

Pay attention to your thoughts

Lecture by Lothar Schuller

Dear readers, I would like to talk about our thoughts today, because our thoughts have a very big impact on our lives. Yes, they do not only have an impact on our present life, but they are co-determining our eternal, otherworldly life. In order that we can orient and shape our life according to the Christian sense, we need a proper discipline of thoughts. We must therefore become masters of our thoughts.

We want to clarify what the thoughts are, where they originate and come from. Then we want to know when thoughts are sinful, whether they are always our property, or whether we can also be "externally controlled". Our heavenly Father strongly recommends this discipline of thought to us. In "Father and Child" we find a word of the Lord that exhorts us to pay attention to our thoughts and senses; among other things it says here:

FCh p. 177 and Lbl. 2 H21.4

"But I tell you: Also the hours of seemingly useless waiting for me are hours of blessing for you. They still the heart and bring to rest the surging sea of thoughts that are so difficult to repress as soon as vigilance is disregarded for a short time.

Therefore I say and admonish you all: Watch over your thoughts and senses! You do not know the great danger into which the thought of an unguarded moment can plunge you. Know that a thoughtless word brings less danger than an unheeded thought! The word fades away, but the thought remains and settles firmly in the brain of man, forms there a "world for itself", of which corresponding spirits immediately take possession in order to dwell in it often in the most horrible way at the expense of the human soul accommodating them. What are you surprised when so many things happen that instill fright and horror in you because man, deprived of his free will, is driven by the rule of Antichrist that is completely developed in him.

The time is getting closer and closer, as only a few are left who can resist the fine, cunning tricks of Satan and loyally endure the narrow path to the Father's home, which is always more of a battlefield.

Who there does not spend all his power and all his thinking on how he faithfully walks in my commandments, he certainly will not remain in my love. But who does not remain in my love, he also does not remain in me, nor I in him.

So consider: It is no small thing that you aspire to! Yes, there is truly nothing greater than what you are looking for. And blessed are you who truly walk the ways of light." My blessing is with you - Amen.

So we learn how dangerous wrong thoughts can be and how they can pull us to the opposite side. In the work of revelation "Heavenly gifts" the Lord told us that unpleasant, unclean thoughts are a spiritual vermin:

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So write down a few words, because you already want it - and you believe that without these words the earth would like to get a hole! I always sweep with big and small and young and old in all shapes! - And so then you too, little world Martha, listen to Me, what I tell you on this day!

See, everything in the world passes away, only one thing remains, and that is pure love towards me and every action out of it! If you will have this love, only then will I recognize you and bless you completely! - But if you want to overcome this love, you must first make your heart completely pure from all other love, which has now created all kinds of small and even trivial pleasures for you!

Behold, of what the heart is filled, of this the mouth always goes over, and the birds can be recognized by their song. Listen to what comes out of your mouth for a whole day, and you will see easily and clearly how much of the most worthless stuff your youthful heart is full of! - And as long as the heart is not cleansed of such stuff there can be no talk of a pure love for me!

Behold, you are still an unclean soul, and you want a clean bed to sleep in; and it would disgust you very much if you had to lie in a dustbin instead of a clean bed. - How much more must it disgust Me, the Most Holy and eternally Most Pure, if I would have to take My dwelling in an unclean heart!

But by this I do not want to tell you as if your heart was an abode of dragons, snakes and vipers; o no, you are far from that! - But look, lice, fleas and bugs under the dustpan are not attractive either!

The people are now full of "lice, fleas and bugs" in their hearts and on top of that they consider such gifts to be very laudable. - But I am by no means of this opinion! For I was never a friend of such vermin.

But you'll ask: "Yeah, what are the "lice, fleas and bugs of the heart"? Just listen to me! I will describe them to you in more detail right away!

The "lice" are all sorts of silly, stupid thoughts of which the head is full! - From the head these lice like to climb into the garment and become more annoying there than on the head. - Thus also more often stupid thoughts rise from the head to the heart and become embarrassing world desires! - See, these are the "lice" of the heart!

When it gets warm and the rooms are unclean, that's when fleas appear. And so it is also spiritually with humans! If he warms his heart, which is filled with unclean desires, by these very desires, all kinds of trivial and often dirty worries arise from it, which itch and sting the heart and jump diligently back and forth and up and down. - See, these are the "fleas" of the heart!

And what are the "bugs" now? - See, if a house is not carefully cleaned, the bugs emerge from the filth of the rooms and nest in all the gaps, disturbing the sleeping people with their stinging and their stench! - The same happens in the heart of man, when he is enlivened by all kinds of thoughts, desires and worries to many a resolution and deed! These too already stink and no longer give the heart any peace. And such intentions and will moods are then the "bugs" of the heart!

All this can already be found in your heart! - That is why I tell you today on this your day that you should be quite attentive to yourself - and you are to get to know your own heart from your mouth and then cleanse it carefully from all such things, so that I can then enter into it!

Away with all this - so I will come to you and take up residence in your heart! - This is what I, your most loving Holy Father, say and advise you so that you may become to Me a quite pure and dear daughter forever." Amen.

Let us remember that impure thoughts separate the father-child relationship. In the "Secrets of Life" the Lord told us that we should always be master of our thoughts:

SL 01_015,29

"Therefore, well try to keep this spiritual world of thoughts in check, just try to think as it is suitable for my children; for the thought is the builder of your cover on this side and your imprint for the hereafter; there you arrive with the result that the thoughts have left on your earth. Here it is hidden from you and others; but not there; the cover from the outside is directed towards the inside, and as inside so the expression from outside. There is no pretence and there is no secret from others, each sees in the other the thoughts and according to them the moral value or worthlessness of the individual."

We find a similar statement in the "Sermons of the Lord":

SL 01_031,21

"Therefore, try to bring your life book full of good thoughts, words and deeds into the other life! I have shown you in these verses how thoughts can already be a sin against my laws of love; because there is often only a lack of opportunity to carry them out. If such were present, the will would carry out what remained only fleeting thoughts."

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"Therefore, beware of sinful thoughts first! They debase your inner soul man. Furthermore, flee the opportunity to bring such thoughts to fruition! Fight the thoughts and you are more powerful in action! But if you give space to the first sinful ones, then you are already entangled in the kingdom of sin and only one favourable moment - and your soul is deprived by a rash act of all its adornment, purity, tranquillity, contentment and beautiful intentions!"

So we see that thoughts can be sinful and debase us. But there is still something to be said when the thoughts become really sinful. Thinking as such is not yet sin, but flirting with these thoughts becomes sin. The Lord Jesus explained this to Helias. She was the sister of a poor man who had gone wrong with the show bread and therefore should be executed by the Pharisees. So Jesus said to this Helias:

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"You can think what you want, so you cannot sin by doing so, if your heart is not pleased with a disorderly thought. But if you find pleasure in a bad thought, you are already connecting your will with the bad thought, which is devoid of all charity and are not far from letting such thoughts, which have already been stimulated by your pleasure and your will, be put into action, if the circumstances seem favorable to you and allow the deed without external danger. Therefore, the wise supervision of the thoughts occurring in the human heart by the purified light of understanding and pure reason is of the highest importance, because thought is the seed of action, and the necessary and wise supervision of thoughts could not be expressed more accurately than by the fact that Moses says: "Do

not let yourself lust after this or that!" Because when it once strongly begins to lust, your thought is already enlivened by your pleasure and by your will, and you will then have your trouble to completely suffocate such an animated thought within you. The thought and the idea is, as said before, the seed for action, which is the fruit of the seed. But as the seed, so is the fruit!"

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"You may therefore think what you want; but do not enliven any thought or idea until you have thoroughly examined it before the judgment seat of your mind and reason! Once the thought has passed the test of light and fire, only then can you enliven it to fruit or deed, and you may then already long for something good and true; but you should not long for something untidy, which obviously goes against the love of your neighbor! And therein lies that which Moses expressed in his last law, and therein lies indeed never and nowhere the contradiction with the inner life functions, which you will have found with the help of your shrewd rabbi. What should, indeed, what can become of a person if he does not learn early on to examine his thoughts, to put them in order and to separate all unclean, evil and wrong from them? I tell you, such a man would become worse and more wicked than the most ferocious and wicked animal."

So we see that it is up to us whether the thought becomes sin or not. So if we do not flirt with an unclean thought, whereby we may not put a drop of our heart's blood into it, it will not become a sin for us. But since man is weak, all this is easier said than done, because flirting has its charms for us. We may not act immediately after the impure desire or commit impure deeds, but the negative side will make the impure thoughts appear in us until we become weak.

Jesus further said to Helias:

"In the good and wise order of thoughts lies the whole value of life of a person. Now if Moses also gave a commandment for the regulation of thoughts, desires and lusts, - can a rabbi who wants to be or is supposed to be very wise suspect him of not having received such a commandment, which has to be considered most of all, from the true spirit of God? See, see, you My dear daughter, how far your rabbi has gone!"

We have read earlier about impure thoughts, but we must say that all thoughts are impure thoughts that are not in accordance with the divine commandments. All thoughts that belong to the unapproved thoughts are therefore to be regarded as unclean. The Lord warns us especially against thoughts of resentment and revenge, we read about this in the "Sermons of the Lord":

SL 01_015,13

"...Therefore be strict with your thoughts! With one thought you often call an army of like-minded, bad spirits of the other world near you, and while you think that you just follow these thoughts, it is these spirits who try to entangle you in their net, who strive to destroy your good qualities, to then bring to maturity the decision to do an evil deed, which again has endless consequences for you and other men and spirits."

This is expressed in the Gospel where I said of the mighty evil spirit who was driven out of the sick or dumb, that he walked barren and desolate, but then returned with seven other spirits who were worse than himself.

“This is the mental image of a person who conquers a passion, believes he has removed a devil from himself, but negligently devotes himself again to this thoughts, to his favourite ideas. This man feeds a little flame, and like the mosquitoes, noticing the light from afar, all move there, likewise, this direction of thought is a light that serves as a guide in the spirit world, especially for spirits groping in darkness. They stream there, start their devilish game with strengthened and united power until the troubled man falls into their net and here on earth and there in the hereafter is lost for a long time for my kingdom.”

In the **“gifts of heaven”** we find Jesus' advice to a German girl on how to get rid of bad thoughts:

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“Listen, my dear Pauline! If you want to get rid of your childish heart of the silliest burden at the earliest, then you must apply quite a lot of seriousness. For see, the "blacks" do not go out as easily as the "whites". That is, dark and untidy thoughts stick much more powerfully in the heart and darken it and find it hard to find the way out, because they darken the heart. The light thoughts, however, soon and easily come out again because they themselves are light and illuminate all corners and easily find their way out again, especially if they don't like it very much next to the "blacks".”

The human heart is a heaven for the black thoughts of the world. But for the heavenly thoughts of light it is a hell - especially when the corners of the heart are still crammed with all kinds of worldly foolishness.

If you, My dear daughter, want to make your heart pure so that it is pleasing to the heavenly spirits to dwell in it for abiding and conquering, you must, like a wise innkeeper, banish from your house all those stupid, lazy, bad and useless servants, yes, throw them out by force; then sweep and clean all the chambers of the house of your heart, so that the newly arriving guests of heaven may enjoy the guest rooms and find a pleasant dwelling in them, and henceforth remain in them.

Therefore, avoid any opportunity to get close to that which darkens your heart! But if the one who is very harmful to you visits you, keep away from his company, in the heart as well as in the body. And he'll stay out! For when he comes, he comes only mainly because of you, everything else is pretense and empty pretext.”

At another point in the **“gifts of heaven”**, the Lord enlightens us about thought fantasies and night dreams that show us our desires as a mirror of the soul.

GoH 01_40.11.04,16

“Oh, look, such thoughts are a faithful mirror and show the human being very precisely the direction of his desires and tendency of his love, which is based on nothing but a thirst for power, which is the reason for all damnation!”

Where do the thoughts come from?

According to Jesus, thoughts first come from the heart and rise from the heart to the brain to contemplate the soul. Depending on the level of moral development of man, man becomes aware of where his thoughts come from. It is not for nothing that the Lord recommends a daily self-examination of our thoughts and actions. In the afterlife work "Spiritual Sun" the disciple John explains some things to us about our thoughts and says:

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“Have you never examined your thoughts more closely and your desires beside your thoughts? Where do the thoughts come from? The answer lies simply as endlessly in the focal point of God within you. Behold, in this mighty focal point is the factory of your thoughts and desires created; from this focal point you think originally and the number of your thoughts is infinite, because in the divine focal point in you there is also divinity in all its infinity.

*You want to say: If so, where would bad thoughts come from afterwards? But I tell you that in this focal point no bad thoughts are underlying as well as no bad wishes. All thoughts are there free and immaculate, **only the wishes are placed under the dominion of the free will of every human being.** If you think out of yourselves, your thoughts will all spring from love, and you will soon become aware of the blissful need for constant communication, according to which you will most abundantly share everything with your brethren. Thereby you then also become creators of all good works that will follow you.”*

According to Jesus, evil thoughts are mostly from hell, because he said:

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“Behold, these are mostly successes of your evil thoughts, which the Prince of Darkness has secretly breathed into you at all times. But from now on it shall not be so!

Such thoughts belong to hell, - but they should never take place in your minds.”

When we are told that evil thoughts are from hell, this is certainly correct as a starting point, **they can therefore be spirits from hellish realms, but also people who are at home in hellish realms according to their inner being.**

We learn an example in the revelation work "**Spiritual Sun**" by the apostle John. Here we are told what a meat hero or a wooer can do with his thoughts.

SpS 02_113,07

“Anyone who is a father and has a daughter with a corresponding outward appearance may reckon that, especially in a city, she is often used fornicatively.

Though they will say here: That does nothing, thoughts and unfeasible desires are duty free. But I add and say: However, for the blind in spirit, who is not able to look a hair broad beyond matter. But what would a father say if his mind's eye were opened and he saw all these lustful men in front of him, who defiled his daughter in every conceivable way before his eyes? Though the flesh of the daughter can be protected. But who protects their spirit and its radiating sphere, with which these voluptuary communicate and turn them into their shameful addiction? Do you think this is of no detrimental influence to your daughter? You're very much mistaken there!

If you often take your daughter to such places, where she will be looked upon by many sensual eyes, in a short time she will become sensually carnal and will secretly begin to sneer and to laugh at your parental moral admonitions. Her mind will be directed more and more to where she scents such sensual men. Perhaps some will say here: “No, that's too bad, an exaggeration. What should an innocent desire or a secret voluptuous thought have an adverse effect on a foreign object without

further touching it? I say nothing but: To men of such opinion and spiritual awakening this message is just as little addressed as the sun is to the center of the earth. Then I ask those who have gained experience in the field of so-called somnambulism and who have themselves observed the disturbing effect on magnetic persons of approaching voluptuaries, where this effect comes from and what is its cause. Even if such an uninvited guest has not touched the somnambulist, the somnambulist still feels a spasmodic and often painful effect at the moment such a guest enters. Behold, the reason lies in the shameful lowering of the spiritual sphere of the somnambulist. With the somnambulist, however, no moral evil arises from this, because her sphere is more closed and because every somnambulist immediately does everything possible to remove such a guest from herself.

Question: Does this also happen in the natural state, where the sphere of each person is much wider and he does not perceive the feeling of disadvantage in himself? Indeed, the effect is in its natural state much worse than in the somnambulist state, for which reason there is a separate commandment for such unchaste thoughts and desires that everyone should refrain and renounce them.

Therefore, whoever looks at such a voluptuary as he is, sees again a perfect picture of hell. He only takes away matter from him and contemplates his absolute spirit, and he will see miracles from A to Z. First a randy man in every imaginable way, next to him a furious one who wants to take revenge with fury on the Creator as well as on the whole creation because of the supposed imperfection of his nature. That's all I need to say here; for he who has eyes can see for himself."

So we have to recognize what power unclean thoughts have and what one can do and cause by this. Since godlessness has reached a peak nowadays and a large part of people live more in hell than in heaven, it is not surprising that even the better people suffer from this dark world of thoughts. The more sensitive such a person is the easier he will be able to recognize these spiritual effects and to fight against them, but the more difficult he will also have it in this life. What can we do about it now, how should we act?

What convent women had to do to keep their thoughts in discipline and order, we learn in the work of revelation "Bishop Martin", there one of the school sisters said to Bishop Martin:

BM 01_060,10-11

"The good worthy mother, who was very holy, then immediately gave us the wisest teachings and afterwards only the due punishments, which varied according to the size of the unchaste thoughts. For a very small thought was a prank on the naked nature, then 3 rosaries and a complete day of fasting. On a larger thought were 7 strong dowsing strokes on the naked nature that there was blood, then 12 rosaries and 3 full fasting days a week. At an even stronger thought - perhaps even of the most damnable marital status as it now exists - 15 pranks with pointed rods, 30 rosaries and 9 full days of fasting for 3 weeks and a pointed Zilizium over the bare chest or loins were dictated as punishment and immediately executed.

In addition there were the spiritual penances, often even worse than those that the dear worthy Mother gave us. So even at night we had to get up from the best sleep often and go to choir prayer, which was very bitter especially in winter. If we became ill because of the many exertions and tortures, we could never wish for our dear health, but only for the bitterest death because of the

atonement of our venial sins and the like of the most terrible self-denial. - You see from my brief, but exceedingly true description of our very bitter earthly condition."

I don't think we need to pray 30 rosaries, and we don't need 15 prayers to get rid of impure and evil thoughts. Yeah, what do we need then? **In any case, we need God.** Already in the Bible we can read:

„Throw all your worries upon Him, for He will do it right."

So it will not be possible without the Lord, without Jesus we will not get out of the vicious circle, for there is already the darkness that wants to pull us down more and more. So we have to ask for protection and bright thoughts every day. We must pass on all negative thoughts to Jesus, asking Him to take these thoughts away from us and transform them. We should take as much time as possible with God or concern ourselves with charity, so that we do not have time to think about negative things.

The fact that evil and bad thoughts also have very negative effects on our health and psyche has long been known in medicine. One can even die from misguided thoughts, as Dr. Schleich reports. So we see what powers thoughts can have. You could give an extra lecture about it, but I don't want to go into it now.

It is therefore very necessary that we become master of our thoughts. We therefore want to read another word from Jesus to Helias, where He said to her:

GGJ 07_037, 06

„For as long as a person does not fully master his thoughts, he will also not master his passions and the activities arising from them. But he who is not Lord and Master in himself and above himself is still far from the kingdom of God, and is and remains a servant of sin, which is born of his disorderly thoughts and the desires arising from them, and defiles the whole man. - Do you understand that now?"

Dear Friends of the Spirit, we have read about the imperfect thoughts that actually concern us, but it is important for us, who walk the way to the Lord, who want to be light-bearers, that we send the right thoughts into the spiritual darkness.

We should be aware that every thought of love affects our life on earth, yes, effects into eternity, effects on the host of spirits, mainly on the called dark spirits. Unfortunately, we are not aware of what we can achieve with our love of God and charity.

I can only keep reminding us that every good thought, every kind word, of course every prayer is of particular importance for this time. We have all noticed that we have come to the unloving time of which the Lord spoke. It is the time when people are dominated only by self-love.

We are all called upon to stand up to this events. This happens first in thought and if possible also in action, thus in deed. We are to have only the most loving, merciful and peaceful thoughts. We should only bless in Jesus' name everything that moves us every day in our hearts. We can answer for everything. The purer we have become, the more graces we will receive and the more we can achieve.

In the "gifts of heaven" the Lord told us:

GoH 01_40.07.24, 04

"Behold, everything that you have only ever thought and dreamed, now think and dream and will still think and dream into all the future, will not be lost forever. Just as it happened in you - just like that you will once faithfully find it again in your essence and recognize it as your own and enjoy or grieve over it. This has been necessary to touch in order to bring the future closer to your understanding. For he who does not know and see that in him the whole creation circles, lives and weaves, cannot grasp the reason for his urges, desires and thoughts."

For this reason, the monks of the White Brotherhood in an 8000-meter-high initiation monastery in the high Himalayas must be able to control their thoughts even in their dreams.

So therefore we work on ourselves so that we also become masters of our thoughts and no longer have to think what the darkness would like us to think.

In a father's word from the "Life sheets" the Lord said to us:

LS.3 H22; p. 8

"Look, always further I lead you up to eternal clarity; fight on courageously! Because you feel well that victory has to come to you when you tear yourself off from the snakes of earthly thoughts, which want to embrace and pull you down soon so, soon differently. You have your sharp sword, cut them in two in Jesus' name."

Without struggle, therefore, it is not possible; we must always ask the Lord for the necessary strength. But the most important thing is and remains our will. If this will of ours wants the good and the victory, then with God's help we will also achieve it, because the Lord will transform our weakness into strength with the necessary will.

This should also be a comfort to us when we fall repeatedly. But the Lord said: **"In the weak I want to be powerful."** That is what I wish for all of us.

The main works of the mystic Jakob Lorber (1800-1864)

The Great Gospel of John (10 volumes, each of approx. 450 pages) (GGJ) (11th volume by Leopold Engel)

In this great and glorious work of revelation we receive according to the promise of John. 14. 26 an accurate, in-depth and thoughtful description of all that Jesus did and spoke in the three years of His earthly teaching. From the fullness of the in Joh. 21.25 signified, the love and grace of the Heavenly Father has here revealed infinitely great things to men for their enlightenment and salvation.

The Household of God (3 volumes, each of approx. 450 pages) (HoG)

This work reveals in powerful language a vast picture of the divine world plan, the history of creation and the prehistory of mankind from the creation of Adam to the Flood.

The Youth of Jesus (approx. 420 pages) (YJ)

This is the rendering of the lost youth story of Jesus, the so-called Gospel of James, written by James the Lord's stepbrother. Including the wonderful description of Jesus' childhood, it also gives us a bright light on the mystery of God and man in the person of Jesus.

The Spiritual Sun (2 volumes, each of approx. 500 pages) (SpS)

Basic instruction about the conditions in the beyond and the further development of souls there. A highly significant work for advanced students.

Bishop Martin (approx. 500 pages) (BM)

Paths of development of a bishop secluded in human imperfection in the beyond until his completion.

From Hell to Heaven (Robert Blum) (2 volumes, each of approx. 500 pages) (HH or Rbl)

Experiences and adventures of the revolutionary Robert Blum in the afterlife, who was shot in 1848. This work gives a very lively, multifacetedly enlightened picture of the further development of this political personality in the beyond to a child of God.

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Important main work on the spiritual explanation of the world. Comprehensive depiction of the construction and the meaning of the earth and the moon.

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