

Start with Meditation

In an effort to escape from duality and to see the three forces in everything we were to ask ourselves three questions in relation to Man:

1. What is my Aim?
2. What is the purpose of School, our School?
3. What is Man's purpose and role in the Universe?

Doctor Roles addresses the first of these questions in the following way:

The question of aim is a very important one. Unless you aim at something you don't get anywhere. It seems to me that every human being is born with an innate sense of something very near which has to be got, and what life is all about; that this very often comes particularly vividly in childhood, and nobody seems to be paying any attention to this or seems to be getting it! So the individual gets frustrated and gives up – it gets covered over. But the meditation and the kind of work we would like to be doing, consists in uncovering that aim. (VoD p2-3)

We have had many answers from members of differing age groups and from varying lengths of time connected with the Work, which gives a very interesting range of responses to the first question: 'What is my Aim?'

Henrietta S writes: 'One of the quotes often cited is to 'wake up'. The transformation from simply the physical life, through the intellect and emotional understanding to reach something that is really without words. The moment of that taste is some kind of fulfilment and expression of being whole within the whole. I suppose it is finding the treasure of existence, the happiness, the consciousness. With that type of energy to enjoy and love life and *extend* that to those we come into contact with.'

Richard L writes: 'I feel I have reached a state of *relative* stability in my life; I need to do more work – but by now not so much fight left for it – which is lucky as one realises one doesn't need to fight, in fact mustn't; but rather drift quietly back to the peace and silence, to stillness in the end, with that lovely warmth of heart and precious love, and laughter at the absurdities which we call Sattva. I used to think it was necessary to become perfect, to have complete knowledge of everything – we just have to know ourselves.'

Anna S writes: 'What is my aim? It is not an end, but an approach: to keep an open mind. There may be fundamentally different ways of being, about which I know little or nothing – so be ready ! I see little point in aiming for something specific like enlightenment because such a thing probably does not exist, certainly not as we imagine it from our 'ordinary' point of view. Most of the times we have trains of thought which are somehow controlled, followed to the end, rounded off. But in quiet moments thoughts arrive, but can then be left 'dangling', in freefall, so they become thin and disperse in silence, like steam in the air. My aim is to discover more of this.'

Nicholas D writes: 'Aim: this was a topic that Nikolai Rabeneck in New York used to emphasise, and when people came up with things like 'Self-Realization' he would rightly rebuke them for looking too far. Start with something simple and nearer.

I would say: 'Seek ye first the Kingdom of Heaven.....!', give the inner life priority, live in the presence of God (Param-Atman), and feed others.'

The next quote about aim does exactly what Nikolai Rabenek suggests, it is an aim that is simple and nearer:

Toby de L writes as his aim: 'To maintain and develop periods of inner stillness in the hubbub of daily life.'

This is an appropriate place to bring in another of Doctor Roles's observations:

Briefly, I found that I had become the object of my search. That which was being prayed to was watching and directing the man who was praying. I suddenly realized the meaning of the old expression, 'Thou art That' – that for which you have been looking all your life. Following that, it has been a question of reaching it again and again and of retaining it by constant practice. For instance: could I keep this union while I went upstairs to get something and still have it on the way down? Could I begin to say something and still be united when I stopped talking?

So I want to say to you or anybody who doesn't know this well, that this thing that we are looking for is very much nearer than we think ordinarily – much, much nearer. (VoD p124)

Pause

Peter E writes: 'Ever since I was a little boy I wondered, 'Why am I here?', 'What is the purpose of life?' I thought grown-ups knew but kept it a secret. I put together this request which I added to the end of my bedside prayers. 'Help me to make a success of this life.' By that I did not mean material success, but help me to find out why I am here and then let me know what I need to do to make a success of it. I see now that a psychological metamorphosis has to take place within one.'

Robert S writes: 'What is my aim? I am now sure about the state I want to be in permanently. I am also sure that to attain it, or in attaining it, is entailed a rather complete sacrifice of self-will, for which there is a natural reluctance.'

Prue de L writes: 'To hear and obey the voice of conscience. (Mr O said the purpose of School was to bring Man to Conscience).'

This observation will naturally lead on to the next question we will discuss at a future meeting: 'What is the purpose of School, our School?'

The Shankaracharya confirms:

When a man sets himself on a true and unshakable purpose, then the Param-Atman gives him full assistance and problems bow down in submission.