

## Energy (4)

Human beings are instruments to receive and transmit the energy known as life. We simply *are* alive and so we just take it for granted. We have the idea that the eternal presence of the Absolute is alive within us and that every individual is a perfect image of the whole cosmos, containing the self-same vast scale of energy from heavenly light to kidney stones, but it doesn't really get through to us, we generally prefer to remain somewhere in the middle — with a little light and not too much pain.

Energy is vibration. Light, sound, sensation, thinking, feeling, imagination, all these are vibrations and all vibrations are ruled by the same laws. The movement of vibrations goes by the law of Octaves and the nature of a single vibration is determined by the law of Three. Together they create everything we can possibly know, in the same way that all of the music since time began has been derived from the notes of one octave. Everything progresses according to this law. Days, weeks, lifetimes, are all marked out by the endless passage of cause into effect.

The act of 'waking-up' is a scale of vibration — an octave of refinement of impressions whose development requires two extra 'shocks', two stages in the ascent where something new and more conscious comes in to help. In principle it is just the same kind of process as that which digests a baked potato into the more energetic and intelligent substances necessary to sustain life. Nature digests the potato automatically, but the digestion of impressions is something that Nature has left us to learn for ourselves — like how to make the fire to cook the potato. In waking-up, as in making a fire, the preparations may be laborious but the fire appears in an instant.

The energy for developing impressions, for enlivening the state of our being, is in fact ever-ready within us, waiting to be employed; we just don't know yet how to access it. Ordinary impressions are the raw fuel which *can* light us up much more, but to do this they need to be joined by an emotional perception, the spark that ignites them into new life and greater meaning.

Put simply, the first shock in the octave is provided by being still, and knowing we are present in the moment. Here, actions become attentive and work for us, not against us. The second shock is when negative emotions become positive. It is very necessary to be aware of our negative emotions and to try not to give them expression, but this does not mean we should suppress them. On the contrary, it means becoming much more conscious of them than we usually are. The tension and discomfort generated by this awareness, if we can bear it, attracts the help of our true Self.

The second conscious shock comes from above. It is given directly by the Atman as Grace — or Mercy — which can only be waited upon in stillness, without expectation. Patience and confidence are the attributes of this stillness. When we become aware of our suffering it can be given up. If we are merciful to ourselves there need be no sacrifice.

**Exercise, again.**

Take up a position in which to remain still for 3 or 4 minutes. Relax, especially face, eyes, lips, jaws. Bring to mind the strong intention that you want to *notice* the inner impression that will take you away from stillness. Drop that thought and just be present. Let the mind be momentarily still. Seven times a day would be good.