

LEARNING TO SEE REALITY AS IT IS

“*To see is to be free*” (Sri Bhagavan)

INTRODUCTION

The second seed group of the New Group of World Servers (NGWS) is that of the Trained Observers. They have been given the task of ***achieving freedom from the world illusion and glamour*** through “right observation” and “right direction” of the light of the soul. With this liberation of the illusion and glamour of the astral plane this group will inaugurate the era of light.

This group has one of the most difficult tasks, which is seeing and teaching others to ***see reality as it is***, and therefore seeing through the illusion of the all pervading glamour which seems very real for humanity in its current state of consciousness.

For this the ***esoteric sense*** has to be developed, which means the possession of a constant inner contact with the soul. To cultivate this esoteric sense, and to achieve the needed detachment from form, regular ***meditation*** is needed, by which the ***intuition*** will be developed. Developing the intuition and bringing it into activity will eventually lead to solutions of many problems humanity is faced with today.

In this paper I will go into the problem of humanity of being stuck in the material reality perceived by the lower personality. And I will elaborate on the contribution of the Trained Observers in solving this problem by learning humanity to see reality as it is by developing the esoteric sense and the intuition through meditation.

THE GLAMOUR OF MATERIALITY

In another paper ‘*Dissipation of the Glamour of Materiality*’ I wrote that one of the most pervading and enveloping glammers for humanity is the glamour of materiality. Humanity is blinded by and deluded with the false belief that the universe and everything in it is built on physical matter, that objective physical matter – the world of forms – is the only thing that really exists because it is the only thing we can perceive, direct or indirect, with our senses. What we cannot see doesn’t exist, is the mantra of materiality in the sense discussed here. The existence of subjective, hidden energies or forces, such as the soul, is rejected in this view, which is largely accepted in the world of academic science and spread from thereon to the intellectual part of humanity.

The result of this objective and exoteric view of reality works out as a one-sided focus on, and an exaggeration of the importance of material things. The rejection of a soul that breathes life into the forms surrounding us leads human beings into the belief that the material forms themselves are the most important things in human life.

A well-known effect of this human focus on materiality is its correlated experience of limitation, meaning that forms or things are not endless. This led to the economic concept of ***scarcity***. This false concept of scarcity of the ‘most important thing there

is', material stuff and money in particular, led logically to a fight for its acquisition. **Humanity is submerged in this glamour, or fog of materiality.** According to Master Djwhal Khul (DK) this is the **cause of all the present world distress.**

“The glamour of materiality is the cause of all the present world distress, for what we call the economic problem is simply the result of this particular glamour. Down the ages, this glamour has held the race increasingly interested, until today the entire world has been swept into the rhythm of money interest.” (Glamour, a World Problem, GWP, p. 74)

The addiction of humanity to material things is a serious problem and it is **suffocating humanity in a craving for more and more**, which can never be enough. The lower personalities of human beings can become totally submerged in the search for material stuff and money in the illusion that this is necessary for their survival and/or that it will bring happiness. A growing number of people start to notice this as a glamour or illusion, but the vast majority isn't so far yet. Powerful forces are using this to their advantage to gain and hold power over the masses. In this way the possession of material things and money has become a big divider of welfare and it still seems to become increasingly concentrated in the hands of the powerful few. To keep this machine running the production and consumption of material things is being pushed in an accelerating pace. This **threatens the safety and welfare** of humanity because the earth has to be exploited more and more, with the risk of depriving humanity from the necessary supplies mother earth can provide. Another threat is that the **growing inequality** is bringing the dangers of social upheavals, domination and warfare, as can be seen quite clearly in the present time.

RIGHT OBSERVATION OF THE TRAINED OBSERVERS

The second seed group of the Trained Observers has been given the important task to achieve freedom from the world illusion and glamour. This means teaching humanity in **seeing reality as it is** through “right observation” and “right direction” of the light of the soul. With this liberation of the illusion and glamour of the astral plane this group will inaugurate the era of light, or the Aquarian Age. Then the false concepts of scarcity and separation will be replaced by the certainties of abundance for all and Oneness of all life.

“The second group, the trained observers, will inaugurate the era of light and of a free control of the astral plane, with its quality of freedom from illusion and glamour. This freedom will be brought about when “right observation” takes the place of the disturbed vision of the present, and glamour will be dissipated through the “right direction” of the light of the soul throughout the plane of illusion. The Aquarian Age will be predominantly the age of synthesis and light.” (Externalization of the Hierarchy, EOH, p. 36)

The central task of the Trained Observers - **achieving freedom from glamour** - can be specified in three tasks:

1. Dissipating the world illusion and glamour.

2. Acting as a bridge for forces which are seeking etheric expression and which emanate from soul levels, via the mind, skipping the non-existent astral plane and thus living free from glamour.
3. Freeing the souls of men from the surrounding glamour and enable them to achieve liberation.

Glamour is a kind of mist or fog in which humanity is immersed or enveloped and which prevents us from seeing things as they really are. The term 'glamour' concerns specifically the astral plane. In the physical plane it is called 'maya' and in the mental plane 'illusion'. One could say all three are more or less the same but differ in vibrations linked at the planes they are in.

Teaching humanity to see through this mist of maya, glamour and illusion is the main task of the Trained Observers. The **dissipation of glamour** in the three worlds will be accomplished by bringing in the light of the soul towards the mind, or in other words: to **illuminate the mind with the light of the soul**. First this has to be done with the individual glamour of the members of the group of Trained Observers and subsequently with the glamour of mankind as a whole. This is an essential task of world service in leading humanity to the era of light.

"The proposition, therefore, which I am laying before you (who are the aspirants and the disciples of the world) is the possibility of a definite world service. Groups will eventually be formed of those who are working at the dissipation of glamour in their individual lives and who are doing so not so much in order to achieve their own liberation but with the special objective of ridding the astral plane of its significant glours. They will work unitedly on some major phase of world glamour by the power of their individual illumined minds; unitedly they will turn "the searchlight of the mind, reflecting the light of the sun but at the same time radiating its own inner light upon the mists and fogs of Earth, for in these mists and fogs all men stumble. Within the lighted sphere of the focussed radiant light, reality will issue forth triumphant." " (GWP, p. 197-198)

The dissipation of glamour is an **urgent task** for all disciples. For this the disciple has to hold himself steadily in the light of the soul by consequent and regular meditation. In meditation he has to reach out his lower mind towards the soul and draw downwards its light to illumine his mind. In the end the glamour of the astral plane will be dissipated by shining the light of the illumined mind (illumined by the soul) towards the fogginess of the astral plane. The great difficulty is that this has to be done while the aspirant is enveloped into the astral plane himself. This requires a silent and steady withdrawing of the mind out of the turbulence of the surrounding world.

"It is illumination that the majority of aspirants, such as are found in this group, must seek; and they must cultivate the power to use the mind as a reflector of soul light, turning it upon the levels of glamour, and therefore dissipating it. The difficulty, my brothers, is to do so when in the midst of the agonies and deceptions of glamour. It requires a quiet withdrawing in mind and thought and desire from the world in which the personality habitually works, and the centering of the consciousness in the world of the soul, there silently and patiently to await developments, knowing that the light will shine forth, and illumination eventually take place." (GWP, p. 82)

The disciple has to be very aware of the dangers of **criticism, separateness and pride**. These three are called “the glamorous characteristics”. They are the breeders of glamour and the disciple has to work on freeing himself of them.

“A deep distrust of one's reactions to life and circumstance, when such reactions awaken and call forth criticism, separateness or pride, is of value. The qualities enumerated above are definitely breeders of glamour. They are occultly “the glamorous characteristics.” Ponder on this. If a man can free himself from these three characteristics, he is well on the way to the relinquishing and the dissipation of all glamour. I am choosing my words with care in an effort to arrest your attention.” (GWP, p. 82)

The undertaking of this important task of dissipating glamour is a form of **occult obedience**. This is not the carrying out of rules and orders imposed by some external authority, but a quick internal and spiritual reaction to the Plan.

“Have you ever realised that occult obedience—correctly understood and applied—is the royal route through the astral plane (...)? People are apt to regard obedience as the carrying out of rules and orders, imposed upon them by some authoritative source. This, as you well know, is not the case in any true hierarchical training. Obedience, for the disciple, is a quick spiritual reaction to the Plan as it emanates from the Hierarchy (...). It is a task which the disciple assigns to himself and is not one ordered by the Master. The acceptance of the task is simply evidence that the disciple is an ashramic worker, pledged to the welfare of humanity.” (Discipleship in the New Age II, DINA II, p. 586-587)

DEVELOPING ESOTERIC SENSE

The objective of all inner training is to develop the **esoteric sense**. This essentially is the power to live and to function subjectively, which means having a constant inner **contact with the soul** and the plane of the soul. In other words a contact with the subjective inner life which inhabits all objective external forms. Such contact will show itself through an active and steady attitude of love, wisdom, inclusion and identification with all that lives.

The development of the esoteric sense is accomplished through developing the power to be a Trained Observer. Persistence in the attitude of right observation leads to detachment from form as one learns to see through the form into the inhabiting soul life.

The aspirant who has sufficiently developed the inner sense will be able to orient his mind at will in any direction. He can bring light and peace to all by the strength of his silent thought. He can influence his environment by tuning in on the realm of ideas through his mental power. This **silent but powerful mental attitude** will enable him to orient himself to the world of souls from which he can evoke inspiration and light, and in which he can discover and contact his fellow workers to cooperate with them in the creation of the era of light.

“You ask me to define more clearly what I mean by the words “esoteric sense”. I mean essentially the power to live and to function subjectively, to possess a constant inner contact with the soul and the world in which it is found, and this must work out subjectively through love, actively shown; through wisdom, steadily outpoured; and through that capacity to include and to identify oneself with all that breathes and feels which is the outstanding characteristic of all truly functioning sons of God. I mean, therefore, an interiorly held attitude of mind which can orient itself at will in any direction. It can govern and control the emotional sensitiveness, not only of the disciple himself, but of all whom he may contact. By the strength of his silent thought, he can bring light and peace to all. Through that mental power, he can tune in on the world thought, and upon the realm of ideas and can discriminate between and choose those mental agencies and those concepts which will enable him, as a worker under the plan, to influence his environment and to clothe the new ideals in that thought matter which will enable them to be more easily recognised in the world of ordinary everyday thinking and living. This attitude of mind will enable the disciple also to orient himself to the world of souls and in that high place of inspiration and of light, discover his fellow-workers, communicate with them and—in union with them—collaborate in the working out of divine intentions.” (A Treatise on White Magic, TWM, p. 602)

DEVELOPING INTUITION

The use of the *intuition* is key to detecting and understanding and dissipating glamour. DK begins the book *“Glamour, a World Problem”* (GWP) with defining it as the *complete* understanding which arises from *simultaneous* perception and interpretation (with emphasis on ‘simultaneous’), and which is the privilege of the soul. For contacting the intuition the soul has to reach upwards to the Monad as well as downwards to the integrated personality.

“Intuition is the synthetic understanding which is the prerogative of the soul and it only becomes possible when the soul, on its own level, is reaching in two directions: towards the Monad, and towards the integrated and, perhaps (even if only temporarily) coordinated and at-oned personality. It is the first indication of a deeply subjective unification which will find its consummation at the third initiation.” (GWP, p.2-3)

DK proceeds by defining intuition as the fundamental understanding of the idea of Oneness, which negates any sense of separateness. Intuition is light itself in which the world is seen as light and all forms are perceived as light bodies that are interrelated and interconnected, in which all is One.

“Intuition is a comprehensive grip of the principle of universality, and when it is functioning there is, momentarily at least, a complete loss of the sense of separateness. At its highest point, it is known as that Universal Love which has no relation to sentiment or to the affectional reaction but is, predominantly, in the nature of an identification with all beings. Then is true compassion known; then does criticism become impossible; then, only, is the divine germ seen as latent in all forms.

Intuition is light itself, and when it is functioning, the world is seen as light and the light bodies of all forms become gradually apparent. This brings with it the ability to contact the light centre in all forms, and thus again an essential relationship is established and the sense of superiority and separateness recedes into the background.” (GWP, p.3)

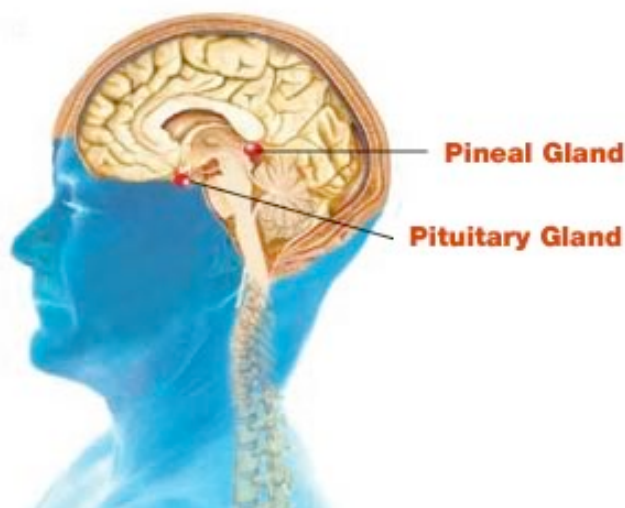
Intuition generates the three qualities: illumination, understanding and love.

- **Illumination** is the light of the intellect, that which illumines the mind into the complete recognition and identification of one being part of the eternal persisting Existence.
- **Understanding** involves contact with life as an integrated personality. It implies personality-soul unification. Intuitional understanding is always spontaneous, without reasoning towards it.
- **Love** is the synthetic, inclusive grasp of the life and needs of all beings. It negates all that builds barriers, and that criticises and separates.
(Derived from GWP, p. 3-5)

It is important to understand that intuition is a spontaneous revelation, an immediate knowing of a Reality behind the world of appearance, as contrasted with sense, reason or analysis. These latter leads man to the maya, glamour and illusions of the world of forms. Alice Bailey quotes Bertrand Russell on this in *“From Intellect to Intuition”* (IHI):

“The first and most direct outcome of the moment of illumination is belief in the possibility of a way of knowledge which may be called revelation or insight or intuition, as contrasted with sense, reason and analysis, which are regarded as blind guides leading to the morass of illusion. Closely connected with this belief is the conception of a Reality behind the world of appearance and utterly different from it.” (IHI, p. 69)

The seat of the intuition lies in the higher brain, in the region of the pineal gland, whereas the lower mental faculties and the higher emotional reactions are seated in the lower brain, in the region of the pituitary body or gland. The placement of these glands in the head is shown in the figure below.



Another important distinction to understand is that intuition differs from instinct or gut feeling. It can be said that intuition lies on the other side of reason or intellect than instinct. First comes **instinct**, which lies below the threshold of consciousness, then comes **intellect** as the reasoning faculty of man, and next in line is the **intuition** as the sudden illumination and understanding of truth. Alice Bailey quotes Dr. Dribblee on this in *IHI*:

"(...) intuition lies on the other side of reason to instinct. We have, therefore, this interesting triplicity — instinct, intellect and intuition — with instinct lying below the threshold of consciousness, so to speak, with the intellect holding the first place in the recognition of man, as human, and with the intuition lying beyond both of them, and only occasionally making its presence felt in the sudden illuminations and apprehensions of truth which are the gift of our greatest thinkers." (IHI, p.27)

Further in this book she states about this difference:

"People need most carefully to distinguish between the intuition and instinct; between the intellect in its lower aspects and the higher or abstract mind. The line of demarcation must be preserved between the inspired utterances of a soul in touch with Reality, and with other souls, and the platitudes of a nice and cultured mentality." (IHI, p. 166)

A mode of **awakening the intuition** is the study of **Symbols**. Discovering the inner spiritual reality behind any specific visible form or symbol will awaken the intuition.

"Symbols are the outer and visible forms of the inner spiritual realities, and when facility in discovering the reality behind any specific form has been gained, that very fact will indicate the awakening of the intuition." (GWP, p. 6)

The study of symbols will produce three effects:

1. It trains the power to penetrate behind the form and to see its subjective inner reality.
2. It integrates the triplicity soul-mind-brain, which makes the inflow of intuition and, consequently, of illumination and truth, possible.
3. It awakens the crown chakra more fully by putting tension upon unawakened areas in the brain. (*Derived from GWP, p. 6-7*)

MEDITATION

To cultivate the inner esoteric sense and to awaken the intuition, in the beginning regular meditation is needed. Until the time the disciple has grown spiritually to such level that he can hold a meditative state in his daily life. Then he will live ever in the "seat of the observer". (*TWM, p. 602*) But in the early stages of spiritual development the aspirant has to meditate on a daily basis.

The meditation process is divided into five parts, one part leading sequentially to another:

1. Concentration

Concentration is the ability to **focus the mind on an object or thought**. This is a necessary prerequisite for every form of mental work. One needs to train the mind to think in a stable and focused way, and to prevent it to jump back and forth or to loose energy on distracting thoughts. For this frequent and regular exercise is necessary. Concentration is not a goal on its own but a mean to train the mind into an effective and powerful instrument for directing thoughts in a conscious way.

2. Meditation

Meditation is moving from attention to activity regarding an object or thought. This means pondering on an object or thought from different perspectives to **pierce its deeper meaning** and to receive new intuitive insights around it. It is the art of piercing into the **life** in an object, rather that in its form! In this way the mind is trained in reaching a fundamental understanding of the **essence** and deeper meaning of the object.

Regular meditation is essential for spiritual development and mind control. What food is for the physical life of the body, meditation is for the spiritual life of mind and soul. A concentrated intellect and the power to withdraw from the whirlwind of the external world leads to a more focused application of energy and control and right use of the mind.

3. Contemplation

In contemplation the **Soul** enters in. It is the Soul that contemplates. It is actively keeping the consciousness on the object or thought, while setting aside the lower activities of the consciousness. This leads to **unification** of the object/thought with the consciousness, making us ONE with the object of our thought. Where we discover with meditation the deeper meaning of an object or thought we are going to **experience ourselves as one with the object**. We **merge or fuse** with the object; we **become** the object in realizing that the object and us consist of the same consciousness.

“In contemplation, a higher agent enters in. It is the Soul that contemplates. The human consciousness ceases its activity and the man becomes what he is in reality — a soul, a fragment of divinity, conscious of its essential oneness with Deity. The Higher Self becomes active, and the lower or personal self is entirely quiescent and still, whilst the true spiritual Entity enters into its own kingdom and registers the contacts that emanate from that spiritual realm of phenomena.”
(IHI, p. 137)

*“In meditation we endeavor to receive impressions from the inner God, the Higher Self, direct to the physical brain, via the mind. In contemplation a still higher stage is entered upon and we endeavor to receive into the physical brain that which **the soul itself** perceives as It looks outward upon those new fields of perception.”* (IHI, p. 138)

4. Illumination

This is the result of the three preceding processes. It involves the carrying down of the achieved knowledge into the brain consciousness. This will illumine the mind.

5. Inspiration

Inspiration will be the result of illumination. The inspiration will demonstrate itself in the life of service. (*Derived from IHI, p. 98-99*)

Intuition is one of the main effects of illumination of the mind by the soul. It is the direct understanding of truth and of universal knowledge. The man who reaches the intuition of, what is sometimes called the Universal Mind, **knows instantly** a certain truth.

SUMMARY AND CONCLUSION

The majority of humanity is still being stuck in the maya, glamour and illusions of the material reality. The focus and belief in the visible external reality as 'the only thing there is', and the consequential negation of the soul life which is pervading and driving all external forms, has led to overexploitation of resources, the concept of scarcity and a still growing inequality. This has brought and is still bringing the dangers of social upheavals, domination and warfare, as can be seen quite clearly in the present time.

The major contribution of the Trained Observers in solving this problem is learning humanity to see reality as it is by developing the esoteric sense and the intuition. For this regular meditation is a prerequisite. Seeing reality as it is, means seeing through the external form side of things and penetrating into the internal soul life. This esoteric sense liberates the universal knowledge of the intuition in man, which will bring illumination of the mind, spontaneous and direct understanding of truth and love of the life and needs of all beings. This eventually will inaugurate the era of light in which the false concepts of scarcity and separation will be replaced by the certainties of abundance for all and the oneness of all life forms.

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