

Start with Meditation

It has been said that when people meet together with a good intention, when they have the 'good impulse' to meet together, as we do when we come to these meetings here, that we should be able to find three things: peace, refreshment and light. In that connection it can be said that the peace comes from the good atmosphere in the place where we gather together and the good company we share there; that the refreshment comes from meditating together in this good company and that we experience the light in our study and discussion of true knowledge.

Meditation

In *Voyage of Discovery* Dr Roles spoke about conscience in connection with Meditation and the Ladder of Self Realisation in this way:

You can take conscience as beginning at the first step on the Ladder of Self Realisation. We find that the whole ladder is about the development of conscience, but the first step is how the ordinary person feels it – the good impulse. If we distinguish the pull that comes from the highest source within us and pay attention to it, then in that way we can go up this ladder of Self Realisation.
(VoD p 74)

He (FCR) was asked: 'How does meditation awaken conscience'?

If you have an understanding of what meditation ought to be doing and you get some first hand experience of these rather rare moments when it really does work in silence, then you know what conscience is, and then it's human nature to go for it! Once you have tasted it, you don't forget The difficulty is to get enough of it to make it count in our lives.

He also quoted from the Vedanta on the subject of conscience:

Conscience is the light of the soul that is burning within the chambers of your heart. It is the little spark of celestial light that makes known to you the presence of the Indweller, the author of the divine laws of truth and holiness. It raises the voice of protest whenever anything is thought or done contrary to the interest of its master. Conscience is the voice of the Self which says 'yes' or 'no' when you are involved in a moral struggle. It is the call from within to do an act or avoid it. Conscience is the internal monitor. Conscience is like a silent teacher. It is the inner voice without sound. It is very delicate and easily stifled. It is so very clear that it is impossible to mistake it.

Dr Roles then comments:

This is where Meditation should be taking us. Do we hear the voice of conscience more clearly, more loudly, and at the more important moments of decision? Conscience is what keeps you meditating in the right way for you. The inner voice directs one's Meditation, and the sooner people get to hear this guidance through the Meditation, the happier they are and the easier the Meditation is.

Meditation

To help us to keep our courage up as we climb the Ladder some further words from Dr Roles:

The only thing that is stopping us at the moment is the habit of not seeing the good in ourselves Just as we should be seeing the good in other people and in everything, so we ought to begin first by seeing the good in ourselves. I believe a lot of people sit down for their meditation and they regard themselves as unworthy, inadequate of experiencing something worthwhile. Look for the good in yourSelf and then you will see the good in everything else and in other people. By the good in yourSelf is meant all your potentialities, the God within you; and belief in that will stop you going down when you are not as successful as you want to be and from being unduly elated when things come off well for you.

And from the Shankaracharya:

One should never be nervous about being asked to tackle anything. One has all the power necessary to achieve everything within oneSelf. It is only necessary to remember the power. If people are nervous it is because they forget their potentialities and remember only their limitations....People should remember their potentialities, the Real Self. (Record 1964 p56)

We are grateful to our teachers for leading us to the peace, the refreshment and the light.

Meditation