

27 May 1963

READING 3

MONDAY MEETING, COLET HOUSE, 20TH MAY, 1963

Dr. Roles. An attempt is being made to have an evening of music again on Friday, 14th June, and subject to the Law of Accident we will try and do that! The Mozart Quintet could not be played last time, and there are one or two other possibilities as well as the part-singing, so would those who are interested keep that date provisionally?

[Then Dr. Roles read the notice of the 'Dione Lucas Society' in New York and proposed Mr. Peter Stebbing as 'member' for London as a tribute to his great culinary skill. He must suggest a substitute for clam-digging here!]

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This week we have lots and lots of questions – going up by compound interest! I will get Mr. MacOwan to read some of them, for though I cannot pretend to answer them, yet some encouragement is needed.

First of all there are general questions; then we will have a recording of a scene from 'Osokin', and finally questions about Recurrence:

Sent in by Mrs. Henry

By means of the Meditation I could discover not only my own individual self, but also my own individual rhythm. And this could lead to discovery of the universal rhythm, just as consciousness of self can lead to cosmic consciousness. Is this right?

Dr. R. I feel it is a very good formulation; and if you apply that practically, first letting the rhythm establish itself during the half-hour and then by Attention on what you are doing the rest of the time without stopping to think and analyse, you will I am sure feel the Rhythm which is the great way in which things get done; but if you try and do things out of rhythm, the things do not get done.

Mrs. Henry. (room) At our meeting last Thursday we did speak about Rhythm and we did try. We had about three minutes when we all thought about it in this way – what you said, and I think it did help all of us quite a lot.

Dr. R. It is a difficult thing to *think* about, but when you feel it with the same nerve-muscle mechanism that you feel music or dancing, the pattern of events, then it is a guide.

Mrs. Henry. (sent in) These last two weeks – since the papers on Rhythm – I have tried to reach this inner, individual rhythm, which seems to motivate one's inner self, and yet is something distinct from it.

Dr. R. There is in us a great deal of noise which is not rhythmic, but there is also music in us, and if you find that it will be perhaps what you mean.

Mrs. Churchill. There seem to be two kinds of an extra-sensory experience. The first amounts to a sort of vision, in which everything is seen as vibrations of light and

sound, which may include oneself or part of oneself, so that one melts into it all while remaining individual. A tremendous lot is felt quite surpassing anything previously known or dreamt of, and from which one would never willingly depart. This vision fades, leaving only a memory behind it, or it seems to occur fairly commonly to all sorts of people, not especially prepared in any way one knows. It has in some way what appears to be an exterior 'feel' to it – people think they saw something, or were led somewhere. The other kind is of quite an opposite kind: one seems to penetrate inwardly to a place of complete stillness and silence, there is no feeling of any kind except a very nebulous and almost indefinable union or peace – a sense of having arrived home, but the result of this manifests itself in everyday living. In reading about these experiences it seems that the second type occurs more to people following a way of life or teaching of some kind. It isn't a question of different types of people for I have experienced both kinds myself. I wonder whether you could say something about these two types of experience in relation to the choice of escaping from the wheel or returning to this life? And are they in fact both related to the same thing? ...

Dr. R. I don't absolutely agree, Mrs. Churchill, that there are *two opposing types* (such as you describe) of extra-sensory perception. You, yourself, read through a great many of the forms in which many kinds of extra-sensory perception are described in the person's own language, but there is no *opposition*; and, in fact, I am sure you will find that the crowds of extra-sensory perceptions which are occurring every day (which we do not notice) are much nearer to us than what you describe – 'everything is seen as vibrations of light and sound', which is quite advanced. Such things as the sudden coming together of two people, a sudden understanding between them; or looking at the same thing that one has looked at time and time again, and seeing it with new eyes; listening to the same piece of music that you have heard often, and suddenly hearing it quite afresh and understanding what the composer meant. All sorts of experiences there are which are not just *sensory* perception, but contain *something else* which makes the whole difference, the *extra-sensory* content.

From the Connell/Buscombe Group

Mr. Hargreaves. From the Absolute 3 forces emanate; from these another 3 governed by the same harmony and so on. Is this creation continuous?

Do the original three forces from the Absolute come right down to our level?

Can we, by the meditation, return towards these primordial forces?

(Figure 1 on screen – see facing page)

Dr. R. I would say 'Yes' to all those questions, and we need not confine ourselves to the Absolute – too far away! But on whatever scale you speak it is possible, with more Consciousness, to find the 'Three in One and the One in Three', which clarifies all the complexities. You will see that in the next octave, the Sun, the same thing is relatively true about the Solar System; but also coming nearer home than the Sun, the same is true about the *mind of man*.

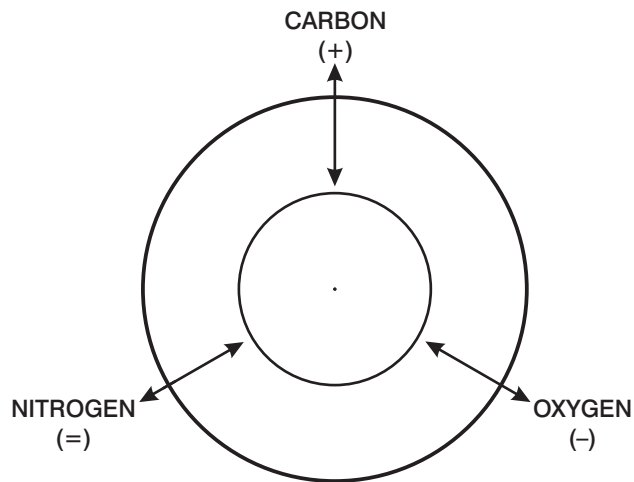


Figure 1

Man's mind is designed and built to work as *One*. People studying the mind of man today are beginning definitely to realise that; not like the old days, when the trend was to localise all the functions in different places in the brain – the speech centre, hearing centre, moving centre, seeing centre, and so on. Now all that is washed out, and they regard man's mind as one potentially, of which various little functions are manifested at any particular time; but any part of the mind can work for any other part. So they are coming very near to what the System says!

Well, the mind of man ideally should be *One*. There are three principal functions of the mind of man, and then further out each of those three divides into two and there has to be choice. Suppose we take the three functions as the *Reasoning* function, the *Emotional* function and the *Instinctive-Moving* function; the Emotional function should be searching for Truth; the Reasoning function should be weighing and measuring and sifting; and the Instinctive-Moving function should be putting these into practice in some way. Suppose we take it simply like that; there you have the 'One in Three and the Three in One'.

But further from the centre, there enter the various *mechanical* influences which complicate our psychology. Into the Emotional function come identification and negative emotions – selfish, depressing emotions; into the Reasoning function come uncontrolled thoughts and imagination, and into the Moving Function come involuntary movements and habits, which have outworn their usefulness! So now three have become six, and it is necessary to discriminate and distinguish between those three pairs of opposites. There is no need to think that this pattern is only true on the scale of the Absolute; one can start with one's own mind and try to be *One* for five minutes; that is within our power!

Mrs. Page. Is it possible to wake up from another force apart from Sattva?

Dr. R. Yes, the Active Force – Rajas – has a waking-up effect, but *by itself* it quickly degenerates into its opposite, so without Sattva there is only this oscillation between activity and inertia. The Sattva is, as I understand it, that which can harmonise and make profitable the contending opposites.

Mrs. D. Connell. Does the idea of rhythm refer to cyclical events?

Dr. R. Yes, but what events can you name which are not cyclical on scale or another?

Mr. Hargreaves. I get lost about spiritual rhythms in ourselves.

Dr. R. That means you have lost your rhythm!

Mrs. D. Connell. Do you think something like the waxing and waning of our desires? (about rhythms)

Dr. R. Yes, but go on trying to feel and look for more and more.

Mrs. Jupp. One knows certain ordinary rhythms, but I can also sense a rhythm above this, which one wants to live in.

Dr. R. Yes, like the difference between good art and empty repetition.

Miss Stone. Recurrence is very much a rhythm.

Dr. R. Recurrence determines a great many rhythms and explains them, because if you take everything in straight lines 'Before – Now – After' you cannot detect the rhythm. If you take *history*, for instance, as starting from Adam and proceeding in a line of Calendar time down to 1963 and perhaps a little further, you don't see the recurring rhythms; but if you study history as a circle – as the life of mankind – you begin to see many repetitive cycles – the rise and fall of civilizations and nations, the main cycles, subordinate cycles, repetitions of certain trends, and so on. So the idea of time as a circle helps you to find rhythms which you would not otherwise see.

Richmond Group (Mr. Fleming)

Mrs. Brunson. If there is an octave between each major interval, would man come at one of the intervals before Organic Life?

Dr. R. Some men come above and some men below the average level of Organic Life, but just where men can be placed depends on their step on the Ladder – some come between Organic Life and the Planetary World and some even between the Planetary World and the Sun.

Mrs. L. Jennens. If man fulfilled his right role, could he be regarded as the inner octave between Mi and Fa?

Dr. R. Of which octave? In the great Cosmic Octave it is Organic Life *as a whole* – the whole Biosphere fills that place; but in a subordinate octave you will see later, developed man plays a very important part *within* the Biosphere as the growing point of Organic Life.

Mrs. L. Jennens: At point X the process starts which is the important thing for us?

(Figure 2 on screen – facing page)

Dr. R. On that scale of the Ray of Creation, at the point X (somewhere in the Creative Principle of the Sun – the Invisible Sun), is started a process by which the whole of the Biosphere (man included) is created.

It is therefore very important to us; without the Biosphere we would not be here! But keep to the scale; it is not us *personally*.

Mr. Hargreaves' question – 'Do the original 3 Forces from the Absolute come right down to our level?' was then repeated with Mr. Lucas's diagram on the screen. (Figure 3, to be given round) [diagram missing]

Dr. R. (continuing): This is a continuation of the diagram that we showed you, first the Three Forces, then becoming six and so on right the way down to the densest matter, the matter of the Moon; and you will see here that of necessity the original Three Forces do continue right to the extremes of the Universe.

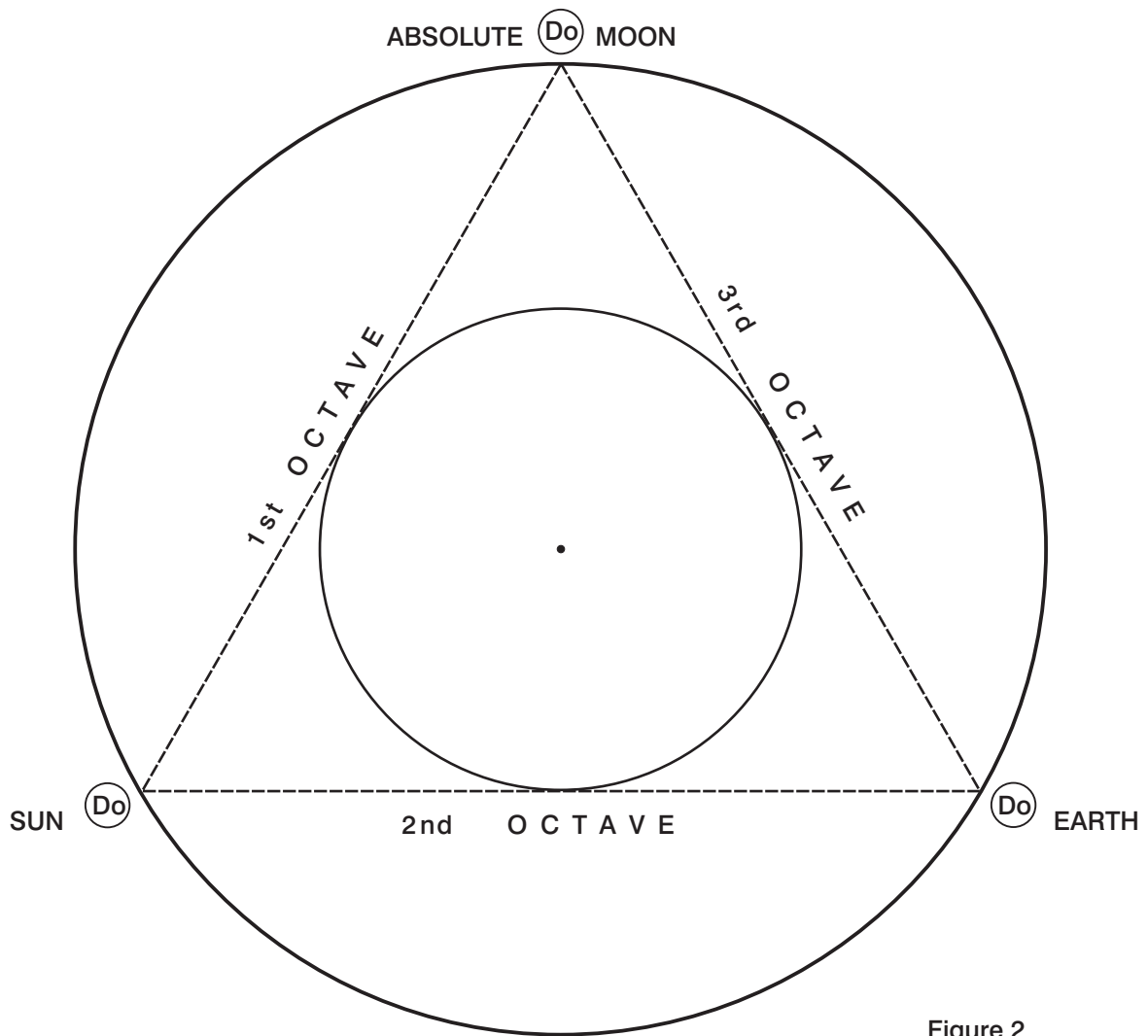


Figure 2
(Simplified form of Figure 1,
Reading 2, 63/24)

They are more widely separated from one another and they are complicated by many subordinate vibrations, but they do exist. They connect the Absolute with all worlds, and the Six Forces from the Galaxy also continue to the periphery. Everything is bound together, everything is inter-connected; but while we are in the dark out at the edge it is very hard to see.

Our thoughts are turning round here (H48); then about here (H24, H12, H6) we see increasing simplicity and Unity instead of diversity. We will return to this diagram again because it can answer many questions.

To Mr. Lucas: It needed an architect to draw it!

That is a picture of increasing density of *matter*. Perhaps if you did it in reverse – in white lines on a black ground – you would get increasing density of *vibrations* from the outside *inwards*.

Density of matter ('mass per unit volume' in science) is rather interesting: we have got the Maths Group to explore the known densities which science has measured in the Universe, and there is perfect symmetry and balance in these measurements with man at the centre point. Proceeding from man's body and his surroundings (approximately the density of water) up to the most rarified matter between the Galaxies; and then proceeding from man again down to

the most dense matter, which is the core of the proton, you see that these scientific measurements of density are really comparing all matter with man; whereas this diagram shows you a classification of matter which is *independent* of the way man looks and measures.

Mr. Fleming. (room) While you are talking about this diagram, there was a puzzle. You have the manifestation of the Three Forces emanating from World 3, but you also have the manifestations from the corners of the triangle? (as in Reading 2, 63/24).

Dr. R. Yes indeed. That brings us to another series of questions:

Oval Road Group

Mrs. Roberts. What is the relationship of the triangle to the circle in the diagram?

Dr. R. The circle represents the Law of Octaves – the way things *have* to happen in the world. Once the game of the Universe was invented, the rules of the game demanded that all chains of events had to happen in accordance with the Law of Octaves, namely with pulsations in discontinuous vibrations and not in steady progressions. The Law of Three (shown by the Triangle) shows how this universal rule of the game can be influenced *Consciously*. Left to itself, everything goes in these running-down or accelerated pulsations. You could not cross the road unless the Law of Octaves existed, but as it is there are still a few moments when you can! Once it started raining it would go on raining always, but for the Law of Octaves.

But the Law of Three Forces – the ‘Three in One and the One in Three’ – is the way in which all this can be regulated through *Consciousness* and *Will*, and a Knowledge of the Law of Three is a Knowledge of how to *Do*.

Mr. Reay. What really are the three octaves of the triangle?

Dr. R.: We will come to that; it is very interesting. I am not going to spoil it by telling you now, but the notes of the three octaves are points of energy of particular degrees of intensity in any world within the total Universe; and if you know those points of energy and the circulation between them, then you *know yourSelf* in a new way.

Mrs. Minisky. Can the Inner Circle on the diagram represent what we’re trying to find in the meditation?

Dr. R. We are taking first of all this very big scale – it is still the Ray of Creation round the bigger circle (Figure 2). On that scale the inner circle suggests the inner, Spiritual meaning of the external manifested world; the secret behind all the religions and teachings – the search for the ‘God’ within, rather than the ‘God’ without. But of course ‘God’ is both within and without, if you mean by ‘God’ the Truth or our highest possible conception of Truth.

Try first of all thinking on the big scale and ask yourself how you would express one of the meanings of that inner circle. I was trying to answer for myself this question which is continually being asked in India: ‘Is “God” for the individual the same or different from Brahma, the God of the Universe?’ The Symbol implies that the top point of the Inner Circle is Atman, and the interval at the top on the outside is Brahma, and really there is no difference! The same radius, the same centre – just inner and outer manifestations of the One – the Absolute.

Mrs. Henry. (room) Could you say that the Law of Three governs the Noumenal world and the Law of Seven governs the Phenomenal world?

Dr. R. Both govern both; but Consciousness and control mean an *Understanding* of how the Law of Three can influence, first the inner Noumenal world and then the outer – Phenomenal world.

Mrs. Henry. I have been thinking about it lately, but I thought one went through a gateway or a bridge from the Phenomenal to the Noumenal world? Then looking at this diagram it seemed to me that they are together – co-existing, and it is much easier to think of it, to have it as a circle.

Dr. R. Yes, *co-existing*; that is a great discovery.

Bedford Gardens' Group

Mrs. Allan. Why is there all this confusion in man when Nature is all organised?

Dr. R. Because man was given choice – one of his advantages: one of his disadvantages! He goes through phases of confusion like any schoolboy learning.

Mr. Mabey. Does the third octave go from 'Earth' to 'Nothing'. What does this mean?

Dr. R. It would start from something in Organic Life on Earth if the three octaves were complete. In fact, this third one probably is not complete, because there is no continuation from the Moon; presumably this third octave would come into play if the Moon were to become fertile like Mother Earth and then have a baby!

Mr. Mabey. What is the significance of the point Do starting from Organic Life on Earth?

Dr. R. We don't know! First, we must ask what is the significance of the point Do starting here at the top, and at the left-hand corner too? (Figure 2) One of the useful things about this triangle is that one can reason from one side of the triangle to the next, and answer some things from one scale and some things from another. This is the one you can know all about at present (the 2nd octave), and then you can find out what would happen if man took his right place as Regent of the Biosphere instead of behaving like an irresponsible hooligan or a dangerous lunatic!

Mr. Allan. What is the connection between the inner and the outer circle?

Dr. R. There are many ways to think of it, but you can begin as someone has suggested with the Noumenal world and the Phenomenal world.

Mr. Koren. What exactly is the interconnection between the Law of Three and the Law of Seven?

Dr. R. We will try to discuss that gradually. To know exactly what the interconnection was would be the Knowledge of Man No. 7; but to know enough to be able to guide oneself *is possible here and now*.

Mrs. Allan. Can this symbol be taken as a master plan to apply on any scale?

Dr. R. Yes.

Mrs. Allan. Can you also see School on such a diagram?

Dr. R. Yes, if you take the right School and choose the right scale, relating the three octaves to the Ladder of Self-Realization.

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