

27 October 1975

## READING 4

How far have you got with last week's paper about 'coming to a decision' and how many of you have started to put such a decision regularly into practice? It would be waste to squander any more of the richness until we have clear evidence that many more people have got going!

In a nutshell the content of Reading 3 was: 'The relationship between the Universal and the Individual Consciousness (the Param-Atman and the Atman) is always present in each individual. But it becomes alive only when consciousness comes into action, which means when one consciously remembers the Param-Atman... to help our memory one has somehow to convince one's mind (Buddhi) and come to an unalterable decision.'

All this time most of us have depended on 'good impulses' (usually supplied by other people). We have not yet got off the ground on to the 'Ladder of Self-realization'. To get any permanent result we have to convert any good impulse into some regular day-to-day effort by forming a decision and keeping to it.

The Shankaracharya has promised that from the time we really start this regular work, it would take (at the most) three years out of a whole lifetime, to get so far up the Ladder that we stand on our own feet without risk of falling off. This came true in my own case, for I only really started in the New Year of 1972, and though this kept bringing in regular dividends, one didn't get the full bonus until this year 1975. The 'New Year Programme of 1972' can be recommended as a good starting point – well within the scope of anyone.

To continue: 'The decision is of this type: To acknowledge that *all our activities are done because of the inspiration of the Conscious Self; that it is all done only for that Self, and by means of the energy made available by that Self.* – Further: In the *Gita*, Lord Krishna says that such action should be performed *with pleasure*; not by coercion, not by compulsion, not by bondage of any sort. So whatever bubbles up from one's own fullness of inner happiness, it is this that should be performed' – like that merry Mahatma under his tamarind tree!

(Pause for meditation or discussion. If there is a discussion, it must be remembered that the details of such a decision must be left to the individual. What could profitably be discussed is how the group as a whole could help each individual to keep to his or her own decision, week in and week out. The group-takers could then ask for specific help for their group at the small Monday meetings.)

## After meditation

S. One can acquire union with the Param-Atman just by crying for Him, provided that He is the ultimate end of one's crying.

A Realized man was approached by an ordinary person and asked what he should do; he didn't feel he could take on much discipline, so what was the simplest thing for him? The answer was that he could find Param-Atman if he just kept running and when he fell exhausted he would find Param-Atman at hand. The man asked: 'If Param-Atman can be found by running, why not by just sitting?' The Mahatma said, 'All right – but how long would it take you to get exhausted by sitting? But the real question is: What are you sitting *for*? If

you are sitting for the Param-Atman, if you are running for the Param-Atman, Param-Atman will meet you there.

You can be doing almost anything, it doesn't really matter (though some disciplines may be quicker than others). The real crux is whether you are doing it for the sake of Param-Atman and not just from some worldly motive.'

Then the Mahatma added that the unity is already present, nobody has to *acquire* it; but because we have all forgotten this innate unity, we are only required to give up our ignorance – give up our forgetfulness – by *any* means.

(Record, 26 September 1975)

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Note: As there will be no material next week, this paper together with Reading 3 should be used for a further two weeks. If there is evidence that the material is being put into practice, another reading may be supplied after that.