

Discovering Reality leading to Self Realisation (4)

Start with Meditation

At the end of last week's meeting Bob Simmons made the point: 'I think that you are saying that a school should provide something in the outside world which will provoke the Impulse in others. What would be most effective in the present time?'

One answer to this is Unity. People are disillusioned by diverse opinions – with duality. This became clear earlier in the year with the successful Olympics. Suddenly the attitude in the country changed from moaning and groaning about poor organisation, cost and possible failure of transport, to an attitude of **unity**. It was born of an inspired, theatrical opening ceremony which involved citizens from every walk of life. Suddenly our nation pulled together in harmony and the whole world felt the vibrant energy. All carping criticism disappeared from the newspaper headlines and TV newscasters' opinions, and people were happy.

Unity creates happiness. We are told: 'If I am not happy I am not conscious'. So happiness equates with consciousness and also love. Whereas the expression of negative emotion destroys happiness, consciousness and love and also puts an end to unity. Unity is essential to School.

The other point that was made was: 'Magnetic Centre' precedes the whole ladder.'

This is right. Magnetic Centre is created in an individual's 'Being' by emotional influences that affect his or her 'psyche'. In the Western System they are referred to as 'B' influences. In origin they would have arisen from Schools well versed in either True Religion, Philosophy, Science or Art.

These 'B' influences lead individuals with Magnetic Centre to seek an existing School with direct Conscious influence which always manifests itself in an oral tradition. Such a School will naturally radiate magnetic and sattvic impulses of energy that attract individuals who themselves have Magnetic Centre and lead to success and Self Realisation.

Pause

Returning to the 4th Stage: In the story of the 'King's Exhibition', we now begin to understand that it is only the King's hand that has any real meaning. The enchantment of all the stalls in the exhibition is only a means of ensnaring the attention so that we lapse into forgetfulness.

The disciple prays: 'Lead us not into temptation but deliver us from evil'. In modern parlance could this mean: 'Lead us not into forgetfulness (identification) but deliver us from sleep.' That, of course, includes not personally taking credit for the grace of any insight that may be given to one.

School also teaches us that the True Self and the Param Atman resonate and are inter-related.

At the fourth stage it also becomes apparent that rational mind can only take us so far. Insight now seems essential to progress. We cannot go further without it. Hence the need for a method.

According to the Shankaracharya's explanation, the 5th Stage, Insight: *Denotes that Man starts*

looking at himself and other things as they really are. He gives right values for everything. At this stage the person ceases to consider all that is in the world as outside himself. He starts getting glimpses of the fact that he or she and the outside world are one thing. Realisation of the 5th Stage gives a feeling of unity with the material world – unity of spirit and materiality.

This is where the individual sees clearly that there is no duality and that we are all One. Would you agree that Stage 5 is the unveiling of conscience in the individual, so that he comes to know everything about himself? It is the removal of camouflage put there by the ego.

We can think of Stage 5 as the awakening of **Conscience**. And Stage 6: Abundance is the development of **Consciousness** from the **individual level** to the **Universal level** as described by the Shankaracharya when the Doctor realised: *I have nothing of my own.*

This realisation begins to enable the devotee to become: *Filled with abundance of sattva, or Divine Love and happiness.*

Pause

Returning to the points raised at the beginning of this paper – we were confirmed as a School when the Shankaracharya told us that Dr Roles had planted a tree for humanity.

Here is the final message from the Shankaracharya:

My blessings and good wishes for the well being of this organisation which was started by a great man who hailed from Russia, and who was loved by Dr Roles. When he was about to leave his mortal body he said to Dr Roles 'you will find an Indian teacher.' This tradition is ancient and the tree planted and nourished by Dr Roles can not now be harmed by turbulence. Blessings for your welfare. (Record 1993 p43)

Elsewhere when asked what sort of effort is required by the pupil the Shankaracharya replied:

*The effort towards **unity** is the real effort. The unity with the teacher or with the Self is the only work which we all have to make an effort for.*

The quality of the effort towards Unity and Love and Respect for each other that we make will be reflected in the fruit of the tree planted for humanity.

Finish with Meditation