

7 May 1973

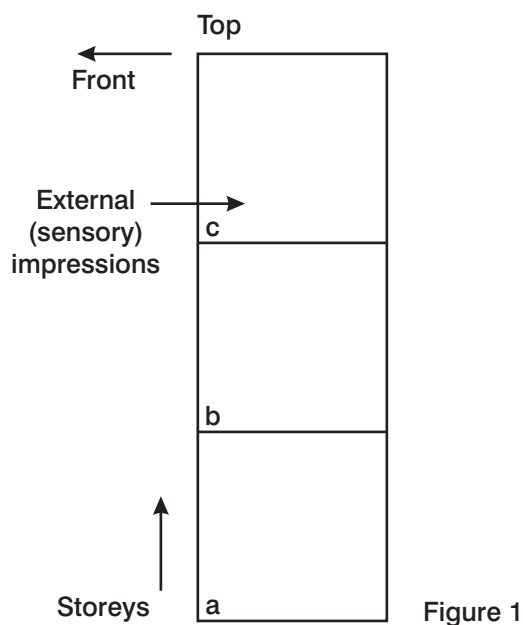
READING 1

CONSTRUCTION OF A SYSTEM 1973

The prime objective of such a System is Know Thyself, which knowledge alone will bring the Unity and Integration everyone needs. We need to have a general plan of man's construction in order to observe our chief functions in different states of consciousness, to discover our possibilities (most of them still latent), and regulate our behaviour in relation to the realization of those possibilities.

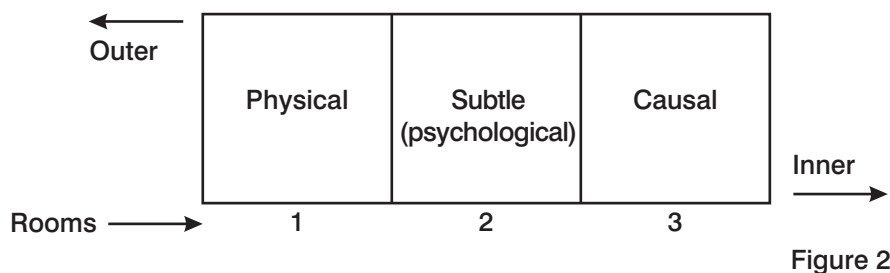
Both the 'Advaita' (non-dual) System of the Shankaracharyas and the fragments of the Western System (with which we began), contain frequent references to the *threefold* construction of the 'house in which man lives'. But both Systems view the house from two different aspects which are continually getting muddled.

On the one hand, there is the vertical division into three *storeys* as in the Food Diagram, the diagram of centres and energy accumulators.



This can be exactly fitted with anatomy, neurology and physiology, and contains all that can be studied by physical methods and laboratory science.

On the other hand, each storey contains three *rooms* going from the *outermost to the deepest in the sense of innermost*; and it is this that cannot be investigated by physical laboratory methods, but is all-important for Self-realization.



Of course the two are intimately related, but it is necessary to be very clear about them in order to find this relation.

The next step is to realize the presence of Pure Consciousness in every human being, and that this Consciousness is to be apprehended by going *inwards* (Figure 2), *not* upwards (Figure 1), i.e., it is manifested – not in the physically alert state, but in the dreamless, completely silent state (Figure 3). This is the direction in which the meditation or any other spiritual discipline must lead if it is to achieve Unity.

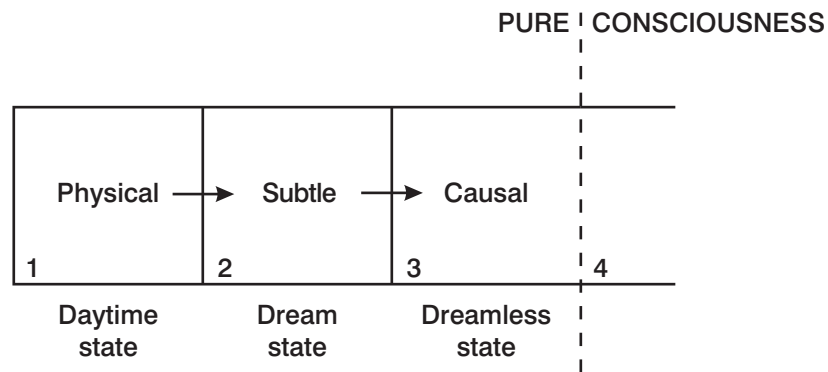


Figure 3

This clear Consciousness is to be conceived as eternal and omnipresent. It is not limited by any physical structure, nor by recurrent states of consciousness. That is why it is expressed here as a dotted line extending beyond the three rooms.

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DIRECTIONS FOR WEEKLY GROUPS

Until more of our senior people understand this new point of view by putting it into practice themselves, I do not want to launch out on a systematic teaching for another week or two. Therefore the silent meetings should continue, and here is a thought which can be held in mind at your meetings this week:

I bind myself today to a strong strength, to a calling on the Trinity. I believe in a Threeness with confession of a Oneness in the Creator of the world.

(from St. Patrick's 'The Deer's Cry'.)

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