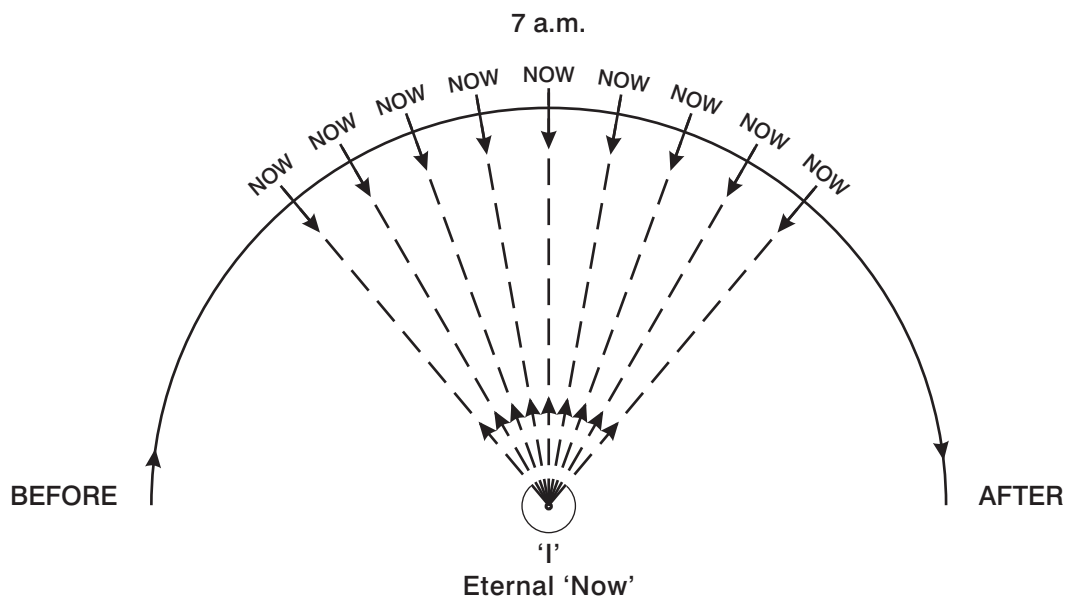


15 November 1976

READING 7

There is another, very practical use, to which we can put the 'Time Diagram' which we showed on the screen at last week's Meditation Meeting and which (in its full form, as in 1976/29) some of you are studying. Here we show only the part of it which now concerns us in showing the two different meanings of the word 'Time' which cause so much confusion because in thinking and talking we go from one to the other without noticing.



The first meaning refers to movement round the circumference or clock dial: Before → Now → After. This is a 'Stretch of Time' – like the French *'temps'* meaning a period or season. The second meaning is the 'psychological moment', moment of opportunity or 'moment of truth' in the French expression *'cherchez l'heure'*.

It might refresh you to hear again a familiar quotation from the third chapter of *Ecclesiastes*, where in the Greek (Septuagint) translation from the Hebrew, the word *'chronos'* is used for 'season', and the word *'kairos'* for the right 'moment':

To everything there is a *season*, and a *time* to every purpose under the heaven;
 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted.
 A time to kill and a time to heal; a time to break down, and a time to build up;
 A time to weep, and a time to laugh; a time to mourn and a time to dance;
 A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;
 A time to get, and a time to lose; a time to keep, and a time to cast away;
 A time to rend and a time to sew; a time to keep silence, and a time to speak;
 A time to love, and a time to hate; a time of war, and a time of peace.

If we could only remember and bring into our calculations, the fact that many of the things we plan to do are quite right, but they don't come off if done 'at the wrong moment'. Meditation for example; some people were given the meditation at what, for them, was the wrong moment – sometimes difficult to put right. Also many of the difficulties people attribute to meditation, are due to trying to meditate at the wrong moment – e.g. when full of 'rajas'.

And the only way to know for sure when is the right moment to do something, is to ask the 'All-knowing Self' at the centre. For there is never a moment when it would be wrong to remember oneself for then we would save at least one drop of energy, which would improve the next moment, and the next... Further, we may want to implement the guidance given by the Self or by the fully Realized man in a particular respect, yet we may have to wait for the opportunity to do so.

We could do worse than ponder over 'The Preacher's' wise examples and see how each of them has a practical application in Western life today. How many sex problems, for example, would disappear if our young people learn that 'there is a time to embrace, and a time to refrain from embracing'. And how many opportunities do we miss by walking mechanically round 'the circle of today' like 'Johnny-head-in-air'!

Motto: One has saved many pints of energy since memorising these words of H.H.

Even if we have only one single moment to live we should forsake all worry about the past and the future and make good use of *this* moment.

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