

Testimony of Light – Helen Greaves – Pub. Neville Spearman 1969

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I am finding peace. I am at peace. I am absorbed into the atmosphere of peace. I have found tranquillity to the measure in which I can accept and appreciate it. I no longer need to strive and struggle, as I did in the earth life. Always there I worked too hard. I strove. I battled forward. I followed every channel, every path which seemed to lead to that 'breakthrough' of the spirit for which my soul yearned so deeply. I obeyed the precepts, followed the doctrines, studied and examined all theories which could 'explain' the spirit; drove myself with the whip of an iron will, read, marked, digested the sciences (so called) of the human mind and its reactions to stimuli, as well as the human psyche and its reaching forward into revelation. All this with a great purpose, as I supposed, of Illumination. I strove always for the 'break-through' to spirit, union with the soul, contact with the Great Forces, and always, driving my mind and my personal will was the hope, the glory, the bliss of a 'break-through' to spirit. And now as I look back over my earth life, I realise that so much was illusion.

I sought the Spirit and the Spirit was there all the time.

"He came unto His own and His own received Him not."

As I rest now in this Reality I see, with sadness, the truth of those words. *I knew Him not.* I struggled, fasted, sought for what was already present, perfect and everlasting within me. Like most of us in the body life I was in illusion; lost in glamour. I looked for the Spirit to reveal itself to me, when all that was necessary was 'relaxation unto God'. The Spirit was always with me, veiled because physical sight could not view it. The great secret of finding that Spirit was the 'letting go' of self. I, who longed so much for the touch of the divine, who dedicated my life to religious work, who read lives of the saints for their examples, who delved into the sciences of psychology, extrasensory perception and all psychic phenomena, as well as into the occult sciences, who denied myself the usual sensual and reproductive life of a human being; who truly tried to obey the precepts of the Master, as related in the New Testament, I had not accepted the simple Reality of those words: "Behold, I am with you even unto the end". I had not been able to let go, and let the Spirit absorb me. As I now see my thoughts, actions, aspirations from this angle, I am realising that the very tenseness of my striving was my undoing and it barred the way to that very union for which my soul longed. I battered at the Veil which hid the Face of Divinity trying by my mind and will to tear it away, the more intense my thought, the more real did I create the illusion. For the Veil was, as I now realise, the Veil of my own setting.

Light, Divinity, Reality . . . all-pervading consciousness . . . were there for my *acceptance*. Much greater progress would have been made by 'letting go' of all these human images and by allowing the spirit to absorb me. Relax and allow the Spirit to stream through you. Swim with the tide of the Spirit. That is the great lesson I am learning here as I review my mistakes. Now I am 'in the Spirit' ... there was no 'break-through' to Spirit, of which I once, so glibly talked. There is only a gradual absorption of that amount, or degree of Spirit which the openness of the soul can accept. This degree, as I appreciate now, must be governed by the Law of Progress, for the Spirit is never limited, only ourselves, as receptacles, govern the degree of its entrance.

This is indeed a salutary lesson.

I am aware too that in the last life experience I but repeated old struggles. None of it was new. No adventure into matter, into the exterior, is ever entirely fresh or untried. It has all been worked to its end perhaps hundreds of times before, though under different circumstances, perhaps in different worlds. I cannot be sure of that yet; and it will be worked again and again until we, as souls, learn to 'carry the Light' with us, through our personalities. Freewill, the development of the logical mind, the illusions of the senses, all these tend to extinguish, or at least, to dim, the Light of Divinity. Now I perceive more clearly, for I am no longer cluttered by illusions, that the great purpose of life in matter is *to illumine matter with Spirit*.

Even here, in my new life, I have been rushing hither and thither in search of adventure, of experience, of progress and such as I have discovered I have tried to relate in my account.

But now, I let go. I seek for nothing. I absorb and am absorbed by the Spirit of Light, Love, Beauty. I know that I am being remade. Consciousness is expanding to acknowledge and accept the fact of being a Child of the Living Light, of already having, in consciousness, all that is needed and reflecting as much of the Spirit as my awareness will permit.

Life still goes on about me. The work of helping others who may be also bogged down in their illusions of separateness still occupies me and is a joy. I no longer crave to pass on to the next stage, that of being allowed to be a student in the outer courts of the Universities here. Such glorious adventure will be mine when my consciousness is ready for it. Until such awareness is alive and active in me and I have achieved the maintenance of the deep tranquillity of this knowledge, I am content to remain here, and to benefit by the loving atmosphere.

Until this new peace has become an integrated part of me, until all old regrets have been dissolved in love and service, until I have learned to rest completely in this new consciousness of the Spirit, I shall remain where I am. Time, as we reckoned it, does not exist here. Consciousness has taken its place. By the degree of consciousness of the Spirit can we measure the extent of, the habitation of, varying states in our onward progress. To you still in the concept of time, this could be months, years, centuries. For me now the state of consciousness of living Spirit and the serenity such consciousness works in my soul, is my present and my future in this Life Everlasting.