

## **A Hierarchy of Understanding**

My life and my death, my liberation or my downfall ... these are not isolated things; they are continuous processes; they are consequences. Everything is combination or state. It is in an organism, undergoing constant reshaping in fact, I am nothing more than a ceaselessly moving point where lines of force intersect.

This perspective on things is the only one that can really show me the right way to work. But, because it is so difficult for us today, we might try to look for a more modest understanding that could gradually lead us to the right way of working.

In order not to deviate, I must learn to recognize the ideas that will enable me to encompass an increasing number of concerns and data in a single look.

Only by reaching a centre of gravity in myself that is capable of reconciling my different aspects will I be able to keep to a precise line without deviating ... since the Sun is at one and the same time the relative origin, the centre, and the whole of our human world... And if one recalls how often the Sun figures in many religions, one can, by comparing it with the most "Absolute", understand that it is the representative of a greater Sun from which it stems and derives its power. Man, or Adam, the unique soul, is frequently called the representative- 'for he has received a synthetic nature.' ...This greater world transmits to the Representative everything that is needed by those under his care, and gives a glimpse of the unity hidden beneath the multiplicity.

The effort of visualizing these worlds- in their elusive relationship- enables us to catch a glimpse of Being and Creation in this motionless movement...and this movement needs to be directly perceived within ourselves and ultimately reconciled through a unique act...So, the effort of creation carries with itself the need, the demand, for a return. And these examples, which come from very high levels of life, invite us to find corresponding examples in ourselves.

**~Inner Octaves, Michel Conge**

## **A Particle of the Highest**

We live in two worlds. The reaction of our functions to impressions is our contact with the world below. Our perception of the fine energy in us represents the contact with the world above. We are also inhabited by simultaneous but opposite movements-one towards the outside, the other toward the inside...the role of our Presence is in connecting the two worlds.

There is a life force in me, that I do not feel, do not hear, do not serve. All my energy is constantly called outside by thoughts and desires aim at only my avidity...the life force cannot act without me...knowledge of consciousness is a science that shows what we are and our potential capacity of what needs to be developed. It is a real understanding of energies and their relation in ourselves and with everything around us...a way towards consciousness...it requires an engagement with others to see reality...through direct experience. This creates a

relation, the link without which it would not be possible to live in two worlds of different levels at the same time.

On a cosmic scale, man plays an important role on earth. Without him certain forces cannot act and cannot maintain equilibrium. But we do not see this and consequently do not produce the force that creates a relation. This is the continuing challenge, to be faced at every moment in the work for consciousness.

## **An Inner Center of Gravity**

Our vital center... To awaken to myself, to what I am, would mean to find the center of gravity and source of my energies, the root of my being. I always forget my origin. And because of this, all my notions of what I am always losing contact with this source. So long as my essential need is other than to know and to love this source more than anything else, it is my ego that is directing my life and my life force. It does this without my even noticing, and all my endeavors are conditioned appetites...work begins with the creation of a permanent center of gravity.

## **An Inner Sensation,**

An instrument of contact... Yet my body could be the greatest support for experiencing my existence. It is on the level of the earth and draws its energy from it. The action of our life is on this level this sphere. I have to feel the body on the earth, on the ground. I do this by sensation-sensing its weight, its mass, and more important that there is a force inside, an energy. Through sensation I need to feel a connection with my body so deep that it becomes like a communion. I need to recognize that sensation is an instrument of knowledge, an instrument of contact with myself, a sensation that is alive.

**~ The Reality of Being, Jeanne de Saltzmann**

## **The Master said:**

There is one thing in this world, which must never be forgotten. If you were to forget everything else, but did not forget that, then there would be no cause for worry; whereas if you performed and remembered and did not forget every single thing, but forgot that one thing, then you would have done nothing whatsoever. It is just as if a king had sent you to a country to carry out a specific task. You go and perform a hundred other tasks; but if you have not performed that particular task on account of which you had gone to the country, it is though you have performed nothing at all. So man has come into this world for a particular task, and that is his purpose; if he does not perform it, then he will have done nothing.

**~Discourses of Rumi**

## **The City of Separation: A Tale of Transformation**

There was once a city covered by clouds. In it were great office buildings, schools, and factories. The city was a place where raw materials, both physical and human flowed. It was the center of the economy. It was where you had to be an important, successful person, but it was also a place where many terrible things happened. The majority of people in their own estimation were failures; no person or place was secure from various unlawful acts; and the conditions supported in this environment produced an infinite variety of illnesses, including some that were deadly and contagious.

This city was very dark. Energy had become quite limited and little light was available. People passed one another in shadows and could not easily see one another. Perhaps to be noticed more, they improvised various extreme forms of behavior and dress.

In this place it was typical for people to live in fear and suspicion. Even so-called friends withheld much from one another. If you asked who was in charge, you would be told. "We are all free here; we follow our own selves. No one controls us. This is just the way things are." ...Among the population were many arrogant, envious, and insecure individuals who took pleasure in getting the upper hand in every situation... a few of the people found their way out of the city and came to the village of Sharing... A sign at the village limits says, " Spirit in us All." ... "What do you deeply love?" ...to affirm something higher... Our real self, our hidden treasure, is beyond our awareness and our personality, but we can find a channel to it. This channel is created through the presence of finer energies in us, and these energies are the result of a certain work. Their presence in our nervous system helps us to connect to subtler states of Being.

**~Living Presence, Kabir Edmund Helminski**