

Review and Preparation Paper for this term's work on discovering 'Reality'Start with Meditation

The Shankaracharya said that Realisation required putting our knowledge into practice. Otherwise the knowledge remains good information, it never becomes real or realised knowledge. And only when the knowledge is realised does the individual become realised. (See 'Summer Homework for 2012')

So let us recall first how far we have realised knowledge from our study of Advaita last term. We began with what the first Shankara said.

What then is 'Reality' behind all our experiences. There is only one thing that never leaves us – the deep consciousness. This alone is the constant feature of all experience. And this consciousness is the real Absolute Self.

He goes on to confirm that anything else is ephemeral and that is the fundamental principal behind the Advaita (not two) tradition. So we now understand that in order to awake spiritually, we have to free ourselves from duality – from thinking in opposites. Putting into practice the knowledge we have received is what works. One way to do this is to look for the third force that will resolve each and every problem that we meet. Some times we have to wait for an answer and to mark time at intervals in an octave or progression to see what enters from another direction.

This is one reason why the Observer is so important. Mr Ouspensky said: *Dualism is our 'chief obstacle'. Let us free ourselves from it. Actually, the world does not consist of pairs of opposites. It is made up of unities.*

Bede Griffiths pointed out: *The purpose of the mantra is to go beyond the ego.*

We can see in each of us that the ego is usually responsible for clashes of opinion. And at times of adversity, it is good to remember that. Lord Krishna in the Bhagavad Gita said: *He who knows that it is only the Gunas that act, and remains calm, will find Me beyond them.*

Pause

Dr Roles told us that the practical way to escape from our dualistic perception is to *refer everything to the Param-Atman*. In other words ask for help instead of trying to intellectualise an answer to every problem. Analysis alone will most likely contain an element of 'impertinent preferences' that lie in our personality of which often we are not even aware.

Whereas seeking help from the Atman can bring us in contact with the Absolute and the Shankaracharya tells us: *The Absolute is complete peace, consciousness and truth*. And what is most important is that in this way, as with Meditation and the Turning, we can come to know the Creator's Will.

Through giving ourselves the task of trying to see Third Force in our activities, we discovered last term that this only happens when we Self remember. (para 2/3 Advaita paper 5).

Next we saw that beyond trying to see the third force or element in every activity, we needed to consider what is meant by the 'One in Three and the Three in One'. This lies at the apex of all - the Ray of Creation, the Solar Octave, and the Ladder of Self Realisation. It is also the stream of Pure

Consciousness that runs through the centre of everything and throughout all levels.

Reaching an understanding of this is all that really matters. Bede Griffiths describes this experience:

Beyond all thought and feeling and imagination, there is an inner sanctuary into which we scarcely ever enter. It is the ground or substance of the soul, where all the faculties have their roots and which is the very centre of our being. It is here that the soul is at all times in direct contact with God.

We are now on sacred ground and a holy approach such as 'Hallowed be Thy name' is the right approach and is expressed by Saint Patrick in the code of Celtic Christianity:

I bind myself with 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

This is the Way to the heart of the matter.

To get a firmer grip on our understanding of how to proceed to this deeper understanding, we will this term look afresh at the 'Seven Steps' as described in the Ladder of Self Realisation. And how the energies involved in this progression require to resonate with higher energies in the Universe.