

20 May 1968

### READING 3

Recalling one's own experiences, or re-reading those you have sent in is, for me, thoroughly provoking! Here is such infinite promise; so much could be had for the asking in our lucky situation, yet we don't seem to bother or be intelligent enough to get it!

The infinite promise lies in understanding the Nature of our Divine origin so that our own Self (the Atman) can rise to occupy the throne and we shall 'reign over the All'. In this paper I propose to take one or two little-explored avenues revealed by your experiences.

#### 1. INSIGHT INTO ONE'S OWN NATURE

Quite a number of you describe this same thing in different ways:

1. All these experiences take me to the same place in myself which is quite different from my everyday selves. This part of me is confident, but not in a personal way, feels ageless and still and full of understanding.
2. It is as if the 'what I am not' is a hard shell or case, and the real part is glimpsed for a second... the glimpse of something so big and enveloping.
3. Experiences became more frequent after meeting the System, and once, after special efforts to forget my usual preoccupations and expand, the awareness of a guarding and loving presence was there for something like three weeks.
4. A long-term benefit has been the much deeper realisation of what is meant by the 'Self'. This was known before but has become much deeper, and a great many real experiences seem to stem from it. Some 'presence' has become a certainty and is carried about with you...
5. I felt with blissful humility that I was being cared for as by a loving parent... This feeling seems to have left a lasting memory as I can recall its 'taste' at will provided I am quiet.
6. Somehow I was thrown back on something in myself, a strength I had not known before.
7. A recurrent experience since childhood of the inviolability of my own inner Self. Experience of this especially at times of great difficulty.
8. From early childhood to the adult stage I was very much aware of a guiding force, a sense of safety and security. In my early twenties I came to realise this thing was no longer present and I felt sad at the loss. Not at first, but sometime after I'd had the privilege of being brought to the 'System', quite suddenly one day this remarkable thing I knew when young had returned.
9. As the noises, voices and pictures of daytime fade, frequently another Presence pervades my whole being. At first it came only in flashes but latterly for longer. It is a Presence strangely familiar – tranquil, undaunted and all-embracing; always leaving the same influence for a better way of living.
10. (One of the long-term benefits is) a growing realisation that there exists, has always existed and will continue to exist, a Divine power which is exerting an ever-increasing influence upon one's life and which can provide love, solace and guidance at all times, particularly in times of stress and anxiety.

If this continued realisation is natural for everybody and is to be had for the asking by all of us, why don't we go for it? And those who wrote about the above experiences would be the first to agree that there's infinitely more to be learnt about that Divine Nature!

(Pause for discussion)

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## 2. 'SAINT'S EYE VIEW'

Though the 'insight into one's own nature' arises from within, yet for many, this same Divinity is approached seemingly in another way – from the outside. Many of His Holiness's stories concern the relations between a 'Holy Man' and his servant, or a 'Holy Man' and ordinary things and people. When asked what was meant by the term 'Holy Man' or 'Saint', he has said: 'One who is supposed to see things with the eye of Atman.'

Though we of course are by no means Saints (since such a state lasts in us too short a time), yet for a few seconds we do sometimes 'see things with the eye of Atman' – what I call the 'Saint's Eye View'.

Listen to these examples of yours:

1. As a small child whilst lying on the top of a steep bank near a privet hedge, I was looking up at the sky – when suddenly, without knowing why, I left my body and was up in the air looking down at a recumbent figure which was me... This is still vivid, and now at the age of 63, I still remember this experience – the wonderful feeling of lightness.
2. The ordinary is transformed into the miraculous. A park flowerbed reflects the miracle of creation.
3. The growth of a deepening love for one's wife and children... which brings glimpses of a yet higher, more intense, all-embracing love, born of a higher intelligence and charged with infinite possibilities.
4. It was during the Silence that I saw the meaning of the words (of Mr. Ouspensky), 'Everything is alive and interconnected but in a strange and incomprehensible way.'
5. The capacity to understand people and sometimes to get very close to them, increased enormously after we found the meditation; though of course it has never been there all the time... but usually comes when most needed.
6. Suddenly seeing a whole group of people in a room as they really were. First the difference in their features, then a melting away as if layer upon layer was being peeled off until gentleness and goodness seemed to radiate from them, and touched the same core in myself... This was, I know, directly attributable to efforts of attention made during the Movements class...
7. I knew then (helping to look after someone who was seriously ill, yet acutely aware of how little I understood and was able to do), that the whole universe was united by love; and it was so clear that I couldn't think how it was I had not known it before.
8. (A long-term effect has been) a changed attitude to death – no fear or uncertainty any more, but only a hope that any intense pain or suffering will not prevent recognition of the great sphere of Love one somehow knows is there.
9. The moment (when my husband came back from War service and our four-year old

daughter ran alone down the lane to meet him) seemed to be caught for ever like a fly in amber, and I had a completely new and different sense of time. Since that day I have understood in my heart the theories of many dimensions, however difficult they may seem in the head.

10. I was in Southern Spain, and one afternoon having walked some way, I lay down on the grass enjoying the peace and beauty of the surroundings... Quite suddenly I had a wonderful feeling of the unity of all things, the Sun, even me and the small wild flowers growing near my face. I felt so happy, and knew that this was something I could never forget and which would help me when doubts assailed me.

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Don't those remind one of His Holiness's story of the Holy Man who was out for a walk with some of his followers when he saw a beautiful woman standing there and stopped in his tracks as one transfixed. When the bystanders began asking what business a Holy Man and a celibate had to stop and stare at a woman, he said haltingly: 'I am seeing in her the beauty of God.' Some of Mr. Resuhi's stories and many in the *Mathnawi* express the same thing. Better still, during the march of the Mukabeleh we actually see in each other's eyes the Glory of God.

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### 3. NATURAL LAWS

But besides helping ourselves and our friends, we could turn our experiences in the direction of something urgent just now on a bigger scale. Everyone of us knows *something* very well – electronics, physiology, cooking, physics – it doesn't matter, for in any of these we can see something of the Creator or of his Cosmic Laws. Why don't we capitalise on what we already know? That needs the insight that comes out of the Silence to illuminate what one knows. If we would do this, we might be doing something really useful to this Work of awakening people.

Some burning question of the hour can do it for those lucky scientists who make epoch-making discoveries. We all know how Crick and Watson by a succession of 'insights' over 10 days cracked the DNA code.<sup>†</sup> During that earlier and far longer period which has been called 'a heroic time' for physics, many such 'insights' occurred. Here is one from an eyewitness:

During a collegium held at the institute (in Copenhagen) late in 1935, a report was given on a paper reporting Fermi's discoveries in Rome. 'Bohr kept interrupting, and I wondered a bit impatiently why he didn't let the speaker finish. Then in the middle of a sentence, Bohr abruptly stopped and sat down, his face suddenly dead. We feared he had been taken ill. After a few seconds he got up again and with an apologetic smile said, "Now I understand it." In those few seconds Bohr had grasped the idea that would lay the basis for the future of physics and indeed the world. He had understood essentially what was happening in the nucleus (of the atom) and why. He then outlined his insight.'<sup>‡</sup>

At the present moment the world waits for the definitive description in modern terms of the Soul of man (the Buddhi or Charioteer); what is happening in it in different states of

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<sup>†</sup>*The Thread of Life*, John C. Kendrew London, G. Bell & Sons Ltd., 1966 & *The Double Helix*, James D. Watson, Weidenfeld & Nicholson, 1968.

<sup>‡</sup>Otto Frisch (the eye-witness) cited by Ruth Moore in *Niels Bohr the Man and Scientist*, Hodder & Stoughton, 1967.

consciousness and why. The narrow conception of the 'Mind' in the West, and the mix-up between 'thinking' and consciousness is bedevilling everything.

The full function of the Buddhi in higher states of Consciousness could lead to establishing the concept of Higher Mind. But a succession of 'insights' is needed to be able to put the evidence simply and cogently. Who will do this, if we do not? And isn't the Soul of man even more important to understand than the nucleus of the atom?

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