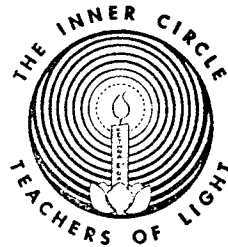


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**MARK PROBERT**  
and



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#### E YADA DI SHI' ITE

This personality was born in the city of Kaoti (City of Temples) in a civilization called Yuga (Vast Body), or Yu. This civilization consisted of 180 million people and existed a half million years ago. It was located in the Himalayan Mountains. He was taken from his mother as a baby and raised in the temples, to become a Kata (Priest) and later High Priest or Yada. The word really means "Spirit Life": He was therefore one of the heads of a mystical order called "Shi Ite".

The "Yu" civilization had been founded by a man named Na Sep Ni Ha, meaning the seventh son of a family named "Ha". E Yada was killed in a violent quake that completely destroyed the civilization along with eighty million of its inhabitants. E Yada was about thirty-four when he died and the "Yu" civilization one thousand and twenty-four when it died.

MRS. FANNIE G. GIBSON  
5410 Larchwood Road  
Springfield, Virginia 22151

1959

Yada Di Shi' ite speaking -

It is a pleasure to have you with us tonight and to know that you are truly interested in the study of what is called "Life". As you already know, we are going to speak this evening on one approach to what is called Mind, Consciousness, namely "Hypnosis". But I do believe I shall work in another thought which will go well with this talk of "Hypnosis" and this is called "Reincarnation".

Consciousness -- In order to have consciousness there need be something called the "All-Conscious Mind". All things created, work their way slowly towards what is called self-awareness. Man, as well as all other things, took this path called the evolution of consciousness. It is the art of becoming increasingly self-aware. This means coming out of a sleep state, the sleep that is conscious but not self-conscious.

\* To come into the physical world means going into a deep sleep state, a hypnotic state brought on by our deep desire. All things are created out of desire. With this desire is a word called "need". The need is called "self-expression". This is the very nature of life - self-expression. Man, not physically speaking, but mentally, is the creator. He is the eternal Light and what the Christians call "God". All that is, was created by Mind, and this Mind is the Mind of man.

However, a few men got together, and seeing the fears of their fellow men that sleep, the sleep of trance -- realizing the deep fear within them, knowing how blind they were -- stole man's rightful heritage - that of being God the Creator -- and gave it to an idol: a physical belief. Now it has become the individual's necessity -- not duty, but necessity -- to win back this heritage. To do this he must come awake.

It is thought that the art of hypnotizing someone is putting them in a sleep, where they operate through what is called the unconscious self. It is just the reverse! Hypnosis wakes one up because it destroys his belief, his hypnotic belief, in things that have acted as barriers to his progress and expansion of awareness.

Let us look at this waking up through hypnosis a little closer. One thing it does first: It destroys the belief of time and space being what is called external entities in themselves. It destroys the belief that these external entities seemingly can be barriers, barriers to one's flight into Mind -- Mind which is space, which is time. When the individual realizes that he is not trapped by the world of matter, he automatically accepts his rightful state -- the state of being everywhere present -- everywhere present.

Today there is a great belief in what is called "retrogression" in the hypnotic state -- meaning projecting one's consciousness back in time? Most certainly not! But re-experiencing in Mind not in time. Replaying

that which was played before. "Before" is a time word, a misnomer. But those of us that still are hypnotized by the senses, that have been conditioned by those who sought to be authority over us, still hold on to the belief that time is a barrier, yet they believe they are moving around in time and space.

If time was a barrier there could be no motion at all! If time was an actuality there could be no motion at all. Let us take a point here and one here. Let us say according to the measurement of what you call a sensitive gauge, it is an inch. It would take forever and ever -- whatever those words may mean -- to cross that distance from one point to another measuring an inch. One would never make it. Do I make myself clear?

So now we see there is no moving in time and space. We see more clearly that motion is a thing of the consciousness. And bear this please in mind -- it is not of the nervous system. It has no connection with the nervous system. In other words, motion is not a physical sense thing. It is a condition of the mind entirely separated from what the physical self can do. To be sure the physical self is limited in its action because the mind has put those limitations upon it. But they can be broken, these limitations! And the proof of this is not only in what is called hypnosis, one by another, but in our own state of hypnosis -- self-suggested! I am tied to a body. All right, I take the suggestion and I cannot get out of the body -- I am locked in tight.

Now, my friends, in the first place, consciousness is not in the head. You, Mind, You are operating your physical structure very much like one would operate a puppet on the end of a string -- not in a body. You cannot get into the body. Your scientists know, your medical men know, anyone who has dissected what is called a cadaver knows there is no spirit in the body. The spirit is here. Where? Here in the Consciousness. If the consciousness was limited to what is called the chemical reactions of the brain, then of course I would say you could not get out of the body. You would then be locked up in this box on top of your shoulders!

I am going to take you back. I am going to regress you, or I am going to project you forward in what is called time. These are false concepts! That which is to be, is. But a hypnotic belief that there is a here-now, and then later a future, and then something in the past, that we once called here and now. Do you need to be hypnotized to remember an experience? No, with a little patience you can go what you call "back" to what could be thought of as the very beginning of time -- meaning the beginning of the three-dimensional frequency or vibration.

My friends, let me go for a moment to that case which has become talked about to a great extent today, called the "Bridey Murphy" case. It is said that this lady of today, this Ruth Simmons, "went back" in time and became once more Bridey Murphy. Is the name Bridey a name, or is

it short for something else? Bridget? Bridget Bridey Murphy Simmons. Which was she? None of these! A person is not a name. How could a name exist? It has its existence as a tag, a label on an unknown quantity -- mis-called the Spirit, the Soul, and many other names. They are all tags, labels. Let us call it for a moment "X" quantity. That does not make it anymore what it is than any other label. "X". So this "X" quantity was given the name of Ruth Simmons in what is called this life experience. In other words, the present. When did Bridey Murphy die? How old was she when she died? To know this will make a great difference as to who it was that died. For my characteristics -- those which go to make up a something called me -- are not today what they were in the so called yesterday. Why? Because I am a composite of experiences. My experience of today makes me appear to you to be one kind of a person -- a unit, a seemingly unchangeable unit --but tomorrow my experience will change me again, and again and again in every seeming tomorrow.

Let us say I "die" when I am twenty years old. In appearance I am what is called young, fresh, very active, full of life. Twenty years from the time I died will make me forty years old. Suppose somebody in the physical world then wants to talk to me through perhaps another body, (a medium) or suppose that by materializing a body of my own, I come to them. Will I come and talk to them as a twenty year old, or as a forty year old? Would they recognize me if I talk to them as a forty year old when they knew me only at twenty? My whole outlook in those twenty years, my feelings to life, my inner attitudes as well as my outer attitudes will have changed me from that which I was known at twenty. So who died? At eighty again, a great change. Not only by observation from others am I different, but I feel the great changes within myself. Yet who died? A set of experiences died! Does that sound reasonable?

Now I find myself in what is called the astral world -- at eighty will I have a great desire to get back into the physical body and do eighty years all over again? Were I twenty I might have such ambitions, because I would feel the need for further physical expression. The fires in my young body would still be very high. That alone would be recalled and would act as a driving force back to the physical feeling world.

Born again. Ruth Simmons. As Bridey Murphy she was very ignorant and apparently a self-centered individual. As Ruth Simmons you do not find this quality so highly developed. So who was born again? What happened to that ignorant self-centered individual? What died? The personality died. The belief called Bridey Murphy died, but the creator was a dreamer and kept on dreaming -- building new sets of ideas, creating new forms!

My friends, that which is once created by the creative mind (the con-

consciousness) cannot die, but it must be manifested in some kind of form. There are many states of consciousness. There are rather, I should say, many states of self-awareness, and only one state of consciousness. That which is called the consciousness, we may think of as a static field or condition. That which is called self-awareness as fluidic. Combining these two you have the sense of motion. In every state of consciousness there is always the illusion of "out-here-ness". Out-here-ness as something different than the creator – the creator of the out-here-ness.

Let us take it this way – going to sleep. In your sleep you find yourself walking around in a dream. You (consciousness) have created an out-here-ness to walk around in, to build form in, to lend yourself the impression that there are "things", and that these "things" are detached and different from you, their creator. There is much talk of "in here" and "out here". Actually, my friends, there is no "in" or "out". It is a self created condition --both of them. There is nothing to go into nor come out of. Man as the dreamer creates his dream and believes it. It is said in your Christian Bible that God looked upon his creation and thought it good. If he thought it bad, it would have instantly ceased!

Hypnosis – self-suggestion – is a powerful force. Sometimes it is called "positive thinking". My friends, very few human beings so called – very few -- "think". To actually think is to create, and the creation is called ideas. Mind-thought is creative of an idea called "Man" -- Man, meaning form. In order to have an active creation the idea had to assume externalization -- outwardness. I look at the body. Experience tells me it suffers the belief in pain and pleasure. It appears that pain and pleasure are two separate things. But I think you know it is only one thing. It is two sides of what is called one coin. Is this made clear by that expression? The two sides of one thing called the coin? There is no such thing or condition as pain in itself, nor pleasure in itself. What is to me pain, may be pleasure to you and vice versa. Pain and pleasure. Let us take what you call the masochist and the sadist, and you put these two people together and they are in heaven.

It appears that there is something called your mind and a something called my mind. Now this is not so! If it were so, there could be no contact between us -- none whatsoever, no communication at all. But because your mind and my mind is One Mind, we can never be separated from one another.

What proof is there about your mind and my mind being one mind? Let us go back to what is called hypnosis. You place one in a hypnotic state and you suggest to them that you now have some food and you are going to taste it. You do not tell what it is. You just say you have some food and you are going to taste it. The moment you put that food in your mouth, they will know what it is. More than this they will taste it. Do you have to be hypnotized? Is this a necessary requisite to have an experience

of this kind? No. Let us take the fruit which you call a lemon. You bite a lemon in front of another person and watch his mouth drool! He is tasting it. One Mind! Do the taste buds taste? Is there a something called taste in food? Is the word taste a property of food, or of the taste bud? One would naturally suppose of the taste buds. But again it is not so. The demonstration was given a little while ago with the food. How did the individual know what was being eaten by the other? He had none of it placed upon his taste buds. Yet he responded in every way to the taste of the food.

Question: If the taste buds do not govern the individual's knowing what taste is, why is it that one food might taste sweet to one individual and bitter to another?

Answer: That is due to what is called "memory". Memory, or an experience in memory, in mind, in consciousness, if you wish. Not an experience that has taken place in what you call the "now", or in the "past", but an experience that has taken place in consciousness which we have come to believe is in time. Such an experience has been recorded, and the memory of it lies in mind. The memory of it will be transferred once more to what is called the taste buds, through the senses.

Question: Isn't it true that the human eye has taste buds as well as the taste buds that you were referring to?

Answer: Indeed yes, for if we use our eyes properly before we put food in our mouth we actually taste the food with our eyes before we taste it with the taste buds in the mouth. How is this? The eyes cause a stimulus, an excitation that causes the glands, which you call the saliva glands to secrete saliva, preparing the mouth for accepting the food so that digestion can be better. Digestion starts with the mouth. Is it not so?

Question: This can happen in the ear also?

Answer: It can, in a sense. Any sense can be transferred from one to another. The skin of the ear lobes -- through this one can "see", through the skin on any part of the body, one can "see". In what you call the distant past, and which I shall simply call consciousness, man went through a stage where his entire outer form -- what is called the surface of his body -- was like eyes, extremely sensitive to light. Light of course meaning degrees of light.

As what you call time moved on, man found a necessity for building a more sturdy, usable body -- a more practical and effective body. What happens when an individual is going to re-embody? He has to prepare himself for the existing conditions. The existing conditions do not prepare themselves for him. They only do so after he has advanced mentally and

realizes that he is his own creator as well as the creator of everything -- then he can prepare the condition. Until that time, the conditions -- he must abide by them. You cannot destroy life though you may cause endless mutations of form.

All of this has to do with the topic of "hypnosis". Re-embodiment. Here we come to the going and the coming. I take on a form, I take off a form, and where am I in my nakedness between the two? Some believe they know, and they call it or me a ghost, a spook, an astral shell. In the astral shell it is said that I died again and I became more naked than I was before! I died again and that which survived the astral death is called by some people the "life spark", or the "monad". This monad it is said flies quickly -- I do not know how fast, but very quickly -- to the heavenly state -- Nirvana. There it luxuriates! What is the word "luxuriate?" "Complacent" is a better word or "indifferent". I am now going to "do nothing" until such time as it becomes necessary, meaning that I have to be booted into it to do something again.

Question: There is nothing wrong with having fun, Yada?

Answer: That is all that life is for, but be careful how well you like it because it depends entirely upon what you mean by "fun". Some people's fun is murdering other people!

My friends, I am not being sarcastic or making fun of other people's beliefs. I am trying to point out that it will pay us to think about what we are saying, and what we believe. What is a "ghost", what is a "spook", or what is an "astral shell"? What is a "life spark"? We have used the word many many times. What is a "monad", what is the state called "Nirvana"? Is it doing nothing? Is the life spark simply a word? Is a ghost something in itself?

Here is something called a "table" in your language. In my language it is called a "mayata". It is neither mayata nor table. What is it? Looking at it with a better vision, beyond what is called surface creation, we find the building blocks which man calls in English "atoms". An aggregate of something called "matter". Aggregate? This sounds like the word atom, it sounds like something in itself -- an atom.

Let us look at the atom. Here we find what is called positive and negative forces at work. The word "work" means action. But what is it that is moving? Today in your world it is said the atom is 90% nothing! Now let me ask you: Have you ever heard of something that is 90% nothing? Can you conceive of 90% nothing? All right. It is a mis-statement, a misleading statement. If one said 10% something, then this would make sense. But, I do not know what kind of sense even so. For what is the nature of that 10% something as compared to the 90% nothing? What I am thinking about in asking these questions is a something that you seem to lean on and love so greatly -- called "matter". Where is the reality of it? I say to you that



there are no such things as particles of matter! You have a condition called stresses and strains, in what is mis-called space. Stresses and strains must have something to be stressing and straining in.

Question: Is matter just more stresses and strains?

Answer: Exactly so. Particles, so called, or stresses and strains are not in space as a different thing than the stresses and strains. Matter is moving in matter. Or if you like to call it energy, it is all right. Energy is moving in energy. We cannot say that the surrounding spaces of an energy field are something different than the field itself.

Continuing with hypnosis, I now make a movement with my hands. Is everybody looking at my hands? You are now under hypnosis! Certainly the so called agent that uses the words and the gestures to put one into a hypnotic state -- he is not putting that one into a hypnotic state, but the subject is putting himself into a hypnotic state! It is a form of release from responsibility. I am not doing this, he (the hypnotizer) is doing it. I didn't want to become Bridey Murphy -- he made me. And so it becomes easy to be Bridey Murphy by somebody else making me lose the responsibility of my acts. I do not have to be responsible. I was told to be Bridey Murphy. This is also the attitude we take in the physical world in making our mistakes. We say: "I did not do it, I had nothing to do with it, I wasn't looking, but look what he did to me".

Question: Since the beginning of time, then, hypnosis has been used?

Answer: Yes. I may want to hypnotize a part of my body or someone else's body. I may want to release the belief in pain. If I suggest to this individual that he does not feel anything, does he then believe he does not feel anything? No, this is incorrect. He simply shuts off the idea, the belief, in an arm or a hand or a finger. What is a hand? What is a body? It is an extension of your consciousness or awareness.

A hypnotist says to you, "I want you to go into a hypnotic state, and I want you to go to a distant city. " How are you going to go there if you still believe you are a physical body? You cannot get out of it, cannot get away from it. Is this not so?

So the hypnotist removes the idea that one is a body. And that places one in the position of being everywhere present. The next thing to suggest is "where" to be aware of. Not where to go, but where to be aware of! And one takes that suggestion and pin-points his awareness sense in that place. Do you want to object to that?

Question: It seems questionable whether you go to that place or bring the place to you. In other words, you are aware of all places, but you only make yourself think of that one place?

Answer: Yes. Centering your consciousness on what you believe, or what you have been told, what has been suggested to you, as to this place, that place, or the other place.

Question: If you haven't been to Chicago, and you heard a few things about it, and someone says -- under hypnosis -- "You go to Chicago", can you bring Chicago to your awareness? Also, can you then see things about it that you haven't heard about, as in an astral projection, or do you only bring to your mind what you have already heard about it?

Answer: First you are told to go to a certain place, a certain point, a certain location in the city called Chicago. You are told first, what to look for. This gives you a point to hold onto -- to attain and hold onto. From there on you may make many suggestions to yourself of conditions that are there and they will be there and I mean to say they will be concretely in the physical.

Question: So then it would be provable by someone else who was actually in Chicago?

Answer: That is right. The consciousness needs an "aka cord" to get started off. After that the self puts out its own "aka cords" or feelers. I want to go to a place called Chicago. I have never been to Chicago, but I am going to go there anyway by what is called an extension of my awareness. I take a deep breath. Now where is Chicago? Chicago is in the minds of people and the minds of people is all ONE MIND. Do I have any trouble finding it? No. So I take a deep breath, I hold my awareness here in the center of my forehead, I send out feelers, send out a sense of feeling and I begin to feel Chicago. All things are sensory, and yet not sensory of the body.

Again, I want to get rid of a disease within myself. I concentrate upon it, but before I do this I try to find out whether or not I brought the idea of the disease back into this life-time from another life-time. Many a disease that one has today in his physical structure in this lifetime is brought over with him from other life-times. They have been created and re-created out of feelings of guilt and shame and frustration. So I go back into my meditation, go back into my past lives and I want to know. If I find nothing there to show that I brought the disease back from another lifetime, then I am fairly certain I can rid myself of this disease. If I did bring it over, then I must find out why I brought it over and what I am to do with this feeling of shame or guilt. When I clear up these feelings of guilt and shame, then I can go to work on the ailment and get rid of it very easily--very easily!

It is said that some people cannot be hypnotized. Everybody can be hypnotized because they are already hypnotized! Each individual, however, must have the proper person to act as the hypnotizer for him. If there is an inner feeling of rejection, the smallest emotional feeling against this individual who is going to act as the hypnotizer, he is through, he cannot do it. But, if the hypnotizer can create love for himself in that individual, the response will be beautiful. That individual will let go because he will

feel safe in the keeping of this other. He will do anything, and he will even go to the extent of over-doing. He will dramatize a small and very undramatic event, all because of this warm, safe, happy feeling --feeling of trust and security. What creatures we are! What strange and unbelievable creatures. Does anyone here want to say anything about hypnosis?

Question: I recall at one time when you were talking to us about hypnosis you spoke of the use of a shining sort of a disc that was spun before the individual you wished to hypnotize. Now if a method of this type is used, is it necessary for the one to be hypnotized to have a great deal of love for the one who is doing the hypnotizing, or is his attention so centered upon this bright object that he forgets about that?

Answer: He may be able to capture the attention of that one, but if that one rejects him even unconsciously -- unconsciously -- if he rejects him for any reason at all, he will not be able to reach him under any circumstances.

Question: But a bird does not have love for the snake that hypnotizes it!

Answer: That is fear! Fear! It is not a matter of love, most surely not. Of course, you can hypnotize and do hypnotize another with fear. But the results are to say the least monstrous. Your picture boxes, your television, talk, talk, talk about what is called disease of cancer, heart trouble, lung trouble, etc. You are having gas on the stomach, you are gasping, you take this, you take that. Every day, day in and day out. Is it any wonder that people are becoming disease conscious!

Question: Are they not creating a market for their product?

Answer: They are creating a market for what you call the undertaker!

Question: Is there not some good on television?

Answer: I am not speaking of good or evil. I am simply speaking of the conditions which I say are hypnotic. Even your so called "good" is hypnotic. I am only speaking about the power of hypnosis.

As to the good and evil of it, it is said that an individual will not act against his own nature under hypnosis. What is the "nature" of one's nature? What is meant by this please? When I am under a hypnotic spell, remember that which is hypnotized is a composite of experiences -- going back to what you call "endless time". I use your expressions now. Back into endless time, experiences, experiences, recording, recording. What is my nature now? Does anybody know? Not even I know. For today at this moment, under this kind of action, this kind of condition, I am a very nice person, a beautiful character. But suppose I am put under certain duress in which the element of danger to my physical existence is more than I can bear. Then I am likely to become a violent, murderous individual because I am recalling an experience I once had which destroyed my physical self. I know what it is like and I do not want to die. I want to live. I am a sweet person when I am not threatened. But, threaten me and I am an animal of the jungle. No, to hypnotize one -- you had better love them -- then you

can reach the animal and control it. You can reach the brute, the violent nature within and control it.

A man claims to be in love with a certain woman. He is hypnotized by his desire for her, and he calls it "love". Now he is caught in this self suggested belief and believes that she did it! He accepts the suggestion that she is responsible for his predicament called "love"! He is going to have her at any price — even her life. He is so caught in his fascination that he will murder her — or she will murder him as the case may be — if the one cannot have the other. Is this not hypnotic? So they get married, if conditions are right. How much longer will it be before he comes awake? Or she does? Come out of the trance and wish they were dead!

Question: Hasn't man confused the word love with sex? Sex is a force merely to re-seed the earth. Love is a thing of the mind.

Answer: To be sure. But love and sex go together. When you do not have love you do not have sex. You destroy your body and the other's body if you attempt sex without love. You literally destroy them and yourself. An energy is passed between two individuals in the sex act, an energy that has nothing to do with the spermatic germ — it is electrical. When there is not love present, the electrical charge destroys the body. It reduces the energy so that one is in a highly nervous state when the act is over instead of relaxed and happy. Do you think this does not tie in with what you call hypnosis? Certainly it does. Everything we do has an element of the hypnotic!