The Meditation

The meditation Colin learned from His Holiness Maharishi Mahesh Yogi in 1960 is a technique from the Holy Vedic Tradition using a mantra suitable for householders in ordinary life. It was revived for our times by Maharishi's Master Guru Dev. Taught one to one,**its essentially natural features, are comprehensively explained in Volume X's Section 2/1-3 Principles of Meditation, and the Conversations of Volume X's Section 3/1-18. The meditation Colin describes is based on twice daily half hour sessions - morning and evening - in the comfort of one's home. As Colin explains, its success depends on its easy naturalness, and the alternation between its daily enjoyment and the resulting expression of that experience in the ordinary day to day conditions of life which follow.

Colin's 'New System Formulations' of this Volume's Section 4 which integrate meditation experience with System knowledge (as do all the New System Papers) emphasize (4/13):-

'This system teaches the fulfilment of life. It is not concerned with withdrawal from life, or the need for any special conditions of living. The aim of this system is to enable man to achieve the greatest possible fullness of life in the world circumstances to which he belongs.'

In describing the purpose of his System reformulations in the Foreword to Volume V, Colin suggests:-

'Try to imagine someone - perhaps one of our own children or grandchildren - living in the third millennium .. how can we ensure that the knowledge we have been given is gathered together in a form he would accept or understand?'

This question also contains another, that of the preservation of continuity within change, which is considered in 6/2.

(* Guru Dev, His Divinity Swami Brahmanand Saraswati Jagadguru Bhagwan Shankaracharya of Jyotir Math, Himalayas was Shankaracharya of North India from 1941 until 1953)

(** see also this Volume's 2/15 for description of 'C influence')
Resuming the consideration of continuity, it is understood that in ancient Vedic times the householder technique was passed from father to son. But this tradition was lost and spiritual guidance continued from the Master/Disciple platform, and somehow with the emphasis on absolute values the validity of the joys and successes of ordinary living got overlooked.

Guru Dev's revival of the householder technique in a form to suit our times is a highly remarkable historic development. It is looked after in our era by organisations, briefly described in Vol XI Appendix 1e, which one can expect would have continuity much in mind.

Colin considers the question of continuity within change very interestingly in his Conversation 3/18 of Vol X Meditation:-

'It is in the starting point of all new endeavours that their true meaning can be found. Very quickly afterwards their meaning begins to change, and after only a few years this meaning has got lost.'

Asking what can be done, his advice was, 'get back to the point from which it started'.

This getting back to the starting point, the original purity of impulse, the source of inspiration, is explained in System terms as a cosmic triad, one of the 6 Activities discernible in the Universe. There are many references to this triad in Vol IV Levels & Laws 5, the last sentence of 5/2.3 being particularly and practically relevant:-

'When, at a certain point during meditation the mantra transcends - that is the same triad. For it is at this point that one is united with the source.'

In Colin's New System Papers the flavour of this starting point can be found especially in Vol I Way of Happiness and Vol X Meditation, and indeed generally throughout all the Papers. It could not help being expressed as the natural result of his daily, easy, meditation experience.

This profound daily meditation experience, anchored to reliable knowledge of its principles* and of the way ahead,* would surely be Colin's recommendation for achieving continuity as times change.

(*Colin's exposition of the Principles of Meditation can be found in Vol X Meditation 2/1-3. His exposition of the way ahead, linked with that easy meditation experience, is really the theme of all the New System Papers. Colin did not rule out real knowledge from any source:-

'But what actually is real knowledge? Real knowledge is concerned with universal law - with the laws and principles which control the universe...This knowledge is not an end in itself - it is a step along the way. For it leads to an understanding of the purpose underlying the creation of the universe, and so to the realisation of the creator's will. There could be no higher thing for man than this - to know the creator's will.' ( Vol X Meditation 1/4)