

## READING 9

### EXTRACT FROM MONDAY MEETING REPORT, 10 JULY 1967

First, I have her mother's permission to quote Henrietta, aged seven, because she has asked one of the best questions! She is always asking questions which make her parents sit up, so I'm putting her question to you to answer:

*'What is it really that makes us move?'*

Now can you answer that to a girl of seven? You have to know what kind of person she is of course: she likes best thinking about the things that one cannot answer, such as: 'How God is the end and the beginning'; and her mother writes: 'When I asked her what she would ask if there were a man who could answer any question in the world, she smiled and said, "I would ask what is infinity"!' So what answer would you give to this grown-up girl of seven?

Now there are practical questions to which the answers are important:

#### **Tuesday Working Party** (after paper on 'Cultivating Will'):

Mr. Tomlinson. I find it difficult because you get thoughts coming all the time. You just don't know where they come from – either thoughts from the past or from the present?

Dr. R. Yes; but you must be absolutely clear that *you don't stop thoughts*. Those go on all the time; they are part of the furniture; they are a very necessary outlet of unwanted energy; and if you try to stop them you interfere with the works! So that's not the idea at all.

It is rather that the machine produces the thoughts all the time, the feelings and everything else. The different parts of the machine which do this for us are our servants. The servants produce thoughts and feelings, and some are very efficient and produce the necessary thoughts; but the mistress of the house, while the servants' work is being done, must not keep running after the servants and interfering with them. She has her own job; she watches, sees that the work is done properly; but she is meant to be on a level which is *above* the chatter in the servants' quarters.

Or to put it as another simile: you (the owner) drive your car and arrive at your destination; you (the owner) step out after switching off the ignition. The car doesn't stop itself or switch off the engine; it is the *owner* of the car who stops the engine running when it is not necessary and steps out of it. It is owner who gets it fuelled and serviced. So you see what I mean? Disaster happens if you try and interfere with the mechanism of the machine. There has to be someone alongside *watching*; someone has to be keeping an eye on it. Is that clear?

Q. (room) Would you say that thoughts can come on different levels at the same time?

Dr. R. Yes, very much so; and at some levels thoughts, not words. There are quite a number of levels like that. In some there are pictures and all kinds of media, interplay of feelings, and so on, going on. It is all part of this complex mechanism of the microcosm.

You meet with people who say, 'I never think at all', and it is probably true, that they don't think in words; but *something* is going on. Of this it is necessary to practise eliminating what is unnecessary.

Mrs. Comper. (room) May I please ask something about last Monday? In the paper you mentioned 'the burden of turning thoughts'. Does it take root at birth or is it a development?

Dr. R. Not at birth; babies are free of it! It comes gradually with the growth of Personality, so that by three or four years old a child becomes fully equipped with the same burden as the parents are carrying! If his parents were not carrying this burden the child would probably not have one of its own – not only parents, but older children, nannies, later school-mates and teachers, etc. It is largely the product of moving centre and picked up by imitation.

What other questions are there?

Mr. Reay. I think one of the difficulties about this is when working on an ordinary thing it doesn't need one's full attention, and because one does not want full attention it is so easy to think about other things?

Dr. R. Yes, this is a great problem; but the more you have an emotional realization of Aim, the less your mind will turn and turn about quite stupid, useless things. You cannot switch the engine on and off during the action; for one minute you may need all your attention; the next minute may not want so much. But switch off when you have closed the office door! Why go on carrying the burden of the office and its files with you – even coming to a meeting with them? It is just a question of having an observer who is not a machine, taking the sensible view and, above all, *trying to direct your attitude of mind towards what you want – peace, quiet and confidence – and away from all the things you don't want*. Don't analyse your motives but turn away towards the serenity which goes with *not* carrying the burden. You all know this theoretically; I am just suggesting that from now until the end of September you try it under all sorts of different conditions, even under water!

Mrs. Mellett. It might also help if one could always remember that one is not alone, that we each have a Guardian Angel to help us in our search.

Dr. R. Yes, and the Guardian Angel's voice is very musical and soft, and you have to be rather quiet to hear it; particularly as it usually says something precisely opposite to the direction of your thoughts – the 180° turn!

### **Lowndes Square**

Miss de Yorke. If you don't think, what do you do?

Dr. R. It is not You that thinks. *It* thinks, and if what *It* thinks is useful to you, then let *It* in. Your job is to observe, to see what is going on – what is necessary and what is not. To let *it* think or not let it think; this is learnt by practice and experience.

Mr. Norman. This feeling of being empty of turning thoughts reminds one of a wireless receiver (receiving impressions from within, with no interference). Is there a real connection here, with wavelengths and frequency perhaps?

Dr. R. Yes, there *is* a 'real connection', and the Shankaracharya is always using this simile. I would like you to try and develop this simile, Mr. Norman. You know more about wireless sets than I do!

About this *Cosmic Influence* we were talking about: originally the Shankaracharya said to me, 'Just be an efficient wireless receiving set tuned in a certain direction on a particular wavelength.' If we do that, then we receive this Influence that we need for important matters.

Then there is a quotation given to her meeting by Lady Oppenheimer:

If thou couldst empty all thyself of self  
Like to a shell dishabited,  
Then might He find thee on the ocean shelf,  
And say, 'This is not dead',  
And fill thee with Himself instead.

Sir Thomas Browne

So it is no good speculating what you would do if you were not carrying this burden of thoughts. Just shed it, and you will see!

\* \* \*

