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## **APPROACHING METAPHYSICS**

Before one approaches seriously the study of metaphysics, magick, the occult, or mysticism, it is appropriate that one prepares oneself on all levels: mentally, emotionally, physically and spiritually. It is of vital importance that the student be psychologically prepared for the reception of Cosmic truths; for without adequate preparation, without the required purity, the right attitude and the right motive, one simply deludes or sidetracks oneself from all that which is essential in occult study to those phenomena and teachings that are unessential, delusive, and misleading; to phenomena that simply strengthen one's hold in a world of illusion, glamour, pride and ego; aside from this, should one attempt occult work without due preparation one exposes oneself to certain dangers which are far-reaching. Without adequate preparation the student would abuse and misuse occult, spiritual teachings and powers. The karmic consequences of this abuse may stall or cause stagnation in one's spiritual evolution for countless incarnations. Basically, religion without the theological dogmas, is an appropriate basis for the study of metaphysics. Students of metaphysics are advised to deepen their religious activities by engaging in personal study of their scriptures or holy book without relying on the usual channels or interpreters for clarification. This is to preserve one's bicameral mind from external influence and dependency on "authority figures" that may be damaging to the psyche in the long run.

Purity, sincerity, humility, and a selfless motive which seeks to serve one's fellow men are qualities to possess or develop when requesting from, or studying the teachings of a spiritual/ metaphysical teacher, or even when embarking on our own by studying books on the occult. These qualities or virtues are our safeguard. They protect us from negative forces which affect our mental and emotional stability.

One of the keys to preparation is to eliminate the false ego from our thinking and centeredness. Think from the Christ level. Think the thoughts of Jesus, Muhammad-the Prophet, Krishna, Lao Tze, or Buddha. What do you think these avatars and prophets of God think constantly of? They think of God, Truth, Beauty, and Goodness. Therefore we advise each student to do likewise. Thinking abstract thoughts, divine thoughts, spiritual thoughts, and holy thoughts raises the vibrations of the physical, etheric, astral and mental bodies. This facilitates metaphysical and spiritual development so needed by the human race. It improves the quality of humanity.

One of the problems which poses as an obstacle to occult and metaphysical study is that of the crystallized mind. As a preparation, the first step that has to be undertaken by the student of metaphysics and the occult is to temporarily put away all previous concepts and beliefs regarding them. There are many false beliefs and superstition concerning the occult perpetuated by ignorant individuals, by psychics of a low caliber, by secular education, and even by religion, that we have to cast all of those beliefs aside and prepare our minds to really think and use our reason and intuition. Even if we had learnt metaphysics or branches of it previously from genuine teachers, it is still required of us to shelve them aside when we begin our apprenticeship under a new tutor.

Our minds should be open and receptive to the teachings of the higher worlds, but if our minds are closed and crystallized, we fail to register the truths concealed in occult and metaphysical teachings regarding the laws of the cosmos, the higher worlds, the principles of mind and one's psychic nature. If the teachings of any metaphysical system or teacher (including this writer) contradict your personal notions and feelings and you have trouble accepting them, simply shelve them aside for the time being and consider them again at a later date when you have acquired more experiences and knowledge. Realize, however, that most of the time opinions and beliefs do not reflect Truth. We teach what we personally know or what others personally know. We do not proselytize or impose our words upon others against their will. We are happy to give to others the teachings of the Spiritual Masters should they be receptive and just as happy not to give should they be non-receptive. We can lead a horse to a drinking trough but we are unable to make it drink.

Granted, that information concerning the occult the tyro or neophyte often has to regard as hypothesis, or working theories, but in time the student is given methods for investigating and proving to himself the verities of metaphysical truths and the realities of the higher worlds.

We seek knowledge, wisdom, and experience--not mere beliefs. For the student of Nature's mysteries, beliefs will not do. Beliefs are blatant expressions of one's ignorance, for if one knows, why is there a need for beliefs? If one should say that one believes in the existence of something, one implies in that statement that one does not really know if that something exists. Belief and knowledge are poles apart.

In spiritual and occult training one invokes intense energies, powers and forces emanating from the spiritual worlds. These energies flow into the whole microcosm even down to the physical level. Should the physical body and its force-field vibrate at a very low level because of the presence of impurities, toxins, and negative forces, the nervous and energy systems of the physical and etheric bodies would explode and rupture during the influx of those higher energies. This is one reason why one embarks upon the Path of Purification prior to engaging in advance occult work.

### **The Master's Advice**

In days gone by, when a student approached a spiritual or occult master for instructions, the master would say "empty your cup." The master illustrates the purpose of this by pouring fresh tea into a cup already filled to the brim with the liquid. The tea would naturally overflow. "Likewise," the master would say, "will the teachings I fill your mind be rejected by all of your previous thoughts and false beliefs. Therefore, empty your cup." Which means, in other words, "empty your mind of previous ideas and conceptions." Most people are disinclined to accepting new ideas. They dislike change, and yet we must change towards a positive direction if we are to progress. There is a senseless fear and laziness in most people in operating their brain faculties such as using their mind to reason. Our minds must be open and flexible, yet putting all new ideas to the test where possible before accepting them. We must strive to see the logic and rationality in concepts, if any, that are new to us. In other words, we must think! It would not hurt to be critical in a positive and constructive sense of novel ideas or even religious ideas if we believe that our criticism is valid. Although the mind is limited, it has its purpose and we should not shirk from using it.

It is an important requirement for the occult student not to form any false ideas concerning himself and lower his self-esteem. He should not limit his mind and divine expression by saying "I can't do this," "I can't do that." One never knows what one can do until one tries. This applies to all branches of learning and study. Often we hear people say "nobody's perfect," and they use this as an excuse not to improve their morality, their character, their minds or even their social standing. If one approaches

the study of metaphysics and the occult in this manner, one is bound to fail. Metaphysics is hard work, and those who are not interested in work should leave metaphysics alone. Metaphysical truths awaken a person from self-complacency and the slumber of mortal errors. The student of metaphysics should be prepared for this and not rebel when it occurs. When you come to the point where you can think of nothing but metaphysics in your everyday activities, you shall succeed in being a metaphysician. Metaphysics has to be incorporated into one's life 24 hours a day.

Studying the occult and metaphysics requires great perseverance, endurance, patience, and fortitude. It even requires a certain degree of intelligence. Note that we do not say education or intellect, for the educated mind and intellect at times can be more of a hindrance than an asset. Unless our mind is receptive and open to modify previous findings or concepts expounded by science or religion which from the point of view of metaphysics are erroneous, one would simply fail in metaphysical study and the probing of Nature's higher laws. The intellect, as the result of education is simply the building blocks that we accumulate, whereas intelligence is the conscious directive power that builds an edifice out of those blocks. Being educated implies gathering data and information that may or may not be true or even relevant to one's life. We should seek the sort of knowledge that is applicable to our everyday lives with its countless challenges and problems. Overcoming human problems is mastership. Intelligence is a necessary attribute to comprehending metaphysical principles. You need not be concerned of any lack of intelligence, however, for metaphysical practices itself raises one's I.Q., E.Q., and S.Q.

Some occultists, metaphysicians, and mystics have declared that it is much easier acquiring an academic degree than getting fruitful results from occult study. This is indeed true, for occult study requires unfolding the inner senses to register higher vibrations and the various phenomena of the higher dimensions, and this takes much time and energy for practice and training. The purpose of metaphysical study is to make each and every one torchbearers of Truth. Work for Truth, live in Truth, promote Truth and it is guaranteed that you will evolve into God's Light. However, seek no reward.

Metaphysical development requires time, patience, perseverance and great concentration--the type of concentration not normally possessed by the average person. This training of psychic and metaphysical faculties may take a whole life time for its perfect functioning and control. We should not be daunted by this, however. The Master Jesus said, "In patience possess ye your soul," and this each student of metaphysics must be conscientious of. The student must have patience and possess his or her soul and not allow the Dark forces to possess it. In metaphysics we learn to direct our lower self, if we do not do this, negative beings will.

It is expedient that the student remove religious and any form of prejudice from his mind and heart. At times teachers of metaphysics may refer to the text of one religion in preference to another to illustrate or substantiate certain metaphysical concepts. This they do, not because of their personal background and not because of any animosity toward the other religions, but because of convenience sake. We know that the essence of all religions is Truth itself. Metaphysicians, therefore, teach and refer to the Truth in all religions whenever possible. This brings up another subject to mind: fanaticism. Fanaticism is not to be tolerated, not in metaphysics, not in religion, not in any human endeavor whatsoever. Fanaticism simply indicates a blind belief in principles and opinions, most of which may be dubious as to their validity. Fanaticism is separatistic, narrow-minded and destructive, and should be avoided. It breaks up unity by creating divisions and schisms. It is the very antithesis of the spiritual precept: "unity in diversity." The motto of the Dark forces will always be "divide and conquer."

Man is a microcosm of the macrocosm. In religious terms, man is a reflection of God, for he/she was made in God's image. Since God is perfect, man likewise, in a spiritual sense, is perfect. Man carries the seeds of perfection within him. He only needs to unfold this divine seed of perfection lying dormant within him. When this is done all things become possible to man. In order to nurture these divine seeds, one must overcome inertia and work with the evolutionary forces of Nature.

### **The Motive of Study**

One of the first few things that a student of metaphysics has to do is to introspect and analyze as to the motive for approaching metaphysical study. Why does one want to study metaphysics, its branches, and its various arts such as magick, mysticism, esotericism, psychometry, dowsing, or telepathy? For what reason? For what motive? Is it simply to gain advantage over another, for power over others? Or is it simply to acquire name and fame or the riches that it will produce? Approaching metaphysics with such motives would retard one's spiritual growth and is not condoned by any spiritual teacher of worth. A true and noble motive would be to serve God and humanity in spiritualizing this physical world, in manifesting Heaven on Earth, where Truth, Justice, Righteousness, Love, Peace and Goodwill between men prevails. Should your motive be negative, you are advised to transform it now. Do not deceive yourself as to your motive.

Another thing that we must not do, is to steal the secrets of heaven or gain entry into it by force, meaning that we should not force our occult growth by engaging in dubious exercises obtained through sources with no real integrity or authority to transmitting them and hoping for an instant development with their application. Should occult abilities be "instantly" procured, it would not be permanent and would result in adverse effects in most cases. We all know the low quality of plants cultivated in greenhouses as compared to the cultivation done underneath Nature's roof. It is the same with metaphysical growth. Heaven is not willing to release her secrets to the profane, and if by chance any of us acquire her secrets and apply them without the proper motive and purity, we unknowingly curse ourselves. The scriptures say that God is not mocked. This is a symbolic way of saying that the Law of Karma is operative and no one is able to avoid its influence.

The student should be aware that there are false Gurus in the metaphysical field. Every student should be wary and cautious in accepting what they have to teach, for though what they teach be sweet to the mouth, their effects may be bitter to the stomach. These Gurus have no sense of responsibility, and they control and manipulate the minds of their followers for their own nefarious reasons. They create a morbid dependency on the part of the student.

Without the adequate and correct preparation through the Path of Purification, although one may unfold in a psychic manner, if accepted and trained by a "Guru," one would limit one's psychic development and stagnate in one's spiritual evolution. The higher occult and mystical abilities requires that one be spiritually developed, and this cannot be attained without the necessary purification of the microcosm.

Spiritual Masters of the occult and metaphysics are wary and watchful of students with impure motives. It is not unusual for Spiritual Masters to reject applicants for study or to put them through certain tests, or to give them some advise and told to return at a later date, perhaps a week, or a year later. Just because a student is anxious to study the occult does not imply that he is ready for it or that he should be accepted by a Spiritual Master or Adept. Acceptance by a Spiritual Master and the initiations that he has to offer requires sincerity of motive and more besides. The false Guru may perhaps accept such a student for personal reasons--for fame, name, glory or wealth. The true Guru, however, never consider these things as criteria for accepting students, although he may work in

strange ways that sometimes seem amoral or irrational in order to test candidates. An occult axiom states that, "When the student is ready, the master appears." The advise here is to make oneself ready through proper preparation and not sit and wait and twiddle one's thumbs. The master in this axiom may refer to a spiritual being, one's personal spiritual guide or guardian, or even to a metaphysical school.

It should be known that the metaphysical path is a strenuous one requiring every minute of the day. One does not engage in metaphysics at certain spare moments available. One must make time for the study and practice of metaphysics. Reduce unnecessary socializing and reduce watching TV and movies to a bare minimum; preferable not at all wasting time on them. This may result in some conflict between your friends and relatives as you settle-in to your new metaphysical routine, but consider this: what is more important, their egoistic and personal gratification and demands or your study of Truth with its eternal worth and its spiritual application in the affairs of men? It is up to you to decide; however, if results are not forthcoming from your practice because of your lack of application, you have no one to blame but yourself. One piece of advice: you may drop-out from metaphysical study but never drop-out from life, for it may be that your real metaphysical teacher and lesson is life itself. Accept whatever life brings and learn from it; otherwise, seek to change it using your God-given creative powers.

### **The Contemplation of Life and Death**

Perhaps one of the things that a novice of metaphysics is told to do at the very outset by a true metaphysical or spiritual teacher is to contemplate the meaning of death and the opportunity that life offers. This dual theme is a healthy, sane, and balanced contemplation that when analyzed individually tends to produce an unhealthy pessimistic or overly hopeful attitude. How does one begin this contemplation? By reflecting on the following: first of all realize that we are all heading toward physical death, This might seem discouraging nevertheless is a true statement that cannot be contradicted. With every second, with every breath that we take we approach closer to our grave. Nature guarantees us nothing in life but our coming demise. This is her promise. We do not know when we will leave the physical body permanently. It may be the next hour, today or tomorrow, but leave it we shall. From these musings questions would arise: "What then is the meaning of life?" "What is the purpose of life?" Shall we say as the materialists would say, "let us eat, drink, and be merry, for tomorrow we die"? What sort of a philosophy is that when our query remains unanswered? It would be preferable to say "let us study the purpose and meaning of life for we know not when we will pass away and God's purpose for us here may not be carried-out if we spend our time on frivolous matters." Contemplating further, we will realize one major thing, and that life here is an opportunity. Opportunity for what? An opportunity to grow, to become, and to be. Heraclitus, the philosopher of ancient Greece said that everything is becoming. This is the Law of Change. From our metaphysical point of view, we understand that he was referring to the Law of Evolution.

If we think about it we will realize that we are unable to take anything material with us to the higher worlds when we pass on. We are unable to take along with us our house, our money, our possessions, our titles, etc. What we do take along are things that are immaterial--our knowledge, our memories, our karma, our habits, our character, our spiritual and psychic development, our aspirations and desires. We can see from this that our purpose in this world, in this physical plane is in connection with those immaterial things mentioned above, and if--and metaphysics declare it to be so--evolution is a law of Nature, a Cosmic law, then our true purpose is to evolve, to improve and to purify those immaterial things. Our greatest opportunity in this world is the correct use of time. Use this gift of God searching for Truth and not wasting it on non-essentials.

Perhaps after being a little pessimistic about reflecting death just awhile ago we may now be cheerful and be optimistic about life and to carry-out the main purpose of physical existence instead of wasting our precious time, energy and resources on immoderate and excessive entertainment: too much watching TV, too much sex, the taking of drugs, and indulgence in other material devices invented and designed by the Dark forces to sidetrack and make us forget our divine heritage, purpose of being and our mission here on Earth. This is the nature of evil: it diverts us from experiencing our true soul-purpose and need. Anything that distracts us from improving our soul nature, our character, our morals, or acquiring metaphysical knowledge of Cosmic laws and truths, is to be considered as an evil mechanism and an intruder to our microcosmic system. These evil intruders sometimes work in such a subtle manner at times that even disciples of metaphysics are sometimes caught off-guard.

## **The Pure Life**

A metaphysical life entails living a life of purity. Even before approaching a Master for apprenticeship, a pure, spiritual, constructive life should be lived as best as one is able to. The degree of purity within us can be seen and felt by the Spiritual Masters and Adepts of metaphysics and the occult. They know our spiritual state and status by the colors and the luminosity of our aura, by our facial expression, by the quality of the emanations of our eyes, and by the way we think, speak and act.

By the above we do not imply that one has to be a saint in order to be a worthy student of the occult or metaphysics. What we are saying is that purity is a necessary quality to possess and to develop when one becomes a serious student of the occult. It is an indispensable quality for it prepares our psycho-biological system, our nervous systems to withstand intense energies that we invoke from the higher worlds through our occult and metaphysical studies. We often hear of people going insane because of their involvement with the occult or metaphysics. This is because of their lack of purity. Their nervous systems were not able to sustain the spiritual vibrations coursing through them. When this occurs, as mentioned before, the nervous system ruptures, certain brain cells and nerve centers are destroyed, and the etheric webs protecting the student from overexposure to impressions of higher frequencies coming from the other dimensions, are shattered. One is then unable to shift focus from one reality to another but is opened to both. This causes too much strain. Insanity is the sad result.

Spiritual energy invoked through mystical practices also evokes the undesirable elements lying within us. If these elements are not cleared by a process of purification, they would cause us trouble. This is not to say that metaphysics or the occult is an unsafe study. There is danger in everything. One simply needs the right information and common sense, and take precautionary measures when delving into any study, especially metaphysics and the occult.

Purification is a multi-level process. It should occur on all levels of the microcosm. For instance, our physical body, our blood-stream, our energy-structures, our emotions, our minds, our aura, and chakras, all need to undergo purification. The Path of Purification is a basic step in any system of occult, metaphysical, and spiritual study. To neglect this essential step is to open-up ourselves to spiritual dangers. Any Guru neglecting the Path of Purification in his or her metaphysical system is a false teacher working against the evolutionary tide and spiritual current. It is not beyond the means of any average person to become pure and holy. The difficulty is that people do not see purity or holiness for what it is. They have many erroneous concepts regarding it. For instance, some of us believe that to be holy one has to seclude oneself from society, be celibate, or wear white robes or even tattered clothing. They believe that to be holy one must dress oneself in some special way or wear a certain hairstyle or do strange things, or act a little mad. These are all fallacies. We should all

strive for holiness by being what we truly are, and not be what we think ourselves to be. In the name of Light, Life and Love, we appeal to all students to be pure and holy.

### **A Balanced Approach Towards Metaphysics**

In metaphysics or in the occult, the student is requested to take a balanced approach. There are three factors that students have to consider:

- 1) Knowledge of metaphysical laws, principles, and cosmic truths.
- 2) Unfoldment of spiritual and psychic senses, faculties, and abilities.
- 3) Acceleration of one's spiritual development, of one's soul evolution.

The pursuit of these three together in a harmonious way is necessary in developing a well-rounded attainment. When one is over-emphasized and the others compromised as to their importance, then trouble results for the metaphysical student. For instance, too much knowledge without spiritual abilities and a spiritual development results in a poor instrument, one ineffective in the service of men, and one filled with pride and vanity. Psychic abilities without knowledge and a degree of spiritual advancement causes similar symptoms as the above--pride and vanity, together with a poor understanding of what one registers through the psychic centers. Though one be "spiritual," without metaphysical knowledge and understanding one is often deluded and misled by psychic forces. One falls into the trap of glamour and illusion.



To be spiritually developed without adequate knowledge and psychic ability results in one's ineffectiveness in serving humanity. We can see from this that the problem facing the metaphysical student is the correct pursuit and development of those three factors simultaneously. The unfoldment of these three factors causes that Divine Spark (Spirit), the Soul-Flame within us to grow in strength and magnitude. This Spark is threefold. There is a will-power aspect (blue), a love-wisdom aspect (pink) and an intelligence-understanding aspect (yellow). This divine flame, metaphysically, has its location within our physical heart and is about 2 cm in size. It is representative of the Higher Soul within the microcosm which is likewise threefold in nature. Esoteric students of Theosophy, for instance, call these components of the threefold Soul, *atma*, *buddhi*, and *manas*.

Too often metaphysical, occult, or so-called spiritual Gurus teach on the basis of a single approach. This does much harm to the student and to society in the long run, or in the very least, it does no lasting good. Advanced teachers, or true Spiritual Masters would synthesize the above three factors. Their approach as a synthesis of those triune factors, would be practical, instructive, and informative.

Let us look again at those three factors. What do we mean by occult and metaphysical knowledge? By such knowledge we mean of the following :

Knowledge concerning, the origin of Spirit-Man; the origin of human beings; the origin of the solar system; civilizations of unrecorded history; the real history of man; man's purpose of being; the progression and the transmission of the ageless teachings throughout the centuries; the origin of religion; the Mystery Schools; the occult anatomy of man; man's latent powers and faculties; the secret teachings and oral tradition of the prophets; the nature and laws governing the higher worlds

and man; the application of Cosmic laws; the hidden laws of this three-dimensional world; the principles of counseling and healing; the nature of man, etc.

Now what do we mean by the unfoldment of psychic and spiritual abilities? What are they? Here are just a few: the ability to register spiritual impulses emanating from the Soul, the Spirit, the Spiritual Hierarchy, one's spiritual group, and Master; telepathy; the ability to direct the elements and forces of Nature; spiritual vision; etheric vision; the ability to function consciously in the higher worlds; the ability to attune with the Divine Cosmic Mind; the ability to know the past, present and future; the ability to heal body, mind and soul; the power to create; etc.

And lastly, what do we mean by spiritual development? We means expanding one's consciousness; opening up the intuitive channels; the transcendence of the false ego; the expression of one's divinity; oneness with Nature, God and one's fellow men; the purification of one's thoughts, words, and actions; the realization and awareness of one's true identity, and the unfoldment of all spiritual virtues and attitudes such as sacrifice, renunciation, detachment, steadfastness, endurance, strength, self-control, patience, magnanimity, purity, heroism, truthfulness, generosity, compassion, understanding, love, affection, serenity, faithfulness, altruism, tolerance, reason, devotion, adaptability, sincerity, joy, discernment between the real and the unreal, service, balance, beauty, harmony, creativity, confidence, perception, reverence, sympathy, punctuality, love, tenderness, gratitude, gentleness, harmlessness, inclusiveness, desirelessness, forgiveness, trust, self-discipline, etc.

So far we have used the words occult, metaphysics, and spirituality interchangeably. At this time this suits our purpose, but we have to realize that these terms are not synonymous and each have a specific definition of their own. To these terms we may include mysticism, magick, parapsychology, parapsychic science, and esotericism as each having a definite meaning and yet still connected with metaphysics in general. In the course of one's metaphysical study one would gradually come to realize the fundamental difference.

## **Humility and Fearlessness**

So far, we have already dealt at some length with the qualities that the candidate of metaphysical studies has to possess, such as purity and an open mind. Other important qualities are those of humility and fearlessness.

Humility is the quality of acknowledging the greatness of God as expressing throughout Nature. It is the realization that no matter what one attains or what one becomes there is always room for further growth. Thus, one never view oneself as representing a final attainment such as being the smartest kid in school, for one knows that there are still others much more smarter than oneself. There is always room for improvement. We should not just look down before us, look upwards as well and see that there are others far above us. Reaching one peak allows us to see a higher summit.

There is pride in thinking of being wise or in being stupid. There is also pride in thinking of being rich or in being poor. The writer has often heard people lamenting on how poor they are, and they enjoy saying this and proving it. They would take quite a lot of trouble to prove that they are poor and that none are in as much a need as themselves. This is pride expressing itself, for they fail to see that they possess many of God's precious gifts to them, such as their senses to register impressions, their minds to think, their will to act, and their hands and feet to carry-out their desire; in short, all that is required to manifesting prosperity. Such people are ungrateful beings. In this they show their lack of humility.

When approaching an Occult Master in an egoistic manner, he would most certainly reprimand us verbally . . . or in silence. Such applicants for the teachings are quickly shown the exit. Demanding to be taught indicates one's unreadiness for occultism and metaphysics. Instead of requesting from the Guru the higher teachings, one should come to realize that one still requires the lower teachings and disciplines from the many challenges that life has to offer and instruct us. All of these challenges are simply for the purpose of taming the human ego. The ego when unbridled, is an unfit vessel for metaphysical and spiritual teachings. Where the ego strives, there humility dies.

Fear is one of the obstacles to metaphysical understanding and awareness. Approaching and advancing on the occult path entails facing many enemies and frightening phenomena, the worst of these is our own lower self with its many subconscious projections which in occult circles is called the *Dweller on the Threshold*. If we wish to pursue occult studies, fearlessness is a paramount virtue to possess, for in truth nothing can hurt us unless we give it the power to do so. One of the maxims of the Great White Brotherhood is to know, to dare, to do, and to be silent. Make this maxim a part of yourself.

In the maxim above the student is advised to be silent. It is disrespectful to the teacher and to the Cosmic to reveal secret and esoteric matters to those unprepared for it. Be ever watchful of your mouth, for as the Master Jesus said: "Do not cast pearls before swines." Silence is a protective quality. It protects the person who keeps silent on sacred matters as well as others who may be inclined to misuse the information. Assume silence when you should be silent and only speak when others are not courageous enough to defend Truth. Silence is golden at the right place and at the right time, and on sacred matters. Students will progress more rapidly should silence be a part of their being. Do not draw attention to yourself. Do not speak of your occult experiences to those unsympathetic to metaphysics, for this would simply provide them with offensive weapons.

In metaphysics too often than not, one may encounter contradictions. These contradictions may just be apparent and not real. Truth is like a cut diamond with its many facets. Keep in mind that what is relatively true is synonymous to being relatively false. However, in cases of contradictions, adopt that which seems more logical to you.

This is an important article and the student is advised to consider it wisely. It is hoped that the student be sincere and apply these teachings that he or she may acquire the virtues that we have referred to. In the days of Atlantis, men misused and abused occult and metaphysical teachings. This was one of the direct reasons why the continent submerged and leaving very few traces as to its geographical location, its place in the memory of men, or in our history books. Many civilizations ended drastically because of the misuse and exploitation of knowledge for selfish ends. People mistakenly believe that the ends justify the means. This is false. The means determines the end. Let us not repeat our ancient mistakes, as it interrupts the evolutionary process and cause the holy ones to weep.

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