

14 February 1977

## READING 2

### PART 1

Last week we were all supposed to have taken a new look at the ray of creation. For most this was an exercise in curbing our impatient and discursive minds, and in overcoming their inveterate tendency to think: 'I've heard all that before; let's keep moving on and complicating it!'

In view of what you are going to be hearing we'd like you to consider it this week in its psychological or subtle meaning; for it is here that our Western System and the Shankaracharya's have much in common. In one of the early descriptions of the ray of creation, it was said that matter on the level of the moon is very heavy and dense and as we go up through our Solar system to outer space it becomes progressively lighter and more rarified. Taking this psychologically we see that this meaning is a little different from the usual physical descriptions; though it has a parallel in the rarified atmosphere at the tops of high mountains as compared with the smog of a big city. This aspect was referred to at last Tuesday's Meditation Meeting which some people have asked to hear again.

S. In happiness the Prana (call it 'Life-force') rises upwards, whilst in pain, strain or sorrow it is pressed down – depressed. At its lowest level it is activated in the pelvis, then goes from the lower abdomen up to the solar plexus. It can go higher, from solar plexus to heart, larynx, centre of the brain, to the top of the head, which is called Sushumna. Here, at the top, it swings on the waves of bliss.

The suffering and strain are heavier matters and they depress it down to the lowest point where it feels weak, limited, powerless and ill, as it becomes very dense and heavy.

Due to Meditation, the Prana is stilled, and in stillness and happiness it becomes lighter and rises higher in proportion to the degree of stillness and bliss.

R. If it happened to descend would coming back to the Mantra send it up again?

S. If it cannot rise then some strains are pulling it down. It is one of the laws of nature that when anything rises upwards, gravity will start pulling it down, just as one is pulled down by the leg while stepping up a ladder. If one gives importance to material substances then attachment to those things will drive one down. But if one is deeply detached from everything then Nature cannot hinder one's progress. Once you reach the top the forces of Nature cease to have any hold at all, so falling is out of the question. The way up is against Nature and the danger is only on the way. Once you reach the top then Nature gives up.

(Dr. R. You need never come down.)

(reading continues):

R. Have you any further instructions to give?

S. The Meditation discipline is a part of Divine activity – more like a medicine or panacea to give happiness. In everyday life and at all pressing moments it acts as a tonic to strengthen one with happiness and serenity.

(Record, 22 August 1964)

**PART 2**

One last point is that we waste a lot of time and energy – a lot of good chances – at moments when we *are* in contact with something higher (whether within us, like the beginning of a good impulse or during some fine words being read to us at a meeting or, just when nothing is happening – in moments of peace).

At one talk which His Holiness gave to the general public he told this story to illustrate that in the life of a busy householder, the idea of the meditation and the Source is often lost sight of:

Often a shock is needed; he said:

A rich man used to go to a Teacher, but while with him he would only talk about his household affairs. When asked why, he replied that: ‘It was because his household people loved and respected him so much. Therefore they were always uppermost in his mind.’

One day after a session of this sort, the Teacher went to the man’s house and gave a sewing needle and a reel of thread to his wife, saying to her: ‘Your husband seems to be planning to take all his things with him when he leaves for the next world. Tell him to be sure to take this needle and thread for my sake as I shall need it to repair my torn clothes in heaven.’

When he heard that the husband got the message!

(Record, 16 January 1972)

So let us keep our possibilities more in mind, so we shall take with us when we die what we *can* take, namely the devotion and realization – the emotion of the Causal level – instead of trying to take with us what we can’t possibly take, namely pertaining to our physical body and our turning thoughts.

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