

18 July 1966

## READING 10

### THE RETURN TO THE SOURCE

#### PART 1

Last week an example of the descending triad was given in the System description of the Ray of Creation and in simplified form as just Three Octaves of Radiations. It was pointed out that there are many other examples of this kind of triad both in Nature and in man's activities, and that typically it needs effort or action at every step. If you are building a wall, the bricks won't shape themselves and lay themselves on top of each other; somebody has to do it all. This is the triad 1-2-3, or in terms of Gunas: Rajas – Tamas – Sattva.

This week we should glance at another combination of the Three Forces, which is required to go in the upward direction; I call it the 'Return to the Source'. Here the forces are in the order 2-1-3.

In terms of Gunas, His Holiness has this to say about it:

The Law of Seven is a repetitive motion unless the circle is completed by full Realization; otherwise the movement goes on mechanically again and again.

In relation to Self-realization he speaks about the Law of Three and relates it to the Three Gunas. He says that of the three, two of them in this case are the poles – Tamas and Sattva, and Rajas is the interaction of Sattva with Tamas. This goes on like the three aspects of Time, of which he says, there is Past and there is Future; what we call Present is the interaction of these two. The Future being passed on into the Past is called Present. Such is the position of Rajas or Present – though it is always there, it is not dominant. Man either lives in Tamas or lives in Sattva; but Rajas is always there, which signifies all activity of the present moment.

He says Sattva is the natural state of man, while Tamas is the outcome of inertia. Rajas is needed to give people a push, give them the impulse to go ahead, to move towards Sattva. But fortunately or unfortunately many people fall back again into inertia; very few regain the natural state or Sattva. (11 October 1962)

In this conversation he went on to give an example from the process of eating food; but as his System does not contain the set of symbols which we can use for greater precision, we can now go on to show you once again the System diagram of the metabolism of the three Foods – the Food we eat, the Air we breathe, and the Impressions we derive through our sense organs from the medium (electromagnetic vibrations) in which we live.

Each step in the chain reaction is typical of the upward-going triad – prepared food (as Oxygen 768, the raw material) meets, in their appropriate places, with a whole octave of active matters or solvents (Carbon 192) to become dissolved into the simplest possible building-stones – Nitrogen 384 – (amino-acids from proteins, fatty acids from lipoids and fats, glucose from starches). We mustn't forget also the vitamins which are finer matter of the order of 96, and though some of them have to be taken in with the food, they are not affected by digestion.

The 'solvents' (Carbon 192) are interesting, consisting of a switch from weak alkali in the mouth, to strong acid in the stomach, back to strong alkali in the intestine, aided in each case by a complex of specific enzymes which work only in the right medium. The strongest of these enzymes

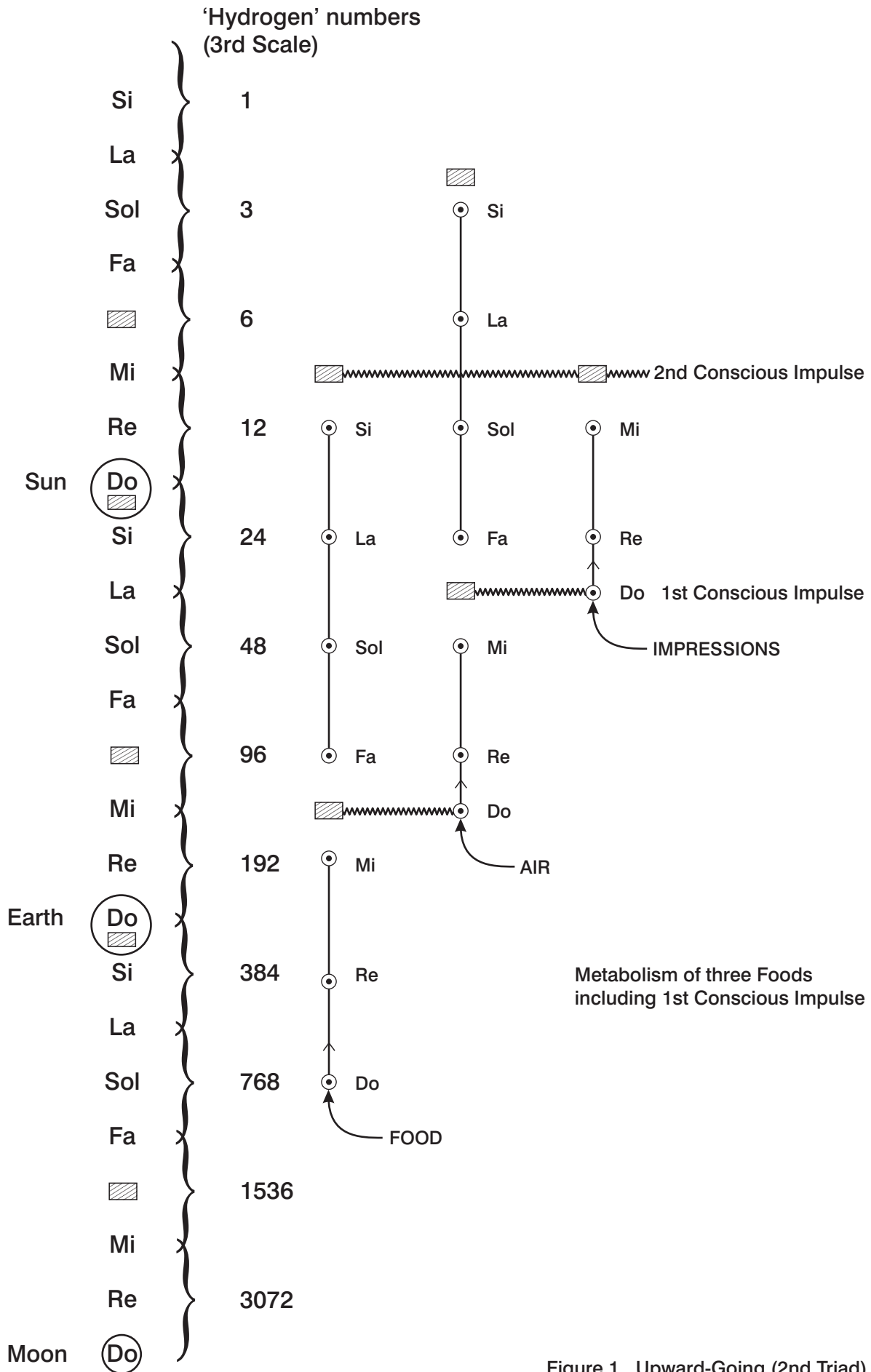


Figure 1. Upward-Going (2nd Triad)  
'Return to the Source'

is trypsin which should be present at birth; rarely a baby is born without it and then the effects are startling – it becomes completely clogged with mucus, remains infantile and wastes away, until given trypsin capsules by the mouth, when it rapidly becomes normal again and grows up.

Now, by analogy, we can take the food of impressions, the raw material (Oxygen 48), which should meet with the appropriate Carbon 12 in the centre of the brain. But Nature has provided very little of this – just enough to nourish the brainstem and spinal cord to keep it alive. Some people lose even that, and then they are afflicted with strange paralytic diseases of the nervous system like ‘multiple sclerosis’. But the average person has enough to keep him functioning, yet not enough for Self-realization; so impressions go no further, and the digestion of air also stops midway. But we are mostly at a stage when the 1st Conscious Impulse has been working quite often, so the diagram shows our situation. (Figure 1) You will see that impressions continue for two further steps, and the metabolism of air goes on, in some degree, right up to Si 3. This process we know in ourselves through Meditation, Mevlevi Turning and ‘Movements’, and we have frequently observed it in others.

[**Discussion:** In what, would you say, does the 1st Conscious Impulse consist? Naturally, it would be derived from the Atman and correspond to that ‘Good Impulse’ by which His Holiness describes the 1st Step on the Ladder of Self-realization. But it can be reinforced by True Knowledge, good company, listening to music and looking at Nature or Works of Art, provided these make one long to go on to the 2nd Conscious Impulse which is *Emotional*.]

By analogy once more, the highest material produced from the food we eat, is Si 12, which is felt as sex energy; and then there comes an ‘interval’. The passage past this interval is sometimes felt when Love replaces what has been merely bodily desire.

If you want to know *where* all these events happen in the brain and body, the System gives you the anatomical description as in Figure 2 (overleaf, for simplicity only shown as in the ‘man in the street’, without the Conscious Impulses).

To sum up, these chain reactions all go by the second kind of triad (2–1–3), the ‘separation of the fine from the coarse’. But the ‘Impulses’ which must come in at intervals in the octaves, belong to the Third Triad (3–2–1) which operates just when it is needed, whereas the second triad goes on continuously. All six triads are, in fact, implicit in this diagram, though it would be far too complicated to draw them all!

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## PART 2

Looking back at Figure 1 we see that our first concern is only with that single point, the *entry of Impressions*. Everything in his three-storeyed house is provided by Nature for Man as a Self-creative Being. Every day Food, Air and Impressions are entering the organism; every day they are digested, and their products either stored or in circulation to a sufficient extent. But without just one thing, the process is merely repetitive as His Holiness says.

What is that one thing which is needed? We are told that while the required digestive solvents are present in the organism to receive the incoming Food and Air, Nature has not provided them for the incoming Impressions. That is left for man himself to accomplish. Enlightened Men much

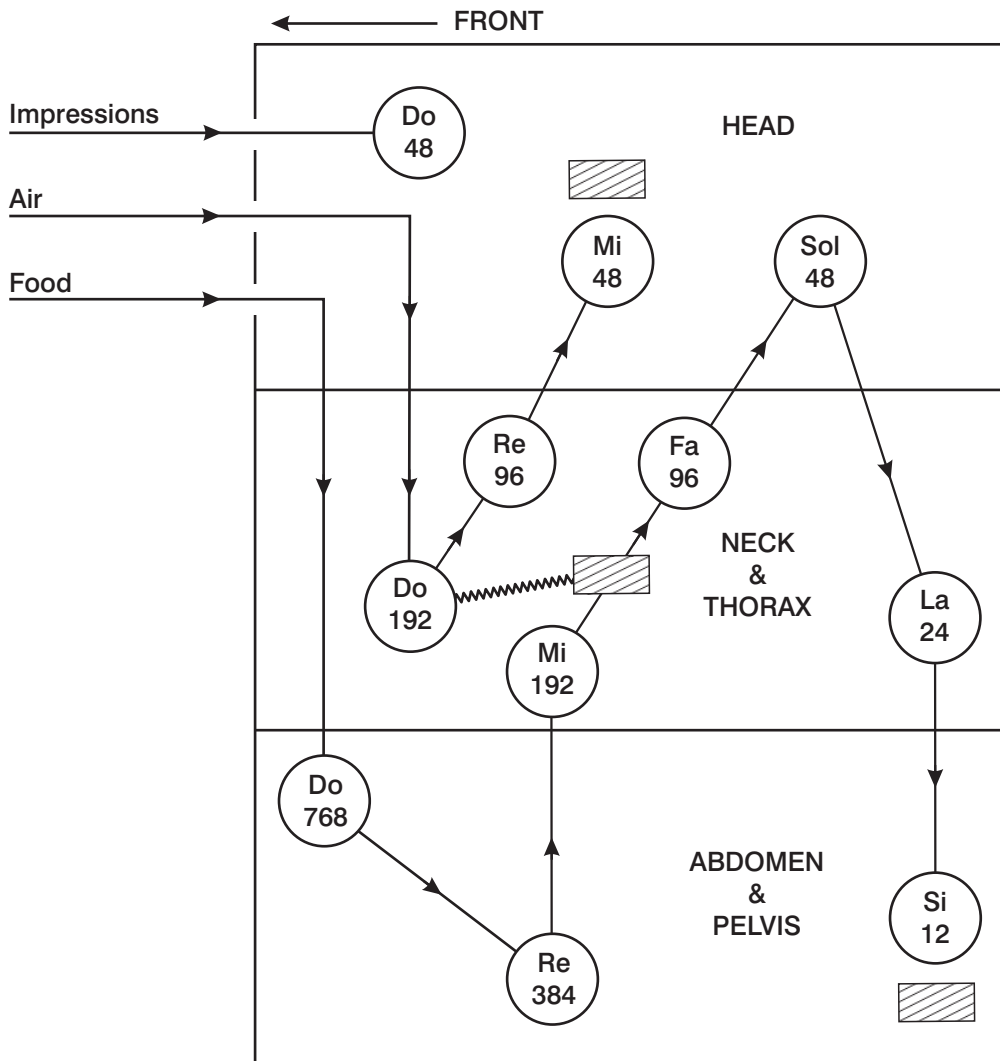


Figure 2

earlier in history and pre-history, have discovered effective ways (like the System of Meditation, or the Mevlevi Turning ceremonial, or the continuous internal prayer of the monks of Mount Athos) to wake people up and get the process going.

But what is it in fact that is missing? For me, the chief clue used to be that given in Christ's answer to the 'devil's' first temptation:

Man does not live by bread alone but by every Word that proceedeth out of the mouth of God.

to be followed later by the Prayer He gave His disciples:

Give us today our miraculous bread...

All this is clearly expressed in the diagram as the 'Second Conscious Impulse', to which the First Conscious Impulse is a necessary preparation. The Atman, man's own Self, is the Source of Consciousness for him, and therefore the True Source of both these Impulses – first a momentary one ('the Good Impulse'), and later a powerful emotional pull from the same Source, 'the Pull of the Way'. Then he will carry about with him the Happiness, Serenity and Love which are the signs of that Presence. Both these come to the silent Buddhi fed with pure Sattva Guna at the level of H12 – for 'the Atman feeds on a man's silence'.

You see from the diagram also that this process is helped and maintained by the evolution of the Air octave after the First Conscious Impulse. The Happiness, Love and Serenity which follow the Second Impulse also provide the final Shock at Si 12, producing what is called in Christian language 'the Resurrection of the Body'. All that we in this House can do is just to get this natural process under weigh; but all the while it is for the individual to find his own way to Himself. No one can do that for him.

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