

24 June 1963

## READING 7

## PART 1

You were not meant to be depressed by fashionable scientific theories based on the inevitable running-down and increasing randomness of the Universe! It was meant to be a spur to effort. *Somebody* is needed urgently and cogently to find the right expression for a more constructive view, and if somebody has to, why not some of us? So many good people are drifting into a hopeless point of view for want of a better. The trouble arises because, quite naturally, the sort of man who has to be accurate and sceptical enough to plan and carry through the necessary scientific research, is also the sort of man whose *thinking* is bound to be one track. At least two *kinds* of people have always been needed—the men who collected the evidence and the men who thought out its implications.

But this second kind of work needs not only Knowledge, but Being and Understanding.

We have seen that the present pessimism is mainly due to interpretation of phenomena, as observed in the world to-day, on the basis of 'time as a straight line'. If we could first of all prove the universal law of the *cyclical repetition* of all processes, we'd be a big step nearer the Truth. There are, in fact, encouraging signs of work now in progress at four American and several European Universities, in which evidence for *rhythmicity* in biology and in human psycho-somatic processes is being collected. Several of you, for instance, have sent me copies of a write-up of this work in the *Readers' Digest* which concludes:

All these intriguing investigations serve to remind us that we, like all other creatures, are part of Nature, tuned to her natural rhythms, our lives responding to the ceaseless ebb and flow of the Universe.

Moreover, in looking at the System picture of the Three Octaves of Radiations it was stressed last week that, unless we ourselves can clearly distinguish between the 'upward' and the 'downward' processes, we cannot keep our sense of direction. Take (as an example) a garden: Anyone who gets behind with their gardening at this time of year, is appalled by the speed of the downward process of randomness in nature's creativity! Weeds everywhere, rose-bushes falling about from wind and weight of blossom, birds wrecking the soft-fruit, slug and ant and fly working overtime, the drying-up of the topsoil, etc., etc! It's easy to contrast these two processes in creation which begin with Carbon and also the hard uphill effort of constructive Work! And so when we come to human affairs it's again easy to see amid all the destructive processes at the present time the need for constructive work by the Gardeners from the Inner Circle. We are reminded of two favourite similes in the Gospels contained in this passage:

But when He saw the multitudes He was moved with compassion on them, because they fainted and were scattered abroad as sheep having no shepherd. Then saith He unto his disciples: The harvest truly is plenteous, but the labourers are few; pray ye therefore the Lord of the harvest that He will send forth more labourers into His harvest.

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**PART 2**

After months of interruption of our connection with the Shankaracharya by what he calls the 'coarse external forms of communication', we were very pleased to get last week two valuable replies from him to two of our letters which appear to have penetrated the randomness of the Indian Postal system.

Our first (May 20th) gave a full report of all that we have been doing in giving out the Meditation since I last saw him. Our contact in Allahabad who delivered by hand the Hindi version of this report writes in a covering letter:

It is rather surprising to know about the non-receipt of reply given by His Holiness for which brother has also written to me, and I am sending a copy of the same with the reply to your registered letter of 20th May. I hope it will serve the purpose.

I visited (to) His Holiness and after paying due respect to him, conveyed your message and he became very much glad to learn about your untireable services towards humanity and he also offered blessings for the same.

The message which was lost on the 21st May noted the receipt of my registered letter and described his many journeys, which would continue until the 6th July, and only then would he be able to 'stay at one place for the next two or three months.' It ended:

Convey my regards and blessings to the members of your organization. I hope that all of you are attentively pursuing the discipline and diving deep into the Self and gaining bliss of Truth and Consciousness. May you all move on. Shankaracharya.

His second reply dealt with the following question in a letter sent on 16th May:

'My own meditation seems to depend greatly on my remembrance of your words about the good thoughts, the good feelings and the good actions in relation to the Three Gunas. Where I allow myself to be too immersed in external activity so that I forget the importance of the *way* I sit or stand or move, there is not sufficient Sattva and I do not dive deeply at once. But then this at once reminds me to mend my ways! Will you say some more about this, namely about *how* a man who is trying to go up the Ladder should think and feel and move? Many people successfully meditating for from two to three years are asking questions about this, as they want to move up step by step and not stay where they are. I feel as intensely as ever that when I have attention I receive direction and my questions are answered.'

**8th June:** Blessings with love. The tours are keeping me busy and away and for that your letter was not attended for so long.

Your question about how a man who is trying to go up the Ladder should think, feel and move? Your report shows that all of you are moving ahead very attentively. In ordinary life the mind of man is naturally (automatically) kept sympathetically stimulated towards the object of his desire. In case of a disciple, he should firstly attend to the work at hand, and store good thoughts and emotions right in the seat of the Self. (Heart) (saturate the Self with good thoughts and emotions.) After work turn back all the attention to the most cherished desire (Self-realization) like the office worker coming home eagerly. The peculiarity of this is that the inner doors are made open or the steps are automatically provided at proper time. (saturation) One has only to be attentive to what one does. Attention coupled with discipline help one move up.

This time during July and September I will be stationed at Jabalpure in Madhya Pradesh (Central Provinces).’

(This is the best that our translator has so far achieved – we are still trying to find the best English equivalent for important words used.)

### **Comment**

In terms of our Symbol, the Shankaracharya’s pregnant remark seems very clear namely, by cultivating Attention in the way he describes, we set in motion the inner and invisible rhythms of the circulation within the organism, about which we need to know very little. The stream of Passing Time carries us round the circle, but by turning inwards we are brought to the very Source.

He mentions discipline; no one wants discipline except as a means to an end; it is not an end in itself. If each of us constantly refers to the clear picture of what he wants most of all, he will find what is necessary in the way of discipline to achieve this. If what he wants most of all can be brought in line with the needs of the ‘Great Work’ it will prosper; what is needed at the moment is *creativity*. Every single one of us has ‘a place of the creative’ within, and every single one of us has some talent to be used. If we find what it is and how to use it, it will greatly add to our happiness and usefulness to the Work.

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