

Start with Meditation

Last week we discussed fairly fully the purpose of School and its three levels. This week let us look again at the purpose of **our** School, bearing in mind two things: first the last words of the Shankaracharya to Doctor Roles on his final visit to India:

*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 forever after.*

And secondly, to bear in mind that 'Schools are a Unity' and it is only 'sleeping Man' who thinks in 'opposites', who sees **duality** between Schools. Or on a personal level, it is when an individual member sees duality, when he thinks what is needed is different from what others believe is needed. This is what we all do, at different times, often under the guise of constructive criticism, and it leads to blame, dissension and unhappiness.

Is this not why the Doctor said that we had to re-organise our thinking? We have to stop seeing things in **opposites** and start seeing things in **unities**.

Look at the happiness that was brought to the nation when people all worked together in **unity** to celebrate the Diamond Jubilee.

Work on Being and Knowledge is needed to make permanent this kind of attitude to life. And that is, perhaps, the reasoning behind the Doctor's description of the role of **our** School and how it should evolve.

Philip Jacobs describes this precisely in his book *Being* (p2):

*Before his death in 1982 Doctor roles expressed the wish that the Study society should be: “ a cell of Self Knowledge”, a place that people could come to for “ rest and refreshment”, “ particularly the young for whom life is very difficult today.” He said that we should be “a body of people who provide help”, and that Colet is a place where the Non Dualistic teaching, the meditation, the turning and other sacred dances and methods are available for those who want them.*

The Shankaracharya said that Doctor Roles 'had planted a tree for humanity'. Let us now meditate and then contemplate how each of us, that is I, myself, can help to feed this tree.

Pause for Meditation, followed by silent contemplation

What we have just tried is not for conversation but for continued practice during the coming week.

We can now remind ourselves about the three lines of work. Always try to see the three in one rather than opposites. The first line of work is for oneself and requires **initiative**. The second line of work is for the Group and requires **obedience**. The third line of work is for School and requires **initiative**.

Pause for discussion

We can now remember how we can contribute. Doctor Roles said:

*There is something in each person which is better than it is in anybody else. We have to go for 'Self Realisation' for this, so we have to know ourselves. Each person has a strength or a beauty – something which has no equal anywhere else – and from this we will succeed in Self Realisation.*

The Shankaracharya's words confirm this:

*Each should try to please God or serve God, or worship God as the case may be with that attribute in which he chiefly excels. This is the path of least resistance. It is sure to work as it has always done in the past.*