

LEVELS & LAWS 3
LEVELS AND HIGHER CENTRES 1-6

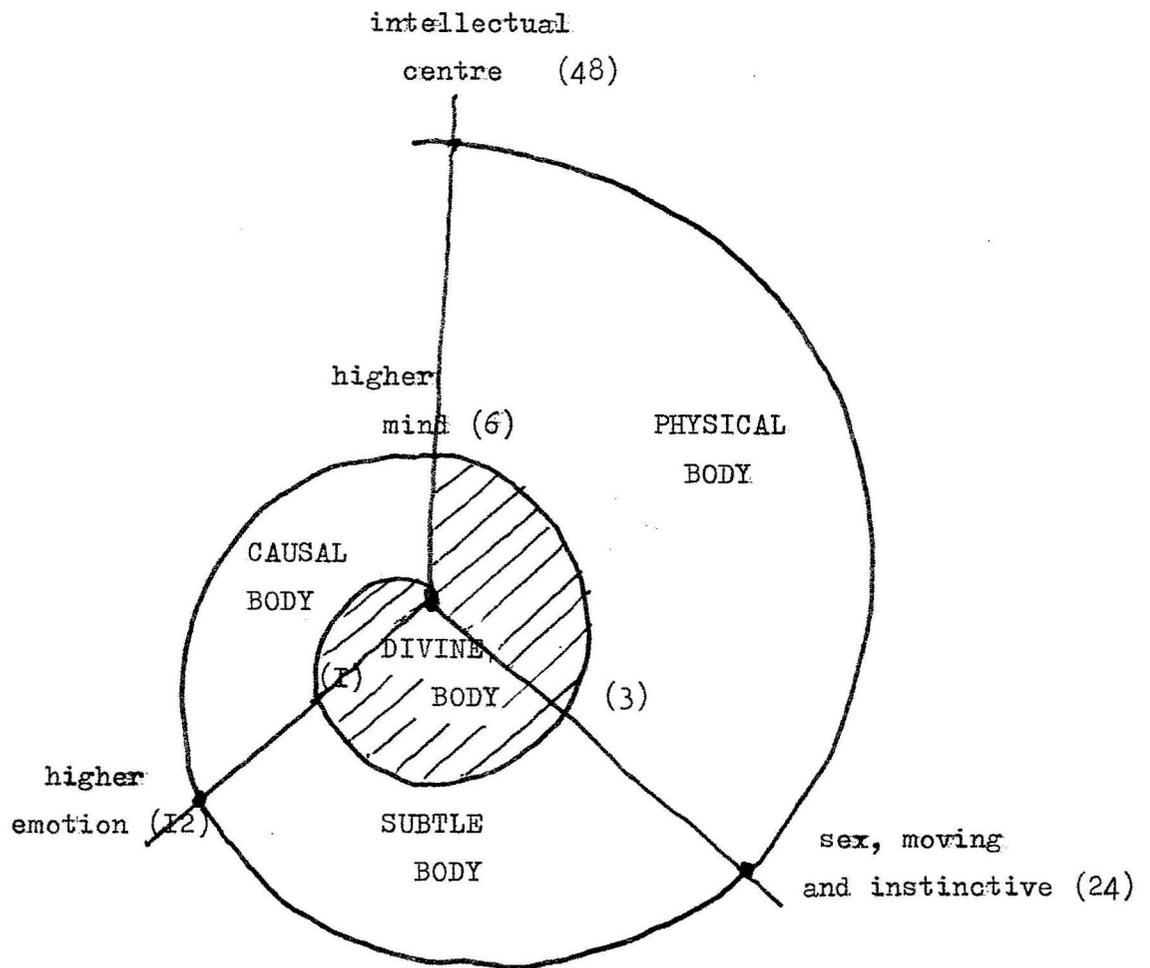
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How much is actually known about man's higher centres? In the system it was said that there are three higher centres - the sex centre, the higher emotional centre, and the higher mind. When they are working at their proper speed, the sex centre and the higher emotional centre both use the same level of energy (level 12), but the higher mind uses an even higher level of energy (level 6).

Perhaps the most important thing to realise about the higher centres is that they have no negative side. Our intellectual apparatus, for instance, thinks in terms of 'yes' and 'no', and our emotional and instinctive functions respond in terms of pleasant and unpleasant, pleasure and pain, fear, desire and so on, but the higher centres only respond to what is positive - to happiness, ecstasy, love and delight, pure knowledge and understanding - and the opposite side of these qualities does not exist for them. In this connection it is important to realise that everything we call 'emotion' in the ordinary way is something quite different - it has nothing to do with the higher emotional centre, if only because it is capable, at any moment, of becoming negative. The higher emotional centre can never become negative - either it is positive - much more positive than anything one ever thought possible, or it does not exist.

Much less is known about the higher mind. But whereas the higher emotional centre is the instrument of individual or personal truth, the higher mind is the instrument of universal truth. It could be said, for instance, that the cosmological teachings of the system - the law of three and the law of seven, the ray of creation, the doctrine of cosmoses - all these great formulations of truth must have come, in their origin, from higher mind, but insight into man's inner nature must have come from the higher emotional centre. The higher emotional centre is very close to each of us personally. It is our guardian angel, and is always trying to help us, but we cannot hear - or we do not listen - to what it is saying. More than anything else, it is connected with the meditation.

That is in relation to experience. Physiologically, we know very little, except that obviously, the sex centre has its centre of gravity in the lower part of the body, the higher emotional centre in the heart, and the higher mind in the head. But when we study man's higher centres from the point of view of energy, the picture is very different. Judging by certain things said by the Shankaracharya, there is a perpetual flow of energy during meditation through each of the higher centres, and each of them has a certain part to play in the way the meditation works.



If you look at the diagram you will see that the flow of energy moves from lower and denser levels, to higher and more subtle levels of materiality. It starts at level 48, which is that of our ordinary intellect, and passes down the spine to level 24, where a big store of energy exists. It then expands through the various plexuses and up through the sympathetic nerve to level 12, the higher emotional centre. From here it eventually travels still higher to level 6, the higher mind. Probably, somewhere around level 6 the mantra transcends, but the extent to which these higher levels are within the range of our experience varies a great deal, for different people and at different times.

Now it was always said that our higher centres are fully working in us all the time, but we have no connection with them. Strangely enough this statement, although it comes from the system, is more in line with the meditation, for it means that everyone has the highest possibilities already in him - he is born with them, and they do not have to be created by his own efforts, as we were once led to believe. And unlike our lower functions, which are generally uncoordinated and often chaotic in the way they work, our higher centres work perfectly, without our knowing it. To put it in another way, the kingdom of heaven is within us.

This may, perhaps be an important key to understanding the meditation. For whereas other methods tend to concentrate on the control of our functions, the meditation simply leaves them alone, and connects us with our higher centres. Our higher centres work in the full light of consciousness, and they work in perfect harmony. By connecting us with them, the same harmony can be introduced into our daily life.

This, of course, is an oversimplified statement. To be put into direct contact with our higher centres is actually out of the question, for the mind could not take it, one of the reasons being the enormous difference in their speed. The meditation overcomes this difficulty in a very subtle way - it works by degrees. Gradually it accustoms the mind to the levels of energy belonging to our higher centres, and in doing so it never goes further than the circumstances demand. This has a twofold effect. It ensures that the method is perfectly safe - safe enough for each individual to practise on his own - and it means that when the circumstances demand it, the meditation will always come to one's help, however much one is 'up against it'.

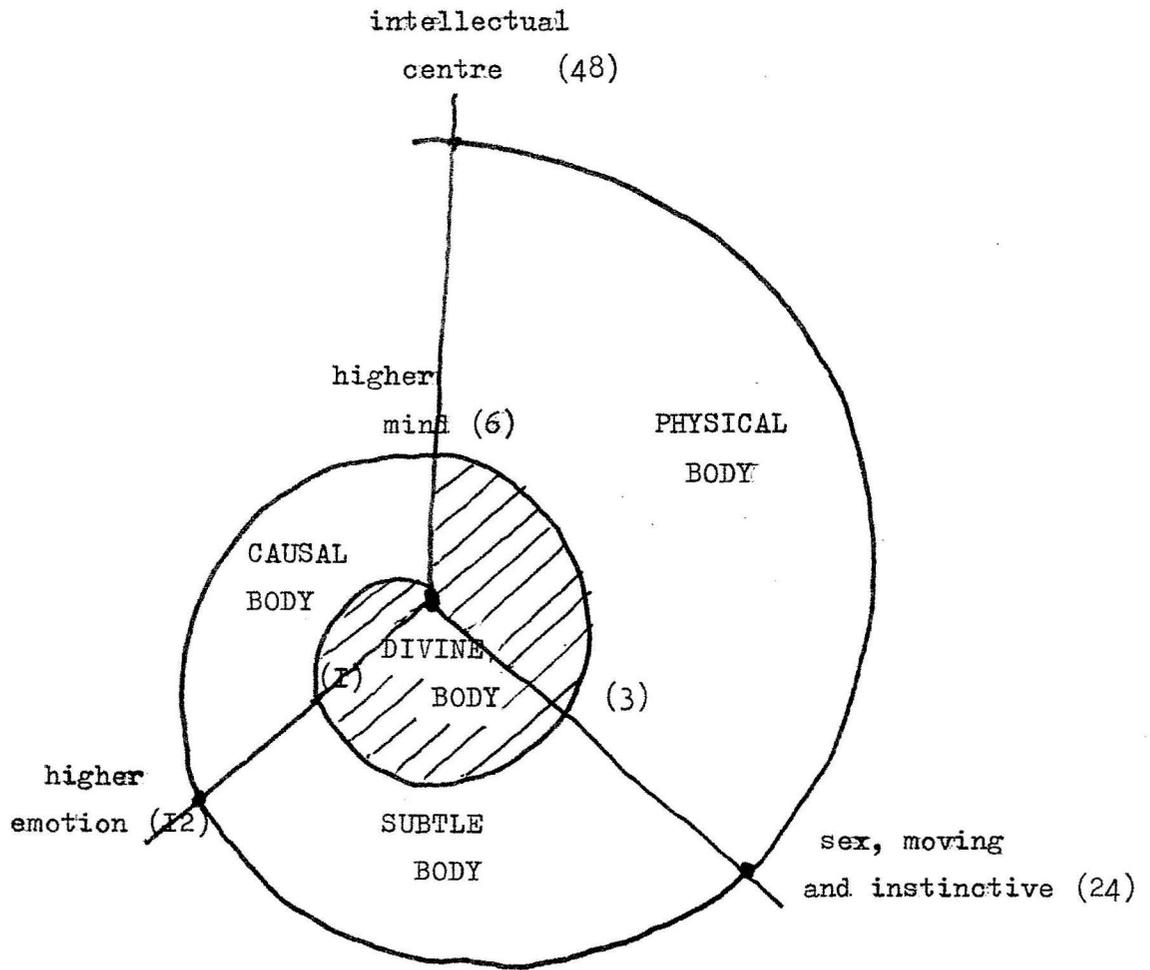
But to return to the diagram -

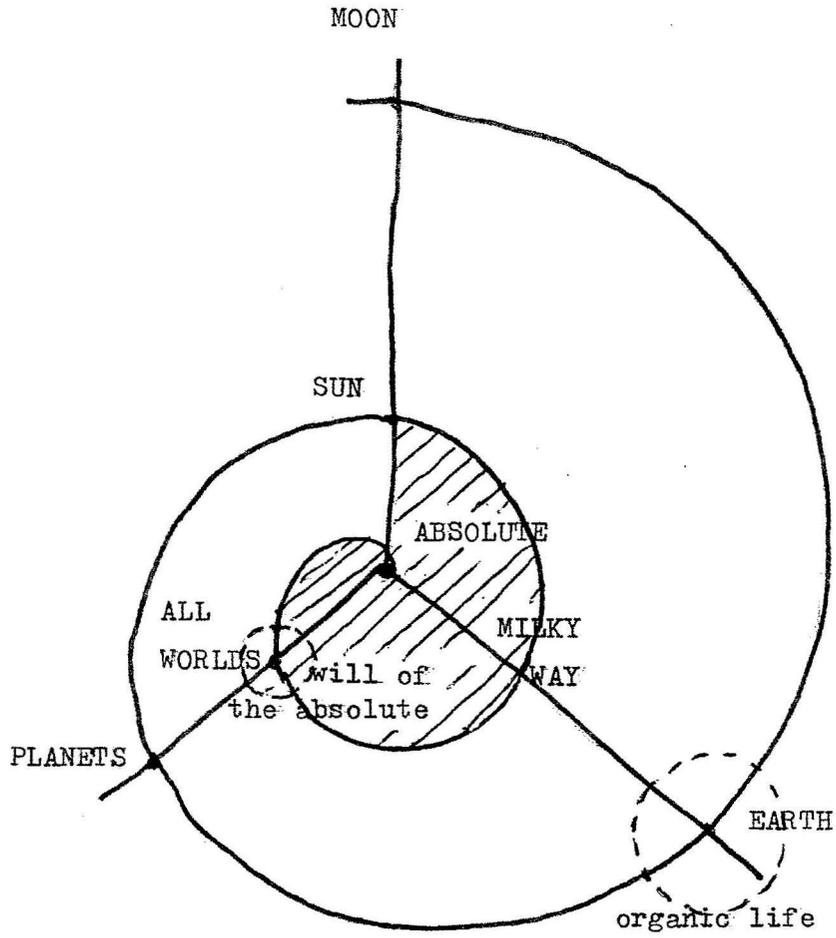
- in order to understand the significance of man's higher centres, one has to realise that each of them has its own sphere of influence. We have been told that man contains four different bodies - the physical body, the subtle body, the causal body and the divine body. It is man's higher centres which control and influence these different bodies - the sex centre, with the moving and instinctive centres, controls the physical body, the higher emotional centre controls the subtle body, the higher mind controls the causal body, and the three higher centres working together as one, control the divine body.

The sex centre, as we know, has a very big effect - and a very beneficial one - on the well being of the physical body, both on the scale of mankind as a whole, and on each of us individually. But it may not be generally realised that the higher emotional centre, working through the sympathetic division of the autonomic nervous system, has an equally beneficial effect on the well being of our emotional and psychological life - our subtle body - for it acts as a balancing force between the sacral and cranial divisions.

The higher mind must play an equally important part on the causal level - a part which is universal rather than personal. When in man's history, for instance, a great teacher appears, and is able, with a few realised men, to create a new method such as the meditation - a method which is known, at that particular time, to be necessary for mankind - then one can say with assurance that this is the work of higher mind - work on the causal level, for it is creating new causes amongst us all.

But the divine body, unlike the other three bodies, is above the level of actions. It is the place where things are conceived, before they come into being. And like the Holy Trinity of the Christian religion, on this level the three higher centres work together as one.





THE RAY of CREATION.