

2 March 1981

READING 5

RESOLUTION

Reports reaching me this week show once more the tendency of our group discussions to complicate the simple issue; for the outward-looking half of the mind keeps making mountains out of molehills, and difficulties where there are none. 'Liberation' involves giving up old habits; and instead of doing that piecemeal (and forming new habits as fast as we give up the old ones!) we have been coached in creating a single paramount one to replace all the rest.

This was described in an answer given to a question of my wife's on one of her visits to H.H. (in 1975) and though you may have heard it there's no clear evidence that more than a handful of people are doing it consistently.

J.R. Many housewives like me have a day that could be filled, many times over, with jobs to be done. I enjoy the work, and when the remembrance of the Param-Atman comes, my heart is warmed instantaneously. Why do I so often let things separate me from the real Doer... ?

S. The relationship between the individual 'I' (Atman) and the Self of Creation (Param-Atman) is always present. There is never a moment when it is not working but as has been said frequently we keep forgetting this relationship. This happens when we get involved ['identified'] with other things and do not remember the real Doer; but the relationship is always there – we should not feel that even in our ignorance, or by not remembering the Atman, that it would be dissolved.

It comes alive only when the consciousness comes into action, which means when one consciously remembers the Param-Atman, then it gets activated.

It is like the main electricity supply which is made available through cables and connections, but the light or power will be only be available when the switches in a given house or room are turned on; in the same way we have to switch on to be united with the energy from the Param-Atman.

We know that we forget it; to counter this forgetfulness one has by some means to *convince one's mind [Buddhi] and come to a decision*; a decision of this type – that all our activities are done because of the inspiration of the Absolute, and they are done only *for* the Absolute, and by the forces made available by the Absolute. Now if one comes to this sort of decision (Step 2 of the Ladder of Self-realization) then one will see the remembering ('First Conscious Shock' in our Western system) is much more frequent.

Unless we establish this simple but essential habit right away (with the impetus of the Meditation, help, and the good company we are getting) we will not be moving steadily towards Liberation and all our talking and planning will be empty words.

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