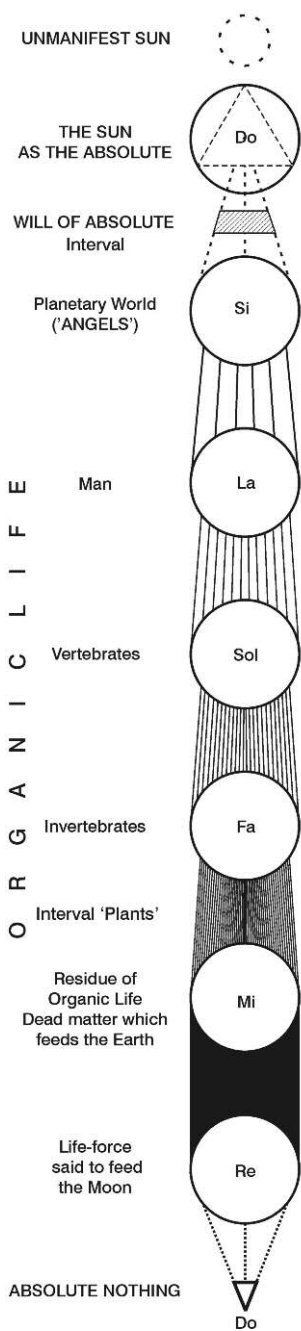


What's really going on?



As human beings, we have much less choice than we like to think — that is the view of the teachings given at Colet House and in recent years this has been substantially confirmed by modern neuro-science. In fact, we are receivers and transmitters of many different levels of energy arising from the world in which we exist and all these energies flow through us automatically, not only keeping us alive but also forming and maintaining our individual ‘character’ and our inner life. But the little ego, believing itself to be separate from its universal source, has a powerful need to substantiate its own existence. To keep the fear of isolation and inadequacy at bay we are compelled to imagine that we are in control and possess self-will, freedom of choice and are mostly masters of our own destiny. In fact, as science now shows, everything just happens and the waves of life, big and small, carry us where they will.

The first reaction to this knowledge is likely to be total disbelief. Of course I have choice and free-will. Look, I will stand up and draw the curtains and go to make a cup of tea — or book a holiday. But neuro-science shows that well before any thought of action becomes conscious in the fore-brain, the *unconscious* mechanisms needed to effect the action have already been set in motion. *All action just happens*, and only then do we experience the ‘decision’ to do it. The body and the brain have got themselves ready to stand up and make some tea long before the ego claims it as a conscious action and as for a holiday, how often is that the result of an ‘impulse’.

And yet it is said that man is made in the image of God and, if so, then all the energies of the cosmos are available to every individual. The cosmos is composed essentially of vibrations — everything, at a certain level, can be seen as being composed of waves or frequencies. Sound, light, smell, touch, emotion, thought, desire, all these things have a particular frequency just like radio waves. We can tune in to the News or our favourite soap by selecting the channel on the TV. The machine selects a particular frequency from the range available to it and turns it into something tangible and recognisable for human ears to hear and eyes to see.

(In this version of the Ray of Creation, pure consciousness is at the top and becomes progressively less conscious and more mechanical the further down it goes. A progression from light to dark and vice-versa, flowing constantly in both directions.)

Similarly, we ourselves are receivers, resonating to the particular range of frequencies that make up our individual character. We can respond to frequencies from a very high level, like the Sun, or from very low levels, like the Moon, and the whole gamut in-between — but in fact we settle for a small range of pre-set programs which alternate automatically in reaction to circumstances. Someone presses our buttons and we produce the habitual response. Most of our habitual range comes from around Sol and Fa on the diagram. Unless we wake up a little, our psychology is entirely mechanical and mostly dictated by the lower brain processes dedicated to essential functions. As Freud said, sex and death are our main motivators. When matters become ‘serious’ all our finer thoughts and feelings tend to disappear like a puff of fairy dust. *The energy we resonate to and project defines the kind of ‘being’ we really are at any moment* — and as we have seen over the last few weeks, we are all frequently completely unaware of what we really *are* projecting.

The only way to escape this mechanical existence is to explore the present moment. The present is the only thing which really exists. No-one has ever experienced anything else. Only by being *in* the present, by being present to ourselves can we discover more about reality, and in the present moment there is always a certain stillness at the heart of it.

Stillness is a kind of carrier wave for a different band of frequency, the wavelength of the real ‘feeling of the Atman’. At the back of the mind we know it perfectly well, and it sustains the whole of our existence, but very often there isn’t much inner stillness and so the receiving set plays a muddle of many tunes — it’s always flipping stations — as in all the negative imagination and emotions we have been discussing and which so fill our lives and usurp the place of happiness.

But if we *like* the stillness, if it brings the faintest whisper of the ‘feeling of the Atman’, then a desire can be attached to it and the more attractive it becomes the less room there is for all those unhappy feelings. There is always a moment of choice, however fleeting, when we are aware that we *can* remain quietly in the moment and simply feel the energy of whatever mechanical emotion is rushing through us, *without expressing it*. It is a moment of great opportunity, for that raw emotion can feed and become transformed by the stillness so that a much higher level of frequency can enter and suffuse our being. With the appearance of Atman, ego begins to understand that this Atman is its own real nature — that it is not separate and alone in a hostile world. This is what it means to ‘wake up’.

Although all the energies of the cosmos flow through us automatically, the less self-aware we are, and the less time we spend in the present moment, the more we are unconsciously occupied by the frequencies from the lower part of the ray of creation.

To allow self-awareness and inner stillness to flourish it is necessary only to make a little more room for it. Just by witnessing the compulsions to tune-in to the habitual influences that make us miserable, this in itself changes the event. When some light falls the snake may be revealed as a handy rope. To be Conscious, to be happy, the System says *we have only to give up our suffering*. Why then does it so often seem that this is the very last thing we are willing or able to do?

