

Psychopose.

Introduction

From the beginning of time people have felt within themselves the stirring of the spirit of religion. Religion is the deepest thing in human life and is the process by which the individual is bound back to the source of their personal origin. This binding back process is clearly contained within the very word 'religion' which is derived from the ancient root-words 're' back, and 'ligare' to bind. For the ancients, religion was an active function which not only entailed the acceptance of certain fundamental beliefs, but which also involved the performance of a great many spiritual, psychic, mystical, psychological and biological practices of considerable significance. These people saw that life was a vast cosmic rhythm and they found that their own health, happiness and spiritual welfare depended upon the maintenance of this same rhythm within themselves.

Sacred dances were performed by all ancient peoples as part of their religious worship and as a means of inducing in themselves the smooth flow of life's creative rhythms. There are many references in *The Bible* to the dances performed by the Hebrews and by David; and in recent years ancient manuscripts have been recovered which describe the dances which Christ taught His disciples to follow. Among the Hindus, Javanese, Persians, Australian Aborigines, and in most other cultures sacred dances have always formed an integral part of Divine worship, and even though the cynic may refer to these as being 'pagan', in doing so they completely forget that all religion and worship comes from God and is a Divinely- given means of achieving union with the Lord.

As part of their religion the ancients also made immense use of symbols, representations, correspondences and hieroglyphics through which they were able to express vast truths and profound feelings that were unsuitable for communication by words alone. Some complex carved symbols and statues actually embodied a complete spiritual cosmology, and those who studied these things were able to acquire considerable knowledge concerning their own psycho-spiritual anatomy and

the various levels of the universe. The intentional embodiment of divinely revealed instructions concerning the correct manipulation of our human psychological forces is a very ancient practice, and was an extremely valuable means of transmitting high spiritual knowledge from one generation to another. Quite a number of these carvings, statues, symbols and architectural forms have been recovered by archaeologists and it is possible for us to examine them and unfold the truths they contain. The worship of idols and statues is, of course, the sign of the complete falling away from true religion, and it invariably occurs when a tribe or nation refuses to accept instruction and spiritual training, but seeks to carry out magical practices of some kind. In this essay we shall describe some of the high soul-knowledge transmitted by ancient works of art, and shall also make references to sacred symbols that are so commonplace that we fail to see their inner significance. The game of chess is one trivial example.

In addition to works of art, words also are important vehicles for spiritual truth, but only when their inner or esoteric meanings have been released from the loose connotational associations that have been superimposed upon them through common usage and scholarly interpretation. When people first began to speak they brought forth words that were rooted in their living soul. Since these early people were soul-conscious and also conscious of the Divine life flowing through them, they spoke from within themselves and charged each word with the spiritual voltages of inner life. Soul-words are the root-words of language, and if we wish to sense something of our internal life we are well advised to carefully examine the root-meanings of many of the words which we use. This truth applies to the root-words of all languages because in the final analysis all speech and power of communication is received from God.

True religion has always contained the power to heal spiritual, mental and physical illness, which was possible because ancient religion dealt with the whole person and appealed to all of the processes and dynamics in their personal makeup. It served to awaken dormant, unused forces; to correct deformities of outlook and habit; to break up complexes and fixations; to dispel ignorance; to co-ordinate every aspect of

body, mind and soul; and to set the whole life flowing in a forward and upward direction. The ancients made use of psychotherapy, hypnosis, rhythmic songs, coloured lights, herbs, massage, the laying on of hands, out-of-the body experiences, energy transfusion, and the application of spiritual powers in carrying out their religious healings.

Sadly, in the modern world we have completely forgotten how to use these things and even regard them with grave suspicion; we have forgotten the promise of Christ *"He that believeth in me, the works that I do shall he do also; and greater works than these shall he do:"* (John 14:12). We shall make a study of the practical methods of spiritual and religious healing in the various essays of this book, and will stress the necessity of procuring health and harmony of body and mind in order to undergo regenerative transformation into a new being.

Genuine religion enables a man or woman to become conscious of themselves, conscious of God, conscious of the world, and conscious of the laws and relationships that bind these together into a living unity. Modern people are asleep and carry out the complex tasks, researches and discoveries of life like somnambulists. 'Sleep' is due to dormancy and inactivity of the best powers of the spirit and it gives rise to a profound ignorance of the nature of the inner self. Our life is lived from within outwards and we must be on the best terms with our inner soul-self in order to enjoy true abundance of life. The biblical Gospels are full of references to people having active and efficient externals while their internals are disorderly, inactive and 'dead', and this reminds us that we must learn to expand our consciousness so that it includes inner things as well as external things, and then we can understand everything in the right relationship. Without this clear seeing of our own consciousness we are merely going to drift through life in a sleeping state, clinging to external things and basing our thoughts and behaviour upon the lowest and outermost aspects of Divine truths. The awakening of consciousness is a vital part of rebirth and is the first thing to which we must attend.

By sheer habit human consciousness is directed towards the external world, and in being concentrated there it has given humans a great and wonderful mastery of

nature, which has allowed us to elaborate an immense civilization whose properties we are able to enjoy every day. The Divine life which flows through every person is an inexhaustible power and wisdom which constantly inspires the mind to make fresh discoveries, to reveal new truths, and to bring the innumerable things of the environment into useful service for the benefit of the entire human race. The human race has made the mistake of directing its best energies and awareness exclusively to the external world, and in doing so has allowed the inner world of the soul to suffer gross neglect and fall into a state of ignorance concerning the very sources of individual existence and inventive ability.

In all ages a few mystics, seers, yogis and saintly people have renounced all contact with the outer world in order to immerse themselves in the subjective realm of mind and spirit. Their inwardly directed consciousness has been totally preoccupied with feelings, visions, mystical experiences and revelations concerning the spiritual dynamics of life, but this kind of life has led to inactivity, loss of practical application, a shunning of human society, and an inability to use the powers of the body in a correct manner. The insights gained by such people are neutralized by their inability to demonstrate how this high knowledge may be used in promoting the health, happiness and progress of all people. Life is essentially a unity and cannot be cleaved into separate parts. It is an inward power that needs to extend itself into outward application in order to complete itself.

Creation is always striving to bring forth the hidden things of the spirit into the best possible uses, developments and manifestations, where outer things depend upon inner powers for their very existence, and inner things depend upon outer things for the ultimate application and outworking. Humans have been created in such a way that we are able to live in two realms simultaneously: the inner world of mind and spirit, and the outer world of energy and matter. This becomes a matter of practical experience when we learn to enlarge our field of consciousness so as to be more fully aware of ourselves as a spiritual-physical being. Indeed, this is the manner by which a person may awaken from 'sleep' and enjoy wider horizons of reality.

From the most ancient times men and women of religion have always been very conscious of themselves as a whole, and such whole people are the real 'holy men', and this is no mere play on words because both *whole* and *holy* have the same meaning. Christ led people to distinguish the reality of the kingdom of heaven within themselves and at the same time obliged them to be mindful of external tasks and duties. He endeavoured to awaken people everywhere to be conscious of their inner and outer selves at the same time, and both before and after Christ enlightened teachers have taught the same thing. Throughout the ancient Middle East the word *Dhikr* was used, meaning to remember oneself, and self-remembering is the technical name given to the all- important process of being instantly conscious of what is within and outside oneself, and it is a process that has immense power to save us from darkness and difficulties. It is tragic that the Christian Church, in all its branches, has stamped down into forgetfulness this most essential religious principle. Fortunately it did not disappear entirely, but was kept alive in esoteric schools in Syria, Greece, Persia, Arabia, Turkey, parts of India, and other places. In recent years it has been reintroduced into the West and is now actively practised by many thousands of men and women. We shall now examine the method of becoming more conscious of ourselves by means of self-remembering.