

May 1960

## READING 2

### ALL GROUPS

#### PART 1. 'GIVE UP YOUR SUFFERING'

I'm afraid that the point of this expression has been largely missed. It does not say 'Give up suffering', but 'Give up *your* suffering' – all the foolish and unnecessary suffering based on your false personality – chiefly self-pity. In this state, in which 'we are afflicted by selfish desires, anger, greed, delusion, fear, despondency, separation from what we love, identification with what we hate', what is the good of vain and sentimental talk about helping other people?

You just have to read again the story of the Good Samaritan to realise that only a man who has become free of identification by 'creating Moon in himself' can feel compassion. Compassion is a positive emotion and has nothing negative about it. Combined with intelligence and knowledge, compassion enabled the Samaritan to do all that was necessary for the Jew in whom he had no personal interest, and regardless of his own convenience.

At last week's meetings people seem to have talked as if 'to give up your suffering' meant indifference, callousness. How absurd! To be free of identification, of taking everything personally, only makes a man more sensitive to other people's needs. We are so full of our own suffering that we have no time for other people. It was the Priest and the Levite who were so identified that they 'passed by on the other side'.

Now for heaven's sake don't start *talking* about 'compassion' – the word must be banned from our conversations or we shall begin to think we already have it! But just quietly start 'giving up your suffering'. We have lately been given the perfect method – simple and easy; provided false personality and self-will do not become entangled with it, and start you suffering even about the way of escape! Already more than a hundred people – by quietly doing just what they are told – are getting first-hand experience of 'giving up their suffering and creating Moon in themselves'.

#### PART 2. 'CREATE MOON IN YOURSELF'

Let us look again at the Three Octaves of Radiation; I'd like to comment on some remarks at a meeting last week:

Mrs. Dawson. We are marionettes moved by the Moon. Is the aim to be marionettes moved by the Absolute?

*Comment:* No, we don't like being marionettes at all. We want to be human beings who respond intelligently to Higher impressions and act accordingly.

Mr. Boisseau. It seems strange that when the Moon is at its height we are asleep.

*Comment:* But the Moon is there always and we remain in its gravitational field whether we see it or not. The tides don't stop.

Mrs. Norris. Suffering is like a great weight which pulls us down.

*Comment:* Quite right. Because we are identified we suffer and cannot free our hearts and minds from the weight of the Moon.

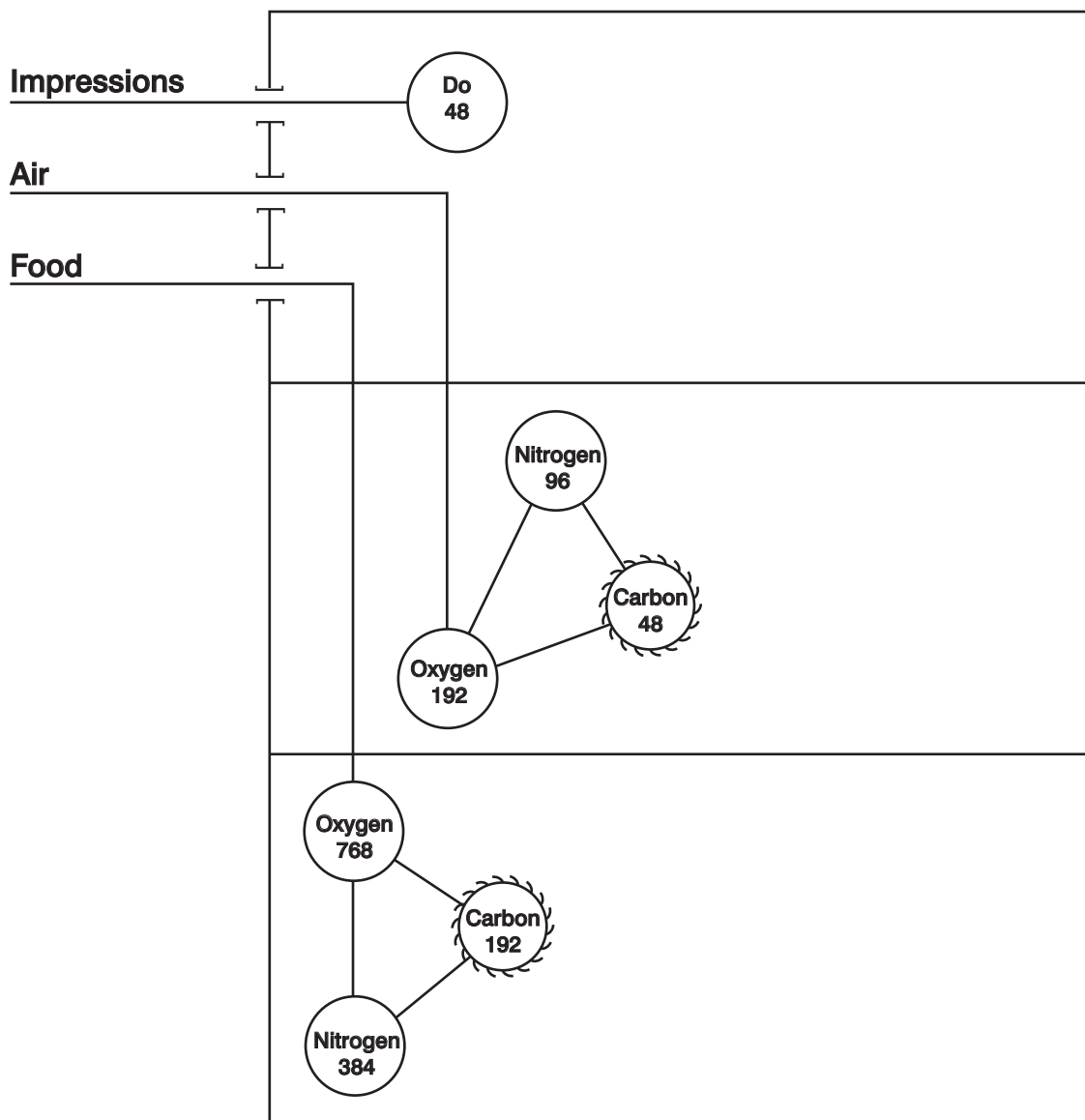
Mrs. Dawson. I can see how one could give up suffering, but how to create Moon?

*Comment:* To answer precisely this last question is quite a long story. It means relating the Three Octaves of Radiation, to the human organism.

You have heard about the three kinds of food from which the human energies are derived. You were told that in the case of the Food we eat and the Air we breathe, Nature provides the appropriate Carbons which will act upon the raw material, separating the 'fine from the coarse'. But that in ordinary people who are incomplete Beings, no Carbon is provided at the point of entry of Impressions, so that the metabolism of impressions does not even start.

Now try to think by analogy, in order to answer the question: 'What is the missing Carbon and how do we bring it to the right place?' What is necessary for the digestion of food? Hunger, appetite – that is how we feel Carbon 192. Realize the tremendous drive throughout all organic life on earth given by hunger and thirst and the search for food and water.

What is felt if we are deprived of Air? – the extreme discomfort of air-hunger, asphyxia. What then does a man need in relation to ordinary impressions? What is missing? Why don't



we remember Ourselves? Don't we begin to understand the words of Christ to the woman at the well? 'Whosoever drinketh of this water shall thirst again, but whoso drinketh of the water that I shall give him shall never thirst?' Or the words from the Sermon on the Mount – 'Blessed are they who do hunger and thirst after righteousness, for they shall be filled.' Righteousness means right action, not just personal behaviour.

What then are the steps needed to bring Carbon 12 to the point where Impressions enter? The first step is to realise deeply that all my troubles come from not remembering Myself, my Origin and Source. Such a realisation will make me actively search for happiness and sacrifice my suffering in the endeavour to recover what I had as a child but have lost. We may be helped as to how to do this by re-reading the quotation with which we started last week:

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.

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