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NEW GROUPS

The new facts about the symmetrical structure of the whole human body (including the brain) is just part of the True Knowledge which has been experienced by Self-realizing people at all times and places, right back to the beginning of language and communication.

Because only a very small part of this can be investigated scientifically in clinics and laboratories, scientific descriptions are apt to be terribly dry and theoretical to both scientists and non-scientists alike. So, although it is essential to have some special knowledge to guide us so we don't go off into idle speculation, we don't need to use this language in our groups!

The full description of a human being is that he consists of Body (physical level), Personality and Essence (subtle level), Soul (Causal level) and Spirit ('Self'), above and beyond them all. What is so refreshing and important to each of us is to realise that (in the Shankaracharya's words) 'One is not just this perishable body of flesh and bones, one is not only these changing thoughts and feelings, but one is an immortal Soul – the dwelling place of the Eternal Atman – as well.'

If one takes them within this context, the recently established facts about the difference between the two hemispheres becomes an exciting and immensely profitable start to the exploration of one's own nature.

So what does this really mean? The material body is all that the physical sciences can study and everything about it is known to the smallest detail; except all the important questions as to why it exists at all, and what makes it function. But we all know that within it each of us has that private world of our psychology which nobody knows about. This private world consists of our individual 'Essence' with which we are born and which (like our fingerprints or our special talents) makes us different from anybody else in the world; and our 'Personality' with which we learn, communicate, and imitate other people and follow the fashions, in our journey through life. The left, or dominant hemisphere, which is the basis of personality, so dominates the other one (which cannot express itself in words) that we forget its very existence and in many people it remains at about the stage of a child of 5 or 6. Only in those who have learnt to use their creative talents, in those who lead a religious life, or in those who learn to 'remember themselves' through the cultivation of 'attention', does it approach to full stature.

Yoga or 'union' which means the development of unity between all those 5 elements of human nature, begins with achieving a balance between the two hemispheres so that each performs its own function in 'peaceful co-existence'. This was the point of the two lectures called *The Unity of Conscious Experience* recently given in New York and it seems that some of it got across and refreshed many people in the hard and material atmosphere that prevails there. It was a real pleasure to have Messrs. Fassett and Womersley with us there during the first week of our stay; but I would like them to realise that they saw only the beginning of something which reached a real climax at the group meeting on our last night.

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