

30 November 1981

## READING 9

## 'PEACE, PERFECT, PEACE'

Most of our groups have just two more meeting before the Christmas holiday, the second of which is apt to be quite convivial so you may not need more than this one Reading. What shall it be about? Do whatever your group wants but this might suit most people.

Just before and during World War II, Guru Deva (the teacher of our guide in India and of the Maharishi) gathered together the leading Yogis and others to devise a system of meditation suitable and possible for all the free world and the Western style of living and provide what they chiefly and urgently needed: mental rest and peace.

Our Shankaracharya (named in Guru Deva's will as his successor) was a member of that group and he has told us of all the experiments they tried before the system of meditation which we inherit, emerged. Since the need is greater than ever today, this is a synopsis of what he has told us about the three levels of peace and mental rest (Record 1974):

1. The rest or stillness at the *physical level* provides enough energy in sleep at night to employ in eight or nine hours of activity for any individual and keep in good health while living a normal and productive life. This keeps the human race going – though not everybody knows the secret of physical rest.
2. The rest at the *subtle level*, by cessation of conflicting desires brings another dimension to the idea of rest. On this level, efficiency arises through all activities – physical, mental and artistic work. Nature provides a number of opportunities each day when there is a moment between the end of one activity and the beginning of another. Everybody needs to know about and learn to experience the existence of these 'moments of opportunity' in which all desires can be stopped and the thinking process comes to an end.
3. The rest at the *Causal level* becomes available when all activities of the physical and subtle bodies – the desires, the thinking processes and even the feelings have been stilled at will (for a short period during meditation).

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Since the Causal realm cannot be described one learns about it by its effects on the long term in the activities and dispositions of such men who provide themselves with *spiritual rest*.<sup>†</sup> This would establish an ideal for the ordinary man to aspire to, if he somehow awakes to the need to improve his lot.

There are three prominent features:

*Firstly*, they show love and affection towards everything they encounter. All activities will be initiated with love, and then held and nourished with love till they come to their fulfilment...

*Secondly*, their ideas, intentions and motives will be pure and simple. Purity and simplicity widen the horizon, and they think and work for the whole human family, and its *intrinsic goodness*. The division of groups, race, colour, nations disappear and only Natural Laws are employed.

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<sup>†</sup>We are incredibly lucky to be still enjoying the example, as well as the words, of one such man who has been guiding us for more than twenty years.

*Thirdly*, the physical movements of such people are only geared to the natural rhythm and the result is simplicity and economy of movement. (This is the objective of our Society's activities performed at Colet House involving 'Movements' and 'Turning'.) Whatever they do will emerge from stillness, be held in stillness and again submerge in the same inner stillness by which they experience the great total immobility.

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One reads this on every page of the Christian Gospel drama, though not in the common life of average 'Christians' since then. One also learns it about the meaning of the great Indian epic of the *Mahabharata* in this story which His Holiness went on to relate at the same interview, and which many of you like very much:

During the great war in India (described in the *Mahabharata*), one day Karna was appointed commander-in-chief of the whole army. When he was going to the battle-field, his charioteer said to him: 'Although you're a great warrior and an efficient leader, it would not be possible for you to vanquish Arjuna because he is supported by Shri Krishna, who has achieved this profound stillness.' (Karna was proud of his descent from the Sun God, and also of his own strength and efficiency.)

The charioteer told him a story about a flock of crows. One of them was strong, clever and good looking, so they made him their leader. This king of the crows felt proud of his exploits, and hence looked down upon all other creatures.

One day a young swan appeared in that vicinity. They all assembled around the swan and asked him if he knew about the great deeds of the king. He pleaded ignorance and wished to see their king. The king crow appeared and asked the swan about different types of flight. The swan, in his simplicity, said that he knew only one style.

The king crow then embarked on an exhibition of his 101 styles of flight. Having performed his 101 types of aerobatics, the king wanted to see the art of the swan. The young swan took off in a graceful, gentle and natural flight and, as usual, increased his speed only gradually. Since the crow was small and swift he flew fast, and realising that the swan was left behind, he came back to cheer him up. The swan gradually increased his speed, and it was not very long before the crow was tired and trembled, and ultimately fell into the waters of the sea. The swan came down and rescued the crow and helped him back to his flock. The crow then became ashamed of his pride, and thanked the swan for his modesty and magnanimity. You see, the swan lived a natural life, while the crow occupied himself in aerobatics and cleverness.

'The ultimate victory goes only to the natural, steady, still and simple man; while the clever, smart and arty-crafty waste their energy in trifling pursuits only leading to their destruction.

So, my great master, you must keep in your mind the steady, still and natural Krishna, for no one can ever transcend Him or anyone whom He likes to support.'

(Record, 9 November 1973)

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P.S. To everybody a happy Christmas and New Year, with our children and grandchildren in command!

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