



## **Uniting with our Higher Self**

### **By Sir George Trevelyan**

This is an active deed. It is, indeed, an essential aspect of the birth of the New Humanity. The high self is a reality with whom we have got to come to terms. He/She/It is the next member of our being, still in the plane of spirit, yet with our guardian angel, over lighting our lives. The step which each human being is called upon to take is to rise in to true union with this aspect of ourselves.

Embodiment in matter reveals four chief aspects of the self. The physical body, an infinite number of cells and particles, is held together by the Etheric body. This structure gives the field of action for the soul body or astral body, and above that the ego, the thinking entity.

Ego is an immortal droplet of Divinity, enmembered with the endless ocean of life and thought poured out from the source, the creator god. We realise now the stupendous concept that; since God is life no part of him can possibly die. Death for the ego makes no sense. For the essential part of us that makes us a human being, there is no death. The body temple may be smashed, or drowned, but this only releases the spiritual being in us back to the soul groupings to which it is attuned. It descends in to embodiment to gain the experience that only Earth can give. In due time it sheds body and returns to the source, to dip again in to the School of Earth when time is ripe for further experience. Thus, to repeat, for this entity, the I in each of us, there is and can be no death. This truth is well borne out by the phenomenon of the near death experience.

“There is nothing but God’s grace. We walk upon it; we breath it; we live and die by it; it makes the nails and the axles of the universe” – Robert Louis Stevenson.

The human being is like a column with the Higher Self at the top. Directly beneath the Higher Self would come the Ego, followed by the Astral Body, the Etheric Body and the Physical body at the base?

The Etheric Body is to be thought of as a structure of vital forces, the counterpart of the physical organs, since the ‘dust’ that comprises them is held together by the etheric formative forces. When death comes, the Etheric Body returns to source and the physical organs collapse and dissolve.

[http://www.wessexresearchgroup.org/literary\\_resources.html](http://www.wessexresearchgroup.org/literary_resources.html)

“Dust thou art, to dust returneth, was not spoken of the soul”

(The old hymn’s so often hold the truth).

It is now revealed by spiritual research that many illnesses and ailments start in the Etheric Body. This factor is wholly ignored by modern medicine. Healing begins in the higher members of the self.

The so called Astral Body is our soul body and at death this will be released to return to the Soul World.

The Ego is our real entity which makes conscious man (the Hu-Man). “Let us make Man after our own image. Male and Female created He then”. And this higher creature is over lighted by a higher self, a spiritual entity which with our guardian Angel, is perpetually with us, staging situations for our education and testing to give us each the opportunity of taking a further step in our spiritual development. They will never enforce us to a course of action. That is forbidden by divine command. The fallen angels have no compunction in making the direct attack to get hold of the human intellect and emotions and use them for their dark purposes, thus creating the monsters of greed, cruelty and violence that we see in our time. Ego itself can be captured by Lucifer, the fallen angels, who challenge the kingship of Christ and strive to inflate our egoism for love of power.

“Ye shall be as gods”

Ahriman, the Lord of Darkness, is the denier of the Spirit. Faust’s Mephistopheles declares “Ich bin der Geist der stets vernimmt” – “I am the spirit that always denies”.

The whole of our culture is essentially Ahrimanic – denying the spirit in medicine, engineering, psychology, science, astronomy. Yet perforce we must work with Ahriman and his minions. Our electrical and other power structures would be impossible without them. What goes wrong is when desire for power or self dominates the personality, driven by Lucifer to inflation of egoism. Lucifer would make us in to spiritual automatons.

Thus the Light Beings working for the Living Christ and his regent Michael are forbidden to over ride human freedom. We are, by the nature of our spiritual evolution, called on out of our own freedom, to grasp the picture and give ourselves over as channels for the Higher Self. When this surrender is voluntarily made, then the power of the Christ beings can flood us. Till that moment of submission, High Self and Angel must watch, staging situations for education designed especially as soul tests and trials, but at that moment of decision they will step back, fold their wings, and leave us the freedom of choice. But whenever we out of ourselves choose the correct path to greater wholeness, they may then flood us with their power and strength. There is no interference with freedom.

Now we see the importance of relating consciously to our Higher Self. The Ego can be caught up with desire, greed, fear, emotion, discouragement, lust and passion. Or it can achieve non-attachment and relate to the energies of the Higher Self. Thinking

[http://www.wessexresearchgroup.org/literary\\_resources.html](http://www.wessexresearchgroup.org/literary_resources.html)

wholeness involves allowing love for all life to flood in to our beings. Here is the possibility for human transformation.

Now we may recognise that coming to terms with our Higher Self is the essential deed to be achieved by each human being. It is the step into our true humanity.

Our task is of course to master egoism. This is not a destroying of the true Ego, the entity that makes us Man, for that is the immortal droplet of divinity. But we are to transmute it, purge it of its longing to gratify desire, greed and all the negative selfish emotions, and so lift it in the flooding of wholeness which is a love of all other beings and kinship with all life. Christ is the great being who is love. This power sweeps now through the world. Since humanity is given the freedom of choice, it is our initiative that must open ourselves to this flood. Here is the initiation of the human entity, its deliberate lifting in to the stream of light / love. This is the transformation that is happening. In the welter of violence, driven by ego-desire, passion, fear and ambition, one human being after another is stopping, gentling, re-aligning, controlling reaction, in order deliberately to attune to its higher self, to embrace it as a member of the Human Being.

Here is a change, seeping, spreading like a rising tide, linking with others of kindred impulse. It will take over the world. When the lower egoism is washed out, burnt out, transmuted, then the New Humanity can rise. This is the New Jerusalem “descending as a bride adorned for her new husband”.

That is a way of saying it – a bit dramatic, perhaps, but it suggests the scale of an operation in which each of us is called on to a personal achievement. In this epoch, Higher Self is to unite with the Human Being and transform the astral body and its emotions. In the next cultural epoch it will transform the etheric body, and then, finally the physical body, as Christ did at the Resurrection.

Now we are concerned with the actual work we must each do to unite with our own Higher Self, that wise, loving, guiding, being. It is I think a clear technique that we can teach ourselves. First we must learn to control instant reaction to a stimulus. We must be able NOT to respond. Easily said, but how difficult to do! Remember that our lives are built on habitual patterns and reflex responses. In the animals it is the essential functioning of the ‘fight or flight reflex’, and it is wonderful. But the human being is not an animal and his/her problem is to lift into a different sphere of consciously directed action.

Conceive a Jaguar or Panther let loose in Piccadilly at rush-hour. Its wonderful instincts would be perfectly useless and it would panic, wildly. So with us. We are faced with world changes in these immediate years, which may present us with sudden situations for which there is no human precedent. Toffler in his book “Future Shock” describes how people in desperate situations, as in war, may cease to be able to react at all.

Now we have stressed that Higher Self and our Angel Guide stage situations tailor-made for the deeper needs of each of us in our path of development. The Higher Self has an over-view and knows how to use any crisis to give us the opportunity of new courses of creative action. But how do you act in a totally new situation for which you

[http://www.wessexresearchgroup.org/literary\\_resources.html](http://www.wessexresearchgroup.org/literary_resources.html)

have no reflex or habit pattern? Obviously if you react to the stimulus you must draw on old habit patterns, but you have none for the new response now needed. So – STOP. Withhold reaction. Say NO to it. Break the response. Then suddenly you are free from possession by any old habit pattern or emotional reaction. You are free not to react. You can choose another course.

ACT DON'T REACT.

Here I quote the opening lines from Shakespeare's Sonnet No. 94.

“They that have power to hurt and will do none  
That do not do the thing they most do show  
Who, moving others, are themselves as stone,  
Unmoved, cold, and to temptation slow,  
They rightly do inherit heaven's graces  
And husband nature's riches from expense.  
They are the lords and owners of their faces  
Others but stewards of their excellence”.

“I AM with you always, closer than breathing, nearer than hands and feet”.

What can be closer than breathing? Obviously only thinking. They (Angel, Higher Self or the Christ) can speak to you *in your own thinking*. Learn to listen to that still small voice. You can truly teach yourself to converse with them.

Above all, in moments of crisis they will be very close and ready to respond on the instant we turn to them.

How then do we act in to the Higher Self in a manner that has for us no precedent? If you do not acknowledge Higher Self then you are in for trouble in a time of change. If we can learn to work with these beings of light and wisdom, we have found the way through in to the new.

Note this carefully. It is our clue, a real technique. When the stimulus to a quite new course of action hits us, the first and instantaneous thing we are given is a flash of a picture of a new way of responding. Often we see this we feel “oh good, how lovely. That would be splendid to do” and we clap our mental hands. This picture, this intuitive flash, is given first. But it is immediately followed so often by the reasoning intellect saying, in effect: “Oh no you don't! You can't do that. Everyone will think you mad. And it will cost too much. And you have such an appointment next week”, etc, etc. And so you drop the flashed vision and respond safely and sensibly and the opportunity is lost. To quote Hamlet:

“Thus conscience doth make cowards of us all  
And thus the native hue of resolution  
Is sicklied o'er by the pale cast of thought  
And enterprises of great pith and moment  
With this regard their currents turn awry  
And lose the name of action”.

[http://www.wessexresearchgroup.org/literary\\_resources.html](http://www.wessexresearchgroup.org/literary_resources.html)

Now we are called on to act into Higher Self, to follow a course of action for which we can have no precedent. When we do this, then Higher Self can act through us in a new way and we shall find we have done and said something totally new. We have found a way of living and with Higher Self. We are merging with it as a member of our being. This is the emergence of the new humanity, the becoming of a type of human being, male and female in balance, in whom the Ego, lifted out of the automatic and selfish reaction, begins to take conscious constructive control of its whole being, as a facet of the enormous whole.

This involves ceasing to identify with our separated and embodied self and learning to identify instead with the totality of humanity as a vast being in the mind of God. We are each a cell of this great primal being.

This is a most notable aspect of our disturbed and violent age – the emergence of a New Humanity – a human being, male / female in balance, the two sides of the brain working in cooperation to establish conscious control of the self. While Homo Sapiens rushes downhill to manifold disaster, the new human begins to lift in to a body which is capable of becoming a new humanity. ‘Noetics’ is the science of consciousness. We can each start as from now learning to take this step in our selves and unite with our higher self, bringing it right down in to our daily living as the highest member in our embodiment. For this event the Higher Worlds are waiting. It is the fulfilment of a stage in human evolution. It is timed to happen at the threshold of entry in to the Aquarian Age and the heavenly worlds watch this jewel of a planet to see the true awakening of humanity. It is a race between disaster and consciousness, or rather, out of and through disaster will rise the conscious humanity, awake to the total Oneness of the living Earth and the Cosmos.

“All are but parts of one stupendous whole  
Whose body nature is, and God the soul”.  
(Alexander Pope).

Humanity still in a pre-birth condition, is in truth being born: through those individuals who learn to unite with their Higher Self. Evelyn Nolt expresses this thought in the poem:

The Glory Which is Earth

Man, tread softly on the Earth  
What looks like dust  
Is also the stuff of which galaxies are made

The green of Earth’s great trees and simple grasses  
Is the same music played in red  
Throughout our trunks and limbs.

O Earth, living, breathing, thinking Earth  
On the day we treasure you  
As you have treasured us  
Humanness is born.

[http://www.wessexresearchgroup.org/literary\\_resources.html](http://www.wessexresearchgroup.org/literary_resources.html)

And throughout all Light  
A Radiance leaps from star to star  
Singing: A son is born

## HUMANITY

What then – Who then is my Higher Self?  
It is I – yet not I, but...  
It is clearly enmembered with the spiritual world,  
Yet it closely overlights me.

The essential nature of the higher world of spirit is blending of being. Everything interpenetrates in a vast, complex oneness, infinity varied yet all flowing through all. The nature of the material world is separation. Hence ego-consciousness can develop in the human being.

Now we grasp the great plan, the grand design. In the Human Being has been evolved a creature who possesses self-consciousness. As culmination of aeons of development, the crown of nature becomes a conscious point which can think God's thoughts again. This means that it (he or she) can remember itself with the spiritual world.

Coleridge describes the modern man in these words

“Toy bewitched  
Made blind by lusts, disinherited of soul.  
No common centre Man, no common sire  
Knoweth! A sordid solitary thing  
Mid countless brethen with a lonely heart  
Through courts and cities the smooth savage roams  
Feeling himself, his own low self, the whole.  
When he by sacred sympathy might make  
The Whole, One Self. Self that no alien knows  
Self far diffused as fancy's wing can carry,  
Self spreading still, oblivious of its own  
Yet all of all possessing. This is faith.  
This the Messiah's destined victory”.

That triumphant last line suggests the scale of the great experiment of Man on Earth. A being is developed, spiritual in nature belonging to the whole, but allowed to plunge in to the material plane and so develop to self-consciousness. Thus perforce the human being loses all knowledge of its spiritual nature through its absorption in to matter, with all its seductions, demands and desires. The angelic world, as we have said, is a oneness. Being blends with being in infinite variety, yet all interpenetrating. We come to see Humanity as a great project of creator God – to evolve a being that, attaining to self consciousness, may rediscover its real divine nature and come back to God as son, friend and co-creator. To achieve this stage involved long separation and the descent ever deeper in to matter.



At the darkest point, when the human being could wholly lose knowledge of its spiritual nature, the descent of Christ injected an impulse which can lift and redeem each human soul who in freedom turns back to its source.

Thus we come to see our Higher Self as a Christed Being. It loves and overlights us and has done through the ages. To find it and blend with it is to enmember ourselves again with the living world of spirit. This is the goal of evolution. But to achieve this blending, the human being has individually to overcome the separatist effects of greed and egoism and an acceptance of the love of all life, a love which is, ultimately Christ, the Lord of Life. And the glory and the beauty that the Higher Self speaks to us within our own thinking. Here is the key which can open us to higher knowledge.

Your higher self, a Christ filled being, wants to be grounded through you and so to work for the redemption of this fallen world of matter. Just imagine the wonder of this! If a sufficient number of human beings could take this inner step of attunement and invitation, then the human layer would lift in to a new harmony. It is not merely that we are called on to lift it, but that it, the higher selves, desire and intend to revitalise the earth. This is a noble operation. Let us take part in it. By working to achieve it, you accelerate the redemption of this suffering planet. By failing to do so at this cosmic turning point, you postpone your own soul progress for a long time. We are each and all involved in this fine achievement.

