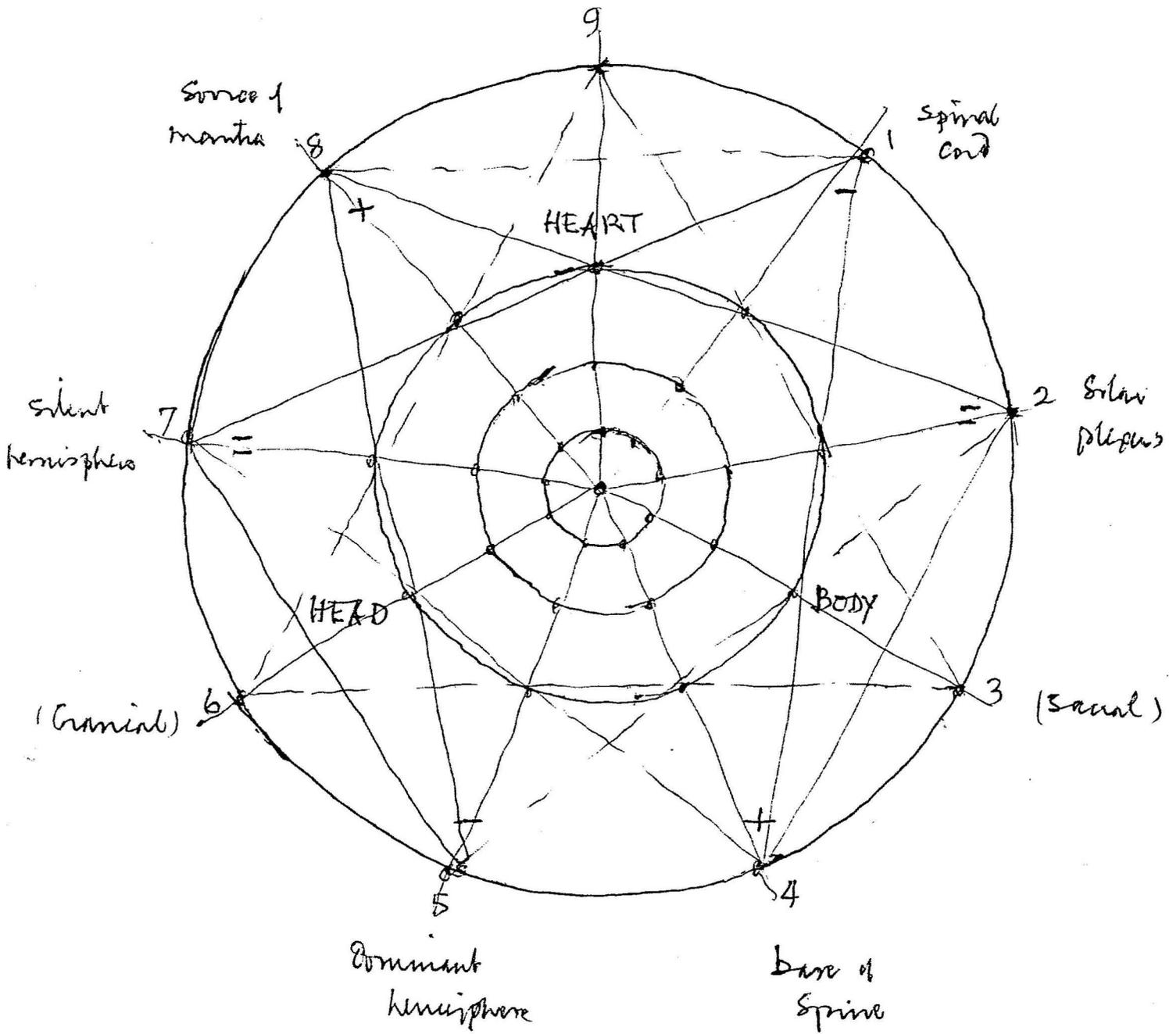


V.1

- I believe you said that man is built on the same pattern as the universe?
- Yes, he has a threefold structure. At point 9 is the heart, at point 6 is the head, and at point 3 is the body. (see V.1a)
- Then what do the concentric circles mean?
- They refer to different levels, within us and outside us. Outwardly, they are different aspects of the world, inwardly they are the different levels of consciousness with which we see the world.
- Then what are these different aspects of the world, and how do we see them?
- The outer circle is the physical world. This is the world in which we orientate ourselves in our ordinary level of consciousness, our ordinary waking state.
- Then what does the second circle mean?
- The second circle is the instinctive world - a completely different world from the first, connected with our instinctive functions, our sensations and our movements. We know very little about the consciousness of this world, except indirectly through dreams and imagination. It works at enormously different speed from the first, and its sense of time is completely different.
- And is there a third world beyond the instinctive?
- Yes, the world of pure emotion - of happiness, ecstasy, bliss.
- You mean the world around us is seen in this light?
- Yes, on this level there is nothing negative - negative emotions do not exist. It is sometimes called self consciousness, as distinct from the level above it, which is known as objective, or cosmic consciousness.
- You mean the innermost world in the diagram?
- Yes, the innermost world is no longer personal, it is universal. When things are no longer separate - when they are seen as symbols - symbols of the whole universe - that is what this world is like.

V.1a

(sympathetic)

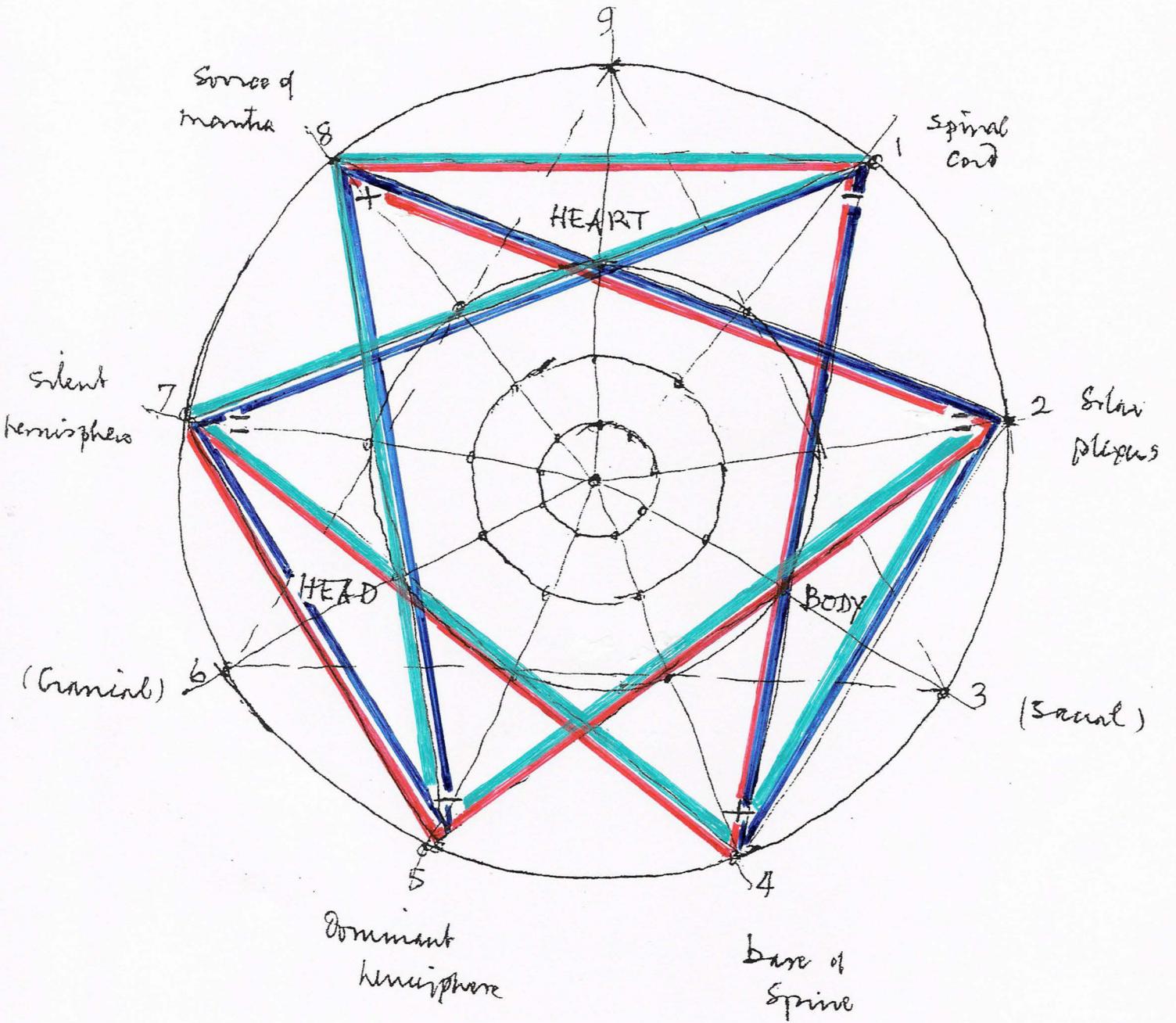


- Tell me, how are these different levels of consciousness related to the meditation?
- When we do the meditation we are in the consciousness of our ordinary waking state.
- But surely, the point is to reach higher levels?
- Yes it is, but they are merged with the ordinary level - there is no question of going off into dream states or mystical experiences.
- You mean the concentric circles are additive, as it were?
- Yes, think of the different harmonics in a musical note. When you play a note on the piano, what you actually hear is six or seven notes imposed on each other, at higher and higher levels above the basic tone. These are its harmonics, or partials, and their effect is to reinforce the basic tone, and to give it a certain quality, or timbre.
- I think I see what you mean. The effect of the meditation is to give quality to our ordinary state of consciousness?
- Yes - that is the secret of this method - it is designed to strengthen one's ordinary consciousness and to give it greater depth, by merging higher levels of consciousness with it, so that when one comes out of meditation, one's life has greater meaning, instead of being empty, as with other methods.
- Then what is the eventual aim of this method?
- To live one's ordinary life, in the full experience of consciousness - to live one's life to the full.



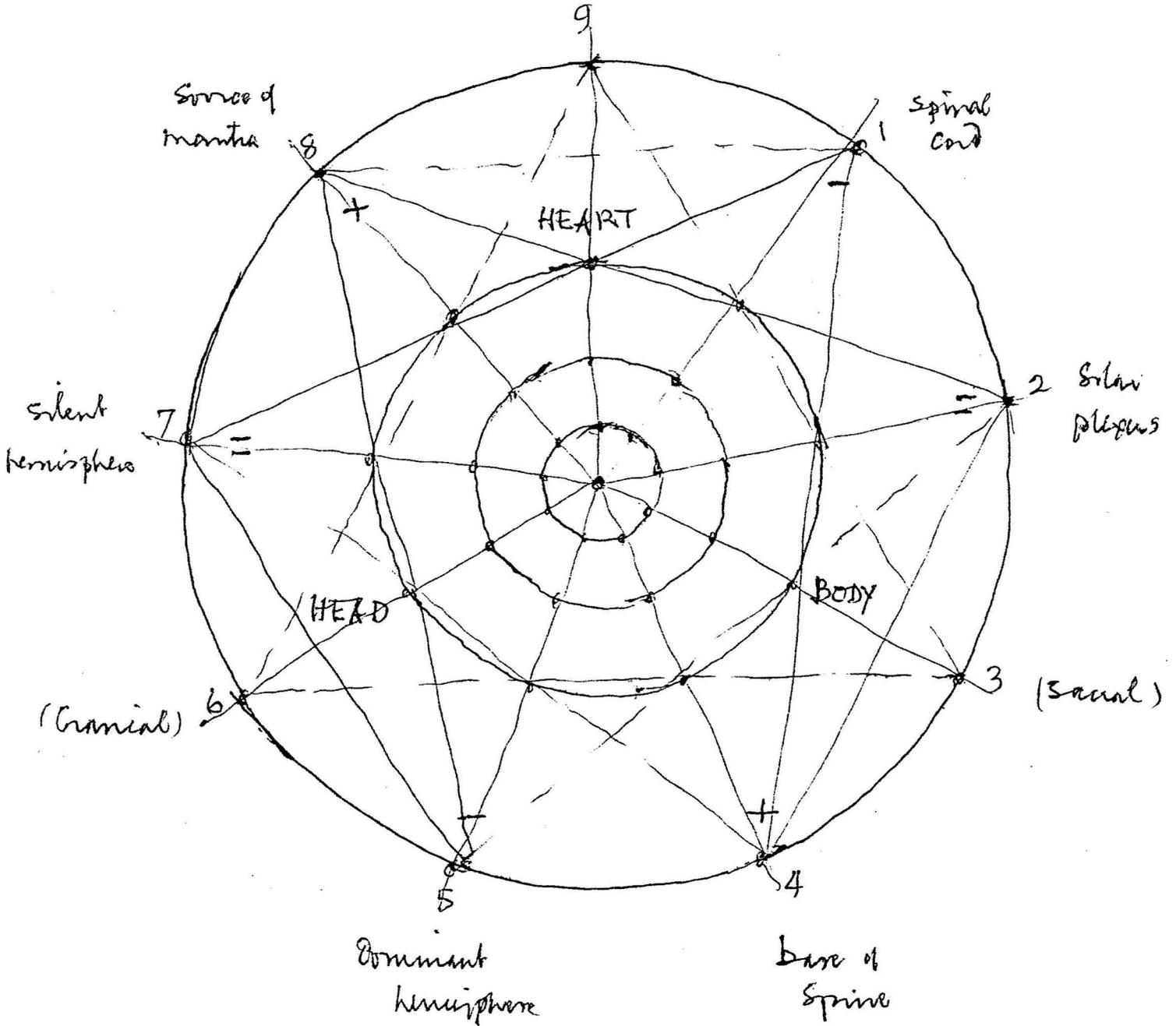
- You were saying that during meditation higher levels of consciousness are merged with our ordinary level, but how is it possible to maintain awareness of these higher levels during the day? Have we any control over them?
- No, none at all. But if we have reached them during meditation there is no need to worry about them during the day. Their influence will affect our actions, whether we like it or not.
- Then how do you see our actions, and how are they related to the meditation?
- When we do the meditation the mantra circulates within us in a certain way. It is this circulation which really determines our actions, because if it is established during meditation it will influence everything we do in the day.
- Then how does this circulation go?
- If you follow it in the diagram you will see that it passes through points I - 4 - 2, and 8 - 5 - 7, and then back to point I, where the process is repeated. As you see, it is centred around the heart.
- Then are there other circulations?
- Yes, there is the circulation around the head, at point 6 - this passes through points 7 - I - 8, and 5 - 2 - 4. Then there is the circulation around the body, at point 3, which passes through points 4 - 7 - 5, and 2 - 8 - I.
- Then are these three circulations each on different levels?
- No, they can all three exist on any level, nearer or further from the centre. The point is that each is dominated by a different part of us. If we are speaking of the autonomic nervous system, for instance - and this is what really concerns us most - the first circulation is dominated by the sympathetic division, the second by the cranial division, and the third by the sacral.
- You mean the sympathetic division is centred round the heart, the cranial division round the head, and the sacral division round the body?
- Yes, that is right. The sacral division is concerned with arousal - with excitable energy, the cranial division is concerned with suppression - with dampening down, but the sympathetic division is a balancing force between the two - or it could be, if the circulation were working as it should.

(sympathetic)



- You say that it is the autonomic nervous system which really concerns us most. Could you explain what you mean?
- The autonomic nervous system, as its name implies, is that part of our nervous system over which we have no direct control. It works with a much higher speed than the voluntary and the spinal nervous systems, and consequently it is much more powerful.
- You mean that attempts to discipline and control our thoughts or our movements, for instance, are not much use if we cannot control our emotions?
- No, they are not much use. It is the meditation alone which can reach our emotional life - that is why the circulation of the mantra is centred around the heart.
- Then what does it actually do?
- Many things - but in general terms, it enables the heart to take its place as a balancing force between the head and the body. That is what the circulation I - 4 - 2 - 8 - 5 - 7 is all about.
- But doesn't this come about naturally?
- Unfortunately not. It would seem that the autonomic nervous system is undeveloped in certain respects.
- How do you mean?
- Unlike the voluntary and spinal nervous systems, which are found on dissection to contain a certain pattern which is common to all of us, the autonomic nervous system is different in each individual - no two people are the same.
- Then what would you infer from that?
- It is possible that the autonomic is more flexible than other parts of our nervous system. Possibly it is where there is room for evolution to take place.
- You mean the evolution of each individual person, or that of mankind?
- Both perhaps. Are they not after all the same thing?

(sympathetic)



- Tell me more about the autonomic nervous system. Do you mean it is incomplete?
- Possibly, but we need more evidence. It certainly seems less fixed than the rest of our nervous system.
- Didn't you once tell me that man is a self creative being?
- Yes, in the early days of the system we were told two things - first, that man is a machine driven by external influences, and secondly, that man is a self creative being.
- These two statements appear on the face of it to contradict each other.
- Yes, they do if you take them on the same level. But suppose the first statement - that man is a machine - referred to the cerebro-spinal nervous system, and the second, that man is a self creative being - referred to the sympathetic part of the autonomic - that part of the autonomic concerned with positive emotion - then the idea begins to make sense.
- You mean, what is missing in us is positive emotion?
- Yes, the possibility of completing the evolution of the autonomic nervous system and freeing ourselves from suffering. After all, why should man have to suffer so? Suffering is not a necessary part of his evolution - he was certainly not born to suffer - he was born to enjoy life to the full.
- So what you are really saying is that the meditation is a way of freeing us from suffering?
- Yes, a natural way - something which man once possessed, but has long since forgotten.
- Then is there no way of doing this by our own efforts?
- They are far too slow. Our emotions work many thousands of times faster than our thoughts and our movements, so how can we hope to control them by our own volition?
- I am beginning to see what you mean.....

