

4 March 1968

## READING 6

### PART 1

As was said last week all knowledge can be useful, and one can study the vast structure of the forebrain (the seat of our consciousness) *from below* in terms of mechanical or of biological laws. But for the practical purpose of Self-realization we must get to know it *from above* through experiencing Conscious energy. Psychology (the 'Law of the Psyche') begins and ends with the expansion of consciousness whereby a man's psychology can be organised.

The expression 'from above' means that it must be seen from one's own '*peak* experiences' with the help of those who have attained full Self-realization. It is possible, for instance, in the light of a peak experience to find in the Gospels a symbolical description of experiences of Self-consciousness and Cosmic Consciousness among the few who were nearest to Christ, and in sharp contrast with the ordinary state of the sleeping people around.

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This week it might be helpful to you, with that forebrain diagram in mind, to look at another ancient teaching which was preserved for centuries in an esoteric circle in China and which developed as the 'Religion of the Golden Elixir of Life' in the T'ang period (8th century AD). The founder is said to have been the well-known Taoist adept Lu Yen, who himself attributes its origin to the 'Master of the Pass' for whom, according to tradition, Lao Tzu wrote down his much-quoted *Tao Te Ching*.<sup>†</sup>

The Teaching was only written down during the 18th century and the oriental scholar, Richard Wilhelm, who lived many years in China, managed to get hold of a copy and translate it into German. He died in 1930 and later an English translation was made. It is only the beginning of this 'second-hand' English translation – *The Secret of the Golden Flower* – that can be of use to us, as illustrating the possibilities which can arise from Conscious organisation of the contents of the forebrain. After the first few pages the book deteriorates, as mechanicalness takes the place of Conscious experience.

### 1. Heavenly Consciousness (the Heart)

The Master Lu Tzu said: ... today I will be your guide and will reveal to you the secret of the Golden Flower of the Great *One*... The Great *One* is the term given to that which has nothing above it. The secret of the magic of life consists in using action in order to achieve non-action. One must not wish to leave out the steps between, in trying to penetrate directly. The maxim handed down to us is to take in hand the work on the Essence. In doing this it is important not to follow the wrong road: The Golden Flower is the Light...

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<sup>†</sup>That religion however was mixed up with Mahayana Buddhism, which in Lu's time dominated thought in China, explicit reference being made to the method known as 'fixating contemplation' – a purely Buddhist method.]

### Commentary. 17th or 18th century

... That is the true power of the transcendental great *One*. If a man attains to this *One* he becomes alive; if he misses it he dies. But even if a man lives in the power (prana) he does not see the power, just as fishes live in water but do not see the water. A man dies when he has no life-air... therefore the adepts have taught the people to hold fast to the primal and to guard the One; it is the circular course of the Light and the protection of the centre. If one guards the true power, one can prolong the span of (Spiritual) life...

#### Lu Tzu continues:

The work on the circulation of the Light depends entirely on the backward-flowing movement, so that the attention is gathered together (the place of Heavenly Consciousness, the Heavenly Heart). The Heavenly Heart lies between the... two eyes.

The *Book of the Yellow Castle* says: In the room (lit. 'field') of the square inch of the house of the square foot, life can be regulated. The house of the square foot is the head (lit. 'face'). The room of the square inch in the head: what could that be other than the Heavenly Heart? In the middle of the square inch dwells the splendour... The Heavenly Heart is like the dwelling place, the Light is the Master.

Therefore when the Light circulates, the powers of the whole body arrange themselves before its throne, just as when a holy king has taken possession of the capital and has laid down the fundamental rules of order, all the states approach with tribute; or just as when the master is quiet and calm, menservants and maids obey his orders of their own accord and each does his work.

Therefore you only have to make the Light circulate; that is the deepest and most wonderful secret. The Light is easy to move, but difficult to fix. If it is allowed to go long enough in circuit (lit. in a circle) then it crystallises itself; that is the natural spirit-body... It is the condition of which it is said in the *Book of the Seal of the Heart*: Silently in the morning thou fliest upward...

The book of *Leng Yen* (a Buddhist Sutra) says: By collecting the attention (lit. thoughts) one can fly and will be born in Heaven. Heaven is not the wide blue sky, but the place where the body is made in the house of the creative. If one keeps this up for a long time, there develops quite naturally yet another body, a spirit body.

The Golden Flower is the Elixir of Life (*Chin Tan*, lit. 'golden pill'). All changes of spiritual consciousness depend upon the (Heavenly) Heart. Here is a secret charm, which although it works very accurately, is yet so fluent that it needs extreme intelligence and clarity, and complete absorption and calm. People without this highest degree of intelligence and understanding do not find the way to apply the charm; people without this utmost capacity for concentration and calm cannot keep fast hold of it.

[Note: The method used to produce these effects is quite different from ours, and is known to have been more difficult and arduous. But with the help of our System of Meditation and/or the Mukabeleh or the Movements as carefully taught us, we can all be much more sure of getting results.]

### Commentary. 17th or 18th century

If a man can be absolutely quiet, then the Heavenly Heart will manifest itself... If the thoughts are absolutely quiet so that the Heavenly Heart can be perceived (lit. seen) the spiritual intelligence reaches the Source unaided... The Great Meaning (*Tao*) is just this thing.

The Master is further concerned that the people should not miss the way... Therefore he says: The magic of the Elixir of Life makes use of conscious action in order that non-action may be attained. Conscious action consists in setting the Light in circulation by reflection<sup>†</sup> in order to make manifest the setting free of Heaven. If then the true seed is born, and the right method is applied in order to melt and mix it, and in that way to create the Elixir of Life, then one goes through the pass. The embryo, which must be developed by the work of warming, nourishing, bathing, and washing, is formed. That crosses over into the realm of unconscious non-action. [i.e. passes below the threshold of *our* ordinary consciousness.] A whole year of this fire-period is needed before the embryo is born, sheds the membranes, and passes out of the ordinary world into the holy world.

This method is simple and easy. But there are so many transforming and changing conditions connected with it that it has been said: Not with one leap will a man suddenly get there. Whoever is seeking Eternal Life must search for the place whence essence and life originally spring.

#### COMMENT

From this point the method diverges more and more from our method and confusion would be produced if those further instructions were followed by us. As Tao gave place to Buddhist methods, so the attention was transferred to various parts of the body in *contemplation*, not meditation. The general remarks quoted above merely show us the way in which our meditation can produce the right effects without our being required to follow the process. But I feel we can be pretty sure that the expression 'Elixir of Life' is just another name for the Third Force – the Sattva.

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#### PART 2. MORE ABOUT FOUR KINDS OF ENERGY

The same confusion was evident at some of your meetings about the four kinds of energy as exists in current thought today. The mechanical world is studied by the various branches of physics, chemistry and engineering. Transducers are mechanical devices for converting one form of mechanical energy into another form of mechanical energy; no transducer can transform mechanical energy into life. No amount of mechanical energy alone will produce a single living organism – even the simplest form of virus or even the separate parts of a virus, which when added together will make it live. Living things can organise and use mechanical energy; psychological energy can organise and use collections of cells and harness biological energy for one purpose or another. Similarly no amount of psychological energy alone can produce consciousness; but consciousness can organise and use psychological energy for its own purposes.

No computer can put itself together or programme itself to produce a living brain; men who are disciplined and relatively conscious as compared with a computer can adapt something of what they observe in Nature for the purposes of engineering. Much is being learnt today through the new discipline of 'Bionics' (that is 'Bio-electronics'), which aims at using the principles of animal and human biological systems – and especially brains – in electronics.

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<sup>†</sup>We must take this to mean not *thought* but 'reflection' of light as in a mirror.

The following extract from an account of present work on dolphins at a French Navy research centre at Biarritz illustrates all these points. Dolphins are the most highly evolved inhabitants of the sea; they are mammals and they have far the largest brains in proportion to body-size of any marine species:

A dolphin can swim at a top speed of between twenty and twenty-five knots, leaves no visible trace and therefore saves energy; the fastest submarines can reach thirty knots, but in doing so, use definitely more energy than the dolphin.

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So the French naval engineers are trying to get some tips from them! Moreover, it has been proved beyond doubt that the dolphins really have a genuine language by which two-way communication takes place (some of this in the ultrasonic range). In this interview, after describing the experimental proof of this, Chief Engineer L'Estoile said:

From the point of view of Bionics it is not dolphins' language that interests acoustic experts, so much as their sonar (sonic radar) which is far more highly developed than anything invented by man so far. What we are trying to do is not to copy the dolphins' sonar, but to understand how it works in order to develop an equivalent. Our own sonar systems require much power, are cumbersome, and their beam is difficult to focus.

The dolphins sense objects in their path with a system no larger than their heads. They have excellent directivity and, above all, an extremely sensitive signal analysis – far superior to what human devices are capable of; with its eyes blinkered the dolphin can differentiate between two fish of much the same size and outline but of different species, e.g. mackerel and sardine. Every time he will take the mackerel which he likes, and leave the sardine. Man-made sonar systems are unable to distinguish even a ship from a wreck or a large rock. And the dolphin is very much more efficient – much better results from a more compact system with smaller expenditure of energy...

There is one difference we noticed immediately between their signals and man-made signals; our signals are transmitted on a more or less 'pure' frequency – they cover only a very narrow bandwidth. But dolphins emit signals with a highly complex frequency structure. In a single signal with an astoundingly short duration (1/1,000 sec. – a millisecond, the time needed for the muscles to react) the dolphin emits on one frequency of 3 kHz, and another of 24 kHz. In terms of wavelength, these correspond to sound waves of 20 inches – greater than the length of most fish – and of 3 inches – smaller than most fish.

When research began on dolphin sonar, it was thought that the signal they emitted returned to them unaltered. Now, on the contrary, it is believed that this complex signal returns to them in a very distorted form, and that it is their skill in analysing these distortions which enables them to achieve such great accuracy in recognising fish.

(*ibid*)

#### COMMENT

It is probable that man is incapable of a major invention that is not already to be found in the universe, and that he will only understand the universe in proportion to his own degree of know-how and skill. Atomic energy, for instance, is now realised to be the energy in the interior of every star. Examples are constantly coming up; think about it.

But another fundamental point arises from the above account which is of special interest to us. It was suggested that within the inner tier of the forebrain frequencies in the range of radio will be found. We see in a number of species of organic life – not only dolphins – that radio is already in use. Among these the needs of their life seem so far as we know to canalise these frequencies chiefly in the direction of movement by echolocation. But for man it may be *radio-communication* which would be far more important. The ability to work with frequencies higher than the common sensory range seems, in Nature, to be developed as the speciality of a particular species by the slow process of natural selection over millions of years. Nevertheless, radio equipment does exist in potential in the avian and mammalian brains, to be only perfected in individual *man* by special orientation, organisation, and long endeavour. There are things we have experienced in the realm of extrasensory perception, for which radio-communication is the most likely explanation. Perhaps much that Mr. Ouspensky and the Shankaracharya have said on the subject can be taken not just as analogy but as fact. Our System also maintains that telepathy and the ability to read the minds of other people are normal functions of consciousness in the two Higher Centres. We need perhaps only direct our attention to them more than we do.

Perhaps the psychologist of the future will follow up the hint quoted from Chief-Engineer L'Estoile about the more complex frequency structure employed by the brain – for the human brain must be very much more highly organised than the dolphin's. My guess is that this will prove to be the ultimate secret of Consciousness – the ability to receive and transmit over a great range of frequencies simultaneously.

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