

The journey passes through the seven valleys, the seven kingdoms, the chakras, the planes of consciousness, the degrees of faith. Often we only know we've been in a certain place when we pass beyond it. Because when we're in it, we don't have the perspective to know, because we're only "being." But as the journey progresses, less and less do you need to know. When a faith is strong enough, it is sufficient just to "be." It's a journey towards simplicity, towards quietness, towards a king of joy and peace that is not in time. It is a journey out of time, with no past, no present and no future, leaving behind every model we have had of who we think we are. It involves a transformation of our being so that our thinking mind becomes our servant rather than our master. It's a journey that has taken us from primary identification with our body, through identification with our psyche, on to an identification with our soul, then to an identification with God, and ultimately beyond identification.

-Ram Dass

Life in the physical realm is a preparation for birth into the subtle realm. Everything born into the physical world must die; however, a developed individual who learns the "immortal way" may be born again into a life of absolute freedom. A subtle transformation takes place within an individual when he succeeds in cultivating himself and attains pure wisdom. Immortal cultivation is a gradual process of practicing pure diet, energy conducting exercises (Tao Yin), and the cultivation and refinement of one's whole being. With this the heavy, gross energy of one's life begins to diminish. All of these practices are the preparation for breaking through the cycle of birth, procreation and death, and emerging into the immortal divine condition. As an individual's energy becomes more refined and subtle, he comes under the dominant control of the physical realm less and less. As such a life evolves, it gradually becomes submerged in the mighty ocean of spiritual energy, the universal divine energy, and a new life, governed by wisdom rather than emotion, is thus created. As one's sense of life broadens, the psychological ego is dissolved and entire body is positive and influenced. As one subtly transforms oneself, one leaves the gross realm and approaches immortal divinity. The evolution of the soul depends on the growth of self-awareness. This takes place over the course of many lifetimes through learning the "*internal way*" of the universe and following the precise and explicit methods of self-cultivation which are the heritage of the accomplished angel.

-Hua Hu Ching (Text)

In this realm it is no longer important to have the sense of an individual soul or spirit as the substance of one's life, for one's life is pure nature itself, the constancy of the universe.

-Hua Hu Ching (Text)

It is essential to understand that an individual must remain one with the constant virtue of life and dissolve the stiffness and rigidity gathered by worldly confrontation. When the internal metamorphosis is complete, he may emerge into a new realm of being in which he is one with Tao (God). This is the culmination of his evolution into the realm of pure freedom.

-Hua Hu Ching (Text)

The body, in its various forms, is the vehicle in which we may attain the experience of the numberless worlds. The human body is the vehicle of our experience of the earth, and the transfigured body, transformed beyond the shape of mere man, will be the vehicle of our experience of all other planets, stars, places, spaces, times and planes. The free life energy we are structured to develop through surrender (return) of mind and body to the radiant life-principle will be the primary, necessary and ultimate means of our migration beyond earth and man. And that same energy is the "spiritual body" in which we transcend even all the worlds of our evolutionary embodiment.

-Franklin Jones

"Hymn to America" from *(Thou Mother With Thy Equal Brood)*

Thee in thy future  
 Thee in thy larger, saner brood of female, male – thee in thy athletes, moral, spiritual; south, north, west, east.  
 Thee in thy moral wealth and civilization (until which they proudest material civilization must remain in vain)  
 Thee in thy all-supplying, all-enclosing worship – thee in no single Bible, savior, merely thy saviors countless,  
 latent within thyself, equal to any divine as any. . .  
 These! These in three (certain to come)  
 Today I prophesy.

-Walt Whitman

"All science is transcendental or else passes away. "Botany" is now acquiring the right theory – the avatars of Brahma (God) will presently be the textbooks of natural history."  
 -Emerson

Those who establish themselves in goodness rise upwards; the passionate remain somewhere in the middle; the dull (ignorant) steeped in the lower occurrences of the modes sink even more downward. The soul (spirit) evolves through these three stages; it rises from dull inertia and subjection to ignorance, through the struggle for material enjoyment to the pursuit of knowledge derived from insight and wisdom and happiness, but so long as we are attached, even though it may be to very noble objects, we are limited and there is always a sense of insecurity since "Rajas" (*passion*) and "tamas" (*dullness*) may overcome the sattwa (*goodness*) in us. The highest ideal is to transcend the ethical level and rise to the spiritual. The good man and woman should become saints; until we reach this stage we are only in the making; our evolution is incomplete.  
 -Bhagavadgita

"There are different roads by which this end (of spiritual apprehensions) may be reached; the love of beauty which exalts the poet; that devotion to the one and that ascent of science which make the ambition of the philosopher; that love and those prayers by which some devout and ardent soul tends in its moral purity towards perfection. These are the great highways conducting to that height above the actual and the particular, where we stand in the immediate presence of the infinite. Who shines out as from the deeps of the soul."  
 -Plotinus

Man's idea of evolution is science and technology. God's idea of evolution is for mankind to return to it's "true nature" or "true self." And all things will be added to his remembrance.

But seek first the kingdom of God and his righteousness. And all things shall be added to you.

-Jesus, Matthew 6:33

But the helper, the "Holy Spirit" (your true inner self) whom the father will send (uncover) in my name (when you attain (or return to) Christhood), he will teach you all things and bring to your remembrance all things that I said to you.  
 -Jesus, John 14:26

Soul Development

E.Cayce, A.R.E. States:

For life – or the motivative force of a soul – is eternal. . .

For each soul seeks expression. And as it moves through the mental associations and attributes in the surrounding environs, it gives out that which becomes either for selfish reactions of the own ego or – to express – or for the I AM to be at-one with the Great I AM THAT I AM.

What then are the purposes for the activities of an entity in a material plane, surrounded with those environs that make for self-expressions or self-activities in the various ways and manners?

What meaneth these? That self is growing to that which it, the entity, the soul, is to present, as it were, the Great I AM in those experiences when it is absent from materiality.

These become hard at times for the individual to visualize, that the mental and soul may manifest without a physical vehicle. Yet in the deeper meditations, in those experiences when those influences may arise when the spirit of the Creative Force, the universality of soul, of mind – not as material, not as judgments, not in time and space but of time and space – may become lost in the Whole, instead of the entity being lost in the maze of confusing influences – then the soul visions arise in the meditations.

And the centers becoming attuned to the vibrations of the bodily force, these give a vision of that as may be to the entity an outlet for the self-expressions, in the beauties and the harmonies and the activities that become, in their last analysis: just being patient, long-suffering, gentle, kind.

*These* are the fruits of the spirit of truth; just as hates, malice and the like become in their growths those destructive forces in creating, in making for those things that are as but tares, confusions, dissensions in the experiences of an entity.

Those then are the purposes of the entrance of an entity into a material plane; to choose that which is its ideal.

Then ask thyself the question – gain the answer first in thy physical consciousness: "What is my ideal of a *spiritual* life?"

Then when the answer has come – for it has been given by Him that is Life, that the kingdom of God, the kingdom of heaven, is within; and we view the kingdom of God without by the application of those things that are of the spirit of truth – these then answered, ye seek again in the inner consciousness: "Am I true to my ideal?"

These become then the answers. This and that and the other' never as pro and con. For the growth in the spirit is as He has given; ye *grow* in grace, in knowledge, in understanding.

How? As ye would have mercy shown thee, ye show mercy to those that even despitefully use thee. If ye would be forgiven for that which is contrary to thy own purposes – yet through the vicissitudes of the experiences about thee, anger and wrath give place to better judgment – ye, too, will forgive those that have despitefully used thee; ye will hold on malice. For ye would that they Ideal, that Way ye seek, hold no malice – yea, no judgment – against thee. For it is the true law of recompense; yea, the true law of sacrifice.

For not in sacrifice alone has He sought His judgments, but rather in mercy, in grace, in fortitude; yea, in divine love.

The shadows of these are seen in thy inner experience with thy fellow man day by day. For ye have seen a smile, yea a kind word, turn away wrath. Ye have seen a gentleness give hope to those that have lost their hold on purpose, other than the satisfying of an appetite – yea, other than satisfying the desires of the carnal mind.

Hence as ye give, ye receive. For this is mercy, this is grace. This is the beauty of the inner life lived.

Know then it is not that judgment is passed here or there. For know that God looketh upon the heart and He judgeth rather the purposes, the desires, the intents.

For what seekest thou to lord (laud) in they life? Self-intent? Know ye not that it was selfishness that separated the souls from the spirit of life and light? Then only in the divine love do ye have the opportunity to become to thy fellow man a saving grace, a mercy, yea even a savior.

For until ye have in thy own material associations known thyself to be the saving grace to someone, ye may not know even the whole mercy of the Father with the children of men.

Then it is not of rote; it is not ritual that has made for those influences in thine own experiences; but in whom, in what hast thou put thy trust?

He has promised to meet thee within the temple of thine own body. For as has been given, thy body is the temple of the living God; a tabernacle, yea, for thy soul. And in the holy of holiest within thine own consciousness He may walk and talk with thee. How? How?

Is it the bringing of sacrifice? Is it the burning of incense? Is it the making of thyself of no estate?

Rather is it that ye *purpose!* For the try, the purpose of thine inner self to *Him* is the righteousness. For He hath known all the vicissitudes of the earthly experience. He hath walked through the valley of the shadow of death. He hath seen the temptations of man from every phase that may come into thine own experience; and yea, He hath given thee, "If ye will love me, believing I am able, I will deliver thee from that which so easily besets thee at *any* experience."

And it is thus that He stands; not as a Lord but as thy Brother, as thy Savior; that ye may know indeed the truth that gentleness, kindness, patience, brotherly love, beget – in thy heart of hearts, with him – that peace, that harmony. Not as the world knoweth peace but as He gave: "That peace I give you; that ye may know that thy spirit, yea thy soul, beareth witness with me that ye are mine – I ma thine," even as the Father, the Son, the Holy Spirit.

Even so may thy soul, thy mind, thy body, become aware of that which renews the hope, the faith, the patience within thee.

And until ye show forth in His love that patience, ye cannot become aware of thy relationship with Him. Even as He has given, in patience ye become aware of being that soul – that seeketh the Father's house that is within even thine own consciousness.

End of statement

-E. Cayce, A.R.E. Foundation

The first natural spirits took life forms as part of the materializing process of evolution. All lives are actually spirits in different forms. Spiritual energy has many different levels. The shape of a human being is an expression of inner adjustment and is the result of self-cultivation through many lifetimes. In certain ancient books their illustrations of our ancestors, the first beings, had nine heads on a snake-like body. Possibly each head did one job at a time, like the intellectual mind does now. The beautiful simplification of the human form and mind evolved through millions of years to have many functions, with one head and two hands and feet instead of many invisible feet beneath the belly. The human form is an artistic work of spirit. If the spirit is correct, it will sooner or later take the right shape. This is similar to a great artist who spends years mastering the skills of his art, yet the value lies in what is actually produced with the skills that were cultivated. Skill is not a totally external development. Inside a great master is the spirit which was there from infancy, waiting to be correctly shaped.

-Hua Ching Ni (Teacher)

Although the physical body of a human has changed considerably from its firm formation or involvement with creation, and will continue to change in the future as Mother Nature makes it (the physical body) more adaptable, the inner essence, consciousness, self awareness (real you) has and always will be the same.

It may be possible that throughout evolution the outer body has changed, but the spirit *inside* has always been the same.

-Pope John Paul II

If one never learns to transcend one's own body and thoughts, one will never *become* human (humane).