

Start with Meditation

There was a request last week for a paper on 'Time'. To begin to understand this idea it has to be in the context of a studied subject such as mathematics, physics, philosophy, or history etcetera.

At present Professor Brian Cox is providing his insights on time in relation to astronomy which are drawing a large audience because he knows his subject and is a good communicator.

It helps to remember what our Western tradition had to say on cosmoses when listening to the TV lectures. And that is that every cosmos, one within the other is subject to laws regarding life. It is born, maintained and dies whether it is a cell, man, planet, sun or galaxy. From that there is no escape. Everything that is born must eventually die.

The only thing we were taught that varies in this respect is the length of time a life takes. Man has a perception speed of 1/10,000th of a second, a breath of inhalation and exhalation of 3 seconds, a day and night of 24 hours, and a life of 80 years. The time variant in each case is 30,000.

Next cosmos up, the Earth's life is longer but it is still locked in its own time. For it a perception is 3 seconds, a breath 24 hours and day and night 80 years. Next in the Ray of Creation is planets with a perception of 24 hours. Then the sun whose perception is 80 years. To the sun a man's life is a perception .

As you go up the Ray of Creation the length of life increases in each cosmos . As you go down in size in each cosmos the length of life decreases so that for instance the life of a cell would be 24 hours. There are of course exceptions. It was then said a brain cell lasts as long a man's life. So the idea must be taken metaphorically and as a principle.

Attached to this idea was another idea that the different minds have different speeds for taking in impressions. The ordinary intellectual mind is the slowest, perceiving at 1/10,000th of a second. The physical mind is 30,000 times faster. One can see this when learning to drive. At the beginning gear changes and reactions are slow but when moving centre or physical mind takes over everything becomes faster than thought. The emotional mind is faster still by a variant of 30,000. Hence the difficulty of controlling these fast emotions which also run on a high octane fuel.

Pause

Well this is all very stimulating knowledge. But time doesn't mean anything unless there is rebirth in eternity. And to be re-born, a man must first die, and in order to die, he must first awake. This is what we really have to understand. In Christianity crucifixion in life is one thing, but the really important matter is the resurrection to eternity. In the 'Hymn of Jesus' this distinction is made:

*My Lord standing up in the midst of the cave,
and lighting it up, said:
'John unto the multitude below in Jerusalem
I am being crucified,
And pierced with lances and reeds,
And gall and vinegar is given me to drink,
And unto thee I speak,
And what I speak hear thou,*

*I put it into thy mind
To come unto this mountain,
That thou might hear these things
Which it behoves a disciple to learn from his teacher
And a man from his God.'
Having thus spoken
He showed me a cross of light set up,
And about the cross a great multitude,
Not having one form
And one likeness
And the Lord himself I beheld above the cross,
Not having any shape but only a voice
And not the human voice familiar to us,
But even more sweet and kind and truly of God
Saying unto me:
'John, it is necessary
That one should hear these things from me,
For I have need of one that will hear.....'*

And as we come up to Easter time, the memory of the Resurrection comes to the forefront of the minds of all Christians.

We are also aware through reading history, travel and meeting with people that Resurrection, Eternity and Immortality are central to the thinking of all human races throughout time. The theme of 'Prometheus Bound' and 'Prometheus Unbound' written 500 years before Christ by the Greek playwright Aeschylus is a tale of Resurrection.

The compelling story of the divine Quetzalcoatl, found in the Maya manuscript 'Legends of the Sun' tells of the esoteric history of the indigenous people of Mexico, who founded one of the most advanced civilisations the world has ever known.

*He gathered his garments together, and
Clad himself once more in his robes of
Quetzal feathers and his turquoise mask,
And when he had dressed, he set his own
Body on fire and was consumed in flames;
For this reason the place where Quetzalcoatl burned is called
'The Place of the Stake'.
And it is well known that he burned
And his ashes rose into the sky.
All the fine-feathered birds appeared to watch
How they went up aloft...
When the ashes had ceased to burn,
Quetzalcoatl's heart rose up...
They say it was raised to heaven and
Entered there.
The old men say it became the morning star
Which appears at dawn....
And they say further that it was not seen*

*For four days after his death, when he
Had gone to live in the Kingdom of the Dead.
And in these four days he gathered arrows,
And eight days later
He appeared again as the great star,
And it is well known that ever since he has
been upon his throne for ever.*

Pause

In the holy book of the Bhagavad-Gita (Chapter 15), in the conversation between Divine Lord Shri Krishna and the Prince Arjuna, the former explains the relationship of Man to Eternity and re-birth. The chapter is called 'The Science of the Supreme Spirit and the Art of Self-Knowledge'

There are two aspects in Nature: The perishable and the imperishable. All life in this world belongs to the former, the unchanging element belongs to the latter.

But higher than all am I, the Supreme God, the Absolute Self, the Eternal Lord, Who pervades the worlds and up-holds them all.

Beyond comparison of the Eternal with the non-eternal am I, Who am called by scriptures and sages the Supreme Self, the Highest God.

He who with unclouded vision sees Me as the Lord-God, knows all there is to be known, and always shall worship me with his whole heart.

Thus, O Sinless One! I have revealed to thee this most mystic knowledge. He who understands gains wisdom, and attains the consummation of life.

Hence the importance to us of being given the Ladder of Self Realisation by the Shankaracharya.