

16 February 1981

### READING 3

Many good things are coming along with the reports of your meetings. In general: take things calmly; don't try too hard; enjoy what you hear and don't worry so much about details. This work and the accompanying meditation is meant to free us from worry (about the future or the past) so don't worry about the knowledge while learning how to practise it, take each fence as it comes and don't try to jump fences that aren't there yet!

In ordinary life people tend to have hot heads and cold hearts because they are not getting the help they need; this Society is meant to produce cool heads and warm hearts. There's plenty of evidence that this is coming about and we are moving steadily in the right direction. The good seed is being sown, and in God's good time will come up and produce flowers and fruit.

Some examples and questions from last week's newer groups so the old hands can find better and better answers:

1. Joan T. Could you give an example of Pure Emotion?
2. Christine A. What I would like to hear about is Positive Emotion.

Ans. These two are really the same (Eastern and Western terminology). Ordinary emotions keep changing and can turn negative any moment. Love which is not returned can arouse self-pity, even hatred. But Positive Emotion (reaching us from the Atman on the Causal level) is emotion which *cannot turn negative* e.g. pure and undemanding love, or happiness without apparent cause. It may come and go but never changes its nature which is Divine. The two different kinds of love were thus described in an anonymous poem about the pilgrimage to Walsingham in Tudor times:

Know that love is a careless child  
And forgets promise past;  
He is blind, he is deaf when he list,  
And in faith never fast.

But True Love is a durable flame  
In the heart ever burning;  
Never sick, never tired, never dead;  
From itself never turning.

Andrea G. – when asked about last Tuesday's Meditation Meeting said. 'Something happened to me... I was deeply moved and aware afterwards of feeling enormous love and deep gratitude to other people and I thought this may be a bridge between subtle and Causal levels. In fact I feel this may be what the Causal level is all about.'

- A. Yes, and this positive joy 'is the natural food of the Atman' so let us try to let Him have more and more of it in return for all the Grace he showers on us.

3. Teresa M. When it was said at the Tuesday meeting that it just needs one person to become realized for all of us to become Realized, what did it mean?
- A. The Shankaracharya keeps insisting on this to those (primarily) who acknowledge the authority of his Teaching and practice of the Advaita Tradition. He points out two things: 1) that we are like a big family all connected by subtle bonds, and 2) that everyone *is already Realized*, but we don't know it. Just as the sun and stars are there, always shining, though clouds and eclipses may obscure them, so the luminous Atman lives in every individual ready to respond when truly and devoutly asked. The sun (Atman) doesn't have 'to be Realized', but the clouds in our minds need to be cleared away so its existence is remembered and believed in, whatever the weather.
4. Angela W. Does it mean that then the Knowledge would just be passed on through that person?
- A. First, Knowledge of His existence and His nature, yes, through consciousness lighting up the subtle level which feels like 'knowing everything all at once'. Next, experience of Divine love (Causal level) which starts with the awakening of conscience and leads to the emotional realization of Truth—*feeling* everything altogether. And finally someone should manifest on the physical level efficiently this love and happiness for anyone who has eyes to see. These would be proof that what we have always known in our hearts is really true.

**Another simile.** One man who has earned his freedom from prison can help his friends who are still inside in so many ways to realise that this prison is simply our own view of the situation, and is therefore self-made. There are really no walls or bricks preventing us from knowing 'Who we really are' and living up to that.

5. John S. Two people see a red sky in the morning; one says 'what a beautiful sky'—the other says 'I had better get my umbrella.' Different reactions to the same world.

**Comment.** Once out of prison one is free to enjoy the sky (and other delights of the universe) and also carry an umbrella if one likes!

6. Tony A. I am trying to remember about our Soul being a seedbed with all possibilities existing *in potentia*. I take it to mean for both good and bad.
- A. In our non-dualistic system, we simply do not believe in some big devil sowing bad seeds in our nature. The seeds that we ourselves sow may be good or bad but the soil is good and all Divinely sown seeds are good too.

(Some of you may remember Mr. Ouspensky's story of the monk who was caught by the Abbot boiling an egg over a candle during the Lenten Fast. In his confusion he stammered out: 'It wasn't me your worship, it was the devil.' Out popped the devil from behind the samovar screaming: 'You dirty liar. I never even knew you *could* boil an egg over a candle until *you* taught me!')

It is I who am the master of my own fate, and no one else can be blamed.

Tony A. (summing up) The real key is that the Overseer should see (with the eye of the Atman) both the world outside and the Self within...

A. Yes; and he and the other servants we have been given were created each to do his own job in harmony with his fellows. Unfortunately when they think the Master is away the servants tend to be quarrelsome and lazy, and the Overseer often curls up for a snooze in the corner of the garden! Then we are free to blame our troubles on someone else.

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