

24 June 1976

NEW GROUPS

The object of all our work is to be good receivers on the Causal level (with the pure energy of the Great Self) and transmit faithfully to the physical world of people and events.

But our machine is full of the interfering noises of the Subtle level of our personal psychology in its undisciplined state. We know that very well from trying to meditate.

So both in Mr. Ouspensky's system and in the Shankaracharya's we are advised to begin our practical work by observing and gradually removing this mechanical noise whenever we have a moment's leisure during the day. Then it will be far less obtrusive during the half-hours.

By Mr. Ouspensky the noise was described as due to the mechanical parts of the different functions: mechanical thinking, imagination, identification with negative unwanted feelings. Attention was the cure – particularly attention to what we are doing at any moment, cutting out the 'personal psychology'.

For the Shankaracharya the cause and the cure are the same, though expressed differently. It is the 'Manas' in combination with the small personal self (Ahankar) under the influence of excess Rajas. We are to try to substitute an increase of Sattva, and under its influence the discriminative function of 'higher' mind can decide what is useful and what is not. *Dispersal of the mind* (which is all the time running on by association of thought with this and that) is dealt with on the 5th Step of Yoga – bringing the mind to a focus – before the 6th Step of Meditation begins (Dharana). Then this single focus will be the rhythm of the mantra. 'Identification' is in his System described by a word derived from the 'sticky gum exuding from a plant or a tree'. The Manas gets caught like a fly by fly-paper and revolves endlessly about some worthless trifle, or usually something unpleasant – quarrel, a street accident, some unfulfilled desire, some flurry or worry. Having played with these during the day, they tend to get dramatised on the Subtle level in dreams at night.

So observe these and give examples of striking instances!

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