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School of Life for Souls

The ancient teachings help us understand the mysteries of the universe and what, why, and how, we evolved to where we are on the spiritual ladder. The soul's ignorance of how God's laws work creates havoc in its human experience. It is much better equipped to handle challenges when it is aware of what it is going through. Through seeking spiritual knowledge, we actually become truth students on the path. The Masters prepare the soul for this human experience by sharing with it a Spiritual Class Course synopsis that describes the spiritual laws and principles that govern all life.

Spiritual Course Synopsis

Law of Duality
Law of Oneness
Law of Mind
Law of Attraction
Law of Reciprocity
Law of Reincarnation
Law of Cause and Effect

Law of Duality

There are two laws that you have to be knowledgeable about in order to understand why the universe is like it is: The Law of Duality and the Law of Oneness. **The Law of Duality gives the soul choices.** It is the dualistic nature of this law that makes our lives seem out of our control. It gives us antagonistic circumstances for our life lessons creating limitations and struggles as demonstrated in the theological doctrine of good and evil. When a soul incarnates to the physical plane it forgets that it is a spiritual being and part of the Creator. Instead it feels separated from the Creator. It believes that the Creator is an external force dictating whether it will have a good or bad life. The soul is attached to its earthly possessions and strives to attain control and power over its surroundings to create more assets. It worships the human body and believes that the intellect dominates the soul. With this misbelief, the soul exists in a world of illusions and choices. However, the soul has free will to choose what path it desires to follow.

Law of Oneness or Christ Consciousness

The Law of Oneness is the path of Christ Consciousness. In the mist of all life challenges the soul stays centered on God. It is the path of knowledge, light and love. The

soul is awakened to its God self. The soul knows that it is pure spirit made in the image of God and therefore is a co-creator with God. Because it realizes its God self, it recognizes the Christ in every living thing. In every area of its human life, it abides by the spiritual laws of God. Therefore, the soul creates good in its life because it lets the creative force of God flow through it. The soul thinks right and watches how it uses the spoken word! It does not doubt the power of the God. The soul sees its body as a living temple of Christ. Therefore, it treats the physical body with respect. The soul attracts to it those who also follow the path of light. As a truth student, the soul is always seeking the light to expand its consciousness. The soul shares this light with others recognizing that every soul is on the path.

The Law of Duality and the Law of Oneness are illustrated in the Battle of Consciousness between heaven and hell. Heaven and hell are not geographical places to be reached. Metaphysically, the interpretation of heaven is the ascension in consciousness and hell is the descension in consciousness. The Battle of Consciousness takes place according to what you think and believe. Your thoughts determine your state of consciousness. Remember that thoughts are very powerful. With exercising your free will, you can choose the path that leads you to either heaven or hell from moment to moment. You can be either in a state of hell or heaven right here on earth

Law of Mind

Paul Twitchell, the founder of ECKANKAR, the Ancient Science of Soul Travel, writes in *ECKANKAR: The Key to Secret Worlds*, “We often think of the mind, or Manas, as strictly a body, and in a way this is true, for it does form some what of a sheath around Soul, but only as a transmitter of messages and impressions between Soul and the other bodies. It also transmits the same impressions between the lower sheaths back to Soul again.”

The mind does two different functions but works together as a whole. The conscious sphere of our mind has the ability to select and initiate any action. The subconscious mind brings into reality the thoughts that the conscious mind has selected. The left sphere can be thought of as the logical or conscious side, while the right sphere is the intuitive or sub-conscious sphere. **The Law of Mind or Creativity states that the thoughts you select with your conscious sphere are manifested into form by the action of your sub-conscious mind, higher self or soul.**

1. The conscious mind selects ideas that are vibrating on its frequency level based on the Law of Attraction.

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| You are a magnet attracting to you those positive and negative energies vibrating on your wave length. What you think is what you are. |
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2. The sub-conscious mind acts on the ideas selected by the conscious mind based on the Law of Mind

Thoughts that you think become your belief system causing your sub-conscious mind to act by manifesting according to your beliefs.

3. The idea becomes a manifestation in form based on the Law of Cause and Effect.

Every time you use your mind to think and your emotions to feel, you create some form of energy.

This law embodies all of the spiritual laws and principles. Learn it! Put it in motion to make things happen. We are always in a state of creating. The mind and the brain are the mental and physical instruments used to create our reality. I had the pleasure of meeting the magnificent Dr. Ben Carson, the Neuro-surgeon of John Hopkins Hospital in Baltimore, Maryland. I attended a lecture given by Dr. Carson to a group of learning disabled persons who were participating in a literacy program. Of course, I was very interested in this topic because of my son's neurological problems. The recurring theme of Dr. Carson's presentation was that everyone has the ability to go far beyond what is considered normal human capacity by using mind power. To demonstrate what he meant he told us about an operation he performed on a young girl who was having multiple seizures daily. Dr. Carson removed half of her brain. The prognosis of the young patient was unknown. But after the surgery the young girl was able to continue the normal functions of walking, talking and having intact her cognitive abilities with only half a brain. This story illustrates how powerful the mind and brain are.

An uncontrolled mind can lead a soul on a path of destruction. To advance up the spiritual hierarchy, we must learn how to dominate our minds by controlling our thoughts.

Law of Attraction

When a thought is the center of our focus, it will eventually manifest in form. What you constantly think about will eventually materialize. **The Law of Attraction states that your energy acts like a magnet, pulling to you any thing, person or place with a similar energy frequency.** Fear or love of a particular thing will attract that thing to you.

A young man was recently appointed to a new job. He had to complete a one-year probationary period in order to become a permanent employee of the company. He was very knowledgeable of his particular field; however, he lacked confidence in himself. He constantly remarked to his family and friends about his fear of not completing his one-year probationary time. He also joked with his co-workers about being terminated from the position.

Sometimes he visualized himself getting unemployment checks. Two weeks before he would have completed his one-year probationary time, the company lost a major contract and had to lay off several employees. He was one of them. This young man drew to himself the very experience he was afraid of—to be fired.

Center your thoughts or your focus of concentration only on what you want to materialize in your life. Your imagination is a very powerful tool and should be used wisely. Children have great imaginations. They often play a game called make believe.

When you play this game you have to use your imagination. You create whatever you want. What is your vision, your goal, and your desire?

It is never too late to fulfill your dreams. Use the power of attraction and visualization to make it happen. Don't be concerned about when and how things will happen. It takes time to dispel negative thoughts and to consistently replace them with positive images. Remember to always concentrate on what you want and not on the outer appearance of an unhealthy situation, for this will surely prolong it in your life. Let it go. Don't energize ambivalent images. Learn to control your thoughts and lock into only the good things you want. And, don't worry! Someone said that worrying is praying for what you don't want! When negative thoughts push their way to the center of your attention, learn how to gently push them away.

1. Immediately say to yourself "stop", "back off" "I don't accept that thought", or "that's not true".
2. Replace it with a positive thought or affirmation.
3. Intensity, duration and frequency of affirming a positive thought will keep you focused.

Law of Reciprocity

By practicing the Law of Reciprocity, the soul learns that what it mentally, emotionally sends out to the universe returns back to it. What we think, say, or do will boomerang right back to us. Energy flows in a circle. The same energy keeps coming back to us because we continue to send out the same thought forms. Thoughts of fear, love, hate, jealousy, happiness or worry projected out to the universe return to the sender in the same exact form as they were sent out. I call this law the enforcer, because it backs up the other laws. This is how it works:

What we think:

Have you ever looked at someone and noticed a frown or angry glare on his or her face and said to yourself, "What's his problem?" You are seeing the results of negative thoughts that have settled on the face of the person. If this person is sending negative thoughts to another person, the thoughts only boomerang or come back to the sender. Continual patterns of negative thinking against another person always do more harm to the sender than the receiver.

What we say:

Do you like to gossip? Well, don't be surprised if you discover others are gossiping about you. Again, what you send out to the universe comes back to you. Speak positive words about others. As mentioned previously, the spoken word is very powerful. As a child, my mom would tell me, "If you can't say anything nice, then don't say anything at all."

What we do:

Behavior is belief in action. Another principle mom taught me was "Treat others the same way you want them to treat you." Those who do good deeds receive good deeds back. When I was learning how to drive, I was taught to give other drivers a change to merge into the lane whenever possible. During my many years of driving, I haven't had a

problem merging into another lane. Whenever I forget the rule and become an aggressive driver, I notice that the law kicks in and I have difficulty getting other drivers to let me merge into the lane. I get back what I give out. When other drivers refuse to let you in, instead of getting upset with them, ask yourself, “What do I usually do in this situation?”

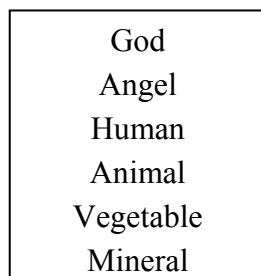
Law of Reincarnation

Reincarnation is such a vital part of God’s plan. Spiritual students need to first know that reincarnation provides the way for the soul to continue to evolve upward. **Principle #5 – The soul must learn to detach itself from the desires of matter (people, places and things).** When relatives and friends transcend or move out of our lives, we feel a deep sense of lose. But, you have to release them to their highest good and not hold on to them for selfish reasons even though it hurts. They must follow their soul’s path whatever it might be! Detaching is one of the hardest lessons for us to learn especially when it involves us personally. Much of the fear about dying and being reincarnated is the result of not knowing the truth about life’s mysteries.

Principle #6 – “Death” is a shift in consciousness, that when we let go of the physical body our consciousness is still intact. In fact, the consciousness is expanded and freer. Consciousness never ceases whether it is encased within the physical embodiment or outside of it. Reincarnation provides the vehicle for humankind to have a fresh new start to complete unfinished business. It also provides a way for the soul to keep returning to a physical body to learn how to raise its consciousness to a higher vibration so that it can ascend as Jesus and other Highly Evolved Spirits were able to do.

Helena Patrovna Blavatsky tells us that the philosophy of reincarnation: “teaches that nature never leaves her work unfinished; if baffled at the first attempt, she tries again. When she evolves a human embryo, the intention is that a man shall be perfected-physically, intellectually, and spiritually. His body is to grow mature, wear out, and die; his mind unfold, ripen, and be harmoniously balanced; his divine spirit illuminates and blends easily with the inner man. No human being completes its grand cycle, or the “circle of necessity”, until all these are accomplished. Thus, like the revolutions of a wheel, there is a regular succession of death and birth.”

There is much superstition in the Western culture surrounding the principles of reincarnation, such as souls returning to the physical plane as animals or lower species. This belief, transmigration, is associated with some of the Eastern religions, like Hinduism. In *Experiencing Reincarnation*, James S. Perkins, a Theosophist, emphatically states that “such random descent into lower kingdoms of nature is held to be impossible in the terms of evolution designated by the grand cycle of reincarnation.” Think of it in terms that evolution is always upward.



The New Age Movement has helped to expand our consciousness about reincarnation and the afterlife because of the abundance of spiritual information and experiences now available. More and more people are discovering past life experiences through one of the following methods.

1. Past life regression-individual is hypnotized and recalls from memory that period prior to birth. Many people also describe the soul's sojourn in afterlife.
2. Meditation-through relaxation and quieting of the mind, one is able through clairvoyant perception to view past lives.
3. Numerology-the vibrations of the letters in the name depict traits and talents from past lives.
4. Dreams-often reveal places, people and things to us that we experienced in other dimensions and lifetimes.
5. Soul travel-the soul is able to travel from plane to plane transcending time and space.

I recommend that you try one of the above methods to discover your past lives. It was through a recurring dream that I found out about one of my past lives. It was so vivid. While I knew I was the woman in the dream, it was not the me of this lifetime. I had a different physical appearance. I was a woman of short stature, with long stringy, unkempt black hair, and a short dress made of deerskin. My features looked Native American. I saw myself sitting around a campfire with other people. When another tribe attacked us, I grabbed my baby and ran. Someone was chasing me. I tried to escape by climbing from cliff to cliff by a hanging vine. Just before I reached safety, the dream always ended. I would wake up with my heart pounding.

Through the years, I recognized other past lives in my dreams. I have been both women and men, white and black, and of other races. I have also experienced both peaceful and violent deaths as well as dying at a very young age. These many variations are all a part of the process of the soul's evolution.

With each new life, we shed the old shell—like a change of clothing—for a new one. The type of physical body that eventually encases a soul is based on its past lives, heredity and karma. We lose the physical body, but our spirit continues to live and we keep the same individuality. For future incarnations, we keep only three permanent atoms-physical, emotional and mental, that scientists call DNA. These atoms, which become etheric, carry all the memories of our different incarnations. When the soul is

ready to again experience the physical world, these three atoms begin to vibrate at the rate that is needed to start the descension into matter. The soul will then select the right body to inhabit for its spiritual development. The DNA is then transferred to the cells of the body.

Law of Cause and Effect

When we experience life difficulties, the origin of the problems is not an entity outside of ourselves creating havoc in our lives, but the Law of Cause and Effect that governs our destiny. **The Law of Cause and Effect states that for every action there is a reaction.** The spiritual terminology for this is karma. In *The Ageless Wisdom of Life*, Clara Codd writes that one must realize three things about life: “That no event in life is unjust, but somewhere from the long past our ancient “sin” has found us out; that every event is remedial; and that it has a message, a lesson for us. It is designed to help us gain the tremendous knowledge of ourselves; to teach us that it is only on stepping-stones of dead and understood past selves that we continually rise to higher things, that this process has been going on for lives and will be going on for lives yet. This should produce humility in ourselves and tolerance and mercy towards others; also a deathless courage.”

Before birth, the amount of karma and the types of karma are chosen for each new incarnation. The amount of karma a soul is given for the new incarnation is based on how the soul lived its previous lives and what the soul is able to emotionally, mentally and spiritually handle in the new life. There are two types of karma and each type will be present in every incarnation. Good karma is making choices that are in accordance with divine love. Bad karma is selecting ways to further ego (self-gratification). The type and amount of karma selected for each soul is based on whether the karma is resulting from karma that is carried over from past incarnations or is new karma originating from issues of the most recent incarnation.

The choice of gender, family, race, personality or place of birth also determines the karma in each lifetime. There are souls that form pacts to reincarnate together for a specific purpose. Souls reincarnate into the same family for many life times. When a soul incarnates into a particular family it takes on the heredity traits of that family.

There are many unpleasant incidents in life that we often question why they happen. In the last decade, the unpleasantness seems to have increased. We watch as our heroes, sons, daughters, babies, and other loved ones die from AIDS. Wars in the Middle East, famine in Africa, serial killers and crimes against women are on the rise and natural catastrophes in South America and other parts of the world have claimed many lives.

Spiritually, these incidents are of our own making. Besides individual and group karma, there are human race and the planet earth karma. For every action there is a reaction and when mass consciousness thinks negatively the results are negative. We see only the experience from the human aspect and not from the spiritual law that is governing the situation. These negative occurrences are wake up calls for the human consciousness to learn how to give and receive divine love.

The shifting occurs when each one of us spiritually awakens to know who we are and what we can do. I can now look back and see the death of my brother in terms of the

workings of the Law of Cause and Effect and the lesson I needed to learn in order to further my soul's growth. It was not easy.

My brother's death brought deep sorrow into my life. At the time of his death in the late seventies, I was still a novice in understanding the workings of God's laws, and I could not find any comfort in the philosophy of life after death or in reincarnation. I was emotionally distraught about his death and the way in which he died at such a young age. He was brutally murdered and the murderers were never brought to justice. My family felt that the young lady my brother was dating at the time was connected to a series of events that led up to his demise. Much of our anger was directed at her. When I visited my parents, I had to pass the section of the county where the young lady lived. Each time I made that trip, when I came to that section of the highway, I felt hurt and anger boiling inside of me. I held her responsible for his death. I wanted this young lady punished and the ones who committed the crime brought to justice.

His death made me question my belief in life after death and reincarnation. I had more years of being a Baptist than a metaphysician. I wanted some sign that he was still alive. I wanted to feel his presence.

My sister and I often reminisced about the three of us growing up together. At one of those sessions, I jokingly said to her, "I wonder how he is doing?" Several days later, my brother appeared to me in a dream. He was surrounded by a golden light and dressed all in white. He was sitting on a white fence holding a baseball and mitt. (When he was incarnated, he played little league baseball and loved the sport.) He told me he was doing fine, that he loved me and that I needed to forgive all those involved with his death.

When I awakened, I felt a sense of relief, calmness, and my heart was full of love for everyone. If he could forgive the ones who had hurt him, so could I. Gradually, I released the negative emotions towards the people or place involved in his death. As my consciousness opened, I began to grow spiritually and to recognize that there is a greater law than man's law at work. When you, a loved one, or a stranger suffers from an injustice, don't despair because the Law of Cause and Effect will prevail. How true is the Bible verse, "Vengeance is Mine; I will repay, saith the Lord." (Romans 12:19). When we look beyond the human emotions and the confusion of life, we will find the truth. This does not mean that we as humans should negate the stages of grieving: denial, anger and depression, and recovery. Instead, we should recognize that there are higher laws working in every experience.

Knowing the laws eases the type and length of grieving that we experience. When I now think of my brother, I send him messages of love and tell him to go to the light of the celestial planes. I no longer have to emotionally and mentally hold on to him for selfish reasons.

Wherever you are right now is where you are supposed to be based on the Law of Cause and Effect." When I experienced a disappointment or what I considered a failure in some effort when I was growing up, my mother would tell me, "Every knock is a boost for your highest good". At that time I could not understand what she meant. I now know that there is a lesson in every experience and if you learn the lesson, you have one foot on the next rung up of the spiritual ladder.