

Discovering Reality leading to Self Realisation (2)

Start with Meditation

It was clear from the conversation and questions arising from last week's introductory paper on discovering 'Reality' that the words quoted from Bede Griffiths had a deep resonance of understanding within each of us. Here is what he said:

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.

Meditation is aimed at enabling us to reach this 'inner sanctuary into which we scarcely ever enter'. The whole point of Self Realisation is to be able to enter this inner sanctuary whenever necessary. That is our birthright.

After meditation it is valuable to contemplate the other points the author makes, such as: It is the centre of our being; it is where all faculties have their roots; it is where the soul is at all times in direct contact with God.

Last week we set ourselves the task of reading this passage before and after meditation. Are there any new insights or questions that anyone wishes to contribute?

Pause

Dr Roles told us that the individual Atman actually sits in the lap of Param-Atman but the trouble is that the individual clings to the external outlook. However, if the individual could turn the eyes inwards through meditation, then he or she would see where they actually are, namely in the very lap of Param-Atman. This would lead to a state of unbroken truth and happiness all round.

(See FCR Papers 1974/15)

Somehow it is the ego which keeps engaging our outlook on what appears a limited world of 'opposites'. Hence the need during meditation for the 180 degree turn.

The most important insight Dr Roles received was that 'I have nothing of my own'. The Shankaracharya told him that when the individual realises he has nothing, then the whole universe belongs to the individual. It signifies that the level of individual consciousness has transcended to the level of Universal Consciousness.

Hence we begin to realise that we don't possess anything and this includes esoteric knowledge, the meditation, the turning, the movements and so on. They all belong to Param-Atman, who is the only Reality. For us to lay claim to anything is an illusion. Bearing this in mind, let us now look, with all humility at the Ladder of Self Realisation.

1st Stage: Impulse

Good Intention and the Right Impulse which leads to the arising of right desire. The desire for liberation or unity arising from some degree of attention as a result of unselfish deeds. This is the starting point which leads to

2nd Stage: Decision

This is the stage where rationally (intellectually) the man makes up his mind and can go further. He has no doubt about the Way, which is in line with his intention and conviction

3rd Stage: Effort

Certain particles of fine matters have formed in the organism which causes him to strive towards Sattva (love)

4th Stage: Pull of the Way

Where influences from the Way pull him from the outside world of sensory impressions of pleasure or pain, so that they begin to lose some of their power

5th Stage: Insight

Which denotes that the man starts looking at himself and other things as they really are. He gets right values for everything; he realises about things what they are, how they are constituted and what their properties are

6th Stage: Abundance

Which is the stage where the outward pull is nearly gone, and he is filled with abundance of Sattva or Divine Love and happiness. The climax of this stage is Samadhi

7th Stage: Turiya

Turiya is the stage of the fully Realised man, when he knows Himself; he knows all that can be known; he knows how to do, and whatever he does is just the right thing – right actions, right feeling, right thought – everything all combined. That is the seventh stage of the seven-stage system of Nyaya for Self-Realisation.

(Record 1962 p.27)

The Doctor explained his practical approach on the first stage of the Ladder:

The picture I like to carry in my mind whatever is happening to me (whether in the surrounding physical world or in the subtler worlds within): 'Let those changing circles of illusion revolve, I say, but let me fix my sights on the Centre at any moment Now when I feel the good impulse and long to come to mySelf.'

Pause for discussion but only Stage One on **Impulse**. During the coming week please study the Ladder and bring any observations or questions you would like to discuss to next week's meeting.