

TEACHING**Addendum**

Returning to the example of music, there is a relevant comment by the Shankaracharya on the different levels:

H.H. Music has three components, - sound, rhythm and words. The sound and rhythm work inwardly on the causal level, but the words affect only subtle level, and putting everything as a whole it works on the physical level as well. The main function of music is to affect the subtle and causal level.

There are two types of music - one intended for the inner being, and the other for the inner and outer combined. The second is called secular music. In secular music the words and rhythm are both for the subtle and physical levels and they work according to the physical and subtle aspect of the human being. There is very little which can be got on the causal level from secular music. It differs from land to land.

The first kind of music related to the inner being - Divine music or conscious music is composed of such sound and rhythm which have a particular bearing on the being, and if they are composed according to the proper laws which are inherent in the creation of the world, they create certain effects, and create mostly Sattva so as to elevate the level of being which hears it with attention. Here attention means attending to the sound and rhythm and also to the words. One cannot say much about how the sound and rhythm works on the inner being, but as far as the words are concerned, one has to attend to these and one must know them before one can really understand them. Even if one does not know the meaning, one can certainly get the effect on the causal level. The function of Divine music is to raise the level of the human being. Secular music is to entertain and supply the necessary Guna. [*Record 25.9.68*]

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A completely independent example of asking what elements of a teaching are needed to understand a big idea was provided by Nicoline Gatehouse at the E Group meeting last week. She was interested in the idea that everything we want starts from stillness. Here are her notes:

If we accept that our real nature is stillness we have to try to see what takes us away, therefore the need for:

1. SELF OBSERVATION

2. This is helped by an understanding of

TWO GREAT LAWS, law of octaves and law of three (idea of third force blind). An example: the desire to change (active) comes up against resistance of old habits etc (passive) those two counterbalance each other so that nothing can happen, therefore the need for a third force (neutralizing) perhaps a teaching or a technique.

3. MAN AS A 3 STORIED FACTORY where coarser matter is converted into finer matter. A certain energy is needed for this – recognition of how we squander or leak energy by negative emotions etc, however:

4. MANTRA can give us this energy as explained in the Colin Lucas paper, *Meditation and Table of Three Foods*: ‘the mantra carries this energy and provides the enzymes required.... It is this which transforms the content of the mind freeing it from impurities – negative thoughts, illusions, unpleasant sensations.’

5. ENNEAGRAM, which of course I couldn’t really begin to explain to anyone.

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