

March 1960

READING 8**ALL GROUPS**

Some of the reports of your meetings last week are most encouraging. It is clear that some of us are climbing out of our cellars into the daylight. Here are examples of what people are quoted as saying:

1. WEDNESDAY WORK PARTY

The idea of polishing the mirror and remembering the source of light with the help of the diagram, brought a new feeling of happiness and freedom to several people:

Miss Lawson-Dick. The morning after the last meeting I awoke with the most astonishing feeling of happiness and asked myself 'What can this be?' I then remembered what I had heard the night before.

Dr. Leigh. Said that the week had been changed, making it possible for him to get clear of being caught up with personalities and situations.

Mrs. Lawrence. When I thought about the reflector, I was amazed to see the sort of mechanical thoughts I was having; just recalling the reflector stopped them.

Mrs. Gould. It brings a tremendous feeling of relief.

Miss Snewin. And seems to bring energy.

2. LINCOLN STREET GROUP

Miss Jones. It seems something opened up in Harrer – a passage to happiness; perhaps fear.

(**Comment:** It is not fear – of which he is exceptionally free. It was three days and two nights of an all-out struggle when a single slip would have meant death to him and the others, plus an extra awareness of falling stones and avalanches. The whole of him had to work at its best for longer than the ordinary limit of human endurance. This doubtless opened up new accumulators of energy.)

Mrs. Crampton. The characteristic experience seems to be the sudden separation between the false and the real.

3. BOLTON STREET

Mrs. Jacob. Said one day during the week she had been trying to have attention – without apparent result – *but had refused to give up*. She then found she was able to separate both from thoughts and bodily irritations.

Mr. Jacob. (who rarely speaks) Said that this material had made him work with emotion to help him.

Mr. Bullough. Said that he often had a feeling of great uneasiness that he had forgotten something – and then would realise it was that he wasn't working.

4. ADDISON AVENUE

Mr. Neville. What is the 'Source of Light?' What does 'remembering the Source of Light' mean? – Self-remembering?

Mr. Weigall. Where is the memory of this inner part? Does it have a memory of its own? What is it that remembers these special moments that only happen perhaps once a year?

(**Comment:** The 'Inner part' (diagram – A, B, C, D) *is yourself*. Its memory is *your own memory*. It is a wonderful memory in which everything of importance is stored. It is like a library with a great range of books. But how can you find a book when you want it? You need a good labelling and card-indexing system. How do you even remember that the books are all there? You want a librarian at your elbow. The Mirror (E) has the double function of selecting the books that go into the library, and of enabling you to put a hand on any book you want. But all we do with it is to try to think with the card-index – just swapping the cards round – without the help of the librarian.)

5. ECCLESTON SQUARE

Mrs. St. John Height. Doesn't it simply mean that if the reflector is not working, the happy moments go by... Cannot pleasure become happiness if you are conscious at the time that you are experiencing it? ... By awareness of these moments you get so much from them that there can be an accumulation of energy.

Mrs. Young. If I start with the business of stopping thoughts it doesn't at all lead to the *feeling*. But with awareness everything else follows, because random thoughts and awareness are incompatible. Only one shouldn't try too hard!

Mr. Young. How do we make the whole mind mirror this feeling?

Mrs. Allison. It seems one must do it for longer. One makes small efforts to do this very thing, and gives up or forgets too soon... Longer efforts would mean more energy to go on.

(**Comment:** The key is not to lose your awareness when you change your posture or your occupation. Yes indeed, one has to acquire the capacity to keep aware for longer; but this is the natural consequence of the realisation that one is *only* happy when one is aware of one's inner fountain of happiness no matter *what* one is doing. It is not really an effort or a struggle. It is a natural extension of the instinct of self-preservation. But we cannot sit in one position (for more than two or three minutes) battling with thoughts and still keep the mirror bright. We must do what we have to do but without forgetting. (Note Mr. Ouspensky's description).)

Mrs. St. John Height. We have to achieve this At-one-ment before undertaking anything worth while.

Mrs. Ketteringham. This sort of feeling doesn't depend on anything outside, we have to work for it. It comes from inside and nobody can take it away.

Miss Nicole. Self-congratulation is a danger.

Dr. Allison. Can we make a resolve from now until next week to stop *thinking* about this and *do it*?

Mrs. Koren. It would be nice if it were obvious from our expressions that we had been given an alchemy of happiness!

(**Comment:** Yes, until we get our own mirrors working, I do really recommend the use of an ordinary mirror – even more of a duty to one's neighbour than make-up!)

Finally, a few quotations from very different sources may refresh you. It is really astonishing how all good roads lead to one place... Listen to them in relation to the simplified Figure 2 of 60/16:

From Zen: Two Masters of the Tang Dynasty

1. Even though alone in a dark room, be as if you were facing a noble guest... Keep the Knower within you fully alert whatever you may be doing and in whatever state you may find yourself.

Precepts of Zen-Getsu

2. I have a jewel shining bright, Long buried it was beneath my worries.
This morning the dusty veil is off, and restored is its lustre
Illuminating rivers and mountains and ten thousand things.

3. *From Shakespeare:*

Even so my sun one early morn did shine
With all-triumphant splendour on my brow;
But, out, alack! he was but one hour mine,
The region cloud hath masked him from me now.

4. *From the Philokalia: St. John Cassian*

Therefore a monk's whole attention should thus be fixed at one point, and the rise and circle of all his thoughts be vigorously restricted to it; namely to the recollection of God (in our term – recollection of Himself, his Heavenly Father – not other people's) as when a man who is anxious to raise on high a dome or cupola must constantly draw a line from its exact centre, to discover by the laws of building, all the evenness and roundness required.

5. *Eighth century Chinese: The Golden Elixir of Life*

In the field of the square inch of the house of the square foot, life can be regulated. The house of the square foot is the head. The field of the square inch in the head, what could that be other than the Heavenly heart... The Heavenly heart is the dwelling place, the Light is the Master. Therefore when the Light circulates, the powers of the body arrange themselves before the throne, just as when a holy king has taken possession of the capital and has laid down the fundamental rules of order, all the states approach with tributes; or just as when the Master is quiet and calm, men-servants and maids obey his order of their own accord, and each does his work.

Therefore you have only to make the Light circulate; that is the deepest and most wonderful secret. The Light is easy to move, but difficult to fix. If it is allowed to circulate long enough, then it crystallises itself into an immortal spirit-body... This is the Golden Pill, the Elixir of Life... Here is a secret charm, which although it works very precisely, yet is so fluent that it needs extreme intelligence and clarity, as well as complete detachment and calm.

6. *91st Psalm*

O thou that dwellest in the secret place of the Most High and abidest under the shadow of the Almighty;

I will say unto the Lord who is my strength and my fortress, my God in whom I trust,

That He shall deliver thee from the snare of the fowler and from the noisome pestilence...

Thou shalt not be afraid for the terror by night nor for the arrow that flieth by day... For He shall give His angels charge over thee, and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

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(Select which you want to read. Encourage people to collect more and keep a store of them.)

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