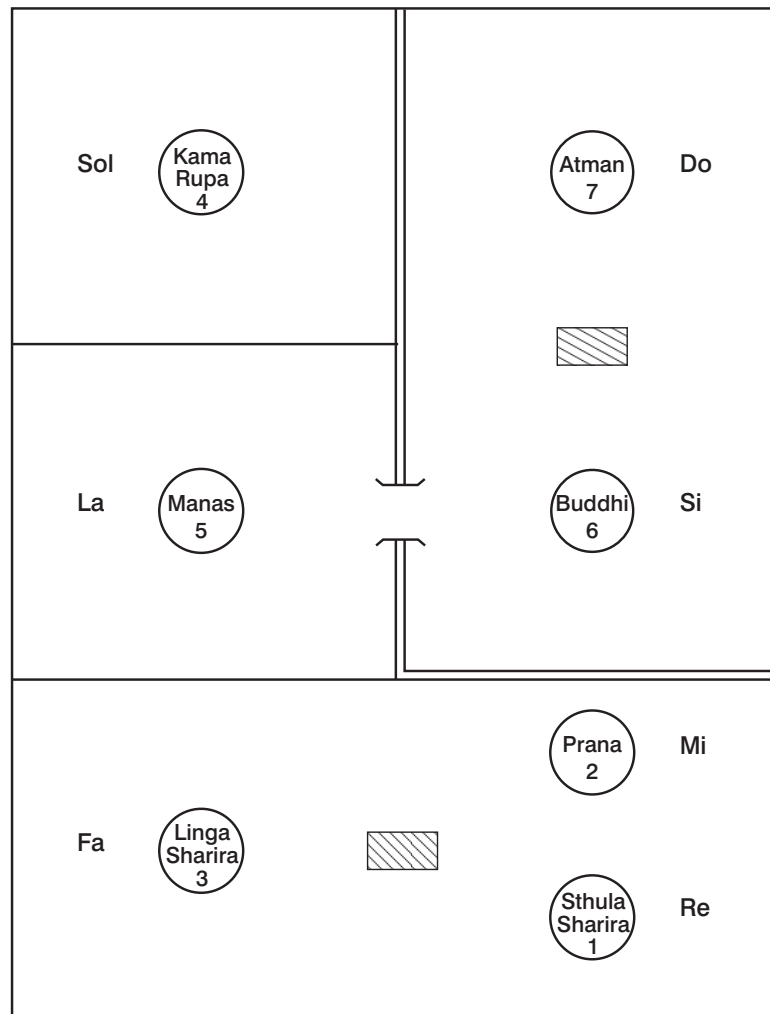


### SUMMER PROGRAMME – 1960

We try to secure two periods each day when we penetrate to the 'still place' in the very depths of our nature. But shall we allow our minds during the rest of the day to dwell on petty, negative and unnecessary things? No, let us try to have some picture to hold in our minds which will raise them to their natural function which is to find the place of greatest happiness – the Kingdom of Heaven.

Such a picture is given by this diagram of the three-storeyed house connected with the Seven Principles of the Sankhya:



Keeping this picture in mind, let us associate with it certain fine formulations which we can memorise:

**MONDAY:** *The Isha Upanishad* (The Manifested Lord)

They have put a golden stopper into the neck of the bottle. Pull it, Lord! Let out reality. I am full of longing. Holy Light! illuminate the way that we may gather the good we planted.

**TUESDAY:** *The Kena Upanishad* (At whose Command?)

Spirit is known through Revelation. It leads to freedom. It leads to power. Revelation is the conquest of death... Spirit is the good and should be worshipped as the good.

**WEDNESDAY:** *The Katha Upanishad*

The Self is lesser than the least, greater than the greatest. He lives in all hearts. When senses are at rest, free from desire, man finds him and mounts beyond sorrow.

**THURSDAY:** *The Katha Upanishad*

Death said: 'God made sense turn outwards, man therefore looks outward, not into himself. Now and again a daring soul, desiring immortality, has looked back and found himself... The wise man seeking the undying, does not run among things that die.'

**FRIDAY:** *The Bhagavad Gita*

The Divine Lord Shri Krishna ending his last discourse entitled 'The Spirit of Renunciation':

'O Arjuna! hast thou listened attentively to my words? Has thy ignorant delusion gone?'

Arjuna replied: 'My Lord! O immutable one! My delusion has fled. By thy grace the light has dawned. My doubts are gone and I stand before thee ready to do thy will.'

**SATURDAY:** *The 139th Psalm*

Whither shall I go from Thy spirit?

Or whither shall I flee from Thy presence?

If I ascend up into heaven, Thou art there;

If I make my bed in the nether-world, behold, Thou art there.

If I take the wings of the morning,

And dwell in the uttermost parts of the sea;

Even there would Thy hand lead me,

And Thy right hand would hold me. ...

Search me O God and know my heart,

Try me and examine my thoughts,

And see if there be in me any way of pain

And lead me in the way Everlasting.

**SUNDAY:** *St. John 14*

Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions... I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto myself; that where I am there ye may be also. And whither I go ye know and the way ye know.

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