

My dear friends,

It is very nice, now that I am kind of retired, to be living here in this beautiful spot. We are living in one of six flats made out of an old house with thick walls so that it is warm. All round us are lovely old trees, so there must be a numerous Deva life here. It is about six minutes walk from the Tekels Park Guest House where we all go to lunch every Sunday. Tekels Park has a colony of Theosophists near so we are in the midst of many friends. What I call the "English Sage," Mr. E. L. Gardner, lives there, and people from all over the world come to see him, and sometimes they come to see me, too. I am always so happy to see members from the other sides of the world. In fact Tekels Park is becoming quite a centre of wonderful life.

I said last time that I was going to talk about devas or angels and fairies. But just lately I have been thinking about what we may call "spiritual slogans," so let us leave the devas for another time. Spiritual slogans are sentences that come often to the mind, inspiring or comforting. I have one or two. My favourite comes from the ninth discourse of the Bhagavad Gita. "Whatsoever thou doest, whatsoever thou eatest, whatsoever thou offerest, whatsoever thou givest, whatsoever thou doest of austerity, O Kaunteya, do thou that as an offering unto me." The whole essence of what is called the spiritual life is included in that one sentence. We may smile a little at the idea of offering God or the Teacher what we eat, but St. Therese of Lisieux used to do just that. If it was pleasant food she offered it to God or Our Lady. If it was unpleasant she would say, "That is just for you, Therese." This is the yoga of action, Karma Yoga. Just imagine how we would do a thing if we were offering it to the Master or to Life which is "God." And everyone in the world can do this. I know some people feel aggrieved because they have to spend so much time in what is called "chores," housework. But if we offer them to the Eternal Beauty and think that by doing them we are taking part, as a little cog in the wheel, in the work of the heavenly order of all things, it is quite a different story.

In that same discourse there is another verse I like so much: "Even if the most sinful worship Me, with undivided heart, he too must be accounted righteous, for he hath rightly resolved." Is that not wonderful? His beautiful life begins at the very moment he has rightly resolved.

I want to write a book called "Trust yourself to Life" because to me "God" is Life, the eternal, beautiful Life of the vast universe. And the immutable, never-changing laws of that vast Life are the real "commandments of God."

Now, if we can really do this we shall have great peace of heart. It reminds me of a text in the Bible, "Thou wilt keep him in perfect peace whose mind is stayed on Thee." (Isaiah 26,3) And I must quote to you some sentences by the great Flemish mystic Jan Ruysbroek: "Every good deed, however small, if it be directed to God by simplicity of intention, increases in us the Divine Likeness, and deepens in us the flow of eternal life. Simplicity of intention gathers together in the unity of the spirit the scattered powers of the soul and joins the spirit itself to God. It is this same simplicity that refers all to God and makes of our virtues an offering to Him. In every action of our lives we must hold to this simplicity, must practise and cultivate it above all else. It is this which leads man into the presence of God, which gives light and courage, freeing him today as in the Day of Judgement from all vain and unworthy fears. It is the single eye of which the Lord speaks as giving light to the whole body, the active life, and delivering it from evil. It is this simplicity which will, at the last, give to God our whole vital activity, fashioning us from hour to hour to a more faithful resemblance."

I remember too that when I was young I always loved the words of the Lord Christ: "Come unto me, all ye that labour and are heavy-laden, and I will give you rest." (Matt. II, 28) And this again reminds me of the advice of St. Peter to his people, "Casting all your care upon him; for he careth for you." (I Peter 5,7) And again of the Lord Sri Krishna's saying in the Gita: "Abandoning all duties come unto me alone for shelter; sorrow not, I will liberate thee from all sins." These verses show the extraordinary compassion of World Teachers who all come on the Second Ray. This is also the fundamental Ray, or line of evolution, of the Logos or Lord of our solar system.

That peace, that liberation, that eternal joy, come when man has surrendered his whole personal self to the great Life and Beauty of the Universe. Yes, it is beautiful, and one day to be obtained by all men. For, as St. Augustine said: "We were created for Thee, and our hearts are ever restless till they find their rest in Thee." (I see what I will talk about next time, not about the devas but about simple meditation.)

Spirituality is not being "holy" or religious. It is the most supremely "natural" thing in the world, because it belongs to our most fundamental self. Man is so used to persons that he endows the Eternal Life with a human form. That can hardly be avoided, although one day he must pass beyond. So if, as the Master K.H. told us, we create a form in the astral light around us, it is a very great help. But we should always remember that we have created it. It is not "God" or the Masters themselves, but the light and grace of them can shine through the picture if we are truly simple and pure of heart. Man has created "gods" because, like a child, he needs a father's hand. That is well until the day when he grows up truly and instead of being a little child he is the full grown "Son of God."

At the risk of over-quoting I must close with three sentences that I love. They come from Olive Schreiner's "Story of an African Farm."

"Holiness is an infinite compassion for others.

"Greatness is to take the common things of life and walk truly among them.

"Happiness is a great love and much serving."

Your affectionate friend,

Clara M. Codd