

8 June 1982

GENERAL MEDITATION MEETING

On the platform: Lady Allan, Professor Guyatt, Mr. Roy Jacob, Mr. Michael Harris

Mr. Jacob. We have an announcement about Dr. Roles's health.

Prof. G. Some of you will have heard that Dr. Roles is ill, he is really very ill. He had a very happy day on Sunday with the garden working party arranged by the Melletts, and then on Monday he had a heart attack in the morning. Today he seems very slightly better having come to, after a long period of unconsciousness, and has in fact recognised people with a smile. But he remains very ill. It seems important to remember his belief in the continued life of the spirit and the Self, even when the body is out of action; and it seems very clear that this is what has been happening to him during his periods of unconsciousness. His family are with him and, knowing his dislike of hospitals, are looking after him at home and he is as comfortable as possible under the circumstances.

There is probably no need to say this, but please any enquiries are to be made here, and not to Waterton. I think that is all we can say at the moment. I have just been to Waterton and seen him briefly. He was unconscious then, breathing with difficulty – you were there too, Maureen.

Mr. J. I think it might be nice at this moment to have a few minutes of quiet.

MEDITATION

Mr. J. We'll have some meditation again, later on.

Prof. G. There are a few more announcements. At the last Meditation Meeting it was announced that there would be a concert of contemporary music by the Gemini Ensemble on June 22nd. That unfortunately has had to be cancelled as they find that is the evening that they are performing at St. Bartholomew the Great in Smithfield, so please would you tell anybody who might have been coming, and who isn't here today, that it is cancelled. Details of this public concert are on the hall notice board. There is no concert on June 22nd.

The poetry competition is still on. That was also announced at the last Meditation Meeting. Some entries have been received but there is still plenty of time for more before the closing date on 30th June. Does everyone know about that competition?

There will be some initiations here on Sunday 20th June. And will the Saturday night caretakers please have a look at the list on the hall table regarding standing-in during Roy's holiday.

Mr. J. We felt that it would be Dr. Roles's wish that this and other meetings should carry on, to the best of our and your ability. So there will be a meeting as planned on July 13th.

It is very nice to welcome Michael Harris here from the New Zealand group. We have felt the spiritual help that has come from many parts of the world, but it is always nice to have someone here in person. You may recall that the leader of the New Zealand group, Nolan Howitt, came over here when Lord Allan started his next journey.

We cannot sit on this platform without feeling the presence of Dr. Roles and we can only hope that he will be pleased with the way we all carry on this work in which he has so thoroughly and lovingly guided us for these many years and will continue to do – to help and guide us through the next decades. Are there any questions about any of that?

We thought you would like to hear some more from the Shankaracharya which was given at the recent audiences with Maureen Allan and Professor Guyatt and we also have, surprisingly and delightfully enough, received a paper from the Doctor which he prepared last Sunday.

Lady A. (reading)

S. When one sits for the Meditation in a still position, there may be many distractions outside while one is trying to meditate and these distractions will attract the mind. One has to learn not to be distracted by outer influences. Apart from outer distractions though, there are internal riots! These keep going in the mind but this is only attending to certain things which one wants to do. And this is all the mind is doing. It is presenting different files for your consideration. When you are almost still, you can give more energy to these files so your mind tries to help you look at them. In fact this is not the time for those files, so make a resolution. Tell the mind, 'This is not the time for those files. When I have finished my meeting with the Self, then I will attend to those files.' Then you will attend to those files later, resolve those questions which seem to be bothering the mind. This is the way. *Order* him; he will follow your commands provided you do command. Make a resolution, let him stay at the gate and ask him not to allow any files to be presented to you because this is not the time. You will see them later on; and *DO* see them later on.

(Record, 9 February 1982)

Mr. J. How does that strike anybody? It was something quite new to me when I first heard it, this command of the mind. I think you were saying, Maureen, that it was like a new beginning.

Lady A. It struck Prof. Guyatt very clearly the way the Shankaracharya *used* his mind. You remember you said to me at the time... (Prof. G. Remind me what I said) Professor Guyatt was very impressed at the time by the way the Shankaracharya appeared to use his mind as a servant. Robust was the word you used – he was much more robust in his attitude to dictating to his mind what to do. And this answer was to us, I think, so miraculously simple and direct. One had not realised in fact just how much control one could have by being robust about it. Was that it?

Prof. G. Yes, very much so, and also the previous time we were there, he gave a marvellous description of answering questions with the way he used his mind, because he said, 'I just give you what's available and when I have given you all that is available I don't think about it again. I just tell you what is there.' And it seems terribly crisp and uncomplicated. And so does this description.

Mr. W-Prosser. This attitude clearly puts the mind in its place, and gives one the opportunity to be free from it taking over the situation.

Mr. J. Yes, this is absolutely right but be a little careful that you only use it during meditation.

The mind is a very important thing and let us use it during the meditation for this purpose, and not try and shut the mind up normally. But I think you are absolutely right, and I have found it to be a great tool. It is a great help, not only to help stop turning thoughts which happen often, but also sometimes to shut out pictures which come in and I don't know whether I'm firm enough with my mind, but I always like to say 'please' first, fairly firmly! (laughter)

Mrs. Wilson. How strong is the authority to control the mind? Is it something to do with the power that one holds within? Is it measured?

Mr. J. No, I think it's very simply just saying to the mind, 'Please be still, I want to be quiet, but I will attend to what you are saying to me later on.' Try it and see what works for you and we shall be pleased to hear, because I'm sure that various people will find slight variations that suit them better.

Well, we have a very nice story to illustrate that and we thought after this we might have some music which is one of Dr. Roles's favourite pieces – it's the slow movement from Mozart's Piano Concerto in D Minor, K466. So after the story, perhaps we could have the music and then we will meditate for a while.

Mr. Harris. This is the story that illustrates this: (reading)

A man in pursuit of spiritual knowledge and practice turned to some sort of ritual in order to gain control of a ghost. He hoped to get most of his work done by this ghost so that *he* would be free himself to meditate, study and do spiritual work. So he gained control of the ghost in order to use it like a servant. But this ghost was very powerful and quick. When asked to do something, the ghost completed the task very quickly and then returned for more orders. Before the ghost had taken on the job, it had said that if there was no work it would devour the man! This was the condition – it must be kept busy all the time! This man thought there was plenty to do, so the ghost could be kept busy like any other human being, but the ghost was so fast that it very soon completed all the work the man could think of.

Now this man had an inspiration. He said to himself that with the quickness of this ghost it is impossible to give it enough work, so it should be given some job which would never come to an end. He got an idea and asked the ghost to cut a bamboo pole and bring it to him. He asked the ghost to fix the bamboo pole in the courtyard. When the ghost had fixed it firmly there, the man said, 'Unless I ask you to come and do a special job, your general job is to go up and down this pole!' Now going continually up and down this pole exhausted the ghost very quickly, and then it settled down at the bottom of the pole to wait for the next order from this holy man.

Now, mind is very like a ghost – its job is to propose and counter-propose; there is no end to the variety of counter-propositions it can produce. This is the job of the mind, and that is how it keeps people busy, and people get tired, not only mentally but physically.

The pole is the Mantra. Order the mind there and it will settle down fairly quickly. There is no reason for mind not to follow you; mind always follows a command. If you command it to be peaceful, it will be peaceful. If your command is wavering, then you are not asking your mind to be peaceful.

(*ibid*)

Music And Meditation

Mr. J. We'd like to hear now the paper Dr. Roles prepared on Sunday (and we should give our thanks to Mrs. Little who typed it just before the meeting began).

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