

**Discovering Reality leading to Self Realisation (7)**

Start with Meditation

Well, what have we gained from this term's work? Is it that we have now better understood that:

*The only Reality is Param-Atman*

That everything else is transitory and our life is like the flow of a passing river?

Advaita (non-dualism) which we studied the previous term showed us that everything is part of the whole and Man is made in the image of God. He is, so to speak, a stem cell of the Universal whole. The permanent reality in him or her is the Ultimate Observer – Atman. Everything else in him is transitory. As Shakespeare said: 'All the world's a stage.....And each man in his time plays many parts.'

What counts is what a man has learned from life, and the measure of success is what he has contributed to humanity. This is seen clearly in the long life of great people in history, for example, Shakespeare; Rembrandt; Mozart; Newton; Mevlana; Buddha; Christ.

We are fortunate to be part of an unfolding drama leading us directly towards the full understanding of Reality as the result of the work of previous teachers, whose names are familiar to us. And a promise has been made to us that this connection can never be broken. It is not subject to physical presence, or death, and belongs to a different time. If we truly believe this and do our best – it is all that is required.

Pause

The Shankaracharya tells us:

*Param-Atman wants your love only. If you love Param-Atman, it would be Param-Atman who would begin to serve you.*

*In this context the Holy Scriptures lay down that at all times – in the beginning, in the middle and at the end – all over the past, the present and the future – one should always think of the Param-Atman because we do not know when the end may come. (The Record 1972 p24)*

The late Barbara Noel Scott, who wrote much beautiful poetry for *The Bridge*, showed us in one of her poems 'Gradations' the way of the true devotee:

Now I cannot run I will walk  
As I walk more slowly I observe more.  
If I see less well I remember more clearly  
As memory grows dim I will live in the moment.  
As understanding fades I will simply be.  
In the end there is only I AM.

There is no need for anyone to be anxious. In the booklet 'Birth and Death' compiled from the sayings of the Shankaracharya under the heading 'Preparing for Death', he says:

*All one can do is to prepare oneself and do one's duty as best one can. If one has learned to do one's best every day one should not think of the final journey because whatever one has been able to do is enough – nothing more could have been done, and the rest will be added by the Absolute.*

### Pause

Christmastime and Easter are always good times to contemplate this insight from 'Letters of the Scattered Brotherhood' before meditating:

Here He Is, Here He Is! I cannot say Here He Stands because that would be placing him materially. The nearest way to his nearness is through a refined essence of spirit. If you could distill thought you would get near the refinement. As thought is to emotion, so this quality of perception and feeling is to thought. That is why it is impossible for human thought to conceive it. He is here, eternally here your friend and saviour and that is why meditation, the laying aside of human thought which is a heavy mechanism, is so essential.

You know you have had glimpses into this world of spirit when you have sat on a mountain or by the sea and been awed into a stillness beyond your ordinary stillness by a sunset or a universe of stars; that silence beyond silence is the silence he presses through, and the flaming powers, the inspirations, the immortalities; this the Presence, the pure Presence. Here is where it is all accomplished, for this is he, eternally here.

The love of Jesus Christ here is personal in so far as it broods over you, through you in this region unreachable, untouchable except through the refinement that takes place in your silences. Therefore your God is personal to you inasmuch as you have reached through feeling, past thought into infinite inducing silence...He is here.

It is peace to you, health to your body, to your mind and heart. You will be sweetened when you quiet emotion, quiet thoughts and are still, to meet your heavenly comforter. So close your eyes, put away all thought and lie deep in the silent reaches where you will be restored, reborn, made new. Here he is. (P19 Pub. Harper & Brothers)

### Meditation