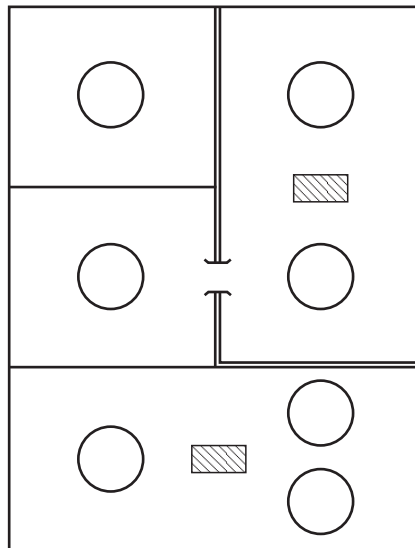


## SUMMER PROGRAMME – 1961

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:



Keeping this picture in mind, let us associate with it certain finer 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 outward, 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 PRAYER OF ST. PATRICK**

I bind myself to a strong strength, to a calling on the Trinity, to a Threeness and a Oneness in the creation of the world.

**From the Athanasian Creed:**

The Father eternal, The Son eternal: and the Holy Ghost eternal.  
And yet there are not three eternal: but one eternal.

**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: The 101st Psalm**

I will behave myself wisely in a perfect way. O when wilt Thou come unto me? I will walk within my house with a perfect heart.

**St. Matthew XIII**

The Kingdom of Heaven is like unto leaven, which a woman took, and hid in three measures of meal, till the whole was leavened.

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