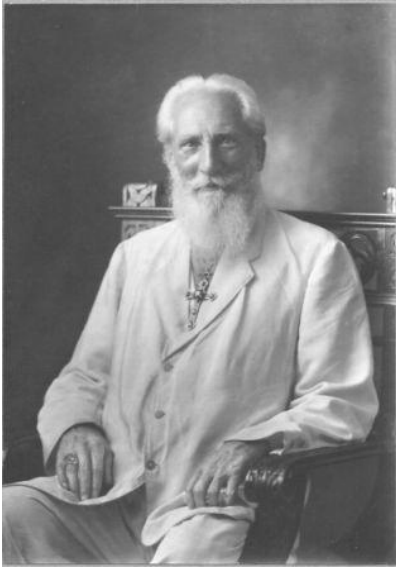


How to End Obsession

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Question - Many applications come from people who through meditation and Yoga have become somewhat psychic, as to how to put a stop to their psychism. They begin to hear voices and such phenomena resulting from their practices. When once the psychic faculties are opened, what can be done to close them again?

CWL - Of course, one doesn't usually wish to close them again. If a person has taken the trouble to study the subject in order to open them, it seems an unfortunate retrogression to try to close them. A better plan is to learn to control them.

CJ - I have a letter on my table from a lady who repeated *japams* or *mantrams*, and now she hears voices that threaten and order her, and she wants to know what is the cure.

CWL - Of course the first and obvious thing to do is to take no notice of them. Threats do no harm; hard words break no bones. It might become a nuisance, I suppose. How to shut it out?

CJ - Should she coarsen herself once again?

CWL - The quickest method would be to eat meat, I suppose; but we couldn't advise that. There is no need to take to such slavery again. Drinking, smoking and meat eating would promptly coarsen the body so that the voices could not be heard, but that would be worse than the psychic voices and threats. You can exorcise the creatures. I should not try to close the psychic faculties, but rather to drive away the creatures which cause trouble.

CJ - The difficulty is that most of these people are mediumistic, and have little will-power.

CWL - I do not know how to close it. You remember Madame Blavatsky in *Nightmare Tales* tells a story about a man being driven mad because he could not close it. She said, "Once open it, and the thing is done." What probably happened is that the lady has somehow broken through that protection which prevents ordinary people from seeing and hearing. I am not sure that it can be replaced. I cannot think how to do it at the moment; but there are various ways of dealing with it.

You see, there are all kinds of mischievous creatures about. There is a certain amount of actual evil in the astral world, just as there are unpleasant people in this. There are those who take pleasure in torturing others. What she could do is to drive such a person away, if she had courage and will. And surely that is to be gained. The way to develop every such power is from within. She must say to herself: "The Logos is courage and bravery personified; I am part of Him, therefore I will be brave." But probably meantime she would be shivering with terror, and it would be no use. There is where a talisman or mantram would help. Have you people in India anything to use when you feel afraid?

CJ - She is a Parsi lady, not a Hindu. It is not so much a *mantram* as believing the mantram will work.

CWL - People can be helped by talismans, but they must believe in it. One thing you might do is to learn not to be afraid. If any creature comes and makes jeering and nasty remarks, that is a nuisance, but you must drive him away; become angry with him.

CJ - Tell her to get furiously angry and throw something at him?

CWL - The best thing to throw is will force. Yes, throw a cushion. If you become sufficiently angry with a creature like that, he will fly.

CJ - Then you may lay yourself open to obsession by something else because of your anger.

CWL - Not unless you absolutely lose control of yourself. The kind of creature which becomes a nuisance is not the kind that has the strength to take possession.

CJ - What about medical baths and drugs? Would they help?

CWL - I was once given heroin for sleeplessness, but I shall never take it again. Certainly the effect is horrible, most objectionable.

CJ - But in this case, like a doctor, you must prescribe something that works quickly.

CWL - Sal volatile?

A voice. Saltpetre and sulphuric acid thrown on it will drive the creature away.

CWL - It would drive you away, at any rate! What about Aqua Regia?

CJ - Or camphor and sandal?

CWL - If she believes in it. I do not know whether camphor would meet the case. Certain kinds of incense would. But if she goes into a condition of shivering terror, she must have something to hold on to. Is there a Parsi here?

(Mr. K.R. Jussawalla reported present.)

CWL - What is your sacred symbol in Zoroastrianism? If she were a Christian, I should say, "Let us have a cross magnetised." What is your sacred symbol?

KRJ - Fire, or the Prophet Zarathustra.

CWL - You could exorcise the creature with a sort of ritual. Why not try that?

CJ - If you have the person's picture sent to you, could you work upon the person from that to strengthen her?

CWL - Yes, there are various ways. You could set up a kind of link between the person and yourself, so that when a spasm of fear came over the person, you would know it and throw your eye on her.

CJ - I might know it in my ego, but not in my personality sitting at my desk in my office.

CWL - Your ego would help. In Zoroastrianism you could call in the elementals of the fire, but of course that is a dangerous thing.

CJ - Create an elemental and sent it to be on guard?

CWL - And if she in addition could *believe* that there was a guardian angel, that would help very much. Let us give her some magnetised object, something that would be sacred to her. You cannot hold fire. Have you Parsis always a sacred fire burning in the house?

KRJ - Only in orthodox houses, not in reformed ones.

CWL - Which is she? If she has the sacred fire at hand, she could invoke the fire. The spook would leave. But it tackles her when she is in bed probably. Fire is a splendid symbol, but dangerous to have about. I think an image of the Prophet would do. We could magnetise it. Would she have an image? It must be a small thing. You can have a ring, a locket, anything you like magnetised, for strength and courage. (A voice suggest a star.) The star is the symbol of the perfected man. The TS symbol or anything can be magnetised. Any metal, but gold is best. For courage, a tiny speck of diamond would be best. You can magnetise anything, even a piece of wood, but magnetism in that would not hold so long. You can make a talisman to last thousands of years. That can be seen by the Gnostic gems; you can feel it still after nearly 2000 years. The choice depends upon the religion. If the person believes in her religion, let her use whatever *mantram* or symbol is used in such cases. The *Mobed* is expected to know; but would he? Some Indian *pajris* here do not seem to be well up in their religion. I have seen some *purohits* whom I would not like to trust with such a matter: they would be afraid themselves.

A Parsi *mantram* would be in Zend, I suppose. The language would not matter, as long as she has faith in it. The main thing is to set your will against the creature. What would you do if a person came and bothered you in your house? You would drive him out. Do the same with these creatures.

A voice - But they have no body.

CWL - You can project the force of your will against them just the same. In the case of a creature like that, you should not hesitate. If the double of some *living* person were annoying you in that way, I should advise you to be careful, because the physical body of that person might be killed.

HV - An elemental got into my clock. I was not afraid, but I could not drive him out. He ended by breaking my clock.

CWL - I wonder why he came to attach himself to that. It is curious and interesting. It has happened before that a creature has attached itself to a clock.

CJ - How do these repetitions of *mantras* produce psychism? Psychism is produced by the opening of *chakrams*.

CWL - Don't you think the repetition would work from the physical end, put the man into a kind of trance?

CJ - What is the mechanism? Drive out a part of the etheric double or the astral?

CWL - The wisest way of inducing a condition like that is to look up at a bright point, so that the eyes are a little raised and strained. Do not try it unless you want to become a mediumistic. This fatigues the muscles of

the eyes; the *mantram* fatigues the mind. Anything repeated thousands of times would fatigue the brain. I met a man walking about a railway station repeating “Ram, Ram, Ram” all day. He would bring himself into a very confused condition of mind, and if he sat down he would pass into some kind of a comatose condition. Aren’t some *mantrams* definite calls to certain types of nature spirits, etc.?

CJ - The vedic *mantrams* are calls to spirits.

CWL - There is something higher called there. They are a call to the Gods, aren’t they? These spirits are lower; they come and play upon a man and put him to sleep.

Is this person a Freemason? If so, we could make other recommendations. (A voice: “No”.) Then tell her a *mantram*. If there is anything sacred to her, let her invoke that. If a talisman is of use, let her send anything she wears. Do Parsis wear those little tubes tied to their arms? (A voice: “No”.) A ring? The objection to a ring is that other people are constantly touching it. You shake hands and touch other people. It is liable to be more disturbed. Something that she hangs round her neck would be better. Let her send whatever she likes. Then she would have it at hand and could clutch it the moment the creature comes. She should speak strongly to the creature. (Someone: “Swear at it?”) There is no use using bad language but express yourself strongly: “Get away!” That kind of thing.

There are certain words that would double up anything. You all know them, don’t you? You would know how to deal with a black magician, wouldn’t you?

CJ - People do not believe in their efficacy these days.

CWL - Try them anyway. Let her send anything she will to be magnetised, and we will attend to it for her.