

VIOLET RUTTER

"THE TEACHINGS OF THE MANDARIN"

MARRIAGE AND RELATIONSHIPS

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Compatibility exists when two people work to make life together. Once they work together all can be compatible. Are they willing to do the work? It is an attitude of mind and, indeed, there are some who fit ideally together, but they are few. It is a situation won by good work done in a previous existence. It is giving and taking, looking first to the other and then to themselves. Most people can overcome, and help the other to overcome if it is in their heart and mind to do so.

At the beginning of a relationship there is the first wonderful flush of passion, which carries us through the difficulties, but as this fades we are left to look at what we have. It is not what our partner has, but what we have, that is capable of carrying through a relationship. First we look at ourselves, before putting responsibility on the other. If we always look first at ourselves, which would apply to both partners, we would then realise that we need to put a little more in, and with each doing so, compatibility could be achieved.

Concerning a wife who feels insecure, we have a soul seeking itself. This is, of course, the meaning of inner peace, to know ourselves. Before speaking of meditation which is the open door to our souls, let me say that the security she seeks will not be found from another person, but only within herself. When she has security, she will, then, be able to offer it to another person. Her relationships will never be thoroughly satisfactory, while she looks first for security. We should not try to make relationships in order to lean on another. We should do it with an outlook of what we can give to another. The thirst within her will only be satisfied by outgiving thoughts. That is the only answer to the inner quest. Meditation in all its many forms is the only real way. She must ask herself what she seeks in life, what she wants in life, and whether she is on the path in order to get the things that she needs for fulfilment. This is the simplest form of meditation. The harder forms are awakened by the simple ones and flow naturally from them. She should be asking herself:— 'Why do I remain here? Is the happiness I am receiving on a par with the happiness I am giving? Do I really share my partner's life or take more than I give? And who is this partner with whom I share my life?' These are the questions to ask and then begin to find who we are. After that we look inward and become one with ourselves in the inward being when we find it.

When a wife clings to her father I would say to her that we are all creatures of God and capable of all things if we wish to do them. We are the direct result of our thinking. It is not necessary to rely on a parent's thoughts and failings. He was your father in this particular portion of life, but in true relationship he has none with you. Stand on your own feet and let your parent go. He moulded a lot of your ideas with all of which you feel most uncomfortable. Push them out now and set them right, for your own ideas are what you must live with. You cannot live in his mould. You are not living his life at his

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time, in his choice; he was. You cannot. You are a separate, totally individual entity and nothing whatever to do with him.

I offer advice concerning an irresponsible husband. Some men are very much afraid of becoming mature, of reaching an age when they feel they are no longer young, without responsibilities. He is, therefore, compelled to run in all directions to prove to himself how young he is, vigorous and attractive, this is basically the problem. It is not so much that he is dissatisfied with his home but with himself, and is unable to admit that he is now fully a man, capable of accepting responsibility. It's a difficult problem, for the answer lies within the man, until he is prepared to accept what is his own. It is not his wife that he is dissatisfied with, and her relief will come from looking the problem in the face and recognising that this is how it will be. She must either accept it or make a vast alteration in her way of life; not a comfortable decision. I am not able to alter the mind, or heart or fear of this man. I can only look at the extent of it and tell you what I see.

Jealousy is a very natural feeling in most of us when we are emotionally involved with another. This jealousy is an intrinsic part of emotion. That is why it is important that we should try to turn our emotion into pure love, for with real love there can be no jealousy. It probably seems difficult to understand this phrase but, indeed, it is so. It makes no difference whether or not you are jealous of anyone, except that it damages your relationship, and in fact strengthens their position should there really be someone. Do see it from your own point of view. It is damaging to you, so try to keep love going, and forgive transgressions. Make yourself more attractive than any competitor, make yourself charming, more so, so that when he comes home he is glad to be there, pleased not to be nagged at. Always be the most pleasant, and the most enjoyable of women. He won't go far. This is not easy for one of your culture to learn. In our culture, in China, our women were trained for this from early in life and took to it naturally. It's a much better way for making a successful marriage. As you gain ground, you can be the dominant partner, for you can manoeuvre him without him ever knowing it! But first you must get your ground firm, and it's these charming moments that are giving you strength. So each time that you turn away jealousy or anger, know that you are winning. When someone is jealous of you, take no notice, and be unconcerned. He has to make his mind larger to see that there is room for everyone, plenty of room, where love is concerned. One does not block another; it just makes more love.

If you are in any form of relationship in life, in which you are not comfortable, and your soul and your heart tell you that you are not comfortable, it does not matter if the rest of the world tells you you are wrong. Your pattern for life is within you only. If this relationship is not suitable for you, if you feel restricted, unhappy or overpowered in it, it is always right for you to get out. I cannot stress this strongly enough. If you say to me:— 'I have been married forty years to this man and I can't stand it any longer', we would discuss the

possibilities of the hurt perhaps to the children or to various people; but I would say to you 'Go and fulfil yourself'. If the position is that you are not fulfilled, you are preventing the fulfilment of your partner as well. Have no feelings of guilt within yourself you know it is right. There are many ways in which you can break a relationship which has become overcrowded for you, and provided it is done as gently and as kindly as you can, that is all you can do. Quite often a weaker spirit is attracted to a stronger spirit on which to lean and they will be very hurt indeed because, while they are leaning on a strong spirit, they do not have to do any work for their own; but when the strong one is removed, they are obliged to stand up, which they find most painful, but is the purpose of their incarnation into this earth. Sometimes the only way to learn is through pain. If you know you did your best and left it as well as possible, then put it away and forget. Don't listen to what people say. Many times they may have done similar things and forgotten.

With regard to misunderstanding between people, even if you think positively, you may come up against the other person who may not understand your way of thinking. It could be a less evolved soul which is teaching you tolerance and broadening of the mind and an ability to change your opinion even when you think it completely right. There are many shades of right.

A wife was in great distress over her husband who had left her and now returned to her, but is an extremely selfish man. The Mandarin said:— Though you are joyous to receive him back, there is resentment in your heart for the way you feel he has treated you. Indeed it is a most natural feeling, but we want to remove it for while it remains in you, you are not able to have an enjoyable relationship. It's not possible. He is unhappy because he doesn't really like himself. You must try to relax and ease the tension out of your body. Find a time in the day for quiet sitting and knowing that what you have done with your life is the very best you could have done for the man in your life, and for the children whom you have cared for with your heart. Even though it has been rebuffed it has not shrivelled, but is still ready to burst forth when required.

Now do not expect, or look for, any immediate change in this man, so that you will not be hurt by expecting things which are not in the immediate future. If you can protect yourself like this you will not get the pain. (He needs to suffer, so do not try to remove the suffering from him.) Let him understand that life is not all a party, it is for living and for dying. I want you to take time in the day for yourself, to take time to say to yourself how well you have done, to compliment yourself on your work and to look around you at what you have built knowing that you did this work without much help. Each of these things is remembered in your spirit life, even one tiny smile that you offered to help someone on his way is never forgotten. Take time about your breathing of which I make such a point, for breath is life and the tension within your body and muscles does not allow your breathing to be deep and harmonious and is keeping you all the time in a state of nervous exhaustion, so that your rest

does not come when it should. Breathing should be slow and right from the abdominal muscles all the way up with great ease.

It is quite often the case that partners have been associated before in a past life. It should be unnecessary, twice to go through the same marriage affinity. Once you have done it, it should be enough, unless, perhaps for some purpose, you failed badly and then you might find it necessary to try again. But frequently the spirit would remain in your vicinity perhaps as father or friend. You know how you meet somebody and instantly you know that they are close to you; even if they are strangers in this world. They are old spirits really.

Often, when a partnership is most explosive, it is quite good, for each is sharpening the other and perhaps teaching lessons which the other needs to know. In other cases they may both be tending to fail and therefore this is a relationship that will not be brought together again. Both must try again with different partners, where they may then succeed.

A wife asked for help with family problems. I advise you to give your problems away a little; not to hold them so desperately to you, blaming others for your own lack of confidence in life. You tend to pour guilt around you which, again, does not bring your problems onto anyone but yourself and, of course, you began it. So you must look at the thing in a straightforward manner now. Most of your troubles are self-inflicted and, as soon as you realise this, look at them as they are, and try to benefit from your mistakes instead of looking for somebody else to heave them upon. It will be so much better. The thing would be to encourage the family to stand up for themselves, to pray and ask for help. Then the problems would dissolve instantly. It's a change of outlook, but you are wrapped up in each other now and so twisted, with nobody saying what is really in their hearts. Help them by prayer and try to encourage them to speak a little truth to each other, not what they think they should be feeling or they think they should say to you, but really what is the basis of it all. It's usually a small jealousy, a discontent, anger, things like that which cause them to twist the word and then the problem grows bigger.

The following advice was given to a good-looking woman of thirty, who seemed unable to make a steady relationship. "It's not too late. When I was 67 I got married again so it seems to me that you are not too old just yet. I should not feel too worried had my appearance been so well produced as yours. Let me tell you that what we put out we attract and you are not putting out the right vibrations. This has always been your main problem. You are always looking for the ones that come too easily. You must begin a whole new way of thinking. Put away all the thoughts and memories of any relationships you have had in the past, for none has been successful. Begin with a new you. I must begin by telling you that you are an attractive lady, that you have talents for home-making and for making other things, and I want you to know this. Start regarding yourself as a prize. You are much too available. Make yourself much more sought after by showing total disinterest in their

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one could be influenced. Perhaps it was time for life to go and the prolonging of the life may force upon the spirit extra conditions for which it was not prepared and find life not so successful.

I am less decided about blood transfusions. Some things are inspiration from higher beings to help with life, and it is not for me to criticise, who have not the understanding of it. I think it may have purposes. It should be that those with spiritual knowledge should work hand-in-hand with those of medical knowledge, so that the spirit could be consulted and would know and understand when it was time. It's so odd now that very few doctors are in touch with God. With each doctor should be attached one with spiritual knowledge and foresight; or the doctor himself should have it. It seems rather frightening if it does not become general practice. The combination of the two is necessary, and then we would really see healing. Some parts of the world today have much spiritual knowledge but, alas, not the medical combination to go with it. If we could have a marriage between the scientific mind and the universal spirit, what wonderful things would be possible!



Blood transfusions

I think that today doctors have many wise cures in their hands but without full knowledge of the after effects. Most of the knowledge they have is wise but unfulfilled. They are not fully aware of the power in their hands now. They are distributing too quickly something to remove pain when the pain is a warning sign of a greater fault. It is a danger sign. The ingredients are old and are still found in nature, though they are trying to produce them synthetically now, but the remedies are provided by nature for the curing of physical ailments. Unfortunately, there is not full understanding of the entire properties within these particular herbs or minerals and they are not used to their full effect, often causing other effects within the body than are expected. The medical profession does not understand the true worth of the things within their hands. It will understand more fully in time, and were it to go back in time, it would find all knowledge already written, for all has been used most successfully in the past. We have little new in the way of potions which you take. You have new apparatus but the potions are old. Tranquillisers merely dull the senses.

Modern drugs

THE TEACHING

All our problems are in the mind If we adjust our mind to our problems, they disappear. Health is an attitude of mind; everything is. If you feel the need for healing in your eye, be prepared, with no reservations, for the light to shine through your eye, and it will see. It will come like the switching on of the light. It is the plan of nature, for nature does not have to deteriorate. Nature follows what we ask it to do. If you expect it to deteriorate it will do so, it is up to you. I am not able to make it happen for you, YOU are.

In my day there was great fear of pustules which came on the outside of the skin, and people regarded everything as responsible for this appearance, and now it is cancer which is feared in the same way. Cancer is a natural formation in the body contained in the cells of all people, but it does not prove malignant in most cases. Various states of health and worry can bring this malignancy out. A blow could cause a cancer, but I am doubtful. Do not concern yourself with it, do not think so much of illness, you attract it to you. Push it away. Don't invite it into your environment. Illness likes to be invited and enjoyed. I have heard people using the expression: 'Poor thing, she enjoys very poor health'. If we do not do this, it remains away. This is a fact.

When you have fears, bring them out. Speak of them; they are your fears. It is only what we cannot easily live with that we fear. Fear is destructive and will destroy. Once you have overcome and accepted what you fear, you have freedom of mind and can do all things. There is no limit there.

To a young sitter with skin irritation the Mandarin said:— blood is too thick and must be thinned. Drink, drink, drink water with lemon, no sugar, drink many glasses a day. Springtime makes blood thick, and drinking water is excellent for everyone, but in youth the blood is thicker for regenerative purposes. It happens in flowers and in trees, when all the sap is rising.

From my personal experience in my own lifetime of a paralytic stroke as a young man, I realised that the more the body is left without moving, the less likely it is to move. It is essential to massage the facial muscles and bring them back to life, for the muscles are inclined to be extremely lazy, and when they feel that they are not needed, they will sleep immediately. Get them going again as much as possible, slowly and without anxiety to the patient. This is most important and to be brought to the patient gently. I am a

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All our problems are in the mind

Talk about your fears

Your blood

Massage

QUESTIONS AND ANSWERS

Q. How did it all begin?

There can be no beginning or ending. The Power or Force which you call God has always been. Planets come up and go down and other planets are in constant unfoldment in creation, but the universe is eternal. We are all one with everything at all times. That is the first thing to realise, that if you pick a flower and leave it to die, you alter the universe, for you are that flower and as you do this part of you dies, parts of me die, parts of the universe are altered. We are all one and the same at the same time. There is no difference between us. We are total and whole from the One Greatness, from the Light, from the Source, to go through every experience. There is nothing that we can miss over many lives and, that being so, it is all experience on many planes garbed in many ways. So be as protective to the grain of sand as you are to your child, for you and he, and it, are one. Never destroy or waste or abuse any form of living substance or part of this earth. It is yourself. See it that way.

Q. Do people on the whole take life too seriously?

I think so. You should enjoy life more and treat it as more transient, not feel such a permanent, heavy weight upon you; just journey through. When life is serious, of course you must take it seriously, but always remember that even the serious times pass, so that the lighter of heart you are the better it is, for then you spread lightness around instead of great weight and sorrow.

Q. In your world, is there any physical contact at all or is it totally spiritual?

It's a hard question to answer because we have nothing physical, but we create with thought what we wish to create; so were you wishing to create for yourself a physical being you could do so. The sense of hearing is much enlarged; of touch, no longer necessary when all is shimmering. We see, we hear, we do not need to touch, for with everything not in its solid state but in minute particles, you can put your hand through it. You can create what you wish, and some who have passed over here have, shall we say, greatly desired a large castle and are able to live in it when they have built it. Of course, when they are busy doing this and not getting on with what they should be doing, perhaps they get satisfaction and, at least, see their castle and live in it until they realise how much they are wasting evolvement but that is all it is. If you still need these things and are a young enough spirit, who is not far off enough from worldly memories and needs them, they are not denied to you. They are there instantly, for the thought of them creates them. It is a thought universe. *

Q. Why do some old people seem to live so long when sometimes they don't seem to be any good to themselves or anyone else?

They will have to go when the time comes. Nobody waits after they are called and, if they are not called, they are waiting for some purpose. If they are taken, and have not fulfilled this purpose, they will have to do it again and perhaps they are being held in the hope that this fulfilment could come to

them. Many learn something specially intended for them in even the last few hours before going. Sometimes, if they have great possessions they are either going to stay chained to them or go on, but they definitely cannot take them with them. Often people can't bear to leave what they have. They are trapped by themselves and should learn to enjoy life. Get rid of surplus things.

Q. Will we recognise those with whom we lived on earth when we go over?

If we are compatible with their spirit. There would not be much point in rushing back to a friendship which had not proved satisfactory. We will be attracted to those who are attracted to us, so that there is no discord and our colours blend. We have different ideas and different ways of thinking and looking at things, and so those, as on earth, are the people with whom we are most comfortable, and so it shall be again.

Q. Do animals reincarnate?

If they have a great desire to return to a master they love, they sometimes can reincarnate in another form of animal. I have never known them to take on immortality. We have our own limitations when some animals appear to be like us and therefore we call them intelligent! Many have much sharper senses than we have and are able to do far more things than we can, then we misunderstand and tend to call them clever! Most animals belong to a group soul, and it is only the rare animal which does go on, but it is totally unnecessary for them. Sometimes they make an extra effort to join humanity; it has been known. They cannot come unless for a purpose. It has often happened that when someone passes over, they are met on the other side by their favourite dog or pet.

Group soul is a whole to which belong flowers, fairies, animals and those who are not imbued with immortality and eventually fade away. This is only my knowledge of them for they fade out of my view. This does not mean that they fade away altogether. I only know that their colours become less and less and they disappear from my vision of their colours. I'm sure the plan has some greater thought for them, for they have done their work and fulfilled themselves one way or another. God does not waste anything and I feel sure that they go on to something they must do. I am not in complete knowledge of God's plan. If I were I would be one with the Whole and not in a position to pass my poor knowledge on to you in this way.

Q. Do our guides ever speak through a medium such as you are doing to us, or are they too far above us?

Your guides are not necessarily the people who speak, for guides are very much higher beings who are in charge of spiritual development and, from afar, watch your every move. Their ideas can be transmitted to the Controls who speak through a medium, in some cases. When you have developed spiritual powers, they could use a medium direct to you. We on a lower plane are not many steps removed from you so that we can use this lady (Mary); but with greater spiritual development the guides could also use this lady. The vessel would have to be immaculate.

SILENCE AND WORDS

I strongly advise you to practise more silence. It would be the most beneficial thing, so that you would understand fully the fact that every word you speak has a power of its own. The power of the spoken word is great, so do not throw about words you do not mean or care about. Words should be used most accurately and sparingly. Begin to think of yourself as having them on ration, and use only the words you need. If you will stop the over-use of words and begin the proper use of mind you will find all will simplify for you. Pretend that you have to pay for each word that you use so that you won't use too many.

People would find their lives much more easy with a great deal more silence and without continual noise all day long. It would be most helpful for the family to practise rationing of words using only what they need, stopping the continual flowing of words which, most of the time, nobody listens to and therefore have no meaning. Continual noise destroys the nervous system and the body can't take it. There is nothing that spreads so well as silence. Maintain silence around you and no one will put noise against it!

So many of your newspapers and documents have five times as many words as are needed, and the meaning is often obscured right in the centre, but it looks important. The meaning is thus frequently missed by the people who have to take the decision.

Most people do not have so much to learn, but they have much to unlearn. You have enormous quantities of superfluous, useless knowledge. If you lessened it, you would obtain much more clarity on the things that really matter. You are striving always to learn, when you should be unlearning and striving for simplicity. Knowledge will flow into you as pure essence when you are simple enough to receive it. Too much reading is a confusion. Books are another's experience. Every time you go to add, take away! It means a complete reversal of man's mental attitude. 'How you are is all there is, while you are' is often quoted. The whole process is, every time you are going to explain something in great detail, restrain yourself. Let them work it out for themselves. Start bringing in all the superfluous areas and start distilling your words till you get a purer essence. You will be amazed at what you know. The beauty of what you know is surrounded by so much wool, so to speak, that you cannot see how beautiful is the jewel within; the jewel within the lotus. We say: 'OM MANI PADMI HUM.' Hail to man's essence of knowledge. Try repeating this mantra. The mantras themselves I have not felt to be of great use but the words of this one are old and these words have been used for millenia. 'Bring forth the essence of my mind, oh God.' Say this mantra to yourself and cease making explanations. Usually with misunderstandings the less said the better. The less you speak, the more strength you keep within you. Don't waste your strength by words that are unnecessary. Words are man's greatest enemy. We talk away our energy. Nobody need speak unless he can improve on silence.

CLAIRVOYANCE, CLAIRAUDIENCE AND AURIC COLOURS

Q. When you see people's auras, can you in fact tell whether the spirits are in harmony or not?

Indeed you could do that. In your plane the auras are thickened and more misty because of the enormous padding around you. Also you are subject to free will, so that you can change your colours at any time. I could tell at any moment whether you were in harmony with one another, but I could not tell you that you would maintain that for long. Only you could tell that. It would be up to you how much effort you wish to put into maintaining the harmony. Nothing will ever interfere with your free will.

Sometimes children have clairvoyance for they are born, of course, with eyes to see all things, which cloud as they grow older and as their memory becomes filled with more mundane affairs. Usually, when we are young, we are not able to make statements of all that we see, but the young child's eyes are full of dreams; they are the beauty it is watching. Now, at certain times, when our senses are sharpened for some reason, which can happen through spirituality, clairvoyance can become ours. Sharpening of the spirit can come through starvation, through shock or through great love. All these stretch the senses and give you, for the moment, an extra sense; and it is at that time you could see. Now for hearing, it is slightly different, for it is a more subtle sense. Those who have worked hard to develop their hearing on this earth as a musician, a singer or one who has trained for speech, would have their ears well developed, and the ability to catch a sound, which many without the trained ear would not recognise, would give them that extra sense needed sometimes to catch the voice. It is not necessarily spiritual. When one develops a high spirituality as in the case of Jesus Christ, of course here we have the perfect being, all of whose senses being fully fulfilled, and this appears to be miraculous. It is total fulfilment.

To see auric colours suddenly can cause a great fear and even mental disturbance and shock. In moments of great fear, sadness or joy the spirit is given a sudden boost for some reason. It can happen; not necessarily auric colours, but just sights from the next plane, or a person or thing. It can happen under the influence of drugs but is always frightening. In many cases the fear is great, and that is why I am not much in favour of giving visual powers. They can be more disturbing than we realise, because the body is not attuned to see this. It is bound to cause disturbance in the vibrations and so can cause all sorts of paralysis and mental shock. It should be learned only step by step like all such things, and the steps are long and arduous; but when we wish this, then we will have the experience to deal with the end product. In the case of photographing auras, I do not feel too much danger for the photographer, because in the process he would not see the aura, only the camera would, and it would appear on the print. The photographer would find

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