

# Presidential Address

## THE MIRROR/MIND: *From Personality to Spirit & Back Again*

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### ABSTRACT

Bill Tiller has defined the continuum of energies from zero to infinity—with the fulcrum, the still point, being at the speed of light. Everything which lies to the right (slower than light) defines the material realm; everything to the left (faster than the speed of light) exists in the spiritual domain of subtle energies. The mirror mind resides at the fulcrum. It is the mirror of Alice in Wonderland. It is the passage point in meditation, going from preoccupation with personality into the still silence and plenitude of the spiritual mind. Our task is to heal the planet by healing ourselves. Our task is to identify and release the burdens of learned inhibition and selfishness, so that the natural buoyancy of the soul can rise up. Once that has happened we traverse the mirror of the mind into the spiritual realms. More than that, we open the crown chakra to an inpouring of inspiration, light and goodness from the realm above. It is Jacob's ladder with the angels (and ourselves) ascending and descending in ever continuing evolution from below upward and an ever continuing inspiration from above to below. But this is not a matter of the higher educating to the lower; it is in fact a balanced partnership in which we are guided by the high agencies above, but we are also (being those who learn and experience in this material part of the Cosmos) those who can transmit and teach the angels above. This address will contain the schema for this which derives from the core-essence of all spiritual pursuits, all religions; it will also be enriched by examples from the lives of patients, including the patient called "myself."

**Keywords:** Personality, spirit, mind, psychotherapy, hypnosis

I would like to begin with a prayer—actually two prayers. Though I will use the word “I,” please understand it is for all of us, and it is all of us.

I am here, only to be truly helpful.  
I am here to represent You Who sent me.  
I don't have to worry about what to say or what to do,  
for You who sent me will direct me.  
I'm content to be wherever You wish, knowing You go there with me.  
I will be healed as I let You teach me to heal.

And another, which comes from the Arcane School, and defines all of us:

I am a point of Light in a greater Light.  
I am a strand of loving energy within the stream of Love Divine.  
I am a point of sacrificial fire, focused within the fiery will of God.  
And thus I stand.

I am a way by which Men may achieve.  
I am a source of strength, enabling them to stand.  
I am a beam of light shining upon their way.  
And thus I stand.

And standing thus, revolve and tread this way the ways of Man  
And know the ways of God.

And thus I stand.

I see that I am a vortex of light, and thus I stand, revolving, knowing the ways of God, and walking the ways of Man. Thus I am a beam of light, shining upon the way of fellow-Man. Thus I am a strand of loving energy within the stream of Love Divine. Thus I descend into a form and return by way of urgent desire, to know more, and to go beyond my individual hunger, desire, ambition and aggregated experience. Thus, I become larger; aggregating by serving others; aggregating by loving and being loved in return; aggregating by serving and feeling the being the growth of the other. Thus I (who am Consciousness, Life and Desire) descend and live and serve a life of form. Thus I (who am Consciousness, Energy, Desire) return by expanding, wanting, joining, serving, aggregating—until I find myself embracing all others and being embraced and enfolded as one of them. This is the unity, the ocean, the faith,

the summation of molecules that we are, urging onward to the expansion of joining of all-in-one and one-in-all. Thus I am energy, consciousness, desire—descending and ascending in return. Thus I travel from Heaven to Earth and Earth to Heaven, showing that we are all in One and one in all. We are a growing desire for Unity.

These are the prayers that I say in meditation. But what is for me is for you, and then it is for me again—for we are all a part of a network, a holographic scheme, a plan in which each of us contains the other, and is contained in the other—yet each standing in our individuality. This is a Truth in which we are embedded. It is the other side of the Mirror of which I will speak.

We live in two worlds all at once, and in between is a mirror, the magic mirror of Alice in Wonderland. It is the retina through which we can look either outward or inward, behind the retina to another world. It is the eye of the iris, through which we can zoom to a different domain. It is a time barrier to be transcended. It is the fulcrum in a band of energy which extends from zero to infinity. At that fulcrum is the speed of light—with everything less than the speed of light residing in the material world. Everything on the other (faster than light) is in the energetic subtle realms in which we also live, and in which we at ISSSEEM (amongst others) are studying.

**W**here is this other world when we traverse the retina, when we zoom through the eye of the iris, when we move through the mirror of Alice? It is in fact the world of thought—but thought beyond words, beyond pictures—thought of a kind of knowing-beyond-knowing. It is the spiritual world, if you will, too often shut out by the conventions of conventional science, which has too often relegated it disparagingly to the field of “imagination.” Over and over, you will hear me repeat, “Never doubt the reality of that world. Never doubt its power, or its opening to a greater and greater realm of wisdom, truth, power and unity.” Let the wisdom of that world come in. And—let your openness receive such inspiration to meld with a personality development that will lead to greater fulfillment in a world of service and unity with others on the planet.

This is traversing the Mirror/Mind. This is moving from personality to spirit and then back again.

Our task on this planet is to heal ourselves, and by healing ourselves we come to know how to release the burdens of learned inhibition, selfishness, doubt and separation so that the natural buoyancy of the soul can rise up, and when that happens we transverse the mirror of the mind into those spiritual realms. More than that—we open the crown chakra to an inpouring of inspiration, light and goodness from above. We are on Jacob's Ladder, in company with the angels, ascending and descending in an ever-continuing evolution from below upward, and an every continuing inspiration from above to below. I would like to add—this is not a matter of the higher educating the lower; it is in fact a balanced partnership, in which we are guided by higher agencies, but we (being those who can learn in this *material* part of the Cosmos) can transmit and teach the very angels above.

**W**e are at an age in which miracle marvels are proven by Science. We learn from the Ancients, whether they are Hindus, Hebrew prophets, the Christ, the early Christians, the visions of Mohammed, or even the lessons of the so-called primitive people—we learn from all about this world on the other side of the mirror.

## **HOW DO WE MOVE THROUGH THE EYE OF THE IRIS? HOW DO WE MOVE THROUGH THE MIRROR OF THE MIND?**

### **WE MOVE THROUGH THE EYE OF THE IRIS**

From time immemorial, those whom we (in our Western hubris) have called “the primitive people” have known how to travel through the eye of the iris into the dream world. In the dream world, they perceive extra-ordinary vision and experience some of the powers of the inner world—the wider world, the space world, the cosmic world, the God world—where they see the “beyond.” The Eskimos in the tundra find direction without a material landmark; the African shaman sees the disorder by the use of plants and ceremonies and ritual that will create order, health and recovery—order from disorder. The Aboriginal treks across the desert continent sensing and knowing water. The Seer will know the illness as well as the future.

In a similar manner, the *true* psychotherapist *becomes* the other person, knows the other person, helps his fellow human to reach inside to find the Self, and to approach the Self which is the Soul. From time immemorial, people have been able to move through the eye of the iris to enter the dream world, the counterpart superior world. Through the eye of the iris, as through the mirror of Alice, they and we perceive wonders.

How do we move through the mirror to the dream world, gain entry to this world that can bring us greater love, unity, knowledge, power, confidence and beneficence, in this plane of existence with which we are so familiar?

### **How.**

1) By settling into a half-dream place, a place of lucid meditation wherein we remain awake, and yet settle into the dream world. As a word of caution—remove doubt about what is seen until it can become understood and integrated with the knowledge of this world. This comes to pass in meditation as we achieve a sort of half-asleep state. We have traveled through the eye of the iris into a quiet receptive mood, ready for the unexpected. We have set the ego aside, no longer clinging to our self-centered and already established assumptions.

### **Thus.**

2) Raymond Moody was able to understand the travels of the **near-death experience**. And later, studying the methods of the ancient Greeks, he established a “psychomanteon” in which the subjects could (having already been prepared by coming into the lucid, half-dream state) and perceive the spirits of the dear departed. And, Moody found to his astonishment, that some were able to travel *into* the mirror to live a while on the other side. But, that is something we can all accomplish, as we learn to travel through the iris to the other side.

3) **Prayer.** Sincere prayer in which self-direction is *surrendered* to direction from the other side.

4) **Expecting the unexpected.** This is setting the ego aside—setting doubt aside, surrendering and respecting those moments when visits, inspiration and miracles come—always through the mirror of the mind.

5) **A Story.** A very devout Rabbi caught himself at home in the midst of a flood. Friends came and asked to help him to come out to their home. He declined, saying, “God will help me.” The waters rose; he went to the second floor. A rowboat came along, and wanted to rescue him. Again, “God will save me.” The waters, rose; he climbed to the roof. A helicopter came and offered him rescue but again he declined saying his faith in God would be sufficient. He drowned and went to heaven. There he met God, and protested. “I have been such a servant, and yet you let me drown.” God replied, I sent you three miracles, a neighbor, a rowboat and a helicopter, but you refused all of them.”

**In a similar manner.** Let us have faith, but take action. Let us expect the unexpected. Let us suspend doubt when inspiration arrives.

## MORE ABOUT MEDITATION

**K**now that you do not have to find a professional “guru” to know yourself and advance yourself. If you find a good, wise, tolerant friend who is open to knowing him/herself, counsel with each other. Always use your intuitive center of truth to know when things “click.”

## MEDITATION MADE EASY: GUIDELINES FOR PRACTICE

Following Muktananda’s advice that we can grow through meditation. The basic principles simply stated:

- Quiet the body: Find a comfortable place and posture.
- Quiet the emotions: Let yourself feel them, and then let them drift away. Do not be afraid to experience them.
- Quiet the mind: Mind-chatter is an ever-present intrusion, but it can go away as you tolerate your thoughts and then let them drift away.
- Enjoy “mind-still.” This is the same quietude you feel when half asleep: no thoughts, no feelings, only a peaceful bliss. When you feel this—you

are close to the soul. Once you have consistently practiced this kind of meditation, a new type of thought process or unexpected image might come that you will recognize as inspiration from higher places. Treasure these experiences.

Meditation is a good tool for personal development. Following the above steps, if only for five minutes each day, builds psychological muscle, control of emotion, and a kind of detached, yet elevated, view of yourself and other people. It will help your life greatly.

## GUIDELINES AND EXERCISES

- On the road to your personal wellness, take an inventory:
  - What are your talents and desires. What is it that gives you the most satisfaction and pleasure to do and to accomplish?
  - What are your fears and inhibitions, the things that stand in the way of your releasing your talents and desires?
  - List a number of ways in which your talents, pleasures and desires can be fulfilled in the world, and in ways that will be rewarded.
- Actualize your inventory; put your newly gained insights into practice in life. That is where such insights count. Let yourself live these new insights in spite of any fears or inhibitions. Each time you do so, you will be less fearful the next time. Do not be discouraged by temporary failures.
- Practice removing self-consciousness and ego from your life. The more you do things for the beauty and the pleasure of them, rather than for the ego, the more your actions will flow toward accomplishment. The more you will receive help from above.
- Listen to what the great poet, Goethe had to say about this:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness, concerning all acts of initiative (and creation). There is

one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

- Practice service to others, to the good of what you are creating, to the making of a better society. The more you activate yourself in this way, the more you will elevate yourself, and the more you will be rewarded. "I will be healed as I let Him teach me to heal."

Know that you do not have to find a professional "guru" to know yourself and advance yourself. *The "guru" is inside*, in your intuitive, meditative center.

## **MORE ABOUT THE SOUL**

Remember that meditation, prayer and silence are all pathways to the Soul, the creative body, the messenger of the Spirit. And thus:

"Peace is the residence of the Soul; Silence its matrix; Love is God."  
"What is this silence that we are so constantly enjoined to seek?"

It is the Silence of the mind and the essence of "That" which we seek. It remains mysterious until revealed in experience. Experience can be led by instruction, then felt, then lived and then further pursued.

The Silence of mind is a quietude, full of peace and abundant joy. It is an emptiness, yet full and vibrant. It is a promise and a fulfillment. It is a mistress, dearly desired and inwardly beckoning.

## **A WORD ABOUT DOUBT**

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## **EXAMPLES OF SPIRITUAL PSYCHOTHERAPY: *BRIDGING THE GAP***

I have two patients who have suffered severe physical emotional trauma, resulting in severe impairment of their lives.

**T**he one is a woman now 49. Eight years ago she was assaulted by a group of adolescents in the store that she had been managing. She was held at gun point, threatened to be killed over and over again, then dragged with a broken arm through the floors of the restaurant. She had always been a very independent person and very much ashamed to express emotion. It took eight years for her to open up in therapy—even a little. In the meantime she was afraid to leave the house, and spent her days and nights brooding about the assault, and fearing another one. Gradually over a long period of time, she relented enough to open herself in both individual and group therapy. At first, she would not allow herself to go into hypnosis, but did experience a lot of help in biofeedback. Eventually she grew confident enough to allow herself to go into some relaxation and finally into a deep enough trance in which she resurrected a deep past life experience which paralleled her robbery assault in this lifetime. Lately hypnosis has brought her periods of calm, peace and quiet joy, in which she is dressed in white, dancing and floating high above, seeing colors, beautiful colors of yellow and purple.

The other is a man of 50. He has been subsisting on Worker’s Compensation for 11 years. He had been an iron worker, always a leader in his family and community—a man of high integrity and exceptional vitality. His injury destroyed both shoulders, so that he could not raise his arm without excruciating pain. Thus, he became helpless, unemployable, bereft of his skill, his life

training, his leadership, and self-assurance. Matters were made much worse by the insurance company which cut him off from compensation payments based on unrealistic independent medical evaluations. The legal resolution has been dragged on in a torturous way.

## SESSIONS ILLUSTRATING THE USE OF SPIRITUAL PSYCHOTHERAPY

**B**y spiritual psychotherapy I mean amalgamation of fundamental, dynamic insight therapy with spiritual knowledge and spiritual principles, and educating the patient to a knowledge of the higher planes. Opening to the higher regions of the mind, we widen the borders of the personality and the opportunities for personal development. All of this is done with heartfelt intention. The *being* of the therapist joins with the *being* of the patient—resulting in a greater knowing on both parts.

In the beginning, both patients expressed their anger at what was as result of their injuries. She, because the assault had taken her life away; he because of the inhumanity of the court system which kept prolonging and prolonging and prolonging his agony and his attempts to have enough money to keep his family together and somehow to start a new life. I let them express their anger, even with some satisfaction that their abreactions were helpful. However, I came to a point where I told them that I really felt in a dilemma. On the one hand I was glad they could get their feelings out in the open. I thought that was good for them. On the other hand I wondered how much good could we do? These were life's circumstances against which we are helpless. But then I went on to say that there is another way—and they were both very capable of following it. I was thinking of their abilities to go into a good hypnotic trance. I went on to describe the story of the Buddha, who had been protected as a youth, came out into the open and saw suffering for the first time. He wondered what it was all about, and then wandered all over the world in search of an answer. His conclusion was that suffering comes from desire—people holding on to desire in this world. Translating that into the case of my two patients, that meant that they were holding on to the desire to have things as they were, or as they would wish them to be, without acknowledging that we cannot control many things. But there was a better way, I said, and they have access to it because they are both good at going inside, and reaching another world.

I told them about the plan of creation, in which God (the All, Love, Light, Consciousness, Intelligence) descends through seven planes of ever-lowering vibrations, creating at the fourth plane, the Soul. The Soul then creates a mental body, an emotional body and a physical body which is enlivened by an etheric net called the life body. I pointed out to them that they have the capacity to reach the Soul level, by letting themselves get quiet as they do in hypnosis, thus forgetting their thoughts and their desires—and entering this place of peace that they achieve. And would they be willing to try that this session? They were.

I reminded them that when they dropped their desires while getting into the quietude of mind and emotion, they were entering the plane of the Soul, which created the body in the first place, and which gave access to the great peace of another world.

They went into deep hypnosis. She emerged with a feeling of great peace and confidence, and the feeling, of being dressed in white; floating, floating, floating so beautifully, supported by a band of yellow color, beneath which was a band of purple.

He was in very deep peace, deep enough that he didn't remember anything except the great peace of it all—so much so that he didn't want to return.

**I** pointed out to them that this is another world into which they *can* enter; that it is a better world and they can achieve it by surrendering, giving up their desires (while doing the best they can in this world) and letting things be guided by a higher principle. That this world they visit in hypnosis is a real world. Parenthetically, the woman said that when she was home, listening to my tape of hypnosis, that she feels or sees that I am there with her. I said to her to please take that seriously. That is a reality on another plane. I can be seated here and my astral self can be with you because you have summoned me. And that gives her great peace and security.

In both cases, I pointed out that they can invoke this feeling of peace. They can take this view of the world. They can surrender to what has to be while doing the best that they can. They can know that there is a greater plan and a greater thing, which they achieve by giving up the desire to control things in the way they think they should be.

Both patients left, after our saying our usual prayer, with a feeling of peace and a greater hope.

*This is the hope and the resource which spiritual psychotherapy brings. It is a matter of bringing heaven to earth, and revealing heaven to those of us on earth. It is a matter of the cooperation between us on earth and the heavenly realm.*

## **THERE IS MORE TO THE STORY OF THE FIRST PATIENT, AND MORE TO TAKE FROM THIS**

**L**et us remember the first lady—her terrible attack, her continuing anxiety, her flashbacks, obsessional preoccupation and brooding over the attack—her being imprisoned by her fear of being attacked again. Her absolute pessimism; her holding a gun to her head as a means of escape and then deciding not to.

In group therapy, she was induced to allow herself to go into relaxation. She feared it. She was afraid that I would change her, or have some power over her. This lady who was so obsessed with control, who blamed herself for not being able to control her anxiety and fear and recurrent horror and the recurrent visions of the recurrent attacks on her in her mind and memory and actuality.

One day she allowed herself to go into relaxation, and then in another session, she allowed herself to go deep and experienced herself in a cave where she was being attacked by clubs in the hands of primitive cave men—over and over. She awoke with great fear. It felt like, and she was sure it was, an episode from a time in her deep past when in fact she was pre-historic, as were her attackers. She feared going into relaxation again lest the memory recur.

Over a period of time she allowed relaxation. Over a period of time she practiced relaxation amounting to a self-hypnosis and then she began to have dreams and hypnotic episodes in which she was feeling light, seeing beautiful colors. On another occasion, she was dancing, and unlike her usual self, she was dancing with all kinds of colors. Then she was floating, wearing loose and flowing garments, rising through the air—unlike herself. She was smiling and dancing, and there was a multi-colored ball with the lights that she saw—bouncing the ball through the air, and feeling optimistic.

*Finally*, she said she had had enough. S wanted to get back to a meaningful life. This after a period of eight years.

**Comment.** It is true that the dreams and the hypnogogic and the hypnotic visions predicted as well as accompanied a progressive change in her. But it was more than that. It was a visit to and a release from a pre-historic past. It was in actuality living in the no-time, all-time sphere. It was a release from the captivity in the material realm to which she had been anchored by the horror and the pain of the attack—from the captivity and the imprisonment by her fixation on concrete thinking. *And then she fell through the mirror into other worlds which were beautiful, in which she was light, in which she danced and experienced pleasure, optimism and hope and self-curative power. All of these things with a reality in the realm beyond the speed of light, the realm of spirit, of future in the present, the realm of self-healing. She had achieved this by passing through to the world on the other side of the mirror.*

## THE MARVELS OF VISIONING

**T**he experience of the lady above is not unique. There is something very special about the power of visioning (imagination) while in the quiet state of mind. There is a reaching beyond the mirror, I believe, producing results in the body and beyond the body. Perhaps we join with a universal energy when we go into hypnosis, or meditation.

In 1972 I began working with Olympic skaters and aspirants. I had to invent a technique that would be fast, and resorted to hypnosis and visualizing a perfect program. Though this is commonplace amongst athletes now, it was strange at the time. I was astounded by the results—which were immediate and increasingly better as the athletes practiced self-hypnosis and visualization.

In a similar vein—Carl Simonton created a new approach to healing cancer when he encouraged patients to heal themselves through visualization of eating the cancer away. Other techniques such as “tracking” which has been practiced and modified by Ann and Bob Nunley in which emotional trauma is treated successfully with visualizing techniques.

## THE FARMER'S WIFE

One day, in the course of conventional practice, a 70 year old woman came to see me. She was suffering from depression. I asked when her trouble began. "Oh, about a year and a half ago." "What was happening in your life then?" I asked. "Then my husband Herman died. We were so close, two peas in a pod. And—I never had a chance to say goodbye to him." I asked if she would like to say goodbye, and she replied, "Oh yes." Instinctively, I handed her a soft pillow, told her to embrace it, and speak to Herman. She did so with tears and gratitude—then opened her eyes with a slight smile. She felt better. I asked if she would like to come back. She said she would. By that time her 45 year old son had come in and was incensed when she said she wanted to come back. He didn't see any sense in her seeing a "crazy doctor." However, she prevailed. We repeated the procedure at the next session, and she was much relieved again. I had a chance to follow up in three months—and she had maintained her improvement.

## HYPNOSIS TO MOVE THROUGH THE MIRROR

One of my patients is a 37 year old man whose right arm was destroyed when it was caught in a conveyor belt. This not only disabled him, but also robbed him of his very personality and source of self-esteem. He had always felt that his real worth was that he could fix anything with his hands, especially his right hand. Now he was useless. His early upbringing has given him a pessimistic outlook on life in any case.

I often use hypnosis with my patients—but not to implant any suggestion. Instead, I help them to enter the altered state, wherein they find it easier to talk and to flow. My advice to them, is often to find the guru within, meaning to let things come out and to self-observe while that is happening. I help them to find the truth within. This also requires a fierce dedication to truth—and encourages people to know their defenses and to set them aside despite anxiety in the search for the truth within.

In this case, Mike was very talented—and went into a deep state of trance very easily. He spontaneously captured past life experiences in which he rose out

of his body at the time of death—and watched his body explode in Vietnam, or on another occasion, watched himself as a little girl being run over by a horse. Each time he felt sad and sorry for those he left behind—who would be so grievously hurt.

This is a man who was far from educated in such matters, but he understood more about his extraordinary compassion in life, and a bit more about his continuing sadness coupled with pessimism.

## **HYPNOSIS TO CALM THE WILD BEAST**

**A**nother injured patient, the one whose shoulders were destroyed by a work accident. He is a man of great honor, with tremendous power inside. This can result in dangerous rage if provoked—all the more so since he is so beset with feelings of helplessness. In so many ways he presents as a Roman warrior—and indeed feels like one. He too, is a very good hypnotic subject. In the midst of his angry feelings he will picture himself as a wolf—and ready to tear people apart. This presents a real danger if unbridled, and I have prescribed major tranquilizers to help him control his anger. In hypnosis, he will be totally calmed. He will see the most beautiful colors and float on them, bringing a peace that comes from a higher region. He can carry that peaceful feeling into life, and re-enforce its presence with self-hypnosis.

Such experiences, in hypnosis, come when the patient has traversed the mirror to the other side where Mind (with a capital “M”) resides.

**MY JOURNEY.** Rudolph Steiner, following the poet-scientist, Goethe, described the “archplant.” By this he meant that when one looks at a plant, he/she doesn’t see the blossom alone, but the whole plant from seed to stem to leaf to blossom to seed to plant again. This is the plan, an Archplan if you will. I believe that we all follow an archplan than has been designed for us. Not that we are passive participants in something already made, but a plan with which we can cooperate or not. If we do then in a state of willing surrender we somehow find things arranged for us. I look back on my life and see that there has been a plan, a guidance if you will—and here it is.

My guess is that I have been “programmed” to be a bridge between the high teachings of advanced teachers and gurus on the one hand, and teaching principles of personality growth on the other. What I mean is that I am both very grounded and yet eager to learn about and explore the things “way out there.” My progress has not been by leaps and bounds, but little step by little step. While this has been tedious, over a long period of time I have gotten to a certain height—and since I have taken little steps I can help others to trace theirs in a similar way. Furthermore, my training in psychoanalysis, and the depths of personality, has allowed me to help others to “let go” of their inhibitions and reach for the heavens and the spirit.

**M**Y STORY. I had always wanted to be a doctor, and learn about the body and mind. In medical school we had one half day of psychiatry, taught by a neurologist who didn't like his assignment. I loved internship and wanted to become an internist—a “real doctor.” I couldn't get a residency in Internal medicine, because those places were taken by the returning veterans (from World War II), but I could get a residency in Psychiatry, for which I would get some credit toward the Boards in Medicine. I hated it at the time, and tried to get out of it—but wasn't allowed to. I learned about psychoanalysis, which was appearing on the scene at the time, and knew that I needed to be analyzed in order to deal with my own unhappiness. And I found Freud's writing fascinating. After ten years of longing to be a real doctor, I began to see motion pictures inside of people, and began to know that I was in the right place. I dearly wanted to be appointed a training analyst (one who trains others to become psychoanalysts) but always hovered around the bull's eye—not quite making it. There was something about me that was a little suspect—a little too exploratory.

Now I know that the “real doctor” is the doctor of the mind. That the mind is bigger than the body and I am well suited. I take joy in helping others to raise their personality and vision to spiritual heights. I am in the right place.

The point is that there was a plan for me all along—I call it an “archplan.” And I believe, and teach that this is true of all of us, not only in the sense of what forms us materially, but our very behavior and destiny. It is, like God the Creator, an archplan, a stencil, which is ever widening in its possibilities.



## CLOSING

Thus we are Consciousness, the Word, Vibration descending into Creation. We become the material form of the human being with its personality.

**A**nd God said, “Let there be Light and there was light.” And so, even before Light, was God’s Will which made the Light. And Light, the inner Light, the Spiritual Light revealed all that came after. “And so, let there be Light,”—for the Mind of God is also the Mind of Man. And Light descends from the Mind of God, and the Heart of God; and Love springs forth from the Heart of God into the hearts of Man. And let Man know the purpose that the Masters know, which we will also know as we become masters. And let Light and Love and Purpose restore the Plan on earth.

Thus we accompany the angels on Jacob’s ladder, ascending and descending—traveling from personality to Spirit and back again.

We will be healed as we let Him teach us to heal.

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