

## JOHN ROBERTSON ON TRANSFORMATIONS

I am introducing the tape on “Transformations” issued by the BBC on December 21 & 22, 1992. The tape deals with various methods of changing spiritual vibrations. You’ll hear the original recording when my voice changes into a statement made by a Swiss scientist on the use of LSD for changing states of consciousness. Then you’ll be presented with a variety of spiritual experiences fundamentally under the heading of alchemy.

I want to begin with one or two illustrations, the first being from Plato dealing with the prisoner in the cave. The prisoner is held in a cave but can watch the images on the walls of the cave and takes these images to be real. I have no doubt you can see the analogy between moving images and television in which people are so absorbed they regard the characters as having existence. In the same way, we are often unaware of the ability to leave the cave of the body consciously in what is known as astral travel, and so experience a far different type of existence outside of the confines of the physical body.

Another example is by an oriental sage who said that he did not know whether he was a man thinking he was a butterfly or a butterfly that thought he was a man. Once again we can deal with the chrysalis of the butterfly before it breaks out of its web or cocoon and then becomes a flying, free spirit. We are very much like this. We have a life in the physical body, and then another quite different life after the death of the physical body. One of the common misconceptions is that we as a conscious being cease to exist at the death of the physical body. I would much prefer the analogy that we are only trapped in the cave of the physical body and then achieve freedom after death to live as the freed spirit or *jivanmukti* (as the Hindus term this freedom of the soul).

One of the methods doing with change of consciousness is to attempt to change consciousness by *mantras*—short spiritual sentences that identify the soul with something greater. For instance, if we call the soul the *atma* or spirit, and the Oversoul, the *Paranatma* (“para” means above). We are dealing with the difference in English between physics and metaphysics (“meta” means above). So, in metaphysical speculation, we assume that the physical body and what it contains has an exact parallel in the universe called the *macrocosm* or greater universe. And so, by transferring out consciousness from the brain to this greater universe, we can achieve cosmic consciousness.

One of the simple *mantras* is that the *atma* or soul is one with the *Paranatma*, the Oversoul. So by immersing oneself in this type of chanting one gradually begins to change the frequency of consciousness to enable it to escape from its vestures. Here we must deal with the difference between the idea of a soul in a physical body and the soul which not only has the physical body but has an emotional and mental aura around the physical body made up of atoms of a finer vibration and through which consciousness must operate in terms of the emotions and the rational or analytical mind.

So we can conceive of a series of bodies rather like the skin of an onion through which consciousness must pass and operate and in which consciousness is confined. One

of the early teachings of the *Gnostic* sects contemporaneous with Christianity is that the soul descended through the planetary spheres and acquired bodies. This is very close to the truth. When we leave the physical body, we traverse these levels of consciousness in terms of frequencies. [End of Commentary]