, a thought, a feeling in the creative mind. When it is projected by what you call birth into the physical dream, it closes off its understanding, its knowledge, its knowing that it is the one, it is the eternal light, so that it can function in its dream. Do I make myself clear?

Aud: As clear as you can to me.

Yada: Perhaps, perhaps.

Aud: I had another thought. I don't know what occurred. I don't know whether you call it projection or not, but one time mentally, I just finished a dream as a point of awareness of light. And having no form of awareness or anything of that nature, on the - - - - -

Yada: An awareness of light, yes?

Aud: and yet there seems to be duality there too.

Yada: Of course. The dreamer can do no less than create this duality for it is a sense of being with something. Brings a sense of intense love into that persons life. One must dream and then love the dream or perish.

Aud: When their dream ceases. . .

Yada: That is right. That is the perishing. When the dream ceases. It is because the dreamer has wakened up.

Aud: But the dreamer can never sense the first cause to know itself. . .

Yada: No, in time it will learn of itself, and itself only, in which there will be no feeling of duality. The consciousness will be able to say only one thing, "I am" not, "I am that", but simply, "I am". "I am that", creates duality.

Aud: It will lose the sense.

Yada: That is right. It will no longer make dreams, it will be one with itself.
(Speaks in his language)

Aud: Yada?

Yada: Yes.

Aud: When a person dreams of a person who has passed on, do they come into his dream and into this plane, do they come of their own volition, or. . . .

Yada: Sometimes, yes. Sometimes the dreamer puts into his dream the entity that he wants, he knew on the earth. But this is not as often as one may suppose. Most of the time when we dream of someone we knew, it is an image of our own creation - what we knew of them, but not them. You see, what we see when we look at another, when we associate with another, we are seeing ourselves. We are recognizing ourselves, so we project this kind of recognition into that person, believing that is the way they are. But few of us ever see another as they are. We just make images of what we think they are, by the way they act, by the way we feel about their actions.

Aud: Yada, if we could get rid of a lot of attitudes about all these things, then could we see much more clearly what is, as they are, rather than to imagine.

Yada: Not really, not really. We can never start imaging other things in our image, using our image as a measuring stick. Would any of you think different? Would you like to express it to me please?

Aud: Yada.

Yada: Yes.

Aud: You mentioned about creating his God and clings to his Gods - otherwise he feels alone if he destroys this God, and because of fear he creates another god. That's been human history, it has been a repeated process.

Yada: Of course. But this is because he does not know himself.

Aud: Because he does not cultivate the right teaching and clings to the old, the false. I believe it is because of false teachings.

Yada: Such teachings put him deeper to sleep.

Aud: That is why there is always, as a rule, only a few or one that knows.

Yada: That is the way truth is learned, by the individual, not the masses.

Aud: I now understand all that. But man is conditioned and it is because from the moment he is born he is told he has sinned. I went through it even with my parents. But at the age of fifteen, I rebelled and started to think for myself. But still I was lost, I didn't know because I was just wandering around.

Yada: Yes, of course. The millions of people in the physical world are lost in ignorance, not sin, but ignorance, not knowing. When one knows truth, he lives truth. He can do no other. You may say I know so and so, I must do so and so; but there is a knowing and there is a knowing - one in which we act what we know. The other is merely intellectual knowing and serves us no purpose except perhaps to make us look smart in the eyes of the ignorant. You please pardon me, I must withdraw now for a little while.

Anita: Yada?

Yada: Yes.

Anita: When you come back, will you please answer Edith's question about Irene appearing to her?

Yada: I will when I return, thank you very much.

Aud: Alright, Yada.

Yada: Thank you, E gratia.

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Yada: To the lady speaking of dream, you see Irene, Mark's wife?

Lady: Yes. And she said, "Now you believe it"?

Yada: But were you awake at the time? You slept?

Lady: No, I was dreaming, but it impressed me so that I remember it very vividly.

Yada: It is very difficult sometimes to tell whether we are dreaming asleep or dreaming awake because much of our consciousness is a dreamlike dream, like whether we are asleep or wake. Man have wakeful dreams. And many dreams are not at all as they are described by the dreamer when they awaken. They patch it up, they cover it, they tint it or they leave out certain parts which perhaps didn't impress them

as possible, so they didn't like it. So they omit it and added color to the things they liked. That is the nature of the mind operating through the body.

Most of our dreams have to do with our daily life and our attitudes to our daily life. We make symbolic forms in our dreams. Too often the dreamer cannot read these symbols so his dream is confused. Frustration brings us into a very vagrant sort of living. Frustrations keep us from making decisions. Not because we can't, but because we are afraid to. No experience can harm one, and no experience by itself can do us good, but our attitudes to our experiences create the goodness or the badness for us.

Pain is one thing to one person and something else to another. Some people can stand only very little pain without crying, without breaking down. Others can endure a great deal of it without showing signs that they are suffering at all. So pain is not something in itself any more than is joy. We have to realize that these things belong specifically to the individual.

Aud: Is pain really a form of fear?

Yada: Yes, of course. Really I cannot tell you very much about your dream because you were the dreamer, not me, and you tell your dreams in your own way. You, as I see it, and only as I see it, had an experience with the actual entity once known as Irene here on earth. Her effort was to give you a feeling of security about death, that's why she said, "Now you'll believe it", meaning she had survived; meaning no one gets lost, you see there is no place to get lost in. When we know this, we feel secure in any part of the universe, we become at home.

Aud: Did I call her, or did she come of her own?

Yada: No, she came of her own accord. Knowing you when on earth and knowing how you felt in some ways regarding death, and being your friend, she was interested in you. Too, Mark, being there, helped to attract her there. There is a very close connection between Irene and Mark. This connection was not broken at death.

A man said to Mark regarding Irene's coming and talking through him, "Do you think you should have called her back? Why not just bless her and let her go on." This man just didn't know Irene. (Irene did on earth what Irene felt she wanted to do and nothing and no one could stop her.) Now, you would say it in this way, "Neither hell nor high water!" L A U G H T E R She was of that nature. She came to him, he didn't hold her back, he didn't pull her back. We come to Mark, he doesn't come to us. We must come to him. We understand his psychology, we understand his nervous system, we are familiar with mind, so it is no problem for us to use his body. Now we would not use his body or his mind against his will. The first time we came we asked for permission. We said to him, "would you care to do this work? Would you leave yourself open to be of service to us, we of the Circle, when it is possible for you." We promised never to go against his desires and feelings and health. His health is an important thing with us. Whenever you have a tool that proves itself to be a good one, do you abuse it? Of course not. You take the best care of it and respect and honor it. With the majority of mediums in seance rooms there is none of this feeling between the entity and their medium. So they abuse him, or her, many times, not knowing that they are doing it. Seeing a light around this kind of person called a medium, they rush to that light. Everyone and anyone can get in if there are no protectors around that person. This in time, this misuse of the medium, leads him or her to mental, emotional and physical breakdown. Work without love is dangerous, is deadly. Indeed anything we do at all in which we have no love, we become deadly to ourselves.

Man must love and be loved, or he dies. He loses his sanity and that is the crux of the trouble today in the world, not only between nations but between individuals. Out of this ignorance rises fear; out of this fear rises hate, distrust, animosity, because everyone is seeking for personal survival and they want it even at the price of another's life.

You have a very serious problem in your own country. It is called race hatred. Did this start out of nothing? Are the whites hating the blacks and the blacks the whites for no reason at all? Of course not! The whites have brought this upon themselves, without thought, without feeling and indeed with a great deal of hate. The whites lifted the blacks out of their country, out of their land; spread them abroad as slaves in the most brutal fashion you can imagine. And were the Christians absolved

from this? They were the worst! We cannot enslave another without in due time enslaving ourselves. Now they are reaping the wild winds of this form of ignorance. You can only help when the intelligent, the educated blacks and whites will get together and talk. And one thing both should remember is that violence only begets more violence. There is no going around it. The uneducated everywhere, anywhere, where ever they are, are a danger to the world because they move in mobs.

Aud: The uneducated masses are the most fearful.

Yada: Of course, the masses are destructive; mass mind in motion is destructive.

Aud: Collective learning?

Yada: There is no collective learning. Learning must be done by the individual. This is the fly in the ointment! Of course you are going to have to gather together en masse at one time or another. You are going to have to do this, to see that the black people are educated, to instruct the ignorant. The white people, the educated white people must do the same to their ignorant. They must do this, otherwise blood will be scattered across your land, many innocent people will die and the hate will increase, my friends. I tell you, without education, without love, man is dead, is dead.

Aud: We finally wind up like the abominable snow man.

Yada: Ha, ha, yes. This being was once a kindly being, but being mistreated soon became a savage. As is always, what happens when we mistread another. We make savages by removing the human dignity that we all must have. I do not think for a moment that the black people are driving to integrate with the whites. That is not what they are seeking, because to do this would be to annihilate themselves in due time. It would be to so thoroughly mix the blood that there would be no longer any whites or blacks. No, the black people are proud of their race, the same as the white people.

Aud: Everyone needs the feeling of being worth something, of human dignity.

Yada: That is right. They want human dignity, they must have it.

Aud: In this country people forget this and the story goes that every man has this quality and so forth, they say where is your ticket to dignity.

Yada: You can't buy this. There is no price you can pay for this, to attain it, you either have it or you haven't it.

Aud: Yada, wouldn't you say it is the same problem in the Far East?

Yada: Yes, of course. Every race of people have been enslaved in one way or another by another race. This is part of man's savage nature. This is part of his zombiism, of his robotism, of his not animal, but the beast that he has come here to lose, to rise above. Aud: To experience and recognize the beast in himself.

Yada: That is it! But until we do recognize the beast within us, we cannot find the human in us. I tell a story of this, of an elephant. It goes like this: A man was walking along a road in India and he finds a man on the road that is carving out of stone very beautiful elephant. And this man that came upon this scene looked around and saw no elephant. And he wondered to himself, "How does this man make such beautiful elephants and nothing to copy from?" So he asked the man, "How do you do that?" And he said, "Its easy, all you need do is look at the block of stone, become aware of the elephant in it, and then knock away everything that isn't elephant." LAUGHTER And so man must do that. First, he sees man in the beast, then (he knocks away everything that isn't man, which is the beast.) And he is free and he makes a beautiful human being. We are not born human beings, we are born beasts, we have to become human beings. This is the road to development, this is the path of waking up and becoming aware. It is a difficult path to begin with, but a sincere seeker ignores the difficulties. He has a point to reach, and he must reach it, he must reach it or die.

Like the salmon, when they go home, return to the spawning ground. They do anything but cry, they never sit down and cry, no matter what the obstacles. Sometimes they die, but they do not cry. They get home, because they have the will and the fire. It is called the great need to find themselves.

Just dying does not give us any better understanding than we had before we died. There are many, many people in what are called the lower realms of life that have no awareness that they have ever died. So how can they know anything more than they knew when on earth. It becomes a must to return to the classroom. They haven't truthfully graduated yet.

Aud: Are you speaking of humans or

Yada: I am speaking of humans, so called, but you see, they are not humans yet. You have what passes for the human, the Homo sapiens, but they are not. Humanness is an understanding; humanness is wisdom, besides knowledge it is wisdom. When we come into wisdom, we become human beings. You see, man did not spring from the monkey. He only did monkey actions later. LAUGHTER.

Aud: Are we going through the same as past civilizations or

Yada: They are going through the same thing. Because why? Because the humans do not grow en masse. A few individuals here and there, year after year, find their way, become human. And because they become human they turn around and see the human in the animal of those who have not yet gotten to the human state. And they serve those beings.

Aud: They try to educate them.

Yada: That is right. They seek to educate them, so the few pull up the mass or the many. Were it not for these few, man, en masse, would never grow. Now, in every-time, down through the ages, he is still the same as ever. Only thing is today you have laws that keep you in better control, somewhat better. But what is this? Holding down the savage sometimes very often makes him more of a savage. So we end up in mental hospitals, if not in physical sicknesses.

Aud: How long will it take, Yada, this war in Vietnam, when will this fighting end?

Yada: I do not like to make predictions about the human being because he is the most uncertain of beings in existence. He himself does not know what he is going to do next. But I say this; if you were fighting, if your country was really fighting for the freedom of this Vietnamese or the Koreans, or any other race, it would not last but a very little time. The struggle would be short. But you see, this is not the case. Wars are politically run. It's basically governments playing politics, with no interest in the people at all. This is sad to say about your country, because North America was chosen and I say this in all sincerity, your North America was chosen by higher consciousnesses to be the cradle of the Light of the World, long before any so-called Indian people existed here, long before. It was chosen to be the Cradle of the Light; the Light, when darkness will come to the rest of the world.

Aud: Will it come?

Yada: It will come, you must go through another period of darkness yet, before you come into the light.

Aud: What will cause the darkness?

Yada: What has always caused darkness? Ignorance, ignorance.

Aud: What do you mean by darkness?

Yada: Darkness of action, wars, destruction.

Aud: Will it be a long period like that in time?

Yada: Yes, yes. There has been much talk about the works of nature. But one that California will slide into the ocean. Pretty soon now everybody here will make themselves ready. Any moment now - get frightened because it is coming! My friends not in your time, not in your time.

Predictions. Some people seem to have a strong intuition for predicting disasters. Is there nothing good in man or in the world?

Aud: They don't know, don't mind unpleasantness.

Yada: Apparently not, apparently not. You see, basically, this is not true, for the very basic nature of man is not evilness. It is goodness, kindness, light - that is the basic nature. We are gods in the making, if we have to use the term god. We are creators, but blind for a while yet.

Aud: Why is all of our news media - all means of communication - the only thing that seems to be talked about in negative things, unpleasant things.

Yada: Because man lives in fear and this fear creates within him an intense feeling of unworthiness and unworthiness means he suffers from guilt, sham, you see the trap? We must do something to come out of this and this something we must do is to learn what love is. What is it? It is understanding, knowing first myself, knowing not 'who' I am, but 'what' I am. And I say to you, once you learn what you are, you are

a master of life. A master of life! (You could not turn a hand, a little finger to hurt another.) So your love would be of such proportion as to prevent you from doing that. It would destroy that insane animal in you, or me, if I were in the world.

Aud: What you are saying then is there is only one correct action to all.

Yada: Yes, yes. We cannot make a choice to whom we are going to give our understanding, we must give it to the human race at large,

Aud: Yada, can we not also do a lot by physical contact?

Yada: Of course. Of course. Hands! Beautiful things, wonderful things. They are an extension of the mind into the dream. They are for healing, and you need not do anything mystical about it, you need not add anything that would seem mysterious to others. You can heal without letting anyone know even that you are healing, by touch. putting your hand on in a friendly way. And at the moment, in the mind you are making a vivid picture of that person as being in balanced health. Then leave them say nothing, but go on doing your service of love. You see, when we let the world know, "I am a healer", we are putting ourselves in the limelight and it is a dangerous position to be in, because everybody wants to be in it and those that cannot, they stand out to the side and throw bricks at you. L A U G H T E R.

Aud: Yada, is it true, if you live. . . (tape is inaudible)

Yada: Yes. especially if those to whom he or she comes give their love. Love removes fear, anxiety, even from animals. In India there is a practice among the people of the Inner Teachings to have their students spend at least a year in the jungles without weapons to defend themselves, amidst wild animals. And it has never been known for one of these students to get himself killed. Because why? He does not ooze fear from himself, no fear.

But also, in the country of lions, these lions walk around and lay around their food, their living food, other animals. These other animals, these food animals, feel no fear until they sense the animal getting hungry, they sense it. And then they are careful how they move because they know the lions may not touch the one right beside him but pick one of the herd that lies at a distance and chase him down. And once the lion sets his mind upon one individual animal he does not take another. Where there is no fear there is freedom. Put anyone into fear and you enslave them.

Going into the astral world you will find several different states of being. One of them, for convenience sake, we will call the slums. People with slum minds on earth go into slum minds out here. Have you ever witnessed a person who lived in slums trying to adopt himself to other states of being where slums do not exist? It is very difficult, it takes time. In India, people - thousands of them, millions - live in filth. They eat filth to stay alive. Do you think that you can go in there and coax any of them out of it without first making ground work to educate them that filth is not something to live in? In Spain there are a people who suffer from blindness due to a certain kind of disease that eats the eyes out. They teach the children to be blind, to get the disease. They give them rags, filthy rags, that they have been wiping their eyes with so that the child can wipe his. Do you think you can stop them by going in there and saying, "That is an atrocity". "That is evil", even though these people are basically students of Catholicism in their own little way? Evilness is not evil, it depends upon the way we have been trained. The conditioned mind works automatically as it is conditioned to do. You want to stop them? Then go in quietly, go in with love, with compassion. Go in and do not let them know what you are doing, not until they feel sure of you, not until they trust you.

Same way in England, a very civilized country, the man Hitler's bombs cleaned out some of that filth but not all, and it is growing up again because the people were never educated. Nobody cared. Going to Russia, how do you suppose communism came to Russia? Out of nothing? Out of the goodness and kindness of the Russian Orthodox Church? And the Czars? Of course not! It is just the results of the beastality of these people that made a fine breeding ground for communism.

Aud: The ill treatment of the people, there they treat their animals better.

Yada: That is right. That is right, of course. Did your country say anything about the activity of the Czars, the brutality of the royalty and of the Russian Orthodox priests? But when communism got in there, the cry went up in the religions, the

the ignorant people and said, "God went out of Russia". God was never in Russia, that is why communism got in there. (Yada moves Mark's body back and forth) I do this to keep energies going in Mark's body.

Aud: I'd like to ask you a question if I may. My mother-in-law has been in different parts of this country and has seen people living in filth and the priest didn't help these people either. What can be done?

Yada: Of course. Right here in your country you have a people that you completely ignore, then go across the oceans to intrude upon other people. And it is an intrusion because all you do is seeking more protection from an enemy.

Aud: Insecurity over here and we have a lot of it.

Yada: That's right, that's right.

Aud: Yada, since we have been involved in this situation over in Vietnam, I've heard a lot of Americans say at the rate we are going we are going to end up like the Roman Empire. All overseas and the whole bunch here are going rotten. People live in fear all over the world. And because we are insecure and the more it continues, we will end up like the Roman Empire.

Yada: Of course, of course. Like I have said, violence only begets violence. Man must move away from this way of understanding, of getting the light. He must or he will perish. We must get together. We must talk and talk honestly, not out the side, the corner, of our mouth. We must talk honestly.

To get back to the blacks and the whites, the blacks know how they have been treated. They know, they are acutely aware of it, but the more educated know that violence will not solve the problem. Hatred must stop. I have suffered greatly at your hands, but when I come to know you and you come to know me, we will not seek for self gratification. We become the greatest source of peace of mind to one another. I do not see you as black, I do not see as white, I do not see as red or yellow, I see you as a human being. I recognize your needs. Only then can I be safe to help you, or you, or me. To blame is to not solve the problem, but what is to be done is important. Let us start doing and stop talking. I say us, because I am of the human species and I see this. I go back to my own civilization 500,000 years ago. It was the cause, the same thing, the same thing as it is today, it was the cause of the eventually violent destruction of my civilization. A series of such quakes as you in your time have never known. Ice came from the sky, great blocks of ice. Darkness spread across the land, so black no fire could dispel it. Winds, oh such violent winds. You know what all those things were? The eruption of hate, malice, fears, quirks. It is projected on the ethers,

Aud: Manifested.

Yada: Of course, of course. (Speaks in his language) It is forever this way.

Aud: Anything in our mind then manifests in that.

Yada: That is right. Your thinking affects all of your surroundings. And when we realize the vast number of people that are projecting their feelings around them, you can see the effects on the atmosphere, the ethers if you like to call it that.

My friends, I do not suppose for a minute that anything that I say here will in itself do anything because it is but talk. It is up to you to find the intelligence in what I am saying and apply it to your daily life. No one has the right to demand of another anything. But love will bring anything that anyone could ever want.

I say it will.

In time, I am going to communicate through this man to a small side of the United Nations. Just me, or just this man? No, there will be many sensitive people who will be called in, for this small stem of the United Nations is seeking to find some answers from the world and worlds beyond. Seeking minds dwelling in higher states of awareness, to see if something cannot be suggested that would bring a measure of sanity back to the human race. And in time, because if it does not come about, the world will perish. The world, man, has been destroyed from the face of the earth five times. Five times the entire human race has been destroyed from the world! But who did it? We did it. We must wake up! And I look and I see that we will this time wake up. With all the violence around, with all the blackness, the darkness, with everyone suffering everywhere, I still say to you, I see a light coming through. Man is going to get back his sanity.

Aud: Are we in the darkest period now?

Yada: Not yet. I am so sorry to say that, so very sorry, because I know how you feel about it. But truth cannot destroy, it can only build. So be assured the light is there. We must do everything we can to use it. Let us serve ourselves, we humans, let us serve ourselves now and stop serving Gods. Gods can take care of themselves - except perhaps the Christian God! He needs your praise, otherwise He cannot survive. He must be an egoist!

Aud: As long as we praise He will.

Yada: Of course. When you see someone striving to do a thing, no matter how badly he performs, if you give him credit for what he has done or what he can do, he will do much more. For giving credit is giving love. Love protects, love builds. Man is totally insane without it, and no religion will bring him back to sanity but the one of love. L O V E.

My honorable friends, I must withdraw for now. I do not know the limit of your time, but I know it is short for me to talk with you, for you to be here. But though Mark may go away, I will be with you as long as you want me. For I am love, I am. E notchi.

Anita: E notchi, Yada, and thank you very, very much.

Yada: Gratia, Gratia.

Anita: Does Mark need anything?

Yada: No, no he is all right.

We of the Circle are very grateful for the work you have done through the years.

We are most grateful and do hope that we can continue to be in close contact with you at all future times. Even though, as I said, Mark is not here, I'll be here. Thank you very much.