

This is the transcript of a presentation called “Love in Esoterics”, by Stanton Stevens for the Seattle Theosophical Society at Quest Bookshop in Seattle, Washington on May 1, 2011. Please visit his website, <https://onepurelove.com>, for the video and accompanying handout.

**Full Transcript: =====**

Thank you, Ed. Thank you, everybody, for giving me this opportunity to talk about love. I love love! It's been so much fun to research it and read about it and try to answer the questions. The question of what we can find out about it in the literature, this incredible literature that so few people are aware of. That's a privilege of being able to dig into that literature and try to answer these questions.

I'll tell you my ulterior motive here is to get you all excited about reading it yourself because I can't wait to talk to you all about your interpretations of the same stuff I've been reading. Everyone will have a unique view. Just keep this in mind, I really want you to read it. Oh, and happy Beltane. Today is a Celtic holiday. It's the first of May. It actually, I think, celebrates fertility. We're talking about love, that goes together.

I really appreciate you coming out. It's such a nice day. You've got some nice air coming in the window at least. I hope you got out in the sun and got some of this incredible weather. It's the nicest day I've seen this year.

There are a lot of questions about love that come up almost right away, for me and I'm sure for everybody else. What's going on with love? Why is there so much suffering with something is so beautiful? What are broken hearts about? Why doesn't love seem to last? Is there eternal love? Is there true love? Is love something that is limited and we have to struggle for or hold on to? Why do we want love so much? What does it mean to people? Is it the answer to the world's problems? That question is asked.

Frankly, I'm no expert on love. My heart is held together with band-aids from many different adventures with love in the past. I have a lot of good information for you. Every single one of us, I know, is trying to solve this problem for ourselves. We all deal with love. We deal with relationships. We deal with sex. It doesn't matter what stage of evolution of consciousness we're in. Everyone is struggling with it. At least I hope I can give you the hints that Esoterics gives us.

This information is primarily from Henry Laurency's books, which are online at Laurency.com. For people who are old-fashioned and want actual books, they're selling the two that are in print at the bookshop. It also comes from Alice Bailey's books and Theosophical writers, Besant and Leadbeater. Not so much Blavatsky, some. The handouts have information about where you can find all this information, and contacts and groups where you can discuss this further and meditate with groups if that's something you're interested in.

I would have liked to even put more quotes in there. I couldn't, and I just kept stuffing more and more and the pages kept growing. Finally, I said, "Okay, I've got to stop at four pages of the handout." No one's going to read five or six pages of quotes. Give those quotes a chance. They're pretty potent stuff. They're selected out of a lot of

material. I wish I had time just to read them and go over them. There's so much else to cover.

We're going to start with the big picture. Science starts with the little details and tries to piece together a big theory out of that. When you've got information such as we've got that's given to us from those who've gone beyond the human kingdom and solved all the problems we're trying to solve and are sharing the actual information about how things are, they can give us the big picture. Then we can look and see how the facts of our lives fit into that.

We're going to start with love in the cosmos. What it says in the books is that love is on every plane of existence. It bridges the planes of existence. This is the place where we struggle with it the most. When you get to the levels beyond the physical, emotional, and mental worlds, what are called the three worlds of humanity, when you get to the higher worlds, even the one right above the mental, love is simply taken for granted because every being there shares in consciousness and knows everything it knows about those worlds through identification with it as part of itself.

Obviously, love is not in question there. There's no sense of separation or of loneliness or of antagonism. When there's perfect understanding, all those things go away. There are many worlds beyond ours. I've talked about this in earlier talks. I won't go into how many there are. We're really just at the starting point of this evolution of consciousness that we're working on. It's only in the human kingdom that we struggle with this, with love. When we get to the higher kingdoms, love is simply granted. It's there. Loneliness, gone. Particularly human kinds of suffering, they're a relatively short duration. There might be millions of years in the human kingdom for us, a long time, but we have so much further to go, and we won't be doubting love any further.

Preliminary to any further discussion, there's a little exercise I like to do. In the last few talks, we did this. It may sound familiar if you were here before. Let's take a moment to be aware of our consciousness. Laurency says everything is matter, motion, and consciousness. Each of us is exercising our consciousness through our attention. When we are aware of our consciousness, truly self-conscious, choosing what we think, then we are actually reaching what humanity is capable of. Most of the time, most people are in automatic consciousness. They're responding to things, they react. They don't think about their reactions, they just react. Their thoughts are coming and going.

If you're truly self-conscious and aware of your thoughts, if you are observing your attention, you're tuning in on the self, the real self. The self is where your attention is. It's a kind of consciousness that can free you from a lot of stuff, if you're really truly self-consciousness. What most people don't like about themselves are the negative emotions they experience and express and how they hurt other people around them. Those negative emotions are part of automatic consciousness. They're part of patterns of consciousness from millions of years ago. Things we've picked up. When you are self-conscious, aware of your consciousness, you're not a victim of automatic consciousness, you're choosing. Your choosing makes all the difference. It can speed your progress tremendously in all of the evolution of consciousness.

Now, Laurency talks about the Law of Unity. When he says that there's matter, motion, and consciousness, he says that consciousness is actually one consciousness. It's all one. We have a part in it. We can only experience so much of it. The limitation is really in our ability to experience very much at once. We'd be overwhelmed if our consciousness grew too fast or too much. There's so much to be aware of. Our senses are somewhat limited to this physical, emotional, mental reality. There's so much more that the restrictions on our consciousness are actually to our benefit. We need to gradually grow to expand our consciousness for our own safety.

However, we get to have experiences, agape, the moments of enlightenment that people talk about, where their minds are just thrown wide open and they can sense their unity with all of nature. They know where they fit into things. It all makes sense, briefly. I hope everybody in this room has had that experience. If not, it's something that everybody will probably have some time.

It changes people permanently, I think, to have that, to realize that really, it is one actually. You get to experience it, and you identify with everything around you and spread out into it. Of course, that can't be sustained. As I mentioned, it's too much. You can't live in that state until you've really developed the capacity for it, and that takes going through solving all the problems we're trying to solve right now in our lives.

The Law of Unity says that not only is that possible, that's our ultimate destiny. All of us will achieve that expansion of consciousness, where we know through things we're identifying with, through sensing the oneness, when we work in the direction of unity, then we're working in the direction of the kingdoms beyond the human. I was saying beyond human, we've got what's called the Buddhic plane, or the essential world, or world 46, all equivalent names for the world that is our next goal beyond the top levels of the mental world.

When we get to that level, we're actually sharing a collective consciousness. That's the big jump we made in consciousness, to get there. Animals, to get to the human kingdom, made a huge jump in consciousness. They develop self-consciousness. Our pets don't really have an idea of self-consciousness. They're very conscious and active and objectively aware. As soon as they make that jump of, "Oh, I am, the dog that he's talking to is me." They're not dogs anymore. They're done. They're ready to become humans. They've made a huge jump in consciousness, and that's what distinguishes the kingdoms of nature.

The jump ahead of us is the jump from our long, lonely trip through the human kingdom of apparently separate consciousness, where we have to struggle to understand each other, to where we join the collective consciousness of the next kingdom. The kingdom is nicknamed the kingdom of heaven. It's pretty wonderful. The biblical descriptions are not all that useful, but it is described as-- As I was mentioning, where you know everything immediately, when you share consciousness, collective consciousness, there isn't any loneliness. There's unity. There's understanding. There's cooperation.

It's something hard for us to imagine because we're just not there yet. If we could really grasp that, we'd be done being human, just like the dog would be done being a dog when it becomes self-conscious. Consider what collective consciousness implies. If you were part of collective consciousness, would you welcome anybody into collective consciousness that was selfish or hate-filled? No. Collective consciousness needs people who understand love and practice it, and understand giving and work to serve everybody else and care about everybody else. Those are the people who are welcomed into the collective consciousness.

It's not people who are still cursing at the guys in traffic that cut them off. You're not going to make it to the "kingdom of heaven" until you can overcome every single thing that bothers you about other people. To exclude anyone is to exclude yourself from that collective consciousness. Laurency makes that point emphatically. We have a lot of work to do, obviously, before we can say we're ready for collective consciousness, before we have purified all the separative stuff about humanity out of our systems.

Back to the cosmic aspects of love again. In Bailey, and in the books of Laurency in particular, they talk about how everything is matter. Matter equals energy, Einstein was very clear about this. He managed to even prove it. That's amazing. As Esoterics has been saying all along, that matter is energy, energy is matter. It's just different phases of the same thing. If we look at how energy is organized in the universe, it's in octaves. Musical notes are in octaves. The spectrum of colors is an octave. Actually, octave is the wrong name for these things because it says eight. It's really seven unique notes in an octave. Then the first one repeats at double frequency. That's the first note over again, it's not a unique note. It's seven unique notes that repeat at each double frequency. All of it is organized in these mathematical relationships of frequencies. It turns out that there are qualities to each of these notes. As you can imagine, each color is very different from the other. Each note in an octave is, too.

Laurency calls these departments. He says that when you look at any organization in a higher kingdom than human, they're organized along these lines, the departments. First department is power note, the key note of a scale. When you get that note, that sets the scale that we're hearing, we know what key you're in. That's the note of will, of purpose. It shows up in society and institutions as politics and military, destructive energy a lot of the time in less evolved humanity.

Now, the second department, you're not looking at one, you're looking at two. As soon as you have two things, you're talking about a relationship. That's where love comes in. The second department, the second ray, it says in the Bailey books, that's about love. It's called the energy of love and wisdom. Love by itself needs some experience to actually express correctly. Wisdom is associated with love there.

That second department is a factor in all of us, actually, because this solar system has its incarnations. It is a second department solar system that we're in. Solar systems themselves are born, die, recreated. This whole solar system is primarily of that departmental energy and all the other notes that we think of, the notes of intelligence, of harmony through conflict, of science, of devotion, these are the notes

in the scale. They're all subdomains of the great second ray or second department note of love and wisdom.

That's why they make the statement that it's the most powerful force in the solar system, more powerful than any destructive force or military force or anything like that. Love, they say, can overcome. This second department plays into our bodies. Each of our bodies is on a particular one of these notes in the scale. It plays into countries. Each country has a soul key note and a personality key note.

If you look at the relationships between countries, it can start to become clear. Bailey in particular gives this, and Laurency repeats it, the notes of some countries are given. In particular, the United States and Great Britain both share the same soul note of the second ray. Love-wisdom is the ruling energy on the soul level in those two countries. Different personality rays, they are obviously very different personalities.

I don't know if any of you have heard The Who sing their song, the British rock band, The Who sing their song, "Love, reign over me." They're singing about the soul of England, the soul of Britain when they're singing that. Love is an extremely powerful force in the highest levels of consciousness in that country, as it is here.

To talk about love is to talk about a very recent topic. It wasn't in a lot of the ancient scriptures so much. It was really when Christ came. He anchored an energy of love that wasn't present before. It's an energy that, as they describe, flows through the constellation of Gemini. It's expressed as love, forgiveness, brotherhood. That was a key aspect of his mission here, to anchor the brotherhood of humanity.

Of course, the churches got a hold of it and messed it all up almost immediately. There are still people who manage to get that message out of Christianity and still do. That's real Christianity. Christ is actively loving us all this very instant. It's part of his objective in this world to keep that happening. He's the head of the heart center of the planet. The heart center is an organization of beings that are beyond the human in this next kingdom beyond human. If you're not familiar with these ideas, I know it's a big jump.

Beyond the human, the beings that stay on to help us have taken the path of compassion and formed a planetary hierarchy, it's called. They represent the heart center of the planet. They're continually working on, how can we help humanity? How can we ease the suffering of humanity? What can we do to help people not brutalize their children and raise people that grow up to be loving people? It's a challenge because we keep making big mistakes.

Buddha came to teach common sense and the right way to think and the right way to live. Christ came after that to anchor love in particular, love and brotherhood. Esoterics talks about people having a repellent or attractive tendency. That's another factor in all this about love. We're talking about the cosmic aspects of love, repellent, attractive. The Earth apparently is a place where particularly repellent egos are sent. I'm sorry to say, I hope you're not offended.

It's a place where we come to work our things out as egos that really didn't get the message of attractiveness in some other system. We're here because having a physical body is really an ideal way to suffer and learn compassion for other people. As soon as we really learn that compassion, maybe we can be done with this particular world's problems.

**Speaker 2:** Is there a color related to the second grade? Is there a color?

**Stanton:** It seems to be different in the different worlds, so I can't give you a particular answer. As I read through the books, the colors that were associated can shift in different worlds. As an artist, that would be interesting information.

Here's an interesting anecdote about Christ. He was recruiting people in relatively modern times to work with him on a project. It's hard to imagine anything that relates to human activity for some being as advanced as Christ. He has come further than any Earth born human has gone, and more quickly, too. He holds the record for that.

When they recruited these people to work with him, they didn't actually look for people who were particularly loving. They looked for people who were really capable and organized and good leaders and could make things happen in the world because they knew that as soon as they put them together with Christ, the power of his love would open their hearts wide open. There was no question these people would become loving people, if they had any latent possibility of it. As soon as love of his nature, the power that he has, as soon as that was expressed, then they would fall right in line with love.

Sai Baba died last week on Easter. He was an exponent of love, too, and he obviously came to do a lot of work with that. The people who went to visit him in India said that when they were in his presence, they immediately felt like they had met up with their best friend, who had always been their best friend. That he knew them and recognized them, and they recognized him. This was a really common experience among all the people who went to see him.

My grandfather used to talk about Sai Baba. Well, okay, I'll tell you. When he first saw pictures of Sai Baba, he said, "The only miracle about that guy is that he doesn't have fleas in his hair." [laughter] He was a pretty hard-nosed guy, my grandfather. He taught spirituality, but every time he saw a guru come from India, a lot of them were frauds. He got really tired of that. His initial response to the guys that came over was, these guys are just phonies.

Then he said, "Okay, everybody keeps talking about Sai Baba. I'll see if he's really got something special." He was working on healing somebody, and he said he just asked for Sai Baba's help. Next thing he knew, there was Sai Baba in an emotional body and a mental body, each separately working, helping him with this healing project he was doing. From then on, he felt very connected to Sai Baba and referred all of his students to him.

**Speaker 4:** Excuse me. That raises a question. Do you believe it's possible to contact people like Sai Baba on the other side?

**Stanton:** Absolutely. Sai Baba's a special case, too. He was an avatar. This is my grandfather, again, his opinion, but he was truly an avatar that came to anchor particular energies. The limitations of physical form were never really limitations for him. He took them to help him communicate with everybody, but he is probably just as available to contact now as he was then.

**Speaker 4:** St. Teresa the Little Flower was dying, and she said, the man asked her, "How do you want to spend your heaven?" She said, "I want to spend my heaven doing good on earth."

**Stanton:** For Mother Teresa, that was really it. Was it St. Teresa or Mother Teresa?

**Speaker 4:** Teresa the Little Flower.

**Stanton:** Anyway, I'm going to mention Mother Teresa later on. One more cosmic question about love here. Is love eternal? Is it really just transient? Is it something we have to cling at and it runs away and we can never really keep it? What's eternal in this room? It's not the walls and it's not our bodies. It's us. In life, the points of consciousness that we are and have in these bodies, we are immortal, eternal, indestructible. We'll be going at our evolutionary process for billions of years, but we're the eternal thing in this room. Our relationships are therefore eternal, too. What we have established in love is eternal. If you're planting the seeds of love, you will be harvesting them, and that goes on forever.

**Speaker 5:** Can I ask a question? You keep talking about love, but you haven't really defined love. What is the definition?

**Stanton:** To talk about it at the cosmic level, love is the relationship of all dualities in the cosmos. Spirit, matter, that's the greatest duality of all. Polarity exists in every world at every level, whether sex does or not.

**Speaker 5:** It's the polarity...

**Stanton:** It's what brings us back into unity. It's recognition of unity. If I'm feeling love for somebody, I'm sensing my unity with that person. I'm glad you asked because I meant to say that. When all the higher worlds are all about love, and they're trying to teach humanity love, if we're making an effort to love, the entire universe is behind our effort. It's one of the most productive things you can do. You've got the entire universe backing your effort.

You're aligned with the plans for humanity when you're trying to love. You're aligned with the plans for the cosmos. Go ahead and try, try to love. You'll have some challenges if you do because--

Next topic, love and humanity. Hatred is a very powerful force in this world. As much as we would like to focus on love, we have to deal with people who actively hate, who really would like to hurt others, who are deep down afraid on such a level that they cannot recognize their unity with other people, and that they would rather hurt somebody than understand them. They're afraid.

That's where the hatred comes from. On a deep enough level, they're afraid of losing themselves, of losing something they have, of losing something that they don't have. People are afraid of losing what they never did have. They don't have other people. People think they possess other people, they don't. There are also powerful people who encourage fear and the hatred in this world. Yet another obstacle to love, because their power over humanity is based on fear. That's how they control everybody. They keep everybody afraid.

If they can make people afraid of their neighbor or of another country or religion or of God or of themselves, as long as they can keep people afraid like that, they can control them, they maintain their power. As long as they can maintain their power, these are people who aren't on the side of love. They don't care about love. They see it as a weakness. Unfortunately, people have taken that a very great distance and become very powerful mental beings who simply want power and control.

However, the door is closed for them to the next kingdom. They cannot leave the human kingdom. They cannot make it to the kingdom of collective consciousness. They're not welcome at all there. They will never achieve. They've reached a limit, and they have a huge amount of backtracking to do before they will ever get a chance to make it beyond the human kingdom. They actually accelerate our progress because they give us resistance to our efforts, and we struggle a lot harder to accomplish love and our goals. It's sad but true.

About ten years ago, I saw George Harrison on TV. I think he had the answer to this question about hatred and all the bad, powerful people and things like that. He was being interviewed, and he said, "Back in the '60s, we believed that love could fix everything." He paused for a second and said, "I still do." He is a beautiful soul. The Beatles anchored a lot of love, brought love through in all kinds of ways.

He was right. It's love that can fix the fear and penetrate the core of fear and separation. It's love that makes the person finally realize that, "Wait a second, I'm not so separate. I don't have to fight my battle against everybody." Even talking about bringing love through, this information I have is here because of love. The people that gave us this information, the masters, the people of Theosophy, the adepts, basically the ones who graduate from the human kingdom and are part of the collective consciousness, and reach back to help us, they're doing it out of love.

They chose the path of compassion, they want to help us, that's why they gave us this information. They take a risk in sharing it because we abuse it, and they have responsibility for what we do, but they love humanity. In particular, the masters that started the Theosophical Society are the greatest lovers of humanity because the rest of the hierarchy actually was thinking, "We should wait until humanity gets a little further along." These two loved humanity enough to say, "Let's take the risk, we'll take responsibility." It's not so hard to return that love either if you think about what they did and the risk they took. Think about our elder brothers and send them some love.

Another cosmic aspect of things is that we're not the only kingdom in evolution on the planet. At least when we talk about the mineral, vegetable, animal, there is a parallel kingdom that we also abused our relationship with in Atlantean times, the



Deva Kingdom. They're the kingdom of angels, and they have all the way from little fairies and sprites, all the way up to great archangels.

They are not visible to us but will be soon because humanity is opening up its etheric consciousness. The lowest, densest forms that the devas inhabit are etheric, which is the upper level of the physical plane. Subtler than solid, liquid, gaseous. At a subtler level still of physical material, which make up our energy bodies. The devas actually have etheric bodies or subtler than that. We'll be able to see them again, we'll get reacquainted.

There's a whole host of them. They build the forms. We think of things, and they build them. They build our very bodies and plants and everything. They work with the matter aspect. We work with the consciousness aspect. When you get to higher worlds, those are the worlds with the motion aspect. Anyway, humanity is a masculine kingdom relative to this feminine kingdom of the Devas. Something to think about. We'll get more into what male and female are about later.

To quote Laurency, "Even physical life will finally become a paradise once mankind has acquired common sense, uprightness, a sense of unity, and the insight that what is not love is hatred." That's something to ask ourselves about. Out of all the emotions we express, is this really an expression of love or is it an expression of hatred, of suffering, of separateness?

All right. It's great to love. There are people who love humanity who are right among us as well, not just the masters. Who love humanity to the degree that they take love where it's needed. It's easy to love our friends and our family. There's a teacher that I had here in Seattle, Leonard Shaw, who I met through the Center for Spiritual Living, who was giving a talk on love and forgiveness. It was really great. I talked to him and went to more things he was teaching.

I think he's a saint. I don't know what else to call him. This is the most beautiful guy I've met in all of Seattle. His soul is so oriented towards helping people with love and forgiveness. I think he might have saved my life when I was going through my divorce. One thing he taught me was, instead of my mind racing, thinking about, how could she have her lawyers do this, and it's not right, and whatever it is was going through my mind, he said, "Just think of her. Think, I love you, I forgive you, I bless you, I release you. Just keep repeating." It's so much better than thinking through the things that are driving you crazy about somebody. Just keep saying that as a mantra over and over again.

I think it saved my life. I don't know if I could have taken more of the mental torment of rehashing things, but when I thought that way, I could see her, and all the energy I put into saying that was part of working with my ex in a productive way. That was a great technique he taught me.

He does something else that really impressed me, and it is something in the name of love, for sure. For 20 years, he went to Monroe Prison and other prisons around here, three or four times a year. He would spend 12 hours on a Saturday there, 12 hours on a Sunday. I went with him five or six times doing this for those weekends.

When you go to Monroe Prison, those are the guys that are never getting out of that place. They've killed somebody to be there. They've done all kinds of horrible things.

You go through one locked door after another at a security checkpoint, and they double-check your ID, and all these things. Finally, you end up in a big room with 60 of these guys sitting in a big circle. Leonard would first go around and have them say their names, and then he'd go back and tell everybody their names. That started things off very well. That made everybody there realize that they were important to what was about to happen.

Then he would say, "Is there anybody who would like to work on their crime?" Somebody would say yes, and he'd put two chairs in the middle of the circle of people. The guy would sit in one chair, and he'd say, "First, describe your crime." One example of this is one fellow I remember. He had been robbing a bank. He had a gun in his hand. People weren't acting fast enough for him. They weren't finding the money for him. He jumped up on the counter to try to get them to move, and he got knocked in his hand, accidentally, and shot the bank teller, a young woman, dead.

You can bet that he was put away for life for that. He shot and killed somebody in a bank robbery, and he hated himself. He took society's word for it that he was worthless. He couldn't look in the mirror. This is just a young guy, but he hung his head, and he talked about his crime, and I thought it was horrible to see what it had done to him. Leonard had him sit in one of the chairs, and he said, "Okay, in the other chair is the person you killed. I want you to talk to that person, and every sentence starts with, 'now that I've killed you, I.'"

He would say, "Now that I've killed you, I hate myself. Now that I've killed you, I'm in prison for the rest of my life. Now that I've killed you, you'll never have any kids." It's very sad. He felt every bit of it. This guy was really suffering as he went through it. Then he switched chairs, and he had to start every sentence with, "now that you've killed me." He had to play the victim and say, "Now that you've killed me, I will never get to live. I'll never have any children. Now that you've killed me, I hate you. Now that you've killed me, it's all over for me. I didn't get to live."

This is so tough to watch, I'll tell you. He had the sympathy of all these people. They knew where he was coming from. They could be sympathetic. Leonard could be. He didn't judge anybody. As a result of this process, this really painful process, this person just basically opened up their soul. Then something happened that I don't think I can describe. You'd have to be there, but something happened that's hard to understand.

Finally, the guy ended up sitting in the seat as himself. No, he ended up sitting in the seat as the victim, talking to himself. He said, "Now that you've killed me, I forgive you." When he could do that, everything changed. Everything changed for him. I know a lot of people won't think that's right that he should be able to say that. He doesn't have the right to say that actually, but somehow, the magic of that caused this person to change, finished things up for him, made him appreciate every bit of the suffering that he caused. He had suffered through it himself too.

Then, four months later, I saw that guy again. We came back for another weekend. He was alive. He was encouraging all the other guys, "You've got to work on your crime. Come on." He was cheerful even, and there he was in prison. He woke back up as a human being. If there's ever an argument against the death penalty, that story should be part of it because this guy had a chance. He was able to do something about himself and heal, when he was offered the help of a saint like Leonard Shaw. Incredible thing. Leonard went for 20 years, 3 times a year, he'd work with these guys on this. Incredible thing.

**Speaker 6:** How old is Mr. Shaw?

**Stanton:** He might be about 70 now. He doesn't live too far from here. He's still doing this sort of work and these techniques. He's got some intense agenda in June, where he does some of these techniques now with people that come to him in groups that aren't part of the prison population. Up until 10 months ago, he was doing the prison stuff. There was some disagreement with the counselors there and they didn't want him to come back.

On the handout, there's a website you can go to if you want to learn about him. He does individual counseling, things like that. I always go to counseling. It's very helpful.

**Speaker 7:** If people are stuck where you can't move on...

**Stanton:** Where's love going to go if you can't forgive yourself? That really blocks love. If you can't forgive somebody else, the same thing. That is an obstacle to love. People can get very stuck with that. All right. Let's talk about love and the individual. We read rosy pictures in literature about love and how great it is to fall in love and romance and things like that. In *Pride and Prejudice*, for example, where she falls in love. She doesn't like this guy because he's not charming. She learns a lesson later that despite him not being charming, he's a really good person because of the things he does.

Meanwhile, her sister falls in love with a charming guy who is a rogue and it's a big mess. There are some good things from literature. Then the same book, you finally fall in love with the right guy, and surprise! He is fantastically wealthy. He has an enormous chateau there or whatever it is. We build all these fantasies into our ideas about love, too. We learn a few things, but we don't all have Mr. Darcy's out there waiting for us to whisk us away to their castle.

**Speaker 8:** Except for Kate.

**Stanton:** Except for who?

**Speaker 8:** Kate, who just became queen of England.

**Stanton:** Oh, Kate. We can all enjoy that vicariously. That's why the royal wedding was such a big deal. Both the U.S. and Britain have second ray souls, it's all about love on the soul level.

Literature. We build lots of ideas about love, and it doesn't necessarily help us. I'm going to talk later about the actual work you can do related to the ideas that you have when we get into relationships. That's really in the context of relationships. We have to work on it. I'll come back to that, and I'll get back to just a couple more things about love and the individual.

We have chakras, energy centers in our body. Energy from higher levels comes down through those points in our body. The solar plexus is all about emotional energy. Ultimately, that energy is transformed and lifted to the heart center. That is basically saying that all emotions become love. It's part of our human evolution to lift all our emotions into just expressions of love.

I don't know if you've ever tried to think in your heart. That's a great exercise. If you're struggling with somebody in your workplace or whatever, minds try to know minds, but hearts know hearts better than minds know minds. If you can connect with somebody on a heart level, you're more likely to work things out with them. If they're having a problem with you, you're having a problem with them, more love is needed. Love from you, love for you. You've got to bring in the love to get through that. Asking your heart to do exercise.

You can also think of a person like a screaming two-year-old because that's probably where their problems originated, somewhere around there. Whatever dull roll of problems they're causing for you, it's really just babyhood somewhere. If you really can't find love in your heart for somebody, think of someone else you love. Get love going in yourself. Think about them, get the love moving, and then maybe you can redirect it towards the other person.

Just try everything because like I said, you've got the universe behind you. You've got your soul behind you. You've got a chance of succeeding. You've got to recognize that everybody hurts. Everybody has a heart that's been hurt. There's a saying that no one knows the suffering in another man's heart. We all have it. Compassion and respect for each other's pain is a good guide to reviving love.

There's a quote, "To understand all is to forgive all." Just like those guys in prison. All the stories I heard there in that prison, the childhoods of these people. The horrible things that were done to them as children. It's no wonder they ended up in prison. They didn't have any connection with a loving parent. They were taught horrible things. We've got humans at the barbarian level who haven't really developed higher emotions like admiration or compassion or affection. We're working with those people all the time, too.

They need love, even just an example of love, so they can admire somebody who loves, and develop the quality themselves. It's through admiration that we acquire new qualities. We can find somebody that has a quality that we admire.

Another topic on love and individual love is the fact of enlightenment. The definition of enlightenment is the end of emotional and mental suffering, that we can face physical suffering with equanimity. We don't feel persecuted by others. We don't blame others. We aren't victims of ourselves even. For all that to happen, we have to trust life. We have to trust ourselves. That is an aspect of love.

If we understand that the plans for us are all set in motion from worlds and beings beyond what we can even know about. Our own souls are working together in perfect conscious cooperation with each other to work out the best things for us. It's all done in love. If we can work with that and recognize it, trust. Trust that it's for love, instead of resenting and doubting God and doubting everything that's good because we have to suffer.

Laurency says 90% of our suffering is from bad reactions to the 10% that we have to go through. Let's not blame others. Let's not resent. We have to be stoic in some things. We're not as alone as we might think. Laurency talks about us incarnating in clans. We reincarnate with the same sets of souls in all relationships, parent, child, brother, sister, business partner, enemy, friend, whatever. We have every conceivable relationship with the same sets of souls.

When we reach the causal level, eventually, the higher level of the mental plane, where we can start to verify some of these esoteric things for ourselves, hopefully ahead of us relatively soon, then we can finally identify the members of our group and recognize the people we've known so well in so many ways for so long. There are also other ways to really get to know somebody.

If you happen to be of the same departmental energies, you've got physical, emotional, mental, and the personality as a whole of those bottom three things, has its own note that is sounded. If you're on the same note as somebody else of personality and on the same soul note, you're going to be able to understand each other. That makes for a really good marriage, for instance. If you both have the same frequencies that you relate to, there's a possibility of really understanding each other and minimizing conflict.

**Speaker 9:** Is that how people develop into clans, because they are on the same note?

**Stanton:** I'm not sure about that. I'm not sure of the history. It may very well be that people individualized as humans together formed a clan right at that time.

**Speaker 9:** We all meet people that we're instantly attracted to, that we instantly like, and I've always been taught that that's part of our clan.

**Stanton:** It could be the clan, or it could just be that you've got the same exact vibrational notes in your bodies. That can also cause the same sense of, I completely understand this person.

**Speaker 9:** It's not always the same clan, it could be the note?

**Stanton:** Right. We won't be able to verify for sure until we get that causal sensitivity in the higher mental. In all these relationships, impersonal love is emphasized in Esoterics. Loving without all the sticky attachments of personality, the requirements of each other. We build patterns about love. From our less intelligent lifetimes in the past, we're still conditioned by patterns of thought. Like, "If you love me, you will fulfill my ridiculous fantasies about you and make me completely happy all the time. You'll

change for me. You'll return my love." That's not even something to assume, really. "You'll love no one else. Just me."

The personality messes love up in so many ways. If you want to love in a way that you're not going to get hurt, love what is eternal in other people. The soul is there. Find it and love that. Draw it out of people by loving it. That's how if you want to change somebody, if you're really going to try, the best thing you can do is try to love out the good things, draw out best qualities, focus on them. If you focus on the bad qualities, you'll be drawing them out. Focus on the good ones. Strengthen them and draw them out.

In fact, if in some past lifetime we were a horrible parent, we all were, of course, we're going to run into the person whose opportunities we've limited in that lifetime. We've got to love out the qualities that we ourselves restricted in them and caused not to grow before. If we're going to right the balance, the karmic balance with every individual that we've ever harmed, we're going to need to be able to love out the good qualities that we've blocked.

I guess I referred to parental love in a couple of contexts already. The fastest way to improve this world is to improve the quality of parents. Most of the souls that aren't incarnated, aren't in incarnation in the human kingdom, are more advanced than the ones that are. With better parenting, we draw in higher-quality souls and change the world more quickly that way by bringing in better people.

Relationships. Of course, I've thought about this myself. Some of this is my own opinion. I think of falling in love is you feel some love for somebody, and you look in their eyes and there's love and it comes back to you. That just causes your love to grow. Then you look again and there's more love there. It's like it reaches a crescendo. It goes back and forth and gets stronger and stronger and stronger until it's more than you can imagine. That, to me, is the definition of falling in love.

Then, if you put your love out there and it's met with rejection, or even worse, betrayal, well, you end up with a broken heart and you've learned some things about how isolated we all really are. You get reminded of it and it's one of the saddest things. There's personality in that too. Expecting that person is going to be the one to return the love, it's just asking for it.

**Speaker 2:** You just said a key thing there. Expecting. Expectations.

**Stanton:** Right. Expectations are personality based. The soul doesn't do it. The soul just radiates love. It doesn't put a value on it like it has to get it back.

**Speaker 2:** If you put that expectation there and that expectation there? If you could love without expectations, that's real love.

**Stanton:** I have that with my dog.

[laughter]

**Speaker 2:** I have that too with my dog. Not so much with my husband, but with my dog.

Another place egoism blocks love. Falling in love, there's certainly a big moral component to it too. It's an emotional component. You get swept away. People can fall in love over nothing more than physical attraction. That is asking for trouble. That can make for strong attraction and a very short relationship because your hormones are going to get kicked off, too. Though let's not make the mistake of thinking that it's our bodies that are making everything happen. That's a classic mistake that psychology still makes to this day, thinking that consciousness is a result of our bodies, of our firing electrons and neurons. Really, our bodies wouldn't exist if it wasn't for the consciousness that needed them. We're the consciousness that created the body, the experiences. If we don't need to be here anymore, we won't be. We'll still exist on some other level. The body is the result of consciousness, not the other way around. The same goes for love. Love is not just a hormonal thing. I could get into a big debate about that, I'm sure. Another thing about broken hearts; there are hearts out there that are just made of stone. I don't know if you've ever attempted to break one of those hearts.

It's tempting, isn't it? If you've got somebody that you just wish would fall in love with you so you could break their heart. That's of course personality, too. But, if somebody can get their heart broken, they have a heart. It's the very beginning of softening up a stone hard heart. To have fallen in love and ended up with a broken heart because at least it's broken now, and it can start to get softened up. It's not the solid piece of rock it was. Laurency says that true love is a mental plane thing, by the way. I know sometimes these topics are just one little topic after the other, not associated.

I'm just trying to get it all out there. On the mental plane is when you can actually completely connect and understand each other. Emotional is full of illusion. Physical, obviously, we can connect there, but that's not true love. It's on the mental plane, and maybe that was-- It says something about the love affairs between the 1700s and 1800s, they wrote all these letters to each other. They were really creating a mental relationship between each other. It got stronger and stronger through just having that only. They didn't have anything else to distract them, so they had a mental relationship.

Maybe the internet is stepping in again to help people have mental relationships more, too. People get to know each other with emails, and you can learn a lot about people. Back to love in relationships. In my last talk, I criticized the Mormons for the idea that we're not going to get to heaven unless we accept their rules. I still think that's ridiculous. I want to say something good about Mormons. When it comes to relationships, they take them seriously. If you're growing up in a Mormon church in Utah, you go to singles church. They want you to date many different people.

They don't expect you to just get married right away. They set up all these opportunities for you to find the right person for you and really find out if it's the right person. They put family and marriage ahead of career. I think they're really on the right track. Think how happy everybody would be if they really had found the right partner and made the effort. Of course, we're all going to make mistakes, but you've got all of your culture and society around you supporting your effort to meet people and find the right one, giving you opportunities. I hand it to them on that.

There may be a larger reason for this. My grandfather used to say that the US has chakras, like the body does, and it has a sacral plexus. I'm about to talk about that. Sexuality is the next section. The sacral plexus is the nerve center of our body or chakra in our body where desire and sexual energy are focused. Countries have chakras, too, he said the sacral plexus in the United States was in the process of moving from St. Louis to Salt Lake City. It could very well be that people are incarnating in Salt Lake City in the Mormon church to learn something very particular and useful about love and sexuality. I grew up in Salt Lake City. I can verify some of that. I think that's true. People learn a lot there about sexuality, despite their problems with patriarchy and things like that.

Esoterics says that polygamy, promiscuity, all kinds of relationships like that were at one time or another in human history sanctioned, and probably the appropriate thing for humanity at that time. It's probably not all that good for us now, promiscuity or polygamy, but sometimes it depends on the needs of humanity at the time, too. The next section is on sexuality. I'll get into that there. I want to mention a couple more things about community. Relationships are part of community, really. Often two people get together, and they think it's really just all about them, but it affects everybody around them.

I've been in many meditation groups over the years, some of which I've started, and I've had two of them suffer a great deal over relationship issues in the group. The first group I was in years ago was just powerful and beautiful and incredible, great meditations. Then one person in the group slept with somebody else in the group while being married to a different person in the group, and the group pretty much exploded. That was the end of it. Then more recently, I was part of a group where two people in the group, unknown to anybody else in the group, got together, and their relationship just went along quickly, and then fell apart just as quickly, and then neither of them wanted to come to the group anymore because they didn't want to see each other.

Think about relationships in terms of impact on groups, and really, group energy is so powerful. There's so much potential in it, and we're going into the Aquarian age, leaving the Piscean age. The Piscean age is about individualism and devotion, looking up and being devoted to God. Aquarian energy is group oriented, and it is impersonal. Impersonal love, practiced in a group, can be really satisfying love. It doesn't have all the sticky stuff of personality. It can be something where you're so happy to see these people, and then you're so happy to just go to the next thing.

You don't have all the "I need this from you, and you have to take care of me", or anything like that. It's just, we see each other once a week, we get together, and there's love, and it's great, and we all reinforce each other. That's where groups are going.

Well, next topic, love and sexuality. The truth is that there's a lot said about sexuality in the esoteric books. A surprising amount. It's so easy to search these days. If you've got the directory with pdf files, you can open up Acrobat advanced search, and just type in sex, or homosexuality, and it searches all the directories pdf's at once. It gives you all these amazing quotes. I encourage you to try some of those things.



There's a big mystery about sexuality. It goes way beyond anything we're going to solve in this kingdom or in this room. The duality of the cosmos, et cetera, is huge. That's what sexuality is a reflection of. Male, female are reflections of that polarity. It turns out that there is a being for whom this whole planet is his body. The Lord of the World is one name for him, Sanat Kumara. He's the most advanced monad, point of consciousness, most advanced being. He himself is approaching another being in a relationship with polarity. He's trying to clean up this world to support that relationship. I just read that the other day in the Bailey books, and it surprised me.

**Speaker 2:** How do you spell his name?

**Stanton:** Sanat, S-A-N-A-T, Kumara. You can definitely look him up in all the esoteric material. Djwhal Khul, who is behind the Alice Bailey books, writes that at the fourth initiation, a very specific point in evolution of consciousness, we're getting almost done with the human kingdom there, the key to the mystery of sex, or the pairs of opposites, is thrust into his hand, and he can then unlock the hidden forces of the will aspect. There's something to ponder on. How does sexuality, and the key to it, release the forces of the will aspect?

**Speaker 2:** Could you say that again?

**Stanton:** It says at the fourth initiation, the key to the mystery of sex, or the pairs of opposites, is thrust into his hand, and he can then unlock the hidden forces of the will aspect. Maybe not until we fully understand sex for ourselves can we really free our will. Otherwise, we might use it wrongly when it relates to sex. Now, we've made our way through all the kingdoms. This is something I talked about in earlier talks. We've made our way through the mineral kingdom, vegetable, animal, human. We had to earn, and work for, and achieve every ability we have.

Having fingers, being able to digest food, every single thing about us is a result of our efforts. We weren't given any of it for free. Sexuality is the result of our efforts too. We had to develop our ability to be sexual. It was in the Lemurian times. Atlantis is before us, Atlantean times, before that was Lemurian times. At that time, sexuality became part of human experience. It really wasn't before. It became part of drawing people into physical form to really be anchored in the physical plane. It was encouraged to a great degree, because it caused people to take their physical vehicles on fully.

It was encouraged to a degree that was perhaps too successful because what happened was, the advanced humanity of that time could not reach sexual satisfaction to the degree they wanted. They had insatiable appetites, and they took it to extremes and explored all kinds of not really healthy sexuality. They explored all kinds of different things. They explored homosexuality. Since they were the advanced individuals of that time, they had a lot of imitators and followers too, that did the things that they did.

**Speaker 4:** You're saying that sexuality was the way that souls could incarnate then?

**Stanton:** It became the way. It wasn't always the way. Sexuality is something that is going to come and go in humanity. At the end of humanity's evolution--

**Speaker 4:** Sex was only about reproduction before then?

**Stanton:** In animal and vegetable forms it was but human consciousness hadn't really emerged with animal form. I'm not sure all the details about this. This is something you might want to look up yourself. Lemurian times is where it all starts. Also what happened in Lemurian times was the introduction of venereal disease, because it was a balancing factor when people went too far with sexuality. Venereal disease, it is only now that we're finally going to start wiping it out through two things, through science curing it, and not burying people who have it. The soil of the earth is contaminated from burying people's bodies that have venereal diseases and other diseases. We've got to get over that. Laurency says that it eventually will be illegal to bury bodies. They will need to be burned. It'll be a while until we purify the soil and get rid of the germs of those venereal diseases.

**Speaker 2:** Did I hear you say that sexuality, that human beings became anchored on the physical plane because of their sexual contact.

**Stanton:** That's my understanding. It has something to do with anchoring people physically, that they weren't really going to do it. They weren't going to do it without some incentive. That was the incentive, was to actually get down to physicality and have some reason to enjoy it. This is an area where I've read the literature a few times and I still don't understand it, so I invite you all to make your own interpretations. Other people have taught about sexuality. Annie Besant and Charles Leadbeater were persecuted for it. This was 100 years ago, 110 years ago. Just to teach about contraception like Annie Besant made her such an enemy of the people that they took her kids away.

It was a sad chapter in human history that what is now absolutely talked about everywhere and needs to be talked about scientifically was then a reason to be persecuted. Leadbeater too was taken to court over all kinds of weird accusations. I guess that shows that we're progressing, right? It's not that bad now. People can talk about it. We can at least talk about it scientifically. Everybody has a relatively good understanding of what's going on. This stuff isn't happening so much in the dark. Now Laurency says, it's a natural and probably necessary function, except for those who are just impotent or whatever.

The full quote on that is in the handout. Let's not beat ourselves up over sexuality. It's one thing emphasized again and again in this literature. There were times in the Middle Ages in Christian thinking when it was taught that sexuality was bad and that indulging in any aspect of sexuality was sinful and that sin, of course, cut you off from heaven forever. You were sentenced to hell eternally for your sins. People developed some really awful approaches to sexuality, such as just denying it. That doesn't work either. The energy is a natural thing. It's going to come through your sacral plexus, and if you don't have a place for it to go, it's going to come out some other way.

Look at these poor Catholic priests out there, they were not able to deal with the sexual energy coming through. It came out some way, and it's undermining their whole church. Here's another myth about sexuality. That more advanced people don't suffer from or deal with it or have sex. The further along you get, the more energy is thrown through all of your chakras, top to bottom. Everybody, the more advanced souls have to deal with it too. Although, what Laurency says and Bailey says is that the energy of the sacral plexus, just like the emotional energy is ultimately lifted to the heart, and becomes an expression of love, sacral plexus energy is lifted to the throat. It's creative energy.

The really, truly creative artists out there can lift all of their sexual energy and convert it into creative energy through the throat chakra. It's relatively rare, but we will all master that at some point. Then hopefully be a little less, not riding the bucking bronco all the time with sexuality. Laurency has some choice words for sexual morality. He says, "sexual morality is the condemnation of the erotic people by the unerotic. So called sexual morality has been dictated by the sexless, erotically indifferent, or ignorant, in whom both the physiological and emotional conditions were absent. They have made a virtue of necessity." What he means by that is, since they can't join the party, they are going to condemn everybody else who's at the party. That still goes on. Sexuality tied to Christian moral judgment.

**Speaker 2:** I don't think it really equates sexuality with love. It seems like two separate things.

**Stanton:** It's part of the big mystery. Love is about the big duality. There's no sexuality. Sexuality, this is personal. I'll try to share it anyway. I have dreams where I'm attracted to a woman in a dream. I'm very attracted to her. She's beautiful. I just want to be with her. There's no sexual component. It's just all about appreciation for the attraction, the love, the good energy. It's only as I'm just about to wake up that it becomes sexual and it's only because I've come back in contact with my physical body. The physical body is all about sexuality. We have them, so we'd better be able to deal with them.

If we didn't have physical bodies; I hope that when I'm done with this physical body, I'll be done with sexuality. Until next time I have to come back and deal with it. We've been male and female again and again and again. To make a rough estimate of where we're all at in this room, we've all had 100,000 incarnations, maybe 100,000 plus. It takes maybe 150,000 on average to make it through the human kingdom. You alternate often. Not always alternating; it's possible to have had ten incarnations as a woman, and then the next incarnation as a man. You're not going to be the most masculine man. A lot of the habits of being a woman for so many times are still going to persist. This figures into homosexuality. I figure for myself that I was a female last incarnation. I happen to be aware of that. One really strong memory that comes back to me from then was that I was convinced at the end of that incarnation, all English men were animals in fine clothing.

**Speaker 2:** But you love them anyway.

**Stanton:** I don't think I did. The thing is, if you hate Moslems, you're going to be a Moslem next incarnation. If you love women, what you love and hate, both of those,

determine what you're going to incarnate as, because you need to understand them better. You want to understand them better. The love and hate, both involve understanding them better. I think for myself, I probably alternate, because as a man, I'm fascinated by women. As a woman, I was probably fascinated by men, or I hated them, one or the other. Either way, my attention was on men, so here I am as a man this time.

I think it's a more common pattern to go back and forth, partly just because there's so much interest in the other sex that you want to incarnate in. It's easy also to imagine coming into incarnation and being fascinated by what it means to be a man, and really working on that, and being so interested in that, the next incarnation you're a man too, so you can really work on it some more. What Esoterics says about homosexuality is interesting. That it's temporary, that there aren't gay souls. That it's only for an incarnation, or I don't know, maybe more than one.

I'm only relaying this, I don't really quite follow how all this can be, but what the Bailey books and Laurency books say is that it is for the most part, or a big part, the result of raising the sacral plexus energy, but not all the way to the throat. It hasn't made it yet all the way to the throat. It's only made it as far as the heart. How that can have anything to do with homosexuality, I don't know. It's an interesting thing to think about. Also, as I mentioned, in Lemuria, it was considered, it was just an excess of every sexuality. It was tried, explored, imitated, and those habits have carried over. For those who individualized in Lemuria, they've carried over into the current times. They're imitators of their habits. Of course the factor of, if you've had a lot of incarnations as one sex, you're going to still have those tendencies, in your first incarnation is the other sex.

On the topic of prostitution, Laurency says it needs to be abolished. That women need to help women out of it. I thought that was an interesting suggestion. I thought maybe it was sexist at first that he would say that it is not - that it's up to women to help women out of prostitution. When you think about it, it's probably not going to be the men that help prostitutes out of prostitution. Solidarity of a sex is an important thing. Women looking out for women, he says, is going to be the avenue of ending prostitution. Showing them that there are higher options. Now another aspect of prostitution is the physical body, the emotional body, the mental body. The physical body is the least important of the three. There are people who prostitute their emotional bodies and their mental bodies. It's a much worse thing. There are scientists who will come up with whatever scientific results they need to get their funding money from the big oil company. That's mental prostitution, and it does a lot of harm.

Here's something I've never seen anywhere else, about polarity in our bodies. Now, masculine is spoken as positive, feminine as negative. Receptive, really, is another aspect of negative. It goes from here to there, from positive to negative. When you think of the actual dense physical body, it's pretty obvious how the polarity works. Just the plumbing indicates that. What Laurency says is that the etheric body is different. Women are positive. That's the energy body of the physical body. Women are positive, and men are negative. The etheric energy flows in that direction. The consequences of this, you just have to think about it. I haven't quite figured out what this might all mean to us. Emotionally, men are positive, and women are negative.

This may explain the attraction for women to particularly emotional men. Maybe anger or aggressiveness or stuff like that, it could be explained by that, and that women tend to only believe a man is sincere if he's expressing emotion when he talks.

Women are positive mentally, and men are negative mentally. This is obvious to me from watching children. If you watch, the girls are the ones who are deciding whatever everyone is going to do. They say, now we're going to play this, and you're going to do that, and we're going to do this. The boys are just, yee-ha.

[laughter]

**Stanton:** Guys, we know women are smarter. My grandfather used to say that women ruled in Atlantis. Actually, they messed everything up. Men rule now, we've messed up. Now it's going to be the pendulum is swinging back again. Women will be running the show again relatively soon.

**Speaker 2:** Won't it be both of us at some point--

**Stanton:** Maybe when we are all hermaphrodites, which is supposed to happen also. Another interesting thing, DK says in the Bailey books, happens when we become fully integrated personalities, which is when your physical, emotional, mental are all serving your same personality desires and function. You brought them all together, you're not at war with yourself. The powerful people in this world are all integrated personalities. They can get their parts cooperating, get stuff done. They're not constantly arguing with themselves about what to do.

As an integrated personality, we will be able to control whether we conceive or not. He doesn't specify whether it's women or men, but it's definitely women he's talking about. I can't imagine a man being able to turn off his ability to conceive. I think there are inklings of that now. There are schools of thought out there that women can take control of their bodies and simply decide whether or not they're going to conceive. That's a promise of something coming our way. My grandfather used to say, we don't have to worry about overpopulation because people are steadily becoming less fertile.

That actually is true. Sperm counts have dropped 50% on average, around the world, except in Finland. Nobody knows why Finland has not had a problem, but everywhere else. He also said that the whole planet, the energy of the entire planet is refining, reaching subtler vibrational frequencies. It's not going to be possible for coarser material bodies to draw together the material to make new bodies. That will change humanity quite a bit. There will be fewer of the coarser bodies made. It's going to possibly make a big difference.

**Speaker 3:** Would that hold true then, that higher beings can't incarnate, if there's not a fine material?

**Stanton:** Yes, that's possible. Yes, we have to draw together higher vibrational material, each of us, for whatever level we're at. I hadn't thought about that corollary.

**Speaker 4:** It would also make sense if a couple were trying to conceive through meditation or their earthly practice they could attract a higher being?

**Stanton:** If they're setting themselves up to be good parents there's almost a competition on the higher levels, Laurency says, for good parents. That's such a big problem. Even very advanced souls come in and get brutalized as a child and never even catch up to where they were in previous lifetimes. Laurency, he mentions that humanity is in the middle of working out a better approach to sexuality. The pendulum has swung from enforced restrictions to promiscuity, and it will swing back and forth again several times. Science, and a loving point of view, will eventually cause it to stabilize, I hope soon. and DK makes a very interesting prediction. He says that by the year 2035, the Russian judicial system will be overhauled and will much better support children and families, and that the United States will follow the example.

**Speaker 2:** By what year?

**Stanton:** By 2035. Which is much sooner than it was 20 years ago.

[laughter]

**Speaker 2:** He said that?

**Stanton:** That's DK, in the Alice Bailey books. Just about out of time, I'm going to wrap this up here. This is the age, the Aquarian age of groups, and impersonal love. We can look forward to and try to build that way, and free ourselves of personality problems with love. I actually have two Rainbow Bridge groups where we're working on this quite directly. The patterns of thought, emotional and mental material that go along with these bad assumptions, like if I love you have to do this for me, they're actual substance.

They stick with us, and they stay with us from lifetime to lifetime, until we work them out. They are called skandhas, and they're called thought forms. We have to work on clearing those out. What clears them out is to expose them to light, because at the core of each of these is a wrong idea, a bad interpretation of reality.

Some experience that we had in our lesser-developed selves caused us to conclude, I'm not lovable. Or love is something I can possess and barter with and get what I want with. People draw some horrible conclusions, but those still affect their thinking, even if they've cleared their minds in a lot of ways.

Until you clear that out of the depths of your subconscious, it's going to affect you. We work in these groups on trying to clear them. The technique is very powerful. We work together as a group for quite a while before we can do this, until there's a pretty good feeling of love among the people there, then we use certain phrases. We get the soul invoked, the light poured in, we get ourselves oriented and linked together, and then we use these phrases to actually stimulate negative patterns. We over-stimulate them. We pour soul energy into them, bring them out into more light, and destroy them.

It's a technique worked out by my grandparents in the Rainbow Bridge books. When you make statements to each other that fill in blanks with particular words: I always do everything for you and you never do anything for me. In a relationship, those are fighting words, right? You're going to have a fight as soon as you say that. That's because it's pushing buttons, and those buttons are the patterns, the emotional and mental material that's congealed into something negative in your life. You've got to wipe it out. Our group actually made it all the way through all the lines of the word do, so we cleaned up a lot of patterns we had to work through.

We started with the word love, and that is so powerful. We'll say statements to each other like, I always desire to love everything about you, and you never love anything about me. Just to say that to somebody stimulates patterns. To hear it stimulates more patterns. You've got to keep the soul focus. We keep it at a higher level of focus when we say those things. We're working through them. We use the spiritual vortex afterwards, visualizing a big swirling white energy vortex that swirls down to us and sweeps away all the stuff we've broken away.

When we say these things, you can feel the slimy stuff come off. You can just change the preposition of the last one. I always desire to love everything but you, and you never love anything but me. Those statements are powerful. They dig up the old stuff. That kind of work, to me, is really productive, and I'm looking forward to getting through all the lines and clearing up a bunch of stuff about love. Something else we do in our meditation is, and please join me in this if you'd like, we visualize a big golden chalice floating in the center of the group. It's enormous. It's just floating there.

Pouring into it from above is a stream of the pink energy of love. It's pouring into it. It's splashing into it. Next to it is a stream of the golden, bubbling energy of joy pouring in. They're right next to each other. They're filling it, it's overflowing. It splashes over. It splashes everywhere. There's an infinite supply of love and joy just waiting for us to be able to ask for it, use it, and it's just pouring and filling up this big chalice. Now, let's think of the people we love. Think of the people in your heart, and let's send it out to them. The group will say their names out loud or to ourselves, but just think of the people you love, or anybody needs love and joy.

Imagine this energy streaming out from this room to those people. Really, an old word for this is to bless people. That's what we're doing. We can also pour this energy over ourselves, for us too. Imagine a big saucepan or ladle or whatever, and scoop it up, and pour it over your own head, and absorb as much love and joy as you can. There's no limit. This is the one thing that's okay to ask for, and ask for, and be greedy about, because it's okay to have love and joy. It's okay to ask for it. It's okay to have as much as you can. It just makes it that much easier to share. The supply of love and joy is infinite. Let's just keep letting it flow into us and out through us. That's the end of my talk.