

Start with Meditation

We have now seen and discussed the limitations of thinking and living in the world of duality. We are beginning to see more clearly the Unities by which our universe and ourselves are constructed. This has been manifested in the many examples sent in that have contributed to our understanding of the three forces by which all life is regulated.

These useful contributions have one thing in common and that is to *see* third force or the three forces in action - it is necessary to Self Remember.

An artist said that in order to paint one has to *see*, not just look. A teacher told us that to help a child with 'behavioural difficulties' and to maintain a balance in the class was often done by good humour. It is clear that good humour in human conflict requires attention. Remembering 'what you really want' and also trying to recall the taste of important moments when things were 'real' are all observations that Self Remembering is the important ingredient to observing third force. Likewise Sattva plays an important role in this form of observation.

We now realise the importance of Mr Ouspensky's statement that the world is not made up of dualities. It is made up of unities. And it gives meaning to the statement in the 'Upanishads' translated by Mascaro: 'Who sees the variety and not the Unity, wanders on from death to death'.

Among the many contributions one person made the following comment: 'We follow a way to the True Self but one must not mistake the 'Way' for the real thing. We tend to think of the 'Way' as an end in itself'.

Hence we need to keep in mind that what we are seeking is beyond the Gunas, as we have been told by the Shankaracharya. That of course includes Sattva. In other words don't identify with cleaning the window, it is the light of the sun we are after.

Pause for discussion

The next stage is to try and grasp what is meant by the 'one in three and the three in one'. This is the apex of understanding behind all of the traditions born of mankind.

As we are coming up to Easter and the celebration of the Resurrection, let us begin our search by looking at this tradition. Doctor Roles reminded us that the meaning of the Resurrection as 'a great possibility to be realised by anybody who wants it enough or for long enough'. Hence to his way of thinking Resurrection was not only a miracle pertaining to Our Lord but a practical achievement available to all sincere followers of this Way.

The Shankaracharya said:

The macrocosmos and the microcosmos are both created by the same elements, what is in the Universe is in us too. Let the mind go, release tension and try to think within. This is fundamental. Unless you do expand, you remain limited. One should remember that one is far bigger than one thinks. If one does remember that one embraces everything, one draws strength and power from everything.

So let us, during the Easter break take the opportunity to contemplate, after meditation, the words of St Patrick:

*I bind myself to-day to a Strong Strength, to a calling upon the Trinity, I believe in a Threeness with the Confession of a Oneness in the Creator of the World. **
Then see what arises.

Many members of the group have requested more tasks because they provide a practical opportunity to increase each person's understanding. The suggested task for the Easter break is to write your answer to three questions which you may find interlinked. They are:

One: What is my aim? (Mr Ouspensky kept asking his pupils to formulate their aim. Fairy tales offer one wish – what is it that I want? That is the question)

Two: What is the purpose of School, our School? (The last request of Mr Ouspensky was: 'I need more prepared people'. The last words the Shankaracharya spoke to Doctor Roles were: 'The tradition which the Shankaracharya is furthering at this stage and time, and to which He belongs, is also the Tradition to which you belonged before meeting, and which you are now pursuing and which will be with you ever after').

Three: What is Man's purpose and role in the Universal Scheme?

* Further thoughts on Celtic Christianity can be found in the article by Diana Shaw-Stewart p118 *The Bridge* No 14 on Doctor Roles.