

any time of the day, when you are faced with an important decision or test, be aware that the divine qualities and talents to help you correctly are only a moment of attunement away.

So many of you live your lives based on your judgments of the past. You are simply reliving past relationships today. Can you not see that you live in the past, you are condemned to repeat the past today. But there is another path open to you. You can tap into that flow of Divine Intelligence, take fresh inspiration and create afresh, give birth to the new rather than recycle the old. So value each minute of the day as a God-given opportunity for you to exercise your divine talents creatively. Remember that how you live this minute in time decides not only the future but the past. How can this be so? Because the consciousness that you possess now, the inner eye that you look through now, will determine how you view the past.

Is it not a fact that as you grow older, in physical years that is, you can look back on earlier events in your life, events which formerly you regarded as being traumatic, yet which now you recognise were responsible for bringing great benefits to you? Similarly, is there not someone whose actions you have severely criticised in the past, but who now, in the light of your own experiences, you no longer judge so harshly? Finally, is it not the case that there are many events in your own life which although, at the time, you felt were of great significance but which, as the years go by, have now faded into insignificance? Therefore recognise that how you live this moment in time changes both the past and the future, for physical time is not a straight line of progression but is, rather, a circle of infinity. There is no past. There is no future. There is only the present. That is the only reality that you can know.

So how you live this day and, above all, the energy and the effort that you put into it, will decide the nature of your future and your past. You can, by a change of consciousness at this very moment in time transform both your future and your past. You can truly change from Saul to Paul. Such an act does not take time, does not demand days, months or even years of practice and study. It is an act of the now. It is an act of spiritual intelligence which, as such, is timeless. So when you awaken from your sleep tomorrow measure each minute of the day with awareness and consciousness. Think, speak and act with awareness and consciousness. See in every thing, in every being, that comes into your aura, an opportunity for spiritual growth and understanding, an adventure in cosmic intelligence.

Recognise that how you handle your tests affects not just you but

whole of Humanity, for one being living a life of awareness and understanding, a life of cosmic intelligence, can truly transform a whole planet. There is nothing to stop you reaching the stars but your own limitations. There is nothing to stop you from being at one with the Masters of the planetary and interplanetary planes except your own unwillingness to be at one with them. There is nothing to stop you from seeing the face of your Creator except your own unwillingness to use your eyes. So look to this day, for it is life, the very essence of all life, in its hours lie all the realities of your human existence.

QUESTIONS AND ANSWERS

Q: Would you please say something about the nature of the relationship between human beings and the other life-forms on this Earth?

ZT: The life-forms of this planet had been in existence for aeons of time before Humanity incarnated on its surface in order to face its specific destiny. Now the life-forms of this planet are the creation of that Being which you call the Goddess, or Mother Earth, and the God of this solar system. These lifeforms have no free choice. They are linked to the intelligence of the Goddess. They automatically obey her will and purpose, as do all the servants of her Kingdoms – the elemental, the devic and the angelic beings. However, when Humanity incarnated upon the Earth, it was given the divine gift of free choice and was also given dominion over these Kingdoms. So the Goddess, of her own choice and sacrifice, relinquished her power and authority, for the time being, to the new gods that walked the face of this Earth, the race of Humanity.

So it can be said, with certainty, that you choose the nature of your relationship with the other Kingdoms of this Earth according to your point of consciousness and your understanding of the nature of physical life. Since Humanity is the most evolved life-form, the other Kingdoms look to you as their god. They look to you for their example, for the sustenance of their spiritual being. They therefore become like you. So you create your own world, not only by your thoughts, your words and your deeds, but also by how you influence the world in which you dwell. You are the creator of everything that happens on this plane of Earth, every single incident – every birth and every death, every earthquake and every flood, every drought and every pestilence. As you look at the Kingdoms of this Earth so you are seeing yourself, you are seeing what you have created.

will find that in all probability you will damage yourself on many levels of life. Remember also that you are not Superman or Superwoman! You cannot heal every day. You cannot heal every person that comes before you. However the closer and the stronger your link is to the Source of all Life, the greater will be your ability to serve the person that comes before you according to their needs. To achieve this closeness you need to nurture yourself, not in the sense of pandering to your desires, but in the sense of centering yourself more and more with the will of God.

Q: Could you please tell us something about the karma of nations? Being German I am particularly interested to know if it was the karma of Germany to experience two World Wars or were other factors at work?

→ ZT: It is all too easy to talk in generalisations when talking about karma, especially about national or planetary karma, but ultimately it is a fact that the nation or the planet is the sum total of all the individuals that go to make that whole. So collective individual karma becomes national karma. Souls choose to incarnate into a certain country either because it gives them the opportunity to learn certain cosmic lessons that they wish to learn or else because it presents them with an opportunity to transmute past karma. Having said that, let us also recognise that not everything that happens in life is always due to past karma. Humanity has been given the divine gift of free choice and each day, as you respond to the tests and challenges of the day, you are creating a karmic reaction.

→ Furthermore, let us also remember that the population of the world, the number of souls in incarnation on the Earth, is rapidly increasing. This increase is not just caused by old souls reincarnating. There are many new souls incarnating on the Earth who have not incarnated on the Earth for a very long time. Now these new souls, especially if they are very young souls, will inevitably attract the karma appropriate to their actions, for they still have much to learn, lessons which the old souls learned thousands of lives ago. That is why there is so much negative behaviour on the Earth at this time. That is why the consciousness of the relatively few old souls is being swamped by the unconsciousness of the mass of unevolved souls.

→ I have often used the analogy of a loaf of bread to explain the present situation. It requires only a little yeast, or soul-consciousness, to raise the mass of dough, or soul-unconsciousness, into a perfect loaf. But the proportions must be right or the loaf will fail. What we have in the

world today is too much dough and not enough yeast to raise it. That is why you have had two World Wars in the past and why, almost inevitably, there will be even more suffering in the future. For a mass of young souls, some of whom have not incarnated on the Earth for over five thousand years, are working out their karmic patterns. One of the great lessons in this situation for all old souls is not to take on board the karmic lessons of the young, not to take part in their karmic actions, to be in the world but not of the world.

There are, of course, deep karmic patterns that run back through families, through nations and through races. It would seem that certain sects, certain religions, certain countries are always being persecuted or are always involved in strife. One thinks immediately of Israel, of Ireland, of Poland and, of course, of Germany. Group karma is no different to individual karma. Everything that you do in thought, word and deed as an individual creates individual karma, and everything that you do in thought, word and deed with other people creates what I will call group or collective karma. If ten people band together to act negatively against another person, no matter whether it be in thought, word or deed, then they are creating a group karma. It is just the same on a planetary level too. If you are in incarnation on the Earth at this time and are responsible for helping to pollute or to destroy one of the Kingdoms of Matter, then you are creating planetary karma. So your actions can create karma on many levels. Perhaps you can now begin to understand the wisdom behind that well known aphorism - No man is an island!

When you examine the manifestations of national karma over the ages you have to rely, for the most part, on the history books, which are usually biased and highly subjective. It is very difficult to discern cause and effect. Very often you are left with a chicken and egg situation. Which came first, which action was the cause of a certain reaction? Let us take the example of Israel. The Jewish people have been persecuted on and off throughout history, but it was the extremes of the Nazi holocaust that created the desire in them to build a haven of safety where they could be free from persecution. Nevertheless it must also be recognised that the modern state of Israel was born out of bloodshed and violence and by the deliberate dispossession of thousands of Palestinians from their native land. Almost fifty years later the bitterness caused by this birth still exists and the conflict has grown to include many nations. The Middle East is like a powder keg which could explode at any moment and could engulf the whole world.

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~> ZT: Yes, you choose all the experiences that you are going to meet in your life. How you respond to them, of course, is entirely up to you and that is your learning experience.

Q: So when we die, if we've failed at something, we can decide to return in another life and face it again?

ZT: It is not quite like that! The wonderful thing about life is that there is no fail or pass situation. Life is just a learning experience. So what you do not learn in one life is simply repeated in subsequent lives, and then it is repeated on a higher level again and again and then on an even higher level again and again.

Q: When you say higher, do you mean harder?

* ZT: No, higher, a higher understanding of the cosmic laws that are involved. You are forever learning. It is not harder in the sense of more difficult to pass but harder in the sense that greater understanding and wisdom is needed in order to reach that point of consciousness.

Q: Why do we always have to come back to Earth to learn our lessons? Why can't we learn them on other levels of life?

• ZT: As an aged soul you can, of course, choose whether or not you wish to come back to this school of life called Earth, but if the whole purpose of your being is simply to learn your lessons, then there is no point in not returning to school, because otherwise you will not learn the great lessons that life on the Earth can teach you.

↓ Q: Zen Tao, if we can say that the purpose of life is to learn to sacrifice our sense of self-identity back to the whole, do we ever reach that point in time when we have to learn to sacrifice our sense of soul-identity too?

↓ ZT: Well, of course, you are asking me something which I have not yet experienced, otherwise I would not be here! However I am told by the Masters that that is indeed the case. It is a fact that people who fear death do hold onto the aspect of themselves that they know best, their personality-self. They do this because that is their form of self identity. So the same thing must also be true for those who hold onto their soul identity, although obviously it must be much more difficult to release one's sense of soul identity, because whereas the self identity has only existed for three score years and ten, the soul identity has existed for millions of years! Nevertheless, the Masters do say that one day we will

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ii all have to face this great test. It is all part of the cosmic understanding that the smaller is always contained within the greater. We all belong to a greater part, or a greater Being, and although we have self-identity and a sense of separation from that Being, nevertheless we are still part of that greater whole. It is by sacrificing our apparent individuality back to that whole that, although we lose our self-identity, we gain that greater whole and, more importantly, become one with the consciousness of that Being.

Q: But I still don't see why we have to come back here. Why can't we learn on the other levels of life and avoid all this human suffering?

ZT: You learn on all the levels of life. You are learning on other levels right now, for you are living in seven bodies at this very moment in time! When you go to sleep, you do not stop learning, for you visit other levels of life. There is no time when you are not learning. But this Earth, as I have said on so many occasions, is a very special place of learning. It presents you with a sharp and vivid drama which evokes a great emotional response from you. Just as when you go to the theatre and witness a great drama on the stage, you get emotionally involved in what is being presented to you and learn from it, so with the stage of life, where the drama is so well acted that you think it is real too. But it is not. It is only a drama, an illusion.

Q: I understand what you are saying on a psychological level, but when I cut my body it bleeds and hurts. Surely you are not saying that that is an illusion too? That illusion hurts!

ZT: Only a few days ago, my lady, you were recounting the story of when you were sitting in meditation and experienced a sharp pain in your leg. You discovered that there was a part of your being that was separate from your body, a part that was observing the pain yet did not feel it. You realised that you were not that pain and that if you chose to ignore it, it went away and became of no importance. You learned that you can choose whether or not to identify with the pain, in fact, whether or not to suffer at all. It is just the same with watching a drama on the stage or with watching the drama of life. You choose whether or not you are going to identify with it and become one with it. Now that does not mean that you can ignore a bleeding body and it will just go away, but it does decide whether or not you are going to suffer.

personality, with all of its conditioning, with all of its limiting concepts of the reality of human life, is ever present, but it should never be allowed to become the master for how can the mortal and the finite ever know of the immortal and the infinite? How can something which is born and dies even begin to comprehend something that is never born, because it never dies?

As you reach the end of this century so you are witnessing the final act of a great cosmic drama. The stage is set for a grand finale. Many different characters and story lines have been developed by its author, your Creator, in order to produce a great evolutionary ending. The forces of conflict which have been slowly growing over the past seven thousand years are about to meet in one final great battle. Many physical changes will also manifest at this time which will serve to accentuate the great drama. Only those who recognise that it is a drama, that the suffering is neither real nor lasting, will be able to handle and rise above these events. Only those who recognise the eternity of their being, not as an intellectual concept but as a cosmic truth, will be able to comprehend the divine presence behind this great drama.

So remember that you are actors on a stage, albeit a vast stage - the planet Earth. You are acting out a divine drama written by your Creator and, as such, it is a drama that knows no imperfections. It is a drama which embodies all the lessons of the Age, both for the beings acting in it and for the beings who are watching it on many levels of life. It is an aware person who looks for the hand of God behind every human action and who tries to see divine purpose in all human suffering. It is an aware person who remembers the inherent nature of the drama, namely, its temporality. So never identify with the actor or with his or her role. Do not even identify with the spirit that is empowering the role. Look for the author of the play. Look for the Creator of all Life that created both the drama and the actors taking part in it.

Finally, as you approach this grand finale, know that every hair on your head is counted, that every thought, word and deed that you project not only is being recorded, but is also contributing to the nature of the drama as well. In these times of great change, when not only the human cycle and the planetary cycle are changing, but the divine cycle as well, cling to that which is permanent and infinite - your Creator. Remember that you have chosen to be here because it presents a great opportunity for you to evolve your soul consciousness. Strive to establish a right balance in your life between the physical and the spiritual. Most of you are 90% body conscious and only 10% spirit

conscious. Try to redress the balance a little and become 50% body conscious and 50% spirit conscious. Above all, please remember that what is important is not the drama but is the consciousness that lies behind it. (Look for the consciousness in every situation, in every person, in every aspect of matter.) This final act presents you with a unique opportunity for soul growth. Seize it and do not let destiny pass you by, for what you meet in life is destiny, but how you handle it is determined by your self effort.

QUESTIONS AND ANSWERS

Q: The Master mentioned that many millions of souls are watching us from other planes of life. Why do they watch us when they could so easily come down and experience life on the Earth for themselves, or do they learn and evolve more rapidly from observation rather than from participation?

ZT: Well, firstly, the planet does have a physical size and the millions of spiritual beings that would like to take part in this drama simply could not be accommodated on this small stage! But that is not the real reason. The real reason is that the Race of Humanity is in a very special and privileged position. You have been given the divine gift of free choice and the unique dispensation to create in your own image. Now, although the drama of life on the Earth is fixed, nevertheless, you have the freedom to take part in that drama according to your own individual wills and desires. I mean, by this, firstly, that you can decide when you want to act and, secondly, that you can decide how you are going to play any particular role, where you are going to position yourself on the stage, what mannerisms you will adopt, the degree of consciousness that you will put into the role and so on.

* Now I have told you on another occasion that there are many beings in the Cosmos who do not have the divine gifts of either free choice or self-reproduction and that the great Interplanetary Lords regard this plane of life called Earth as a cosmic experiment, an experiment to see if a race of beings can truly learn of Creation through the exercise of these divine gifts without destroying either itself or the Solar Body of which it is a part, if such an event was to be permitted. Therefore many great spiritual beings are watching the drama that is unfolding on this little stage of life. They are watching to see if the Race of Humanity can

although you will have saved your country, will you have changed the pattern of human behaviour in the future? By winning the war, will you have ended the need for all wars, both now and in the future? Will you have actually changed the point of human consciousness?

Now there are many people in your world today who feel that it is quite justifiable to oppose what they consider to be an evil force with their own force. For example, there are people who call themselves 'animal liberationists', who seek to stop the acts of violence being carried out against animals by scientists in their laboratories. There are people who call themselves 'hunt saboteurs', who try to stop other people from hunting and from killing animals simply for pleasure. Such people truly believe that the end justifies the means and that they are quite justified in using violence in order to help save animals from violence. There are also people who are against the manufacture and the stockpiling of nuclear weapons, and who feel very strongly that they must oppose any government which supports the use of nuclear weapons, by any means that are available, including violence of thought, word and deed. They therefore devote much time, money and energy to opposing the people who do believe in their use. But do all these actions really lead to a change in human awareness, to a rise in human consciousness, not just in the short term but in the long term as well? Indeed, I would go further and ask if human consciousness has evolved at all, even over the period of the last two thousand years? Do you really think that Humanity today is more spiritually evolved than it was at the time of the incarnation of the Master Jesus?

In your world today, where you can see that on a physical, material level so much needs to be changed if Humanity is to live in harmony and peace, not just with itself but with the planet as well, it is only natural that you should direct all of your energies to trying to bring about change in the world. Nevertheless, I would like to point out one important fact, namely, that you can only change the world according to your point of consciousness. You can only change the world according to your spiritual concepts, your understandings of the need for change. It is imperative, therefore, especially at this time, that you ask yourselves whether or not this is the way to bring about a fundamental change in human consciousness and understanding. Are you really going to transform human consciousness simply by opposing the forces that you consider to be 'evil' and by upholding the forces that you consider to be 'good'?

It is so easy in the world in which you live today to be totally distracted by that world, to see around you all the things that need to be changed, all the things that need to be healed, and yet to forget to look inwardly. But if you can only change the world according to your point of consciousness, and if Humanity for the most part has been acting in this way for the last two thousand years and the world has not changed, then surely you can see that what is needed is a fundamental shift in human consciousness if the world is going to change. It is important, therefore, that you understand not only that you are the world and that what you do in thought, word and deed affects and changes that world, but also that you change the world by changing the nature of your consciousness.

So the essence of my message to you can really be summed up in these few words - change yourself and the world will then change as a consequence of this. Recognise that it is by the very act of refining and evolving your spiritual point of consciousness that you will bring about lasting change in the world. The way to change this world is not by outer action alone but by inner action as well. The world as a whole will not change until you, as individuals, have changed. Recognise that the fundamental shift in consciousness that has to come about is not a shift in world consciousness, is not a shift in group consciousness, but is, rather, a shift in individual consciousness. It is you, the individual, through the purification of your being in thought, word and deed, that will bring about a fundamental change in human society and be aware that the basis of this fundamental change is sacrifice.

Now a dictionary defines sacrifice as the giving up, the surrender of something to a higher, a more important and more urgent thing than the thing that is being given up. You will recall that I have said, on many occasions, that the lesson of this planet, that the reason why the Human Race incarnates in this school of life called Earth, is to learn the lesson of sacrifice - sacrifice through service. You should regard all forms of service as service to your Creator and in that you serve each other, then, you are serving your Creator. The nature of that sacrifice, therefore, is that willingly, of your own free will, you are prepared to surrender your own will. That is the ultimate sacrifice, that you are prepared to say and to mean 'Not my will, but Thy Will, be done, O Lord' and, what is more, that you are prepared to accept that Will as and when it manifests.

The implication of this, therefore, is that even though you personally would like a sick child to live, that if that child dies, then, you can

accept that that is the Will of your Creator. It is to accept that even though thousands of people are dying of starvation in a country devastated by drought, and you would wish it otherwise, that that too is the Will of your Creator. It is to accept that there will be pain and suffering in the world for those souls who are learning the essential lessons of Humanity through the transmutation of karma. It is from that point of understanding and knowingness, from that position of oneness with the Will of your Creator, that you come to recognise and accept the path of all lesser wills.

Recognise, therefore, that most of the events that you see manifesting on the plane of Earth today are the direct creation of human will. It is the sum total of every individual human being acting out their lives according to what they want, to what they desire in thought, word and deed. You create the nature of this plane of Earth. You create both your physical destinies and the nature of your lives. You create the paths upon which you are now set. That is why the world at this moment in time is in such a state of chaos, for you are living in a world created by human will, a world which knows no purpose or design other than that of self-aggrandisement, of obtaining for the self, both on the physical and the mental levels of life, regardless of the cost to all the other Kingdoms with whom you share this plane of existence.

Let us now examine what I mean by the term 'sacrifice of your will'. It is the willing and the conscious surrender of your will to the more important and the more urgent Will of your Creator. Such a sacrifice becomes doubly significant at this critical time in the cosmic cycle of the Earth, as both the planet and Humanity living on it approach a supreme moment of transformation and transmutation. So it is important that you recognise and accept the Will of your Creator both for yourselves and for this planet. There can only be One Will and that greater Will will always triumph. That is a fact of Cosmic Law. Although Humanity is allowed to create in its own image and to exercise its own little will, that is but a brief and transitory thing. Recognise that human beings only incarnate on the Earth for a short time, your three score years and ten, but the Will of your Creator for this planet and for Humanity dwelling upon it is fixed and is eternal and is known to all those who serve that Will.

God's Will will always manifest. That is how the great prophets of old could prophesy with such certainty because, knowing that greater Will, they could see that the lesser will of Humanity would never triumph. No matter how the odds might appear stacked against some

individual or nation in a battle, even though they might be faced with vastly superior forces, the prophets knew that if the Will was that those forces should be defeated, then they would be defeated. No matter what the outer strength or will of a country might be, the prophets could see that on an inner level it was weak and fallible and was destined to crumble. Those who are aligned to the Will of God know Its Will for all things, all beings and all people.

How are you to know this Will? How are you to bring about the fundamental transformation in your lives that will help you to change the world according to God's Will and not your will? For what this world needs now, above all else, is God's Will made manifest on Earth or, to put it another way, is Heaven made manifest on Earth - Thy Will be done, O Lord, on Earth as it is in Heaven, in the Cosmos. You have to be prepared to make the ultimate sacrifice, the sacrifice of your own will. Now that does not mean that you become weak and helpless, that you search around aimlessly for some being or some source to tell you what to do or what to believe. It means that you consciously attune to that greater Will in your meditations, in your prayers, not expecting the answer to be a still small voice within telling you what to do, but recognising that just by the act of attuning consciously to that Will throughout the day that you are aligning yourselves with that greater Will. You are, therefore, each according to your unique point of consciousness, creating the thought that you wish to be at one with that Will, not just for yourselves but for the whole Human Race and for this planet on which you live.

Where there is a will, there is a way. If you are in tune with that Will you do not have to find the way, for the way is already there. It is inherent in the Will. You have all faced those moments of crisis in your lives when you wondered 'How on Earth' as opposed to 'How in Heaven' you were going to handle a certain situation. Yet was it not often the case that in those moments of crisis you drew upon an inner strength and through quietly attuning to your Creator you faced the challenge and handled it correctly, for the Will was there? If you face any problem and cannot solve it, it is because you are not in tune with the Will of your Creator. It is because you are following your own will and not your Creator's Will. Problems occur when your will opposes the Will of Creation. The solution to any problem lies in your alignment with that greater Will through the sacrifice of your own will.

The lesson of this planet is sacrificial service through the power of love. Service, therefore, implies service to your God and in that you

THE PURSUIT OF HAPPINESS

On many occasions I have said that life on the Earth can be compared to going to school. The planet Earth is a classroom and you are all learning lessons, lessons both of an individual and of a group nature. These lessons vary according to the race in which you incarnate, the country in which you are born, the society in which you live and, above all, the karma which you have incarnated to transmute. For every individual the permutation of such manifestly critical factors produces a unique learning experience. So it is obvious that the lessons of a tribesman living in Africa in a drought-ridden land, faced daily with the threat of starvation or of attack by opposing tribes, are very different to people such as yourselves, living in a land of plenty, where even if you decide that you don't want to work the state will still look after you. The lessons of the White Race are not of the earth but are of the mind. You have come into incarnation at this particular moment in time in order to come to an understanding of the mind and to learn to control its creations.

Because you live in the Western Civilisation where, for the most part, your physical life is protected from violent death, where there is an abundance of food and water, where society will look after you if you fall ill or are unable to work, there is a great opportunity and freedom to exercise the mind, to be creative with the mind. Now you believe that you are all honest people in terms of your relationships with your fellow human beings, yet in one important relationship you are all very dishonest, and that is in relationship with yourself. You all think that you know yourselves, that you have a good idea of the nature of your character, of your physical and spiritual abilities, but if the truth were to be known, you know very little of your true selves. Moreover, are you aware that by the very fact of saying that you know something, you are ending the learning process?

It is patently obvious, though, to those of us who observe Humanity from the higher planes of life, that you do not know yourselves. If I

were to ask you to try to define your true selves, what would actually emerge would be, in part, just a description of your more meaningful experiences in this life and the conditioning imposed upon you by your parents, by your schooling, by your society, by your work, by your relationships with the other Kingdoms of Matter. But would that accurately define the true you? Is it not a fact that when in life you have to face up to a character weakness in yourself, when you have to come to terms with an aspect of your personality that needs correction, that you shy away from doing it? Though you may spend many hours discussing the weaknesses and the faults of those around you, you are not prepared to spend even one tenth of that time examining your own weaknesses and faults in the privacy of your own meditations. Have you ever stopped to consider just how much of your energy and time goes into looking outwards as opposed to looking inwards, just how often you look critically at the people around you rather than at your own personality self? It is so easy to see the faults in others and yet so difficult to see those very same faults in yourself. So if your eyes can see so very clearly outwardly, why can they not do the same inwardly? The answer is very simple. It is because you do not want to.

If a group of your friends were to sit down and to openly enumerate the faults they saw in you, would you feel helped or would you feel threatened? If someone were to come up to you and point out even a small weakness in your character, would you feel love towards them or would you feel anger? When you yourselves are aware of an aspect of your personality that needs to be modified, do you try to face it and to understand it or do you accept it as an unfortunate but immutable aspect of your character? 'Yes, I do lose my temper, but I can't help it'. 'Yes, I'm afraid that I do get terribly jealous, but that's my nature'. The truth of the matter is that you really do not want to know your own faults. So if all of you would just begin to investigate the nature of your ego-self, would quietly begin to meditate on your own faults, you would begin to come to terms with the nature of your own being and would understand the deep-rooted patterns of behaviour that you are continually endorsing. You will discover that you are an incredibly enigmatic being, a complex mixture of soul and personality traits, and that you are responding to patterns of behaviour grounded deep within your psyche.

For most people in the Western World today the purpose of life can be defined as the pursuit of happiness. Because they are not faced with a continual battle for survival, as are so many people in the undeveloped countries of the Third World, people in the Western World have both

Q2: I feel happy when I realise my place in the scheme of things, when I recognise the fact that I am improving myself and yet that I have endless scope still for improvement.

Q3: I am happiest when I talk to God at night and know that I have served Him to the highest of my ability during the day. Of course, I don't often feel this!

ZT: So if this is the case, then you must be unhappy for a good deal of the time.

Q3: Yes, I am afraid that's true.

Q4: I feel happy when I have a sense of rightness in what I'm doing, basically because it brings me some peace within and seems to let my creative energies flow.

Q5: I feel happiest when I am living in the moment and am content with being there.

Q6: I feel happy when I know that I am one with my source.

Q7: I was just thinking that my happiest times were when I didn't even realise it. Often I don't recognise that I was happy until after the event!

ZT: You have made the very point that I was intending to make, namely, that true happiness occurs when you are not even aware of the fact that you are happy, when you are too busy just living life to analyse whether you are happy or not! So it is only when you look back in retrospect that you realise how happy you were. The problems occur when you try to create happiness, when you enter into situations or relationships which you think will make you happy, and then they don't. It is very difficult to work at being happy, to create the factors from which happiness will automatically flow. So it can be seen that happiness is a very illusory state of being. Very often it is a self-generated frame of mind. A certain situation exists and you consciously choose whether you want to be happy or unhappy! Many people like to be unhappy . . .

Q: They deliberately choose to be unhappy, why?

ZT: People are very complex beings. Some people operate on a positive energy, some people operate on a negative energy, and I am using positive and negative not in the sense of right and wrong but of human polarity. In just the same way some people enjoy being ill. On a certain level they consciously seek to fall ill because of all the attention and sympathy they will get. However, what I am trying to get you to

understand is that happiness and unhappiness are the same. You should be equal-minded in the face of both. Do not strive after one or the other.

Happiness is not the criteria for determining whether or not you are living your life correctly. Do not think that you can create a state of happiness and then say that your life has purpose and meaning. Rather accept each day as it comes, as a gift from your Creator, and respond to that day as you are so inspired and guided. Happiness comes with the acceptance of the day as it is given to you. Unhappiness comes with the desire to be somewhere else, doing something else, experiencing something else! Recognise that by denying the day you are denying your Creator or, more appropriately, the learning experiences that your Creator has chosen for you.

So, in the silence of your meditations, begin to examine your states of happiness and unhappiness, and to see them for what they are. Try to rise above such states and to see a greater force at work. Discover what it is in you that makes you happy and unhappy. Look with your spiritual eye, the eye that does not criticise or judge, and learn of the aspects of your being that have still to be mastered. Finally, remember, that on the plane of Earth, especially at this time in the evolutionary cycle, trial and tribulation are necessary parts of life. Into everyone's life must come a little suffering. What distinguishes the evolved from the less-evolved soul is not their states of happiness or unhappiness, but the equanimity with which they handle the tests of life.

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• go to church in the morning to worship your Creator and then to spend the rest of the day breaking God's Laws, defying God's Will and abusing God's Kingdoms. You cannot worship your Creator for one hour of the day and then desecrate that same Creator for the remaining twenty three hours of the day, or, rather, I should say that you can, and many people do, but it is not worship.

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So worship is not the ceremony. Whilst the ceremony does have importance, provided the rest of one's life is lived in harmony and balance with the Divine Source, then the very act of living becomes an act of worship in itself. There is no need for the ceremony at all. Worship can be defined as a twenty four hour a day awareness of one's Creator. Every act of one's physical being should be an act of worship. Everything that you as individuals do in thought, word and deed should constitute an act of worship, of the giving back of your spiritual energy, of your consciousness, to the Source that gave you that energy and that consciousness.

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Do you realise that the fact that you have all been given individualised consciousness, that you are not part of a group soul, that each one of you is a unique being, unique in the whole universe, that the fact that you have all been given the divine gift of free choice in order to develop that unique consciousness according to your own wills, represents an extraordinary act by your Creator? There are many Solar Lords in the universe who look with amazement on this experiment in creation that is called the Human Race. They find it quite inconceivable that such divine qualities should be given to such uninitiated beings, that Humanity should be given the freedom to deny its very birthright, to defy the Source of Life and to motivate its actions according to its own little wills!

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You, therefore, are in a very special school of learning. You have been given life in order that you may learn of life. You have been released from God in order that you may discover the nature of your God. There is, in truth, no separation between you and your God except where you have created it. You are truly one with your God if you will but choose to be so, and it is in that oneness with the Source wherein lies worship. The true act of worship is to be found in the human being that sacrifices its individuality for the good of the whole. It is to be found in the person who says, 'My life, my needs, my wants, my desires, my opinions, my creations, can be of no value unless they are subjugated to the Will of my Creator'. The true act of worship lies in the words of the being who each morning says, 'O Lord, may Thy Will

manifest through me in everything that I do this day'. Worship is deeds not words.

Now for many people worship has become an act of slavish adoration because they have not understood the true nature of worship. They worship out of fear of the power and the majesty of their God. This is especially true of unevolved souls, of primitive societies, where sometimes even blood sacrifices are involved in the so-called act of worship. There is the feeling that the Creator of all Life is a vengeful God Who will take firm action against Humanity if He is not propitiated. But the basis of worship is not fear but love. True worship is an act of love. It is an expression of gratitude to the Source for the note that the individual soul is sounding.

I wish you to see very clearly, therefore, that you are worshipping your Creator in every minute of the day, in every task that you perform, as you use the spiritual talents given to you by your Creator. Recognise that even though you have earned those talents they have still been given to you. So as you use those talents you should dedicate the results of their creativity back to the Source. Work, therefore, is a primary form of worship. Your highest creativity is your highest form of worship. You can see this very clearly when you look at the temples of India or at the cathedrals of Europe, where the people who built those edifices built them not for themselves but to the glory of the Creator of all Life. Often they gave of their services without financial reward.

Let it be understood, therefore, that whenever you work you should always dedicate that work to your Creator. Even if you are doing a task which you regard as unpleasant, which you do not want to do, which the personality self within you is resisting, remember that that task is simply a lesson which you have chosen to learn. Moreover, if you were to introduce the element of worship into that task, no matter how unpleasant or how menial you thought it was, you would find that in performing that task to the highest of your physical and spiritual attributes you would achieve a fulfilment beyond your understanding. The most unpleasant task, done as an act of worship, is soon finished and in the finishing comes the release, for that which you have dedicated to your Creator, when completed, automatically releases you to the next stage of your evolutionary path.

I wish you to understand most clearly that as spiritual beings, as magnetic beings, you attract unto yourselves the aspects of the world that are appropriate to the note or the frequency that you send out, for every atom in the world around you dances to the tune of your Creator's

Will. Therefore you will automatically attract into your magnetic aura everything that your Creator has deemed necessary for your evolutionary status. All that you can do is to choose how you will respond to the lessons that your Creator has placed before you. All that you can do is to choose the attitude with which you will face those lessons, whether you will respond in a positive or a negative fashion. Two people standing side by side can both witness and experience the same events and yet the attitude of each of them towards those events can be very different. It is how the individual reacts to any situation that determines the learning experience.

If you humbly dedicate every conscious thought, word and deed to the honour of your Creator, if you align yourselves with the Source of all Life, then to you will flow the energy of the Source of all Life. A task that you dedicate to your Creator, that you do in union with your Creator, is soon done. It can be compared to a person swimming in a river. The swimmer can choose either to swim against the current of the river or to flow with it. Swimming against the current he will make slow progress. He will soon become tired and will have to rest. But by swimming with the current, by being at one with the flow of the river, he can increase his speed and cover a much greater distance at the cost of much less personal exertion.

Recognise, therefore, that every single person that you meet, being an infinitesimal part of your Creator, is worthy of worship. Recognise that every aspect of the three Kingdoms of Nature with which you come in contact each day, being the creation of that Creator, is also worthy of worship. Can you not see the contradiction of going on your knees in some church or temple and of worshipping and singing hymns of praise to your Creator and of then going outside and abusing your fellow human beings, the animals, the trees and the very ground on which you walk. If that is indeed how you worship, then you have not yet begun to understand the meaning and the purpose of the act of worship and the real nature of your Creator.

Worship applies not just to an act performed in a church, it applies to all of life. Worship is not just the hour or two spent in a religious ceremony on one day of the week, it is of eternity. Worship is twenty four hours a day acknowledgement of your Creator. Worship means placing every act of your being on an altar. As you bless and eat the food on your table, as you acknowledge the sacrifice of the Animal and the Vegetable Kingdoms, so you are making your table into an altar, and by so doing you are also acknowledging the gifts of your Creator to

you. Have you ever considered the fact that if your Creator did not wish you to have that food, that food would not be there? Have you ever considered the fact that if your Creator did not wish you to have all your many material possessions, those possessions would not be there? Have you not recognised that they can all be removed in the twinkling of an eye, as an act of Divine Will, if your Creator so wills it?

Every atom in your world vibrates to the Will of God. Every atom in your World can only fulfil the Will of God. Your world, therefore, is God in manifestation. So be aware that how you acknowledge and worship that world is a direct reflection of how you acknowledge and worship your God. If you see only disease and unhappiness in the world, then that truly is how you see your God. If you think only of yourself, of fulfilling your own desires regardless of the world around you, then no matter how many times you go down on your knees and pray to your God, you are truly not worshipping that God. So many people pray to God for what they want, for what they want God to give them, and when their prayers go unanswered they begin to lose faith in their God. This is because they have not yet begun to realise the nature of the flow of divine energy in life which is balance, for unless you give of your energy to the universe, the universe will not give back to you. The nature of the energy that you send out determines the nature of what you will attract back to you. But you have to give of yourself first, you have to give of your spiritual and physical being, and then the universe will respond.

It is very often the case that menial work, work which the personality regards as being unpleasant or even degrading, by its very nature and sacrifice can be creating the energy potential that will attract back in perhaps an entirely different field, from perhaps an entirely different source, the very thing that your heart desires. For remember that God's energy being in all things, all things respond to God's Will. Anything that you do as a true act of worship demands a reply. Your Creator cannot and will not deny you anything that you humbly ask for, provided you have earned it by your own giving. But when you ask for something, always state very clearly first, 'Only if it be God's Will for me', for you would not want to attract something into your aura that would distract you from your true purpose in life, your spiritual destiny. So remember that you have to earn God's gifts. God gives you your spiritual consciousness, God gives you your physical body through which you experience life on the Earth, God endows you with certain talents, but then it is up to you to choose how you will exercise

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aware that the consciousness with which you die is the consciousness with which you will be born in your next life. You enter into life with the total soul-consciousness you have gained in all your previous lives. Be aware that the note that you sounded at the moment of your last physical death was the note of your entrance into this life. Remember also that along with your soul-consciousness you bring your physical attributes as well as your karmic debts, your physical restrictions, for you will always reap that which you have sowed in your previous lives. You can never avoid the all pervading Law of Karma.

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i → Now I know that many people have a vision of God as a benevolent father sitting in the heavens Who either bestows divine benefits upon his children or else lovingly chastises them for their misdemeanours. Nothing could be further from the truth. That is not, and never has been, the role of God. Your Creator released you upon your evolutionary walk in life with the divine gift of free choice so that you alone would be totally responsible for discovering and evolving the divine nature of your being. By the act of bestowing that very gift upon you, your Creator became the observer of His creations. Your God witnesses but does not intervene in human evolution. He, and when I say He I talk not in terms of masculine gender but rather of cosmic positivity, because your God transcends all human sexuality, He does not judge your thoughts, your words or your deeds because He knows that the Law of Karma, the Law to which even He is subject, is all pervading in this respect. The Law of Karma judges you not your God. The Law of Karma ensures that there is perfect harmony and balance in the Cosmos not your God.

Remember, therefore, that there is no escape from the Law of Karma. Whether you like it or not, you are subject to its decrees. As you sow, so shall you reap. As you give, so you shall receive. That is the inherent nature of Creation. Therefore recognise that you incarnated in this life with the karma, positive and negative, that you have created. You are now living and facing the karma that you have created in past lives. You are now creating the karma that you will have to face either in this life or in your many lives to come. So recognise that you are a god, a creative being, and that you are the master and creator of your destiny. The very life that you are experiencing right now, with all of its joys and all of its sorrows, is the life that you have created for yourself, is the lesson that you have chosen for yourself, is the karma that you have elected to face and transmute. If you understand this one great cosmic fact, then you understand the true

nature of human existence on the Earth, you understand the reality, or should I say the unreality, of the physical world.

Every single aspect of the physical world is both mortal and fallible. Everything comes from the dust and returns to the dust. Only one thing endures, only one thing is constant, and that is consciousness, or the force of spirit in motion. It is consciousness that determines the note of your physical being. It is consciousness that is with you before birth, is with you throughout your life and is with you after death. Your consciousness manifests on all of the twelve planes of existence within this Solar Body. Even now it is manifesting on some of those planes and will continue to do so after your physical body dies. For some people the act of death even passes unnoticed! Only the body knows death, not the consciousness. Only the body is limited by the physical restrictions of the plane of Earth, not the consciousness. The drama of life is played out on a small stage, defined by your sensory organs and the four Kingdoms of Matter. This school of learning is not your true home, for you are divine beings created in the image of your Creator. So if you are alive before birth and if you are alive after death you can never die, only change your classroom!

It is difficult, I know, on some occasions, to accept the need for someone to die, especially if they are young in physical years, with so many skills and talents to give to the world, with so much potential unfulfilled. The death of a young person is nearly always regarded as a tragedy. Let us look at this aspect for a moment and, as I usually do, I will take the example of the life of the Master Jesus. Here was a man who, apparently, if he had but lived for another forty years, would truly have transformed human society at that time, yet he was condemned to an early death by the political and religious leaders of the time. Was this a tragedy? Do you think that his death was an act of blind fate or was it a carefully planned event, an act of conscious sacrifice to demonstrate a great cosmic principle? Do you think that anything can manifest on this Earth which is not God's Will? On the contrary, it is the wise soul who recognises that our Creator's Will is paramount in all things. It is not for us to question that Will, but to observe and learn from it and to try to see the greater picture.

In the case of the Master Jesus we can see that he died to show Humanity that even in death Evil cannot triumph over Goodness and that there is a state of consciousness, of life, after death. Moreover, he showed us that sometimes we have to sacrifice to God's will even though we do not understand it, even though we would like to avoid it.