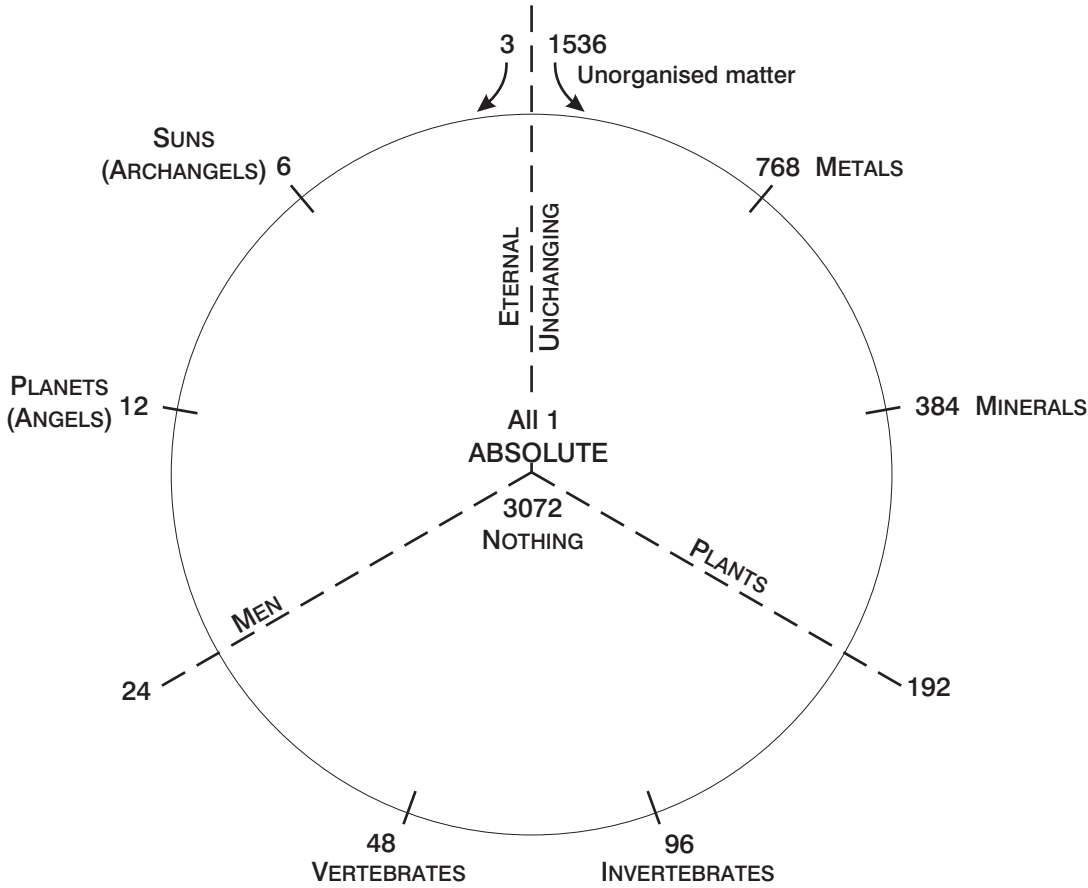


18 June 1962

**PART 1**

Mr. Lucas’s paper, which most of you heard last week, was put forward as a hypothesis to try and get everybody to think for themselves, but on a bigger scale. We have of course to verify everything by comparison with the scientific data available. But also we can never claim that we know any *part* in relation to the whole unless we can relate it to the enneagram. Each cosmos is a complete enneagram and therefore the sun, as the star upon which we depend for our lives, can be represented there. The visible sun may be just a great dynamo, and from one point of view the planets may be part of the ‘body’ of the solar system.



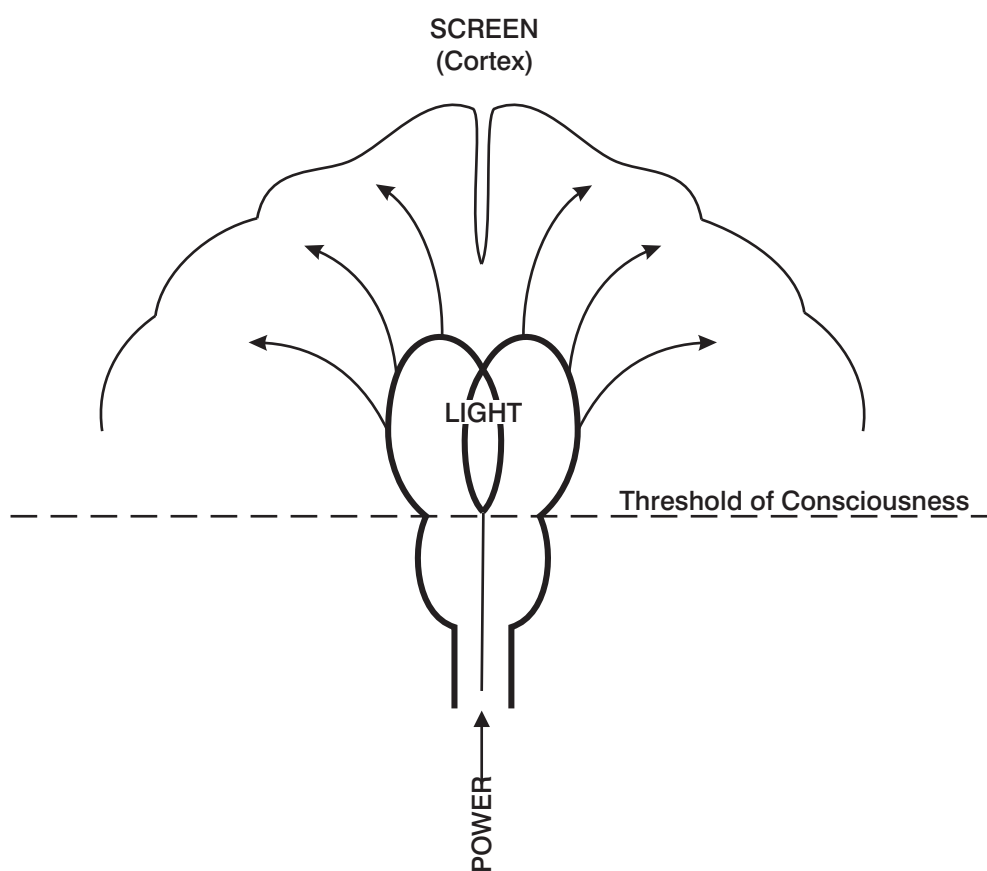
Looking again at the ‘Cosmos of ALL-LIVING’ as shown in the symbol, we see that all that science can study, namely ‘evolution’ from unorganised matter to vertebrates (which includes the genus *Homo sapiens* as the scientist sees him) can proceed upon the surface of a planet as the result of the partial transformation of ‘food’ and of ‘air’. But for the continuation of these octaves and for the development of ‘Impressions’ in the *invisible* world, special ‘MEN’ are necessary – Men who have realized their birthright through the medium of Esoteric Schools – Men No.5 and higher.

From what is known of the symbol a time-scale can be constructed for this Cosmos of All-Living. At the point 3, write in 1 day (24 hours); at the point 24 (Men) write in 80 years; at the point 192 (Plants) write in 2½ million years; and at the point 1536 write in 60,000 million years. Impressions for this cosmos can be measured in days, breath in millions of years and food cycles in thousands of millions of years.

## PART 2

It is possible to get some understanding of vast themes like this by means of right thinking – especially through the development of the power of thinking by analogy, and by means of symbols. But head-work alone will not take us far. All depends ultimately upon the greater consciousness which comes from good work on one's Being.

Certain very promising discoveries – or re-discoveries – are being made. In order to be able to compare notes about our experiences, it is useful to realise that the Forebrain – that part of the brain in which alone consciousness exists and in which further development can take place – seems to bring impressions into the field of consciousness on the principle of a magic lantern. There is a source of Power, a Light bulb and a screen.



It is difficult to realise that we experience nothing of the world around us, or of our interior world, except the small part of their 'reflection' on the screen to which our attention is drawn at the moment. In deep sleep the light is very low and nothing is reflecting on the screen. When we wake up there is a little more light from incoming impressions, but this light is fitful, only small parts of the screen are reflecting and only one at a time.

The first thing we have to do is to generate more light – the *power* is being used for other things and the current must be fed into the light bulb. For this purpose we shut out all incoming impressions as far as we can; we sit with our eyes closed in the quietest available surroundings, we turn our attention away from the screen and focus it on a single vibration which is small enough to penetrate into the lighting mechanism. Sometimes nothing happens, but when sufficient energy accumulates in the right place we feel the glow or experience the inner light. This is the beginning of Self-consciousness.

When we open our eyes again and go about our business, the screen quite naturally will be reflecting more vividly whatever we attend to because a more powerful light is illuminating it. When there is full light and total illumination of the screen, that will be Cosmic Consciousness; but many degrees will be experienced from time to time even if the totality is far away.

Can you relate this description to your recent experiences?

(Discussion)

Let us indeed be grateful that there is so little we have to do! The power is laid on by Nature; for food and air reach the brain by the arteries, and impressions by the nerves. Nature also provides that *all* our different functions are represented on the screen – thoughts, feelings, sensations and instincts – whether directly related to inner and outer impressions at the moment, or dug up from memory of the past. The more a given function is used, the more space is allotted to it on the screen; there are also alternative spaces provided. Moreover, both the light bulb and the screen are double, so that if one half is tired out or injured the other can take over.

The whole mechanism is so complex as to defy analysis, and in fact analysis doesn't help! Just attend to what you are doing and all that you need will appear on the screen in accordance with the amount of light – the state of consciousness. 'Identification' shuts down the illumination so that everything is blotted out by the object of your identification – the grievance or the 'suffering'. Whatever distracts your attention (such as day-dreaming) prevents the perception of a clear image. So the only thing we have to do is to attend to what we want; and not to attend to what we don't want, for then it will not appear on the screen!

Without going out of the door,  
 one can know the whole world;  
 without peeping out of the window,  
 one can see the Tao of Heaven.  
 The further one travels the less one knows.

\* \* \*

