

23 May 1977

READING 4

This is on the same theme as Readings 2 & 3 – the daily practice of some self-imposed ‘discipline’ to help the meditation to evolve further.

PART 1. THE FOUNTAIN OF KNOWLEDGE

Once, about twelve years ago, after meditating with His Holiness I was astounded to hear my voice asking a question in words which were not my own. He seemed to be expecting the question and was quite ready with the answer.

Q. How to connect oneself with the Fountain of Knowledge?

S. There are two sources of knowledge (cognition); one is the Fountain of Knowledge and the other source are those showers of knowledge (or information) that come from the outside like books or schools or Realized men.

People who are caught and held fast by the material world are like pots turned upside down. However heavy the showers, nothing will go into those pots; they deprive themselves by shutting themselves off, and only live on the few drops which enter them unconsciously (from the earth). But those who turn the right way up and keep open, gradually find a lot with which to fill their lives – peace, bliss and knowledge.

A third type who seem to be connected with, or who *are* the Fountain of Knowledge, are the rare ones who have been on the Way in their previous life and died before full Realization. It is that accumulated Knowledge which forms the Fountain in this present life. They do not need much from the outside; the lid comes off and the Fountain springs out.

(Asked if ordinary people like us could also reach the Fountain, he said that):

One simply has to let the pot be turned the right way up and allow it to be filled; only after Self-realization does one reach the Fountain itself. But, certainly, the deserving will inherit it anywhere; geography makes no difference. People close around the Fountain may not realise it, whereas someone from a distant land might acquire it just only for his sincerity and devotion. Although everyone will get *some* influence from the Fountain, only the ones who prepare themselves will *inherit* it.

...

The whole structure of the universe is fully repeated in the microcosm of our body from the bottom of the spine to the top of the head. During meditation, when once the relationship is established between the corresponding spheres of microcosm and Macrocosm, then one gets those glimpses that you have described. No ‘attachment’ with these happenings should be allowed; even if a God reveals his glory, or something never previously viewed arrives, it should be ignored, and no attempt be made to stop and have a look. They are just encouraging assurances that one is on the Way.

But the Way is not the goal; the Way is to keep walking; so walk on the Way till you reach the goal – the Absolute.

(Record, 20 August 1964)

How does all this sound to you now, with the revival of interest in our Universal Symbol and the Diagram of 3 Octaves of Radiation?

PART 2. A PRACTICAL METHOD

We have just received from Allahabad a translation of two talks given by His Holiness in his Ashram on May 6th and 9th. They are so rich that it would be a pity to waste them by giving too much all at once. We suggest that anyone (and particularly those who work for us in responsible positions) should memorise these key sentences from them before hearing the rest:

People say that they do not find time to sit down in peace and hold the Param-Atman in mind. It is the roving mind (Manas) which works this mischief, for it can readily think of everything in the world but not of Param-Atman.

...Remembering Param-Atman means keeping the Conscious Mind (Buddhi) on it in all circumstances by an effort of will.

Param-Atman is there hidden in everything... so the deficiency lies in ourselves. Bad company eats up energy, while good company increases it.

Each should learn by heart one or other of these sentences so that they become part of one's nature.

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