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*NOTE: Transcribers' comments, and audience responses, are between square brackets*

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## **GOD AS PROJECTIONIST**

**(ISHVAL NUMBER 44)**

Transcript by Margaret Littler.

Editing, contextual research and Précis by Hephzibah Yohannan, 2007.

A talk given by Eugene Halliday at ISHVAL.

Editor's Notes: Internal references suggest the talk was probably given around 1976-1978. Eamonn Andrews hosted "This is your Life" on BBC TV from 1955 to 1964; the "Mod" subculture originated in the late 1950s and peaked in the mid 1960s; ideas of Scottish Devolution were revived in the late 1960s and there were unsuccessful attempts to introduce devolution during the 1970s; *The Teachings of Don Juan* by Carlos Castaneda (referenced by the concept "totality of self") was first published in 1968. Idi Amin was president of Uganda from 1971 to 1979; Archbishop Luwum of Uganda was killed in 1977.

### **Précis**

EH talks about God using the metaphor of a cinema projectionist, who is unseen by the audience. Matter is energy, energy is sentient, sentient energy is spirit, spirit is initiative; the whole universe is sentient energy working to condense itself into planets, minerals,

vegetables, animals, humans. God is Infinite Sentient Power, and that power is a continuum; a continuum has no parts; any quality within it, is everywhere. Doctrine of Karma. God created a projection box, or great sphere, called Cosmos; this is His theatre. Infinity hammering on the outside of the sphere creates sound vibrations which reflect and interact within the sphere and cause rotations which become the structures of the universe; sound is vibratory structure, vibration is form; Chladni figures; *nama-rupa* (name-form). We are individual 'bits' of infinite power, vibrated by that power. Responsibility/respons-ability; choice; living intently; value of suffering as experience which characterises us (gives us character). We are projections, we are dependent upon the Infinite, but the Infinite cannot operate except through its projections. God is the Absolute Projectionist and posits the universe inside the great dome. We have the same qualities and can make domes and project. The skull is our dome, our theatre. We are microcosms, and our relation to the macrocosm, the body of God, is the same as the relation of the cells of our body are to us. Everything God can do, we can do, except He has the whip hand and we cannot usurp His infinity.

### **Transcription**

We're going to talk about God, as projectionist. Now a projectionist ordinarily might be thought to be a man in a cinema, in a box, pointing a projecting device through a small hole to throw a beam of light onto a screen, on which will appear, if the machine is correctly threaded which

when we project is not usual for the first half; a picture, of some interest, not terribly boring like Japanese film of fossils. Now if you get the analogy you will find that it is very exact.

00:44

First of all the unseen man, the projector, whom nobody knows is there and to whom all are indebted for his efficiency, mechanical knowledge and awareness of which end of the film goes in first. When I was a boy they used to have films that went in not first, end first, but anything, with slight apologies inserted on still slides. But that is a l-o-n-g [elongating the word], long time ago and we are now terribly efficient. But all the efficiency that man has acquired he has acquired by studying laws of nature. And laws of nature are projections.

01:25

Now you all know, you up-to-date Mods, that matter is energy. That is basic physics. Some of you believe that that is true, some are slightly unsure, but it really is true, it is no longer theoretical. Matter is energy, energy - and this is not so much in the scientific textbooks yet - energy is sentient, it feels itself. It feels what it does, and what it does is either closing or opening a situation.

02:06

Now imagine the whole universe is energy, the energy, as the word implies in its etymology, is doing work. The erg, the E-R-G in energy, is the unit of work. You know, Christ says, "My Father works and I work". The word 'Father' means generative power. So when you think about God, you are not thinking about a funny man sitting in the sky, somewhere far away, you are thinking about the energy that is generating your being, here and now. If that energy were to cease operating now, you would promptly disintegrate. So when you think about God, do not be intimidated by the word, by the weight of religious terminology behind it, by the guilt associated with it, by the sin, associated with it. When you hear the word GOD, just translate 'Generative Intelligent Power', wherever it may appear. God is omnipresent means that the universe is entirely energy. There is no 'where', where there is not energy, power at work, at a certain rate per sec. You measure it in ergs per second. Units of energy measurement per second is power. Now, once you have accepted that power is sentient, which is quite easy to prove in your own being, all you have to do is get hold of yourself, literally, somehow, and exert pressure on yourself, and you will find, that whenever you do so, you become more aware of yourself in the part where you are pressing, than you were before. For instance one thing, a friendly, helping force is gravity that keeps you on your seat. Now if you put your mind in your posteriors, you will find pressure. Will you please shift your consciousness and put it to the lower regions and feel the

weight of your body sitting, on those lovely big muscles that are especially there for sitting on, and you will be aware that you are pressing downwards. A force called gravity is trying to get you to go to the centre of the earth. And luckily for you, you are not able to go to the centre of the earth because the earth is so densely packed that your relatively less densely packed body cannot penetrate the earth. If it could you would vanish to the centre of the earth and stay there.

04:50

But, this intelligent power has actually condensed itself in the solar system, in the planets, in life forms, minerals, vegetables, animals, humans, they are all workings, energy. Energy is power, at work. Once you allow that this energy is sentient, you can deal with it more effectively. If you think it is not sentient, cannot feel itself, then you can't talk to it.

05:25

When you have a stiff muscle and you say to the muscle, "Relax," you will find, that if you believe it, your cells in the zone of tension will begin to relax. You can tell yourself to relax, and you will do so, in the same way as you can tell yourself to contract, to tense. Usual demonstration, make a fist, relax your hand, don't be afraid to do it, audience participation is not a sign of inferior intelligence, it is a sign of intent to

get the message. Don't be afraid to flop about, feel it. Now, let it relax, and then start paying attention to what I am talking about for a moment, and then you will find, that if you are paying attention to what I am saying, relatively your hand will lapse from consciousness. Is that true? Right. When you are relaxed, totally, you become totally unaware. That totally unaware condition, hypo-tension, less tension than needed for maintaining life, produces a very, very sloppy type of person. They do exist. Luckily, of course, they are very rare, otherwise very little work would be done; no efficient British Railways, etcetera. Now, you can also take this floppy hand and you can deliberately, bring it by increased tension, to a fist. Make a fist and [striking sound] hit yourself, like that. Now what happens when you do that? [sound of audience striking themselves]; Aren't you aware, more, that you have a fist and a recipient hand? [more striking]. Will you hit yourself hard on the hand and feel the cells [sound of audience striking themselves]; can you feel those cells tingling? [Audience reply, "Yes".] Are you not therefore more aware, that your hand, the struck hand especially, has got more tingling than the other? Now why do you think that the one you struck feels more, than the other one? The struck one [the context of the remainder of the sentence suggests that EH means the *striking* one, here], you are not so aware of, in the cells, as you are, in the struck, why is that? [inaudible audience response] The struck was not expecting it [EH paraphrasing audience response]. Thank you Ghreta, brilliant wit again, I have to give Ghreta

good marks every time. Being a Sagittarian, of course, you expect intelligence [audience laughter]. With apologies to all other signs, of course.

08:01

Now. When you are passive and you are dreaming and something goes [thumping sound] like that to you, suddenly, the struck part is not expecting it and tingles, and starts crying and says, “Injustice exists in the world”. But the one that struck doesn’t say, “Injustice”. It says, “You lazy, lousy, dreamy, drippy thing, you deserve [thump] another”. And now my thigh it is tingling. Now my thigh is used to that so it doesn’t say, “Injustice”. It’s got the message. If it says it again, I’ll hit it again [audience laughter].

08:36

We have no right whatever to be asleep. You know, Christ says, “Wake up.” He’s a very good fellow and he means what he says. Wake, or you will be treated as the dead. There are the quick, those alert and ready, and there are, with them, mingled, more of them than the others, the dead. Dead means inert, dead means in the groove, routine, asleep, in a process with which the intelligence is identified.

09:07

Now, these are manifestations of energy. Matter is energy. Please engrave in head, heart and tum. Matter is energy; energy is sentient; sentient energy is spirit; spirit is initiative. Spirit is initiative. Now, how do you account for the fact that there is inertia if, in fact, all matter is energy, all energy is operation of spirit, and spirit is initiative? It's a very simple solution. Spirit, that is, initiative, re-positions itself deliberately like this: fist, let go; fist, let go; fist, let go; fist. Think about that very carefully, it's the mystery of Faust, which has two meanings in German, one of which is 'fist'. First, the first thing you do [thump, thump], violence, to get your own way. The second thing you do is get bumped by another of the same mind. The third thing you do is you think. First you will [thump], then you create a reaction. The reaction, if unpleasant enough, will provoke you to think. Thinking is a direct product of frustrated will. Will is a *fiat*, a power that says, "Let there be," and when it says, "Let there be," then there is; providing one thing, there is no other will about at the time saying, about the same, "Let there be not," or you say "Let there be tiger," and somebody else says in the same place, "Let there be chameleon". Now it depends on the strength of will, the power of the will of the contestants.

11:05

You all know the fairy stories about two magicians who battle. They have a tremendous fight and one magician identifies himself as a carrot,



and the other one becomes a donkey and eats him. Inside the donkey the carrot changes form and the donkey gets diarrhoea, and the magician emerges at the other end in the form of a salamander, or some other such creature, and they keep changing form. And they have this tremendous battle; who will tire first? And the magicians have a rule, the rule is a nice rule, "Something's got to give, it doesn't have to be me". That's a very important rule. In a contest of wills, it is entirely a matter of will and of nothing else, about who is going to win, so that in fact, the winner is always the one who persists longest in willing.

12:03

Now, if we look at the word 'project' because we are talking about God as projectionist, the *-ject* part is from a Latin word meaning to throw. And the *pro* means several things; 'project' means 'for' and 'before' and also *pyro*, equals 'rational'. When you have a project that you intend to fulfil, you have rationalised. You have made a pattern of events inside your mind, and this pattern of events, holding in your mind, you then empower. Again the rule is very simple. If you have a truth, that you love, you will act on it. Have the truth, love it because it's true, activate it because you love it. Make mental note or, even scribble pencil note - legible please. I don't want you saying next week, "I've got a note here, I can't read it, would you mind telling me what it is?" The note is simple: Truth, Beauty, Goodness.

13:16

Truth is form, intellectual form; beauty is your feeling, the psychologist calls it the 'affect', your degree of like or dislike; and good refers to the will. The word 'good' is the same word as 'will'; 'goo', 'go'. Truth, beauty, goodness. If it is true, love it, it is beautiful. If it is beautiful, will it, do it.

13:47

Now, the man in the projection box is invisible. In the same way, God is invisible. We will now see why God is invisible under ordinary circumstances. God is an Infinite Sentient Power. Remember He's not a funny old man far away, He is Infinite Sentient Power, and that power is a continuum. Now the essence of a continuum is this, a continuum has no parts. It is not made of separate particles, like atoms; it is, non-discrete. It is, non-broken. It's like a line drawn, or a plane painted, without a break. Imagine Infinite Power, a continuum, no breaks, no edges. Now if it has no edges you cannot see it. Any dissenters please? Can you see something that has no edges? No. Have you ever been in a Scotch mist? Can you see it? No. What do you see? It's that you don't see that you know it's a Scotch mist. It's like a Scottish political debate. It's precisely because there is no sense in this devolution stuff, that you don't see it. And because of the blockage, you feel the blockage and you think that's something you're seeing. You know, you can actually see a negation

when you're in a bad, negative mood, you feel that you can see nothing, "Life is meaningless". That's only because you are blocked, you're not seeing that. You are seeing a negative, a not-see.

15:31

Now, think very, very clearly about this. The Infinite, by definition, is infinite, not-finite, but it is also within any finite that there is, because the Infinite is necessarily, omnipresent. It is extended infinitely, means that there is nowhere where it is not. That means there is nowhere whatever that there is not God, not Sentient Power. Sentient Power is omnipresent. It is here in this room, we are inside it. We are like fish, sitting up, some fish do sit up, you know. And we are in the ocean of power which is called God. Now at the top of the hierarchy of the church they have always known this. I want you to make a sign of Mercury, do you know how to make a sign of Mercury? Do a semicircle, and then below it a circle, and then a cross, below the circle. You know the sign? Does anybody not know the sign of Mercury? Semi-circle, circle, cross. Write, having drawn this beautiful figure, write: Spirit, Soul, Body.

16:50

Now, the Spirit means free initiative. This is why you have a semi-circle with the other part not drawn. Now, the not-drawn part of it is the Infinite; the drawn, lower half of the circle is finite and symbolises the

moon, the crescent moon. If you were to go to the British Museum and dig in the manuscripts there, which unfortunately I've never had time, but if you were to go you would find a drawing of the moon and below it the sun, and then a cross. Now imagine the moon is the sign of Spirit, because the moon symbolises a casket, a container, which is holding the Invisible. And of course, the moon is feminine, and that feminine is holding an invisible masculine, the Infinite Spirit. And immediately below the moon there is the sign of the Sun, a circle with a dot in the middle is the astronomical mark of the sun. And the mark that signifies the earth is a cross in a circle, in astronomy. As to your physical body, you are pinned, crucified in existence on earth, so that the cross below the circle symbolises your physicality. The fact that you are pinned, you've got bones there and you have to deal with them. If you bang them they can get on a funny bone or a nerve and you can feel that you are somehow, mysteriously exposed because you have a physical body. Physical body, crucifixion. Remember that because it's tremendously important when we come to consider the meaning of incarnation. Above that cross is a circle symbolising the soul. Solo; S-O-U-L, S-O-L-O [spelling out the two words]. You are only called a soul if you are solo, if you are able to do, in principle, your own thing. And above the soul, the psyche, is the pneuma, the Spirit. The Spirit is only drawn by a semi-circle because the other half of it is Infinite. Use that symbol and refer to it throughout all the work and thinking that you do. You are spirit, the

invisible Infinite, you have become ensouled, and you have identified with a physical body. In the identification with the body, you have opened yourself to a smart kick on the shins; audience participation, everybody thumps everybody else next to them to illustrate the point. Would you mind doing that? Don't be shy, just hit your next door neighbour [extended audience laughter and inaudible comments]. You can use this as an excuse for any kind of sadism, viciousness, you like, blame me, I don't mind. The fellow who is not ready to receive it is asleep and he deserves another. Will you please give anybody another that you suspect of being asleep [continuing laughter]. Right. I notice that very few people were sufficiently cruel to give another to those that deserve it. In actual fact, we all deserve it because most of us are asleep all the time. Luckily the only thing that keeps me awake is the telephone.

20:28

Now imagine, Power, Absolute, is invisible. This invisible power is God, and they have always known this at the top level of the hierarchy of the church, but they have a very, very good theory. I shall try to deal with it euphemistically. Some beings are not fit to receive the truth. Some beings are woolly-minded and are called sheep, and these have to be taken care of by shepherds.

21.03

I want you to do this semicircle, it refers to spirit. All those who are truly aware that spirit is initiative; like, err, our dear Prince Philip, he is aware of it. Spirit is initiative, you can say anything whatever at the party, such as democracy is a laugh, anything you like. The newspapers will get hold of it, it will be controversial the ladies will be thrilled that somebody had the nerve to say something that hadn't been said before, and he will gain millions of adherents.

21:39

The invisible; Initiative. A few beings with initiative. Now, I'm going to tell you a very, very hard saying. It's about a hard saying. It's a hard saying about a hard saying. St Paul said, Trevor what did St Paul say? [Trevor speaks, mostly inaudible...."preferring good, disregarding" ....] Steadfastly affirm the good [..."that's right" ...], yes, spend no strength in denying the evil. Right? That's not what I'm thinking about [audience laughter]. I was thinking about something quite different, actually, but it's related to it like everything else is related to everything else. I was thinking about St Paul saying, "I have a doctrine of strong meat," and to the early Christians he calmly said, "But you are not fit to receive it, you are only babes". Now imagine that, the founder of the Pauline church, (has been called the appalling church by some critics), "I have a doctrine of strong meat which you are not fit for, my dear woolly-minded nincompoops, therefore I will bottle feed you, on lanolin". You know, lanolin is extracted from sheep's wool, did you know that? Do you think

that's kind? To get sheep, take their wool, squeeze the oil out and then bottle-feed them with it? I think it's very sensible, don't you? It's economic, you appreciate that don't you, David, knowing about business; anything that's economic is O.K.

23:22

Now, a doctrine of strong meat which some beings called woolly-heads, sheeps, mouton, or whatever you care to think about them, the mutton-headed are not fit for. Why are they not fit for it? Because it is very frightening; now let me see if I can frighten you. If what St Paul is saying is true, then you have good cause to tremble in your wool. What he is saying is this, you are absolutely, not relatively, absolutely responsible for whatever happens to you and has happened. It is a statement of total responsibility. Will you please, appropriately, tremble? If this doctrine is true, you are absolutely responsible for your present position. It is your thought, your feeling, your will, that has put you exactly where you are. Now how does that feel? Is that O.K., Ghreta? Yes? Strong, affirmative nod. Does it pinch a bit somewhere? [Greta answers .... "Yes it does, it makes you very hot and, it makes you feel pinned"] Pinned, yes [..."but it's you who put the pin in,".... Another person comments "...if you're responsible... then you're not fit to receive it on somebody else's say-so",] [EH laughs] Now there's a little secret behind that one, David,

You are response-ible, that is, liable to be called to account by a superior power who knows that he, is response-able. How do you spell it? If you spell it with an '-ible' that means you are merely passive to people above you, who can call you to account for your misdemeanours. Hm? So, to say total responsibility means you can be called to account. Now, being called to account in Indian Philosophy, in Hinduism and in Buddhism, is *karma*. *Karma* is a very interesting word. K-a-r-m-a [spelling the word], take out the 'r' from the middle of it, gives you a word *kama*. K-a-m-a. Now, *Kama* is the Hindu Cupid and refers to your cupidity, your desireful nature. Inserting the letter 'r' in it means to be ruled by it. So *Karma* means to be ruled by your desires. Your desire, your cupidity will lead you into a situation, and when you get into it you will be differentiated by the experience to which you have exposed yourself. And this fact, that when you go into a situation, you are, acted upon by the situation in which you put yourself, is Karma. And this same doctrine is said by St Paul, to be "strong meat, not for babies", because there are a large number of people in the world, who, if they really believed that they were response-ible, for everything they did, they would become totally locked up. They would be terrified of the things they have already done and not yet paid for.



Now, this power that is called God, which is infinite, cannot operate other than through its modes of expression. Now, all its modes of expression are, by definition, closures, are they not? Yes? Aren't they? There is the Spirit, it is Infinite. Is it doing anything, is it saying anything, infinitely? Yes, it is actually, it's doing infinite things, infinitely. Very funny, it's a bit much, isn't it? How would you like to be edgeless, Infinite Sentient Power, doing everything simultaneously, and "nobody to watch, and pay" [spoken in a Yiddisher accent]? How would you like to give a show, the greatest show, not on earth, the greatest show, with no audience? I reckon that's not economic. Therefore, this great power devised a projection box.

27:54

Now the projection box is called Cosmos or the Universe. The Universe means 'one turn', Cosmos means 'order'. It also is Greek for beauty. Beautiful order. Cosmetics are so called because they beautify you. I want you to see this Universe in which we live, is a great big sphere and stretching infinitely beyond it, absolutely transcendent of that sphere and immanent in it, never think it is merely beyond, it is in it as well, is this great power we call God. And this great sphere is His theatre.

28:38

That theatre, the etymology of the word will tell you, is related to *thea* and *theos*, the God, and the *Torah*, the law, the '*theo-torah*'. Now, it tells you the whole universe is a great big theatre. One of the early Greek concepts of this universe was, that the sky was a great big dome and it had a lot of holes in it, and through these holes shone lights, and those lights were the stars. Now it's rather more cunning than that. Imagine a sphere that is only power but this power has turned itself to make the sphere, because there is no sphere, until the power turns. Unless the power turns, there is Infinite Power but no theatre. If the Power makes a great big turn, the actuality of turning enspheres and creates what we call Cosmic Being. Now the marvellous thing about this, it has perfect acoustics. When you make a vibration inside the sphere it echoes across the walls and contains what it is saying. This is very important because on the outside of the sphere there is only infinite space.

30:03

I had a friend who was drowned during the war off the coast of Africa, and he has a marvellous bass voice. Unfortunately, too loud for ordinary theatres, because he got it practising at the top of the mast of a training ship, and when he was in the ocean, far from land, he used to go up there and then sing with full volume, trying to fill infinite space. And he never noticed how loud he'd got. And when he came down and went into the mess with the fellows and began to sing, they used to go like this

[possibly making a gesture, such as hands over ears], "Go back up the mast!". That great sphere is a resonance dome. You know what Socrates said about men who sing in the bath, they think they're so good they get an agent and have themselves presented in the theatre, ordinary type, acoustics not so good as the bathroom, and they find they're not too good, and they retire. You've all, at least the males of you, have sung loudly in the bath, have you not? Have you not realised that you're a great, undiscovered baritone, or bass, or tenor, and wondered why nobody noticed before? But when you come out into the daylight and the open air where there is nothing to throw your voice back on you, does it sound so good? Doesn't it get lost in infinite space? Don't you think it's mean of infinite space to do that with you, swallow your magnificent tones?

31:37

Now this is why the universe was made. In infinity, anything you said, vanished. There was nothing to reflect it back. Innumerable worlds were made by that energy before the universe was made, as a container, and every time a world was made, it went *poing*, one world, *brryoing-ng-ng-ng-ng-ng* [receding resonating tone], the decibels were reduced, it vanished, and those beings were called, in Qabalah, Edomite Kings. Edom means no dome, no sphere. You make your statement, "I make a world, *boing*" and it goes *-ng-ng-ng-ng*, vanishes into silence. Now this was not an economic thing, therefore this power, remember this power is

sentient, is intelligent, it made a big turn, a dome, so that when it said something inside that dome, it's reflected from inside the walls, the resonance maintained what was being said.

32:43

Now, those of you who have done a bit of physics will know, that Chladni figures are figures made by particles, you can do them with sand particles on a plate of glass, you put sand on the glass, and get a violin bow and you draw it over the edge of the bow [context suggest EH means glass] and it makes a noise. There is a certain pitch. You can put your fingers on the glass and damp it, and change the pitch. Now, for every pitch of note there is a geometrical form. Will you please, fix that in your heads, thoroughly, because it's very important. Sound, S-O-U-N-D, S-O-N, S-U-N [spelling out the words]. The Son of the Sun. The Sun that shines in the sky radiates energy towards the earth, and this energy is caught by plants in photosynthesis; it is eaten by animals and man, so that solar energy has become a Son, S-O-N, of the S-U-N. A Son of the Sun. And, it is a vibratory structure and its vibration is form. Chladni figures prove that conclusively. If we play a certain note and with the particles on the plate glass, it vibrates, it makes a certain geometrical structure. If we change the note we change the structure. We cannot make a sound without a corresponding form, and if we change the sound the form vanishes, and if we put the sound back again, the form re-

appears. In Hindu philosophy this is expressed, *nama rupa*. N-A-M-A, *nama* means name, *rupa*, R-U-P-A, form. *Nama rupa*, name-form. The name is a sound, the sound you speak. Every sounded projection, every projection of voice, is a vibratory pattern, and this has a form. Do you know, that if you utter a word, that word put on an oscilloscope, is exactly as easy to identify as a fingerprint. Do you know that no two people use exactly the same vibratory structures? And if you get a voice print of you saying the Lord's Prayer, and another person - or one word of it - another person tries to mimic you, like Yarwood doing Wilson or something, it's OK, not too bad, providing you know who it is he's supposed to be doing. But if you listen carefully, it is quite different. Everybody has a voice print because everybody is a different vibratory structure. *Nama rupa*. The name that you utter is a formative force, so here we are concerned with name, that is sound, vibrating, and moving power to make form.

35:52

Now here is our great O, the sphere, the letter O signifies that all-comprehending sphere, and the power of infinity hammers on the outside. This hammering on the outside of the sphere by the Infinite, is represented in Hindu art by a very simple little device. You know the multi-armed god, Shiva, Shiva himself, has got a drum – have you seen the drum? – little drum in his hand, shaped like an egg-timer – you know

it? – shaped like that, like a Greek letter Xi [pronounced Chy, "ch" as in "loch"], the beginning of Christmas. You hold the drum like that, and it has a bit of string with a bobble and you go *whwww* and it knocks on the drum. It symbolises the beating [tap, tap, tap] of the Infinite Power on the sphere of being. And when that beating occurs, inside the sphere of cosmos, there is vibratory response. And when the forms of the vibrations inside this sphere interfere with each other, everywhere that one force crosses another force, there's a little rotation.

37:02

What is that rotation? A primary particle. And what is a group of primary particles? An atom? A group of atoms a molecule? And a group of those, you. You are a group of primary impulses of cosmic sound. Every human being has a name that is a vibratory process going on inside him and this vibratory process is his very existence [long pause]. Let that soak into you. Your body is vibrant.

37:46

Ghreta said that when she thought about responsibility she got hotter. Heat is work and work is heat. What really happened was, that the moment you considered it seriously, that you might be responsible for yourself, you began to work. “How can I get out of it? What can I do about it? How can I improve? How can I escape?” [inaudible audience

response], you see, and this is heat. Now, as Kierkegaard would say, unless you can work this heat up to a tremendous passion, you will not take seriously your own proposition. You have to live terribly passionately in order to live properly at all. You can't live intently without living better than if you lived less intently. You have to mean what you say and you have to feel what you mean and you have to execute what you feel that you mean, with all the intensity you've got. Magical rule, Zero, number two, what is it? [pause, inaudible response]. Ahh, not bad, how many seconds did it take you to find it? [pause, response] Ten, not bad. 'Totality of Self'. Will you make a mental note of that, please. Totality of Self. If you use yourself totally in something you do, the quality of your act is superior to any other act you may do with less than the totality of yourself. You have to mean it. You know, like an average married man in intercourse, Friday night with his wife, is not usually totality of self because he's worrying about Monday morning coming, and the unfinished business, and the fact that Aunt Florrie is coming to stay with them over the week-end. Now, it is impossible to give an adequate performance, if you've got too many things going on simultaneously. Purity of heart is to will one thing.

39:55

Look at the big sphere. Think of the infinity of power outside, hammering on this sphere and this hammering is the vibratory process

that produces inside, a universe. And this universe is nothing but power vibrating and intersecting with itself, and the intersections produce rotations and the rotations make primary particles and groups of those add up to minerals, vegetables, animals, us. We are vibratory structures, each one of us is a *nama rupa*, a sounding form. The human voice, when it is telling the truth about something, has come straight through from infinity, through the sphere into the very centre of a spinning cluster. Think what a lovely feeling that is. Do you realise that when you tell the truth about anything, even the smallest thing, it is actually God speaking in you? Because if you tell the truth, even a little truth – supposing I look at my fingers like this, and I say, you see that one, it's shorter than that one. That's true. See? Is that one, shorter than that one? Within the meaning of the terms, Yes, I give an unqualified Yes, my little finger is shorter than my ring finger. That's a truth. Now you'll notice, that when you say that, you feel O.K. But supposing we test you with something else, instead of something so obvious as that. Do you love your neighbour? [audience response, No]. Hmnhh, difficult. Had you got the same surety, you should say “Yes”; but if you say “No”? Most people say, "Well I do my best, considering what a lousy neighbour I've got" [audience laughter]. Yes?

41:58



It is easy to talk about abstract ideas. A triangle has three sides. So I can tell you the truth about that with absolute certainty. A tri-angle, because 'tri' means three and angle means what it says; a triangle must have three angles. That's a tautology, I can be absolutely certain it's right. Do you know that a serpent that puts its tail in its mouth, and tries to swallow itself, at some point will have to stop swallowing [audience laughter]. I say that with absolute surety. And I once saw two snakes dead because they had started swallowing each other, a very bad snake habit, but unfortunately, instead of the bigger one getting the other one by the head and swallowing it, it got it by the tail, at the same moment that that one, got the other one by the tail. So they started swallowing. Now, snakes have teeth that go like this. They can take in but they can't disgorge. So they died, both of them. And when I saw them locked together I thought, isn't logic lovely. If you try to swallow another being by the tail and you've left the head of that other being free, you had better watch your own tail, keep it out of the way. Otherwise you could finish up, double choked. Now, every time you get a truth like that, you feel remarkably free. Can you feel how freeing that is?

43:25

Now, here we are with a great big sphere and Infinite Power hammering on the outside, to make inside itself a theatre, in which it can play. And to make forms, it has to make this thumping, sound, vibration, and then all

the forms dance about. If you actually get a board and put little particles on it, talcum powder will do, and vibrate it with your massager, the particles will jump up and down. They will dance, because the vibration is making them do so. Would you believe that we are doing the same thing? Would you believe that everything we do is because we are being vibrated by the Infinite power which is God? How do you like that? Is that acceptable? [Audience murmuring, "Mmm"] Mmm. Do you all like it? [audience murmuring]. Ohhh [EH sighs]. [Audience responds, "I can't reconcile it with being responsible, 'ible', if we're being jogged about by somebody else's vibrations.] It isn't somebody else's, it's God's 'else's'. ["Yes, but..."] God is not a body, is He? If first of [audience continuing to respond, "God is a whole,"] Yes, yes, ["I'm only a bit"]. You're only a bit, but you're a bit made by Him ["Yes"] and every Creator has the right to do what He likes with His creation. ["Yes, and then you said, this bit is response-ible for being jogged by the big bit"]. That's right, of course it is, because 'respons-ible' means being liable to be called to account by the man that made it. ["For the way he jogged it"]. That's right, of course. But what [more responses] No, no, no [audience laughter]. This is [more response, "... He didn't ask me for permission"]. Why should He ask a mere creature for permission? [continuing response, "... And then 'cause it's your fault ..." rest inaudible]. That's the whole meaning of it, you see. This is why you have to get in line, with God. [Audience responds, "So I say O.K. Jog me a bit more.] Good.

45:23

Now if you say that, you are improving every moment, especially if you mean it [audience laughter]. What actually happens, if you can really affirm it, do you know what happens, you get very quick, like Ghreta said, she got hotter. I want you to think, that what you think is your free ego, your selfhood, is not, in any way, free at all. It is made as a reference point by a sound structure of the Absolute Power, and it is made to dance up and down, and, in the process it is struck by others, and goes into patterns, and some of the patterns are very pleasant for the Absolute to look at and some are not. Now, if they are not it moves it about, until it make a good pattern. But, because all power is Sentient – please make mental note – all power is sentient – when that power comes in and makes a circle, is it not true that that ensphered portion is also sentient? Is it not true, that if the whole is a great will, a power of self-initiation, then any local zone of it must also be free to do what it wants? [Audience murmurs]. Ahhhh, [audience "Say that again"]. Say that again.

46:40

The continuum is Sentient Power, it is Infinite, it is not made of parts, so any quality that it has anywhere whatever within it, that quality is everywhere [pause]. Right? Have you gone so far, Gerhardt? The quality of the Absolute is everywhere because it is a continuum. Like you put a

dye in some water and the colour goes right through the water, doesn't it. Yes? It colours everything. Now, because this original power is self-initiating, when it makes a zone of itself, this zone is self-initiating too, and this zone of self-initiation we call selfhood. It is yourself. So this zone, that has been made by the Absolute can actually refuse to cooperate. Right?

47:47

[Audience: "I can't see ..." "You've already said that the individual zones are themselves vibrated and they have no choice in the matter.] Who said – I never said they had no choice in the matter. No, no, no. ["They are jogged up and down".] They are jogged up and down, I didn't say they had no choice. They are free to like it or dislike it. [Audience response]. What? ["... doesn't give them much of a choice ..."] It gives them a great deal because I can like or dislike it, and if I like it, you know what I am? An instrument of the Lord, and if I dislike it I'm a rotten devil, and I deserve an extra thump. So, the whole technique consists in liking what's happening to you, and you then become a favourite. Hm? Now, selfhood, generally, doesn't like to like what's happening to it unless itself initiates it. [Inaudible audience response]. Yes? And we call this egotism with a big T, crucifixion. [Audience response, "This part gets hot," EH laughs]. Any closed system gets hot, when it is activated. Heat is work and work is heat.

48:59

Imagine a sphere, you start as an egg, do you not? Well that, [Audience response, "... It makes you hot and seek".] Makes you seek? ["Yes".] Yes, and the seeking makes the heat, 'cause it's the work, "How do I get out of this pin?" Yes? ["And you've got to accept the pin,"] Yes. ["And like it".] And like it. That's very hard work, now it makes you very hot, and then you become a favourite because you're doing more work than anyone else, if you actually like the horrible things that are happening to you. It's a secret trick. You see, most people are selfish, and they don't like to suffer. Which is very stupid, because suffering characterises. Yes? Is it not true, that if you've got any character in you, anywhere whatever, is it not true that that character is, characterising. That's suffering. It's a bit of elementary logic. Take a piece of protoplasm, stroke it, so that it remains in a perfect swoon of pleasure – you can do this, I mean technically you could get a mass of protoplasm – Alexis [?] carried on with this for forty years, with a bit of chicken heart – imagine you get some cells of your body, cut some off, put them in a fluid, irrigate the fluid to take away the waste products of its activity, and feed it. It is now immortal. Then, with little electrodes, very gently, stimulate it so it's shimmering with perpetual orgasm. Yes? Do you know, it will never characterise. If you give it the right stimulus it'll just be like this, woooo, zizzle, zizzle, bliss, bliss, bliss, whoo hoo hoo. It's in Nirvana with itself.

How would you like that? How'd you like to stay like that? [Audience comment] Hm? ["... it won't know it's in bliss ..."] No, because constant uniform stimulation is equivalent to no stimulation. Ohh, it can't even be bored, can it, poor thing.

51:11

You know when you tickle a cat's ear, have you noticed a funny noise coming out of it? Prrrrrrr. If you want to stop that noise you stroke it against the grain of its fur. Yes? Otherwise it will go on purring, won't it? Prrrrrr. How would you like to do that in all eternity? Prrrrrrrrrrrrrrrrrrr. Would you like it? [Audience response "It's death".] It's a kind of death. Now, because it's a kind of death, because constant uniform stimulation is equivalent to no stimulation, therefore, the Almighty Infinite Absolute, Allah the All Compassionate, Elohim, God, Brahma, Shiva, Vishnu, whatever name you care to call it, that great power says [thump], give him a jolt now and then. Change the tempo, change the rhythm, have five-four time instead of four-four time. That'll wake them up, syncopate a bit, don't count down-beat first of the bar, miss it, fool 'em. Anything that wakes you up is better for you than falling asleep in bliss.

52:28

[Audience question, inaudible, about "capacity".] Pardon? [question continues.] All be? No, only those capable of it, dear. What we have to

do in this existential world is not worry about whether somebody else is going to do this marvellous thing. Each individual has to say, "I, will do it". Yes? Otherwise you start being so generous to other people you will certainly fail to do it on you. You know that? Do you know, if you try to scoop in your best friend, usually it is the husband, of course, and improve him because you realise the beauty of the true life, there's always a kick against that. Because, really, your business is to perfect you and when you are perfected, offer yourself back, but not before you are ready to offer.

53:27

We're talking about projection. There's that great big sphere, thump, thump on the outside, vibration on the inside, complexities of vibrational structures, minerals, vegetable, animals, humans, us and the sentience is the same everywhere, so that we can do what it does except for one thing. We are inside this great sphere. We cannot get out. We can't fight our way out without permission, can we? Because that Infinite Power has got one up on us, because no matter how tough we are, we are finite. But the Infinite, in no sense is dependent on us, but we are absolutely dependent on it. And yet, mysteriously, that Infinite cannot operate except through its own projections. When it beats on the [thump] outer wall of that sphere, like that, the vibration goes inside the sphere, brrrrrr. That's the dispensation for a century, like the Eighteenth Century is the Age of

Enlightenment, and the Nineteenth Century is the Age of Unsplittable Atoms, and the Twentieth Century is the Age of Splittable Atoms. Each century has a dominant concept, and this concept is a product of this Intelligence hitting on the universe and saying, "Think about this one, now you've done the other one."

54:54

And these energies come in as through points of thump [thump, thump] and they appear in the universe. It's a very funny kind of theatre, like a cinema. Did any of you go to that lovely Russian theatre where they projected from eleven cameras simultaneously? They had it for a time in London. Where you stand in the middle and you see the Volga flowing round you, and you look behind and there it is, and you look in front and there it is, and – they were doing Swan Lake, actually, and you were in the middle of it. And they did a gallop of Mongolian ponies and mad Tartars rushing about, and you were in the middle of them, weren't you? And it was very amusing because they had no seats in that cinema. It was a new idea, they thought, "Well, we won't be here too long, we are sure, so we won't bother to make seating that will make people comfortable". They could have seated people on circular seats that rotated and they could have enjoyed it. As it was, they had to stand up. But in going down the Volga in a fast motor launch, when they turned like this, everybody who was standing up went like this [audience laughter]. They didn't



know they were doing it, they were correcting themselves, so they didn't fall overboard. That was eleven cameras projected, across each other like this, and there, was a circular screen. That's only the beginning, it's an experiment, and it came off very, very well. There were slight inequalities in the camera illuminations but those things could be overcome.

56:30

Now imagine another kind in which you are suspended, by an anti-gravity force in the middle of a sphere, hm? And there's also a ceiling and a floor. You are in the middle, like this. That's exactly the position of every individual human being. You are suspended inside a sphere. To give you a sense of security you are put on an earth, a solid, and held there by gravity. Otherwise you would panic. Do you know what you are like in the middle of a nightmare? Is it pleasant? Is there much security there? Are you not glad when you wake up and find you have got a body, to cling to? If you haven't got a mummy, you can cling to the bedpost, something solid in the gross material world. You are, factually, suspended in infinite space and this infinite space has projected a great big universe, a dome of sound. And you are looking in all directions, wherever you want to look, and you get the products of the thing you become interested in. When you become inter-ested, your being goes into the thing in which you are interested. You posit your being in it.

57:54

Now the Absolute Projectionist is God and He posits this universe inside this great dome. And you have the same quality that God has because it is the continuum. You also can make domes and project. And the dome that you make is your life, Eamonn Andrews. Really believe that. You project your life sphere around you. You choose your friends, you choose your enemies, you choose your indifferences, your pains, your pleasures. You project them and you pay for them. There is no other way and there is no escape. You have the same power that God has except, you haven't got the whip hand of Infinity. Your power, your authority, is within your own sphere, not beyond it. If you try to project beyond your own sphere and interfere with the spheres of anyone else, then the All-seeing Eye – the big universe itself is a great big eye, and the power of the Infinite coming through it – is watching you, more closely than "Big Brother". And not through a faulty television screen. It has you and your motivation completely in consciousness, and whatever you do it moves you about according to its view of your evolutionary needs. But you make your universe, you project it, and you do exactly the same thing.

59:29

Now you've got a thing here, called skull, haven't you? It's still there, yes? And in the Bible it's called Gol-gotha, Golgotha the place of the

skull. In this skull, Christ is crucified. In every human skull there is a Christ principle, crucified in that skull. You. Here is your theatre, it's a funny theatre. You have a theatre here, for ideas, you have another theatre here for feelings and another theatre down here for impulsive behaviour [referring to head, heart and belly]. You turn this thing upside down so that you've got a theatre belonging to the tummy up there, that's called the Gods in an old type theatre, Edwardian theatre, the Gods, that's people, *polloi*, and below that another theatre, the circle, bourgeois, successful business folk that stop the country falling apart, and then right down here, another theatre, the stalls. Horse owners, aristocratic. Three theatres in one.

01:00:39

In this theatre you go, and you see rational propositions, forms, the possibilities. In this theatre you feel emotions. Well, we could open this on Oxford Street, couldn't we? Can you imagine, a lovely three stage theatre, and you can go, like this, and you can move down, if you want to understand a certain part emotionally, you go into the middle one. If you want to see the stripteases, you go on the base one, which in the old theatre was on the top, the Gods. If you want to be intellectually well informed and see what Amin has done with the latest bishop, get the news right, depends on your predilection for conversation. You are, a three-theatre projection booth.

01:01:30

Think about this: microcosm, the little universe is human being.

Macrocosm, the big universe is the great big body of God. Inside your skins you have cells. These cells move about and do their functions and they don't know you exist. That's very important, the cells in your liver, your kidneys, your spleen, your pancreas, whatever you've got, they're all concentrating on their work. Very sincere types getting on with the job. They're inside your system. Your body is a great system, of thought, of feeling, of will, co-ordination, embodying itself, a pneumo-psycho-somatic structure; spirit, soul, body, all in one being. But the cells in your body, those phagocytes that go about eating bacteria, for which you get the benefit, they don't know you exist. That's terribly important, they don't know you exist. And in exactly the same way, irreligious people don't know, that they are inside a big sphere who knows that they exist, but they don't know that that, superior power, exists. And is getting the benefit of all the work we are doing here, on earth, because we are in the play. That Absolute is the supreme watcher, producer, director. We are the actors and we have to understand that thoroughly, that we can act a part well or not so well. Think how important that is. We are little universes, micro-cosms, inside a big universe and that our position in relation to the big universe is exactly the same as the position of the cells inside our body to us.

01:03:39

[Audience responses, inaudible, EH agreeing] Well we, we have three bodies, a gross physical body, the one you can do this with [sharp tapping]. Hit yourself hard there [tap, tap, tap], that's your gross physical body, and then say to yourself, "But I can also think about hitting myself, without doing it". That's your subtle body; but I can also will to do it. Can you feel your will to do it, before you do it? Yes? I'm going to hit myself. I'm thinking about it, that's subtle body, I'm going to do it. I'm going to empower my hand. I'm going to do it, right? Can you feel it? [Smacking sound.] See? Now, that power that you feel, will you do that, please, it's very important. [Audience participation.] Feel the power in your hand before you hit yourself. Don't be mean and don't be scared. Feel that power to "I'll hit this head [?], I'll teach this ... blooming gross blockhead that I really exist, I am the causal power". Gross, subtle, causal. The gross is this stuff [tap, tap, tap,] same as chair [thump, thump]. The subtle is my idea, but I want you to feel the power in it. Feel the power in your hand. Threaten yourself with that power then hit yourself. Then threaten yourself again, and don't, that's mercy. Yes? That is the Thumper, the causal field of the will. We said, the microcosm is like the macrocosm, it is the continuum, the power in the Absolute is exactly the same as the power in us except, we are finite, it is infinite.

01:05:43

Oh I'm not jealous. I can get on with my business He, has got to get on with His business, namely you lot! You see? I'm not responsible for you lot, am I? I'm only responsible for this lot [EH referring to himself]. And when I think about three thousand million people mucking about on earth, I'm glad I'm not in His position. I say to Him, "Over to you God, I willingly accept my miserable lot."

01:06:14

Now it's very peculiar, this, because in the universe there are governing intelligences – do you know there's an intelligence that governs the evolution of the earth, and of all the planets and the solar system and everything, and if you get to a certain height, you have a job, to do? And do you know, there's a dreadful law in the universe – I mean that literally, it makes you feel terrible dread. If you become terribly efficient at something, do you know you are stuck with it because you're efficient? You know that? Even in business, if you become a man of decision, you know, a chairman of the board, etcetera, etcetera, etcetera, you have to make decisions. Do you know you're not allowed to give your job up, unless you train some mutton-head, surreptitiously, to do your job? You know, say "I-I-I think I'll give you an extra two quid a week, give you a sense of importance and you will rise in responsibility and I will knight you." Later on you will be be-nighted; but, "I will elevate you and you

will get more and more egotistic and you'll do more and more work, [evil laugh], and if you are as clever as I hope you will be, that is, as clever as I am, I can give it up and you will be eternally grapefruit, won't you?" Isn't it true? You are not allowed in cosmos to escape your position until you find a substitute that can do it as well as you can and preferably better, because then you can go to bed. You can relax for a few thousand generations.

01:08:00

[Audience question "Eugene, if there is no cell in your body that knows that you are you, do you only know you are you because of the No-Thing which you have tucked inside you .....?"] Yes, that's what we mean by reflection. Do that tension exercise again. Do a Nureyev on it, you know, you don't throw your hand away, you oppose yourself and you throw it. Tense, oppose yourself. Now, when you tense yourself in opposition, do you know if you forget yourself, it will stop doing it. Swedish Drill you can go like this, right? I can talk to you and I forget all about this, I establish a motion pattern [sounds of exercise]. I'll do this all night, if you like. Now I can talk to you like this, this is Swedish Drill. I don't need any intelligence, I just start the motion and leave it. I won't get terribly big with this because I'm not concentrating. I might get thinner, you know, some people get thinner by exercise, especially if it's fast. If I really wanted to get bigger I would stop, go isometric, hold it, push it,

pull it, in six directions. Push it out, pull it in, lift it up, down, back, forward. Do that with an arm. Stretch it out, try to push it away from you, pull it in, don't let yourself pull it away. Now, without letting go of those two, lift it up and press it down simultaneously, then move it backwards and forwards. Is that arm getting hot? Hold it! Don't give in, you lazy lot! [Audience laughter.] Yes? You are now, more consciously, an arm. And do you know what you're doing? Filling it with blood, feeding it. If you do that with one arm, the arm will become a lot bigger than the other arm, and you'll be able to say like God said to Job, "Hast thou an arm like mine?" God is the supreme self-opposer.

01:10:11

Now human beings don't like self-opposition, at this stage of evolution. Hm? But unless you oppose yourself, you cannot get the totality of yourself working. Would you all like to do an exercise when you go to bed at night? Which will guarantee you physical, psychological and spiritual integration? You have to do it for thirty seconds only, because I don't want you dropping dead, it's a terrible exercise.

01:10:48

Climb into bed, lie down full length; you will also do it in the morning before you get out of bed; and what you try to do is, you try to press yourself down onto the bed, all over; you try to pick yourself up, all over.



You try to move your body to the right but you oppose it. You try to stretch your body and contract it. Yes? That's the simple explanation. You try to straighten your feet like that and pull the toes up, together. You try to bend the knee, and oppose it. You try to pick it up on the hip, and oppose it. And you do the same with your arm, and try to pick your head up and oppose it, move it to the right and the left and oppose it, stretch it and pull it. Hm? Makes you a bit warm. If you do that simple exercise for thirty seconds, you've done as much Swedish exercise as you would have done in an hour. It's very economic. Now, in order to do it you must concentrate, physically, psychologically, spiritually. The moment you don't concentrate, it vanishes, and you're not doing the exercise. If you do it, necessarily, you have taken a step towards self-integration. And for thirty seconds in the morning and thirty seconds at night, it is very economic to get such a profit.

1:12:19

Now, we're talking about God as projectionist. I will recap, then you can go away and have a drink. God is the Absolute Infinite Sentient Power, and that power, at its own level, prior to creation, is not a Thing and there is no Thing there, to see. It's a tremendous potential of all possibilities of action, of creation, of delights, of joys. So, it wills a big sphere, the universe, and then it thumps that sphere, vibrates it, and from the vibrations come, inside, intersections of vibratory energies; at each

intersection point, it spins; each spin is a primary particle, a group of those an atom, a group of those a molecule, a group of those upwards minerals, vegetables, animals, humans. The whole thing is a continuum of Sentient Power. The quality of a continuum is the same throughout and therefore we can do exactly what that God does except for one thing. We cannot usurp His infinity. Everything else we can do. Therefore, we can actually oppose, if we will, and say, "O.K., it's all true but I dislike you", or, like Nietzsche would say, "It's all true, but I'm going to see what I can get away with. I'm going to experiment and see how much latitude you allow me in a given situation." Now if a finite selfhood does that unintelligently, he breaks to pieces at the gross physical level. At the psychological level, his ideas are not perfectly integrated and they fall to bits too. At the causal level, it is still a soul but it is now a soul with a sensation of "missed it." Something went wrong somewhere. That soul will try to re-incarnate to have another go, and it can be done, you can come back and try again, unless you've gone in the sulks. You can actually sulk, you know if you wish, after death, and say, "I'm not going to do it again, I don't like it", and then you remain a sort of sulk-centre. Well God has a use even for those. He puts them in museums you know, and He lets non-sulkers go to the museum to see them. He says, "That's a sulker", you see. And there are various categories of sulkers. It's not a figure of speech.

1:15:10

We can please our own being what we do, but we will pay the price. And every time we move out of a difficult situation because it's unpleasant, we weaken ourselves. We deprive ourselves of a characterising experience, and therefore it will be better for us if we do not get out of things that are unpleasant, but, rather stay in them as much as we can, subject to one law, one only law. This law is nice and kind. Do what you will, except if it destroys the instrument of your experience. The Almighty has set his canon against self-slaughter. It's very hard to get a human body to incarnate, it's very difficult. There's an infinity of souls trying to get on this globe. Do you know there's not another planet in the solar system where life is possible, like we've got. It's only on earth that this happens. All the conditions of the other planets are not suitable for a human being to exist. On this planet, and this planet only, we can exist. We're the correct distance from the sun, at the correct orbital rate and so on. Everything is just right for us to get these experiences, and there are three thousand million, going up a bit, we might have a thousand million, there'll be a limit to it. There's an infinity of souls waiting to get into bodies. Why do you think we have millions of sperms for one baby? Did you ever think about that? To make one baby, you release millions of sperms. Are they not in the race for existence? Just think, every man has got millions of sperm and a woman is born with about three hundred thousand eggs in her as a baby girl. Can't you see that there's a lot of

desire to be embodied there? And it's very difficult. They're trying to get embodied and we're aborting them as fast as we can. It's a terrible fight. Barriers, rubbers and coils and pills, and so on, and all these souls who need this experience are trying to get in. And we, out of our own selfhood, are trying to keep them out.

1:17:30

So, when you've got a body, which you have, now, push that body as far as you can push it to experience things, which you would ordinarily, because they are painful or unpleasant, run away from. Push it, subject to the one law, "Do not destroy the body of your experience", because it will be a long time before you get another one.