

## Part Two

### Lesson 1

### Spiritual Bait

In Part 1 of the Vingelot Programme, we dealt with the logistics of accurately identifying the Star that Guides and the Star that Befriends. In Part 3 we will be looking at the matter of constructing star paths.

In this section, Part 2, we are focusing upon the matter of ‘parking’ the vehicle of the intellect and moving on through the creation of a different kind of vehicle: that provided by the alta major centre. This vehicle is made of mental stuff, but it is lighter and finer than the intellect and more hospitable to the creative imagination because it is less gripped by past.

The alta major centre is situated at the base of the skull and is externalised in the carotid gland. It draws down the energy entering the head through the crown centre. From one standing it could be said to accommodate the bait which encourages energy from the Monadic level to engage with the human personality, acquiescing thereby to be constrained by form. (My colleague, Judith Way, likes to call this energy Starfire, and specialises in the kind of art work able to draw it down and make it accessible to the personality. Her painting *Winter* and its accompanying poem are centre-pieces of this lesson.)

For the Monad, this contact represents a sacrifice that may create a new wick to burn with the flame of spirit. For the personality, it has the effect of letting in the energy of a higher world. It represents an important step on the way to Monadic consciousness.

Recognising the currency of this higher world is one of the biggest challenges we face after the thoroughness of the conditioning which has encouraged us to view spirituality as the triumph of good over evil, whether we perceive that struggle to be within ourselves or an external matter.

This duality which has shaped spiritual awareness throughout the Christian era, is not the concern of the Monad. The Monad is concerned with creativity, opportunity and the creation of new wicks that can be ignited. Its currency is freedom, but freedom of a kind that will burn those who have not prepared their personalities by the work on self, which our religious and spiritual systems encourage. The ill-disciplined, unprepared personality cannot handle Monadic energy (or Starfire) and will be damaged by it, as those who force open the crown centre by the use of certain kinds of mind-altering drugs discover).

So, to that extent, it is not so much a new path but a less familiar stretch of the path that leads on from those features which we have learned to recognise.

Many of us feel uplifted and inspired when we look up at the night sky because, if we sit or remain standing when we do this, the act of looking upwards stimulates the alta major centre and enables it to become a vessel for awe and respect which can then lure in spirit. (Lying down may not have the same effect). This is the time to make those gestures which are expressive of the part of us that wants to move upwards and onwards; this is the time to consciously encourage the connections which make us feel a part of something greater than ourselves. The Star that Guides and the Star that Befriends will assist here.

There are other kinds of bait too. Much spiritual literature is bait. The Bailey books, for example, provide nourishment for the aspirational part of self and connect us to a larger, purposeful Scheme. (And they too will ‘burn’ and de-stabilise those whose personalities are not prepared.) When he wrote *The Lord of the Rings*, J.R.R. Tolkien was intentionally providing the ideas that call up a response from the personality that, in turn, draws down the energy of spirit. We can call

bait that succeeds in doing this as inspirational. Tolkien and his colleague C.S.Lewis made the writing of such works their conscious contribution, and this surely accounts for the enduring popularity of *The Lord of the Rings*.

Recently, Master KH identified the following as the qualities which collectively will create the kind of creative product which will acts as bait.

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It will:

1. link us in with something larger than ourselves
2. excite our higher principles
3. involve the personality's desire nature
4. underline the need for personality sacrifice.
5. be in some way contemporaneous in order to press the right buttons and face conditioning head on
6. be in some way visionary and forward looking, and not simply reactive.

The Zodiacal sign Capricorn and its ruling planet Saturn govern the human personality. At the winter Solstice we focus upon that which can be born in the cold and darkness of personality separation and which can to reconnect us.

But before we start out on any journey we do well to prepare ourselves; and when we are preparing to use mental substance, we aim to get rid of the old and the stale by letting in fresh air and allowing it to circulate:

Focus upon *Winter*, having first:

- Cleared personal space of possessions which are no longer required
- Cleaned windows
- Exfoliated the physical vehicle to get rid of dead skin cells
- Performed a few stretch or yoga exercises which get the body out of habitual postures. The yoga exercise universally known as the Salute to the Sun is very suitable in this context.
- Stimulated the alta major centre by gently massaging the back of the head with the two middle fingers of one hand, whilst gently pressing the brow centre with the fingers of the other.
- Drunk a fusion of hyssop and angelica to relax perception.

*½ tsp dried hyssop herb*

*½ tsp dried angelica herb*

*honey (optional)*

*Create an infusion by pouring onto the herbs 1 pt of boiling water. Leave to infuse for 15 minutes. Add honey if required.*

*This fusion is suitable for calming children*

Such disciplines fit well into the start of a New Year.

Write down the realisations that come to you in a book dedicated to that purpose. They may show themselves to be the start of a creative journey.

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## I am Winter

*Hrive*

Laid Bare in Light  
Adjust vision to truly see  
There is nothing other now  
To behold but me

Stone song sounds  
The starry keys  
That the celestial maps  
May be true and seen

Seed and Fulfillment  
Shining through  
In sky and rock,  
Ice and crystal dew

In the Ultimate offering  
When the creative fruits  
Withdraw

Starfire will Warm  
These futures evermore

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