

RESURRECTION OF THE BODY? Is it possible? What is our body? It is not the food we eat; that is merely the ballast that helps us to ride safely in the waters of life. Food, when taken in by the energy system which is our real body, is broken down into the energy components and added to our being by the organising intelligence which leads us from fertilised egg to mature adult.

The organising intelligence is a body of sentient energy. It is our real body, pre-existing the food we eat, drawing itself into this food, using to build a body of inertia, a mass of trained energy which serves as a reference centre for intelligence in the material world.

The real body which we are, this body of sentient power, which occupied the fertilised egg, drew food matter into it, formed and organised it, is a living body of intelligent power, not itself subject to death other than withdrawal from the gross food accumulation it has taken in. When it withdraws from such a food accumulation (the physical body) this body dies, begins to disintegrate, and finally falls to dust.

But the withdrawn body of intelligent power does not fall to dust. It maintains itself at the level of integration it has of its own nature, and it can, when it so wills, re-enter the physical world. It can resurrect, re-establish itself, in another food body. Under certain conditions it may even attract to itself the material energies in the physical world and reconstitute for itself a gross material body similar to that constituted by food intake in the ordinary living body. This is a matter of the appetitive intent to do so. Appetite is magnetism, and can draw into itself all that it desires.

Contribution from a 'Potential Corpse' IV, page 61, Eugene Haliday.

**“There is a light that shines beyond all things on earth,
Beyond us all,
Beyond the heavens,
Beyond the very highest heavens.
This the light that shines in our hearts.”**

Chandogya Upanishad.

WALK IN THE LIGHT: There is no light that is not spirit, and to walk in the light, is to walk in the light of consciousness. Light is a vibration of filed energy and we are condensed light. Many of our thoughts are like the clouds that in passing occlude the light of the Sun. To tread the path of universality, we have to walk in the light that is many thousand times quicker than ordinary thought. We have to step back from the thoughts that cloud our vision and feel for the underlying truth that arise from the heart and none urgently shows the way. This is the light not unlike the beauty of sunlit days, that makes the invisible, visible. It lights not only this world but also the next, so that occasionally, in our quiet moments we are able to glimpse those who have gone before; sharing in these moments the timeless affection that joins our worlds together. The only difference, if there be any, is in the spirit cased body of earth and clay that obscures the light of the soul. By changing frequency and by stilling our thoughts, calming the breath and the emotions, we gradually change our perception of the world around us.

Introspective breathing will help us refine our awareness and attune to those in spirit who wish us well. For example – become aware of the breath, and when inhaling a short breath, affirm *“He knows I am taking a short breath in”*, and when breathing out a short breath, *“He knows I take a short out-breath”*, also when taking a long breath *“He knows I am taking a long in-breath”* *“He knows I am taking a long out-breath”*.

Continue to refine awareness by affirming *“Experiencing serenity, I will breathe in; experiencing serenity I will breathe out”*. *Experiencing bliss I will breathe in, experiencing bliss, I will breathe out.*

This is part of a process to find inner stillness and serenity until inner clarity is attained. *“As the still waters of a tranquil lake enable the water to reflect the blue of the sky, capture the detail of a dragon fly and flight of birds, so the peaceful mind and open heart capture the wisdom of the eternal”*.

Always capture the experience and feeling in memory, as in life many other things will claim dominance of your mind, and by simply remembering, we can return to the feeling when we first glimpsed the transcendent in the imminent.