

Energy (2) As we can be.

The System declares that we have all the energy we need already within us. All the energy required for higher states of consciousness, for the full realisation of our potential, exists within us all the time. The *Equipage*, which we discussed last week, is a brilliant contrivance of body, feelings and intellect that will convey the Master, The Atman, our True Self, through the extraordinary journey of this life on Earth. It is, in fact, a wondrous energy-machine, a vehicle for Consciousness, designed to allow this True Self to manifest in the world and to exist in a condition of joyous experience regardless of circumstance. This, miraculously, is our birthright.

We do know it really — especially from all of those moments of deep happiness that so often arise quite unexpectedly. In them, there is always a strong and entirely familiar feeling of being uniquely ourselves, without fear or favour, and yet also of an all-encompassing presence which is also ourself. Although these moments may now not come to us as often as when we were children, there is a key point here — one always made at some stage by all the great spiritual traditions: It is most important to remember that the True Self, having been forgotten, often begins to reappear in quite a childlike way. Not *childish*, but childlike — simple, innocent, entirely positive. Just as after Meditation or the Movements, we can find ourselves in a state which makes few demands upon the radiant moment other than just being there.

This simple happiness is what we came with; ‘trailing clouds of glory’ as the poet says, and which sustained us in our early years. Through infancy and childhood it became increasingly overlaid with the acquisitions needed to negotiate the world, the whole construction of our ‘person’, our individual character* being formed from the inborn essence with which we came — and around it the outer personality, woven from the needs arising in the particular environment of our birth and development.

This ‘character’ is fuelled by desires. ‘I like’, or, ‘I don’t like’. Ideas, feelings, sensations, every one comes into the light of our consciousness with a ‘feeling’ attached, some shade of approval or disapproval, yes or no, always a polarity. In each case the desire, or the aversion, or the struggle between them, is all the time consuming energy, and this energy stems from the God-given consciousness that flows naturally through our being and lights our day. The central point, as the Shankaracharya says, is that ‘Consciousness is consumed only through desires, the fewer the desires the better use of consciousness can be made’.

Every part at each level of the *Equipage* emits desires to ensure that its own perceived needs are met and satisfied. Desires arising from the instinctual, sexual and social needs of our body. Emotional needs, desires arising from the strategies we adopted from infancy onwards to attract love, and other strategies to mitigate the pain of not receiving it. Mental attitudes to support and justify these desires and at the same time disguise their nature further, our whole inner life of ‘I feel — I want — I think — I am’.

*‘Character’ comes from the Greek *kharacter* — *an engraved mark; also, a symbol or imprint on the soul.*

As more and more desires arise, the capacity for that state of simple childlike happiness recedes, the higher energy required for its presence being diverted and transmuted to serve the demands of heavier, mundane affairs.

Whichever of our various characters is on driver duty, convinced of being 'I' and ruling the roost of the moment, is all the time besieged by a kaleidoscopic drama of energies shifting and pulsing through the mind, the field of consciousness, the loudest always seizing the leading role. No wonder the poor driver can only intermittently hear the inner voice of Conscience — there hardly ever being one character around long enough to make any sense of what's really going on.

The simple cure for this condition is to realise that *the 'mind' is not for thinking*. It has been designed to be a clear bright mirror to reflect the Light and Will from within. Allowing it to be still, clear of desires for even a few moments, allows higher energy to flow, the Light to shine. As soon as there is even a small increase in the capacity for stillness the driver becomes capable of listening in that stillness for the voice of Conscience, direct communication from the Master.

Although we may be unaware of it, we do nevertheless have everything we need. In even the highest states of meditation or transcendental bliss nothing extra enters us — our own existing resources are simply readjusted to a new pattern. The shifting patterns of energy within us constitute our state of 'being', and it is entirely possible first remember and then learn to choose what we do want and what we don't. The habitual run down and chaotic state of our *Equipage* is perfectly redeemable — with knowledge, understanding and goodwill — and a working knowledge of how energy flows within us is the first practical step to set about re-establishing our birthright.

It is easiest to begin to talk about this possible development of our being in a sequential way, as if we can learn how to do something that leads to something else, reward for effort, first the stick and then the carrot. But this is only a teaching device and only relatively true. The conscious energy that fuels us and is the basis of our being is, in truth, beyond time and space, a dimension within us where time becomes simultaneous, there are no passing events, there is only One. Being at the heart of every moment it can appear in any moment — remaining always available even when we don't remember it. The lightening can strike anytime, anywhere.

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