

6 July 1969

SUMMER PROGRAMME 1969**PRIVATE & CONFIDENTIAL**

The following sequence was recorded on a recent visit to the Shankaracharya (31 October 1967). It is arranged here so that the idea to keep in mind on a given day, leads on to the next.

1ST DAY

Q. Who am I, and how can my purpose be fulfilled?

S. The answer is extremely simple and short. I am that which cannot be separated from me. 'I' is the Atman, and everything else is Idam ('that'). All 'that' is not me but *for* me. We have used one example of the Sun and its light. The Sun is not the light; vibrations of a certain wavelength are emanating from the Sun which appear in my consciousness as light. The vibrations belong to the Sun, the light belongs to me.

I am that with whose power the understanding discriminates, the mind registers, and the body does its job. Anything that we see, hear or talk about is not 'I'. Those are my instruments which can be separated from me. That which cannot be separated is the 'I'.

Keep asking yourself: 'If everything were taken away – body, mind desires – what would still remain as me?'

2ND DAY (referring to the previous question)

S. When we say 'fulfilling my purpose' we introduce a qualification: the real purpose is not qualified. In fact, the purpose is the peace, and the peace lies in giving up. All that we need to do to fulfil the purpose is to be at peace and give up. We give up all 'attachment'. In desires and in their fulfilment there is no peace. One works for a desire, and when it is fulfilled one becomes happy only for a few seconds before the next desire comes in.

Experiment: See for how long you can just *Be*, without any desire at all.

3RD DAY

Q. When the Absolute has sparked off this creation, He must have had some purpose behind it. Must not the great purpose be in some way related to us, since we are part of that same Absolute?

S. The Absolute is Truth, Bliss and Consciousness. The Creation is for bliss. It is a play, and the play is only for enjoyment. Human beings are part of the Absolute and contain everything that the Absolute has. Thus men are created Self-truthful, Self-conscious and Self-blissful. The Absolute gives rise to the Creation and enjoys it as a witness without becoming involved in it; but man prefers to get involved as a doer instead of a witness. This endeavour is followed by the duality of 'want it' and 'got it'.

All that involvement binds men in little boundaries, and little boundaries give them only little happiness. The Self, being the Absolute, could not be satisfied with such limited happiness; and this is why there is a constant search for more happiness, more truth and more consciousness. That search pursued externally makes them only more active, so they run amok and from that come troubles, anxieties, conflicts and discomfort. The real purpose is thus entirely lost.

Observe how identification with any train of thought only creates boundaries and restricts happiness.

4TH DAY

Q. When we are given some big idea of True Knowledge like the Law of Three, this tends to remain quite separate from our ordinary life. How to fill the gap so that such an idea influences the way we live?

S. The whole Universe is governed by the Law of Three, of which the first and simplest manifestation which we see is that of the three Gunas – Sattva, Rajas and Tamas. This Law of Three is repeated down to the coarsest forms of creation. Examples can be found everywhere; in any walk of life, or at any level of life, one can see this Law in operation. Our Mantra is composed of 3 forces; there are 3 regions of our psychology: heaven, earth and hell. Even in every action one can see the interplay of the three forces. It is only a question of looking at any action or any situation or any person and getting to know and feel the Law of Three working in them.

Try to get into the way of taking any situation or action which immediately affects you to observe this interplay. Or take one of the stories you have been given from this point of view and find resemblances in real-life examples.

5TH DAY

Q. When a good idea is given, very quickly all the Sattva goes, and it becomes dull and complicated through thinking and talking about it. I wonder if this is a matter of more careful instruction or of acquiring more Sattva?

S. Your observation itself shows the play of three forces! The moment a good idea is given, a beam of Light comes in to brighten everyone and make them happy. This is the play of Sattva ('energy of awakening of the Being'). When you start talking and discussing and pulling and tearing the idea to pieces, that is the play of Rajas. When one is under the influence of Rajas, one cannot see what is there in the idea; this leads to confusion, and before all your assaults are finished the idea is dead, which makes people miserable again. The dead idea, the 'shell' of an idea, is evidence of Tamas.[†]

Choose one of these big ideas and try to hold it peacefully, without analysis or association. Then 'the idea will make its home in your being; it will brighten up the situation, for once the Light of Truth has been it stays for ever'.

[†]See *A New Model of the Universe*, pp.138 & 333.

6TH DAY

In all the Shankaracharya's stories one can learn to see the interplay of three forces: Here is one given in the following context:

Q. Does the interplay of Three Forces manifest in each of the rooms of the house? Can one see extremes of Rajas, for instance, in the lower room in people who love speed of movement like driving fast cars or in sport; or in the middle room in people who are excitable emotionally; or in the top room of those who are mentally active and domineering?

S. Talkative intellectuals, excitable and temperamental people, and those who flare up in anger are weak compared with those who can perform quick and skilful actions. Those who drive fast cars, and can perform speedy sports and actions efficiently can do better meditation. Quick actions must be kept under control.

There was once an excitable Marwari (tradesman) whose mind and movements were often uncontrolled and without purpose. One of his friends took him to a meeting. Here he sat in the back row and owing to total lack of interest he was soon fiddling with the shirt of the man in front of him. After a while he fell asleep; in his dream he was selling his cloth to a client who demanded a piece of cloth of a few yards in length. His fiddling fingers got busy and tore up the shirt. Its owner was furious and, on waking up, the tradesman had to provide him with six yards of new cloth in compensation. This made him realise the dangers of involuntary actions entangled with thoughts and dreams.

Summary: The advice of a Zen Master is useful here: 'When walking just walk; when sitting just sit. Above all, don't wobble.'

7TH DAY

In order to make practical use of the Law of Three, we were constantly urged by our first instructor to search for the missing element in any situation or activity. What makes it less than perfect? Why is the result of my action different from what I intended? In general, what is missing in everything is that we never remember *ourSelves* – everything, he said would be transformed if we could do that.

What chiefly made me put my trust in the Shankaracharya is that he not only said the same, but always remembers himself. This answer to a question shows the importance he attaches to that:

Q. When people in the West come to one in a state of 'perpetual motion', one would like to be able to give them the stillness one finds here.

S. To create an atmosphere like the one here in this Ashram, you should meditate with them and discuss the True Knowledge; by doing this the Sattva particles would transform the atmosphere.

Sometimes also a little discipline is needed. Ten pilgrims swam across the Ganges; and being afraid of the crocodiles they were quick to count heads when they landed. But to their consternation they found that whoever counted, the number was always nine! A wise Man happened to be passing and when he heard their problem he took the first man and beat him once on the head; the second twice, and so on. The tenth man got ten blows so he wouldn't forget so quickly. Greatly relieved, they went on their way with more happiness and success.

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