

May 1960

READING 1

ALL GROUPS

Mention was made (12/60) in February at the end of the quotation from the *Alchemy of Happiness* of that strange expression:

Give up your suffering and create Moon in yourself.

This mystified many people and I had letters asking me about it. So let it be the theme-song of this present session. It is hoped that all of you will gradually see why.

(Briefly the reason is that we have now learnt a direct and simple method of achieving this very thing from a man who has himself risen above suffering. But until the time comes when everybody (who wishes to) has learnt this method, it is useless to discuss it.)

Now we need only examine what this strange expression means, and to do this we will quote from Mr. Ouspensky:

1) April 2nd, 1940

Question. A recent experience has caused me to think that much of emotional suffering lies in false personality. How can I remember this when identification with the suffering is very strong?

Mr. O. Only by self-remembering. Suffering is the best possible help for self-remembering if you learn how to use it. By itself suffering does not help people's development, as some people think. One can suffer life after life and it will not give a grain of result. But if one learns to use the opportunities which suffering provides, then suffering can help development. The moment you feel suffering try to remember yourself. Suffering is the best reminder.

2) July 7th, 1942

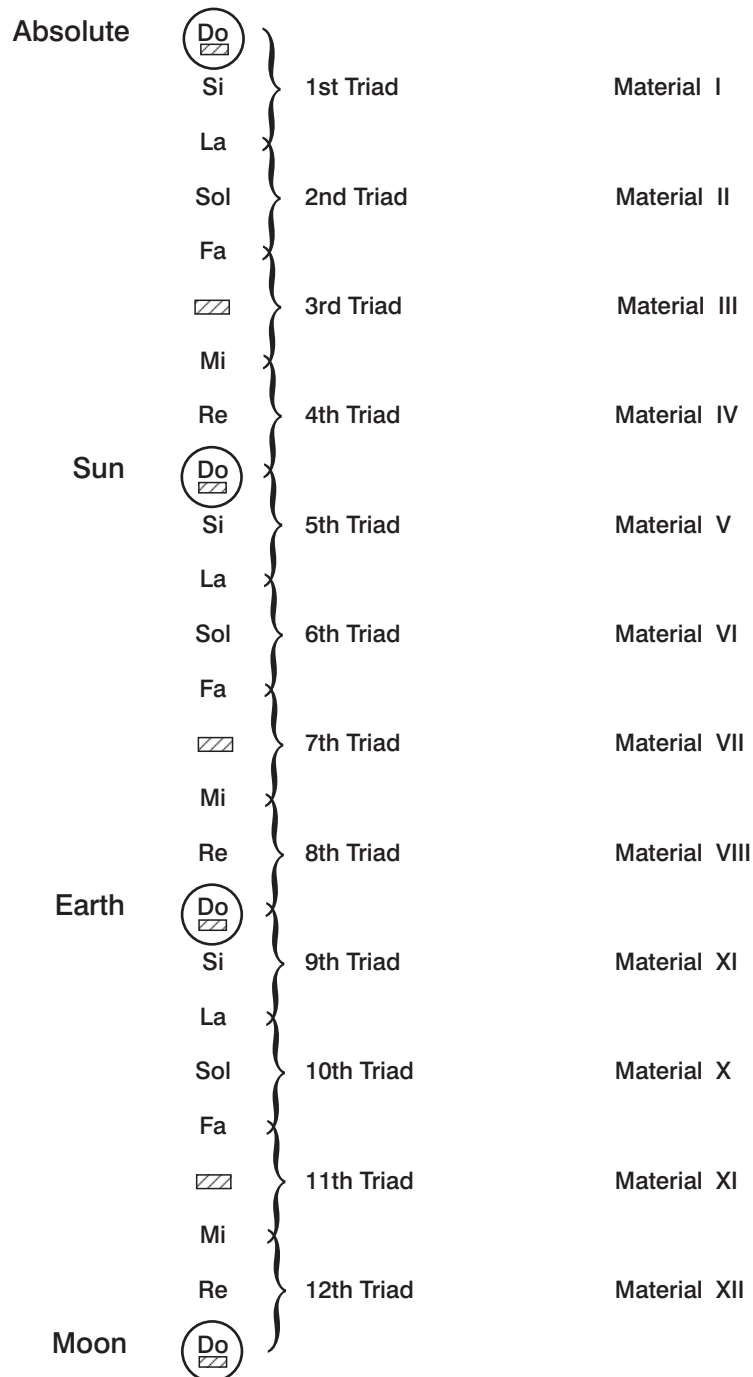
Mr. O. Let us speak about what it means to *create moon in oneself*. You will never be able to answer this in one phrase, because this is a symbolical expression. Symbols in the form of diagrams or symbolical expressions are used for very definite purposes. A symbol expresses many ideas at once. If it meant one idea only the answer would be simple. But a symbol is used to avoid long descriptions and to put many ideas in one sentence. (In fact, this particular sentence really contains the whole System.)

How to decipher a diagram or symbolic expression? In order to decipher a symbol, it is necessary to know the order of ideas in it. For instance, when we speak of the enneagram, we learn that this is a general plan of each cosmos. Then we are told that it shows the relation of the Law of Three and the Law of Seven. Then we learn that one cosmos is to another as zero to infinity. To answer one of these questions, we must answer the question before it. So we must know the questions in order.

Mr. O. (contd.) Now if we ask, what it means to create moon in ourselves: first, what is moon? What is moon's function in relation to man, individual man? What will happen if this function of moon disappears? Will it be beneficial or the opposite? We know, for instance, that moon controls all our movements. If moon disappears we will not be able to make any movements – we will collapse like a marionette whose strings have been cut.

(It was explained this sometimes happens to young people who suffer from manic-depressive insanity. They become ecstatic and burn themselves up. They become free from the moon but have nothing in its place.)

In order to answer this question: 'What is moon in relation to man?' let us put up the diagram of the Three Octaves of Radiations.



We live on the Earth and under the influences of three great Octaves of Radiations: 1) from the Absolute through the Galaxies and our Milky Way to the Sun, 2) from the Sun to and from the Earth and 3) from the Earth to and from the Moon. The division of all these radiations into three equal octaves is also an example of relativity, for the influence of the Moon, the Earth and the Sun is immediate and overwhelming, whereas the influence of other stars and galaxies is distant and almost imperceptible.

It is to be seen from this diagram that, at the level which is labelled the 'Moon', there is matter of the greatest density conveying waves of minimum frequency, longest wave length and longest periodic time. You can see that the moon is like the weight on the chain of a grandfather clock; the whole mechanism of life on earth depends on it yet, like the earth's gravity, it weighs everything down and preserves the *status quo*.

This does not matter as regards our bodies, but if it prevents our minds and emotions from rising, this is disaster. For our Being consists of everything we have – not only our bodies, but our psychology as well. So in relation to our consciousness and all our psychology we must gradually free ourselves from the influence of the Moon but, at the same time, establish something in us to take its place.

The second quotation continues:

Mr. O. We must remember the chief feature of our Being – we are many, not one... So we have to try to become one. But this is a very far aim. The first step – which is still far – is to create a permanent Centre of Gravity. Moon is a permanent centre of gravity in our physical life. If we create a centre of gravity in ourselves we do not need moon.

But we cannot do this through self-will.

Question. Perhaps it is the moon that pulls us around?

Mr. O. The moon is indifferent. It helps us to do any movement whatsoever, without discrimination. If we have permanent centre of gravity it will help us to do only certain movements.

Question. If the moon controls all our movements, is that one of the things that makes us mechanical?

Mr. O. No, that does not make us mechanical. The moon controls our movements *because we are* mechanical.

Finally, to understand more about the 'Moon in relation to man' and what it means 'to give up our suffering', we need to look at the Food diagram.

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