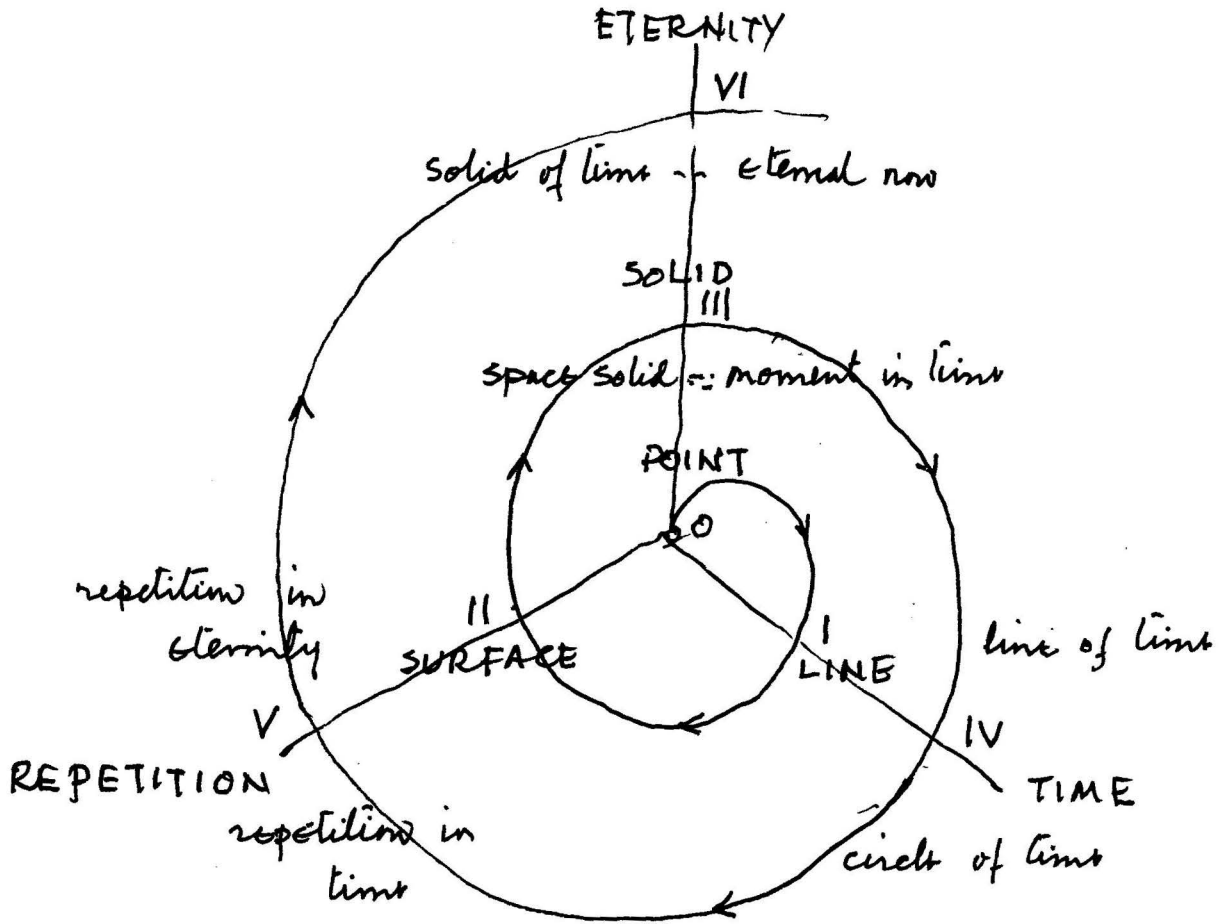


## TIME & SPACE - Conversations

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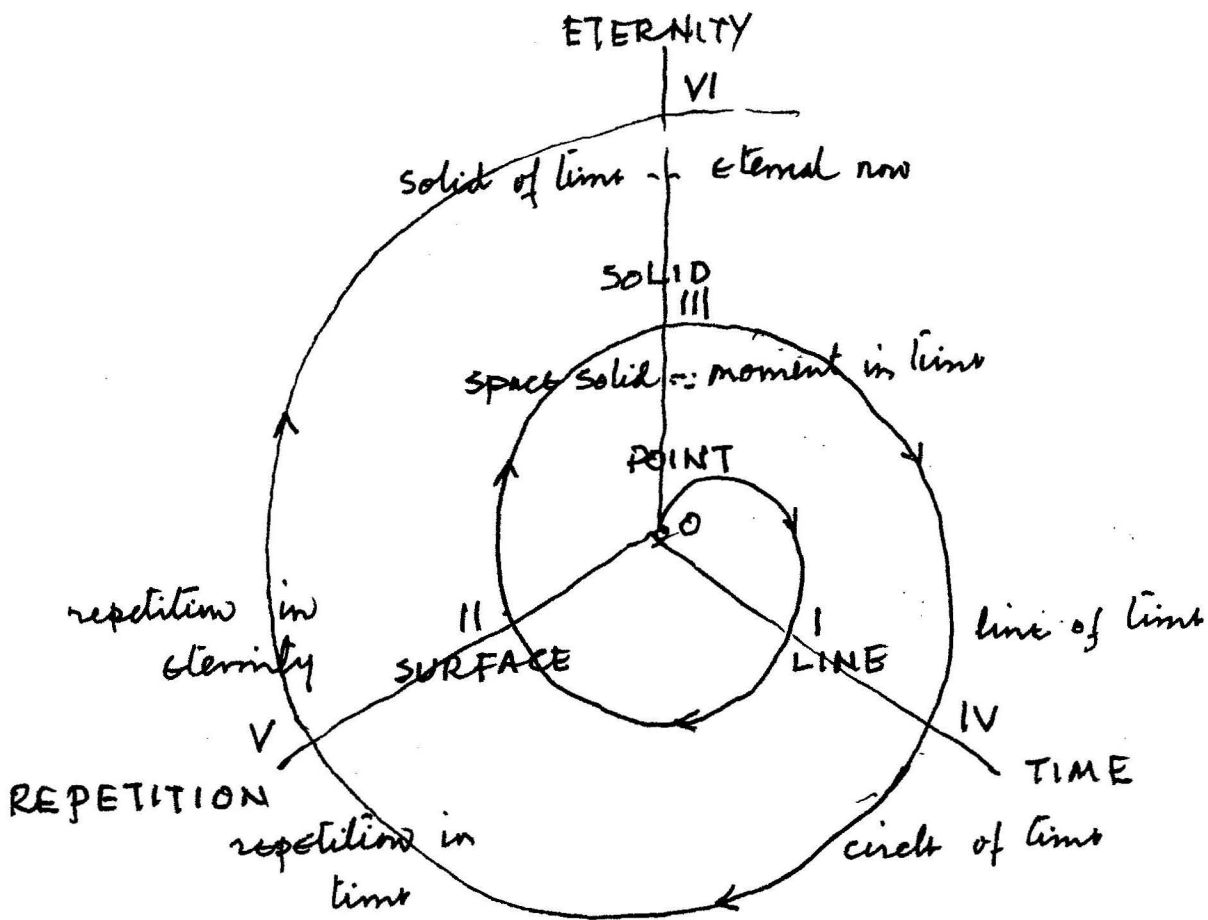
- Preface - P.D.Ouspensky " Time is the measure of motion. If we represent time by a line,then the only line which will satisfy all the demands of time will be a *spiral*." New Model of the Universe 1934 p 425.
- 1/1-10 Six dimensions - dimensions of space & time shown in double spiral diagram as analogous. Unifying experience in meditation considered. Functioning together of cerebral hemispheres with silent hemisphere successfully attracted to eternity and possibilities of sixth dimension. Development of physical body in time as logarithmic with decreasing time value.
- 2/1-8 Double spiral of man's life - radial connection to centre. Inner spiral as microfilm of outer. Birth into world of time remembering past until learning to talk. Growth of personality plus questioning of life's purpose. Search for new possibilities via meditation.
- 3/1-10d Double spiral of organic life - our real role as nature's mind ,soul and spirit seen as man , angel and archangel. Earth as potentially complete cosmos. Role of great laboratory of nature - animals and then man's cerebral cortex and possibility of conscious memory leading to insight into earth's needs. Fechner's earth as living being. Earth's time differences.Spirals above & below man as mirror image of inner & outer.
- 4/1-8 Different living worlds within and without us with times corresponding to size. Inner worlds reflecting outer with possibility of cognition through meditation.
- 5/1-12 Energy exchange ratios between worlds - the corresponding functions having same velocity. Velocity as constant independent of size.' Light as a limiting velocity on every scale' -' because time changes with size'. Man as seed unfolding naturally with experience of inner & outer worlds. Velocity spiral and Table.
- 6/1-4 Experience of causal level in meditation to bring unification of inner & outer worlds and naturally enjoy life to the full.



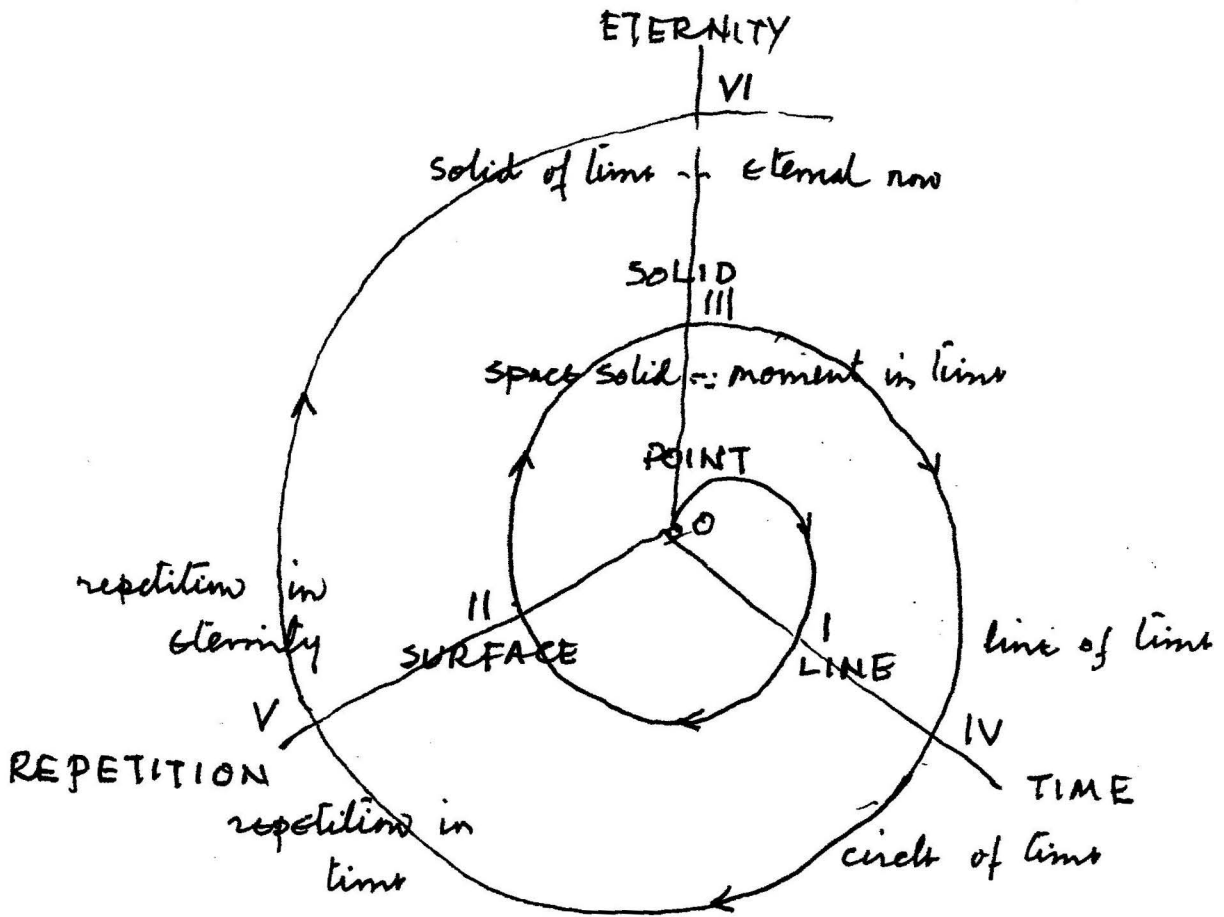
- Tell me , what kind of knowledge would be helpful to those who are doing the meditation ?
- I would think , knowledge about time - about the different dimensions of time and what they imply.
- Why do you think this ?
- Because time is the key to all knowledge , both about the world within us , and the world outside.
- Then how does one begin ?
- One has to begin from the realisation that our understanding of time is incomplete. We see the world as it exists along the line of time - along the line of our time . But not only is our time not the only one , but time itself has different dimensions.
- Then what are these different dimensions ?
- There are three dimensions of time - dimensions which are analogous to the three dimensions of space.
- You mean , a line , a surface and a solid ?
- Yes , the zero dimension of space is a point , which corresponds to a moment of time , the first dimension of space is a line , which corresponds to the line of time , the second dimension is a surface , which corresponds to repetition , and the third dimension is a solid , which corresponds to the solid of eternity.
- I find it difficult to see why this parallel exists.
- It is possible that space and time are different aspects of the one reality , and that we tend to take them too separately. The attached diagram may throw further light on this question. You will see that time and space are shown as spirals one within the other , so that their dimensions correspond.



- Could you explain how the diagram works?
- Starting at the centre with a point , the spiral moves outwards to form , at point I , the extension of this point into a line , at point II , its further extension from a line into a surface , and at point III, its still further extension from a surface into a solid body of three dimensions.
- So this inner spiral represents the three dimensions of space ?
- Yes , the space solid at point III becomes the zero dimension of the outer spiral , or in other words a moment in time.
- And the outer spiral represents the three dimensions of time ?
- Yes , at point IV the moment of time becomes extended into a line - the line of passing time - which one thinks of in the ordinary way as a straight line extending from the past into the future. But the line of time can be curved , in fact every line of time is really curved , for somewhere it has a beginning and an end.
- So when it has passed point IV it becomes a circle ?
- Yes , it becomes the circle of time - and by point V this circle has become a circle of repetition - it repeats again and again.
- You mean , it repeats in time ?
- Yes , like the days of the week or the seasons of the year. But beyond point V time exists no longer , and the circle is repeated in eternity .
- But how can it be repeated in eternity - where does it actually go ? the circle of our life, for instance, where is it repeated ?
- Strictly speaking there is no need for it to go anywhere other than where it is now - it simply means that a further dimension is added to it - a dimension at right angles to the line of passing time.
- You mean that not only every moment of our life , but the whole of life itself has a continued existence in eternity ?
- Yes , if it were not so life would have no meaning , for everything in it would disappear. But that is where all the confusion arises. We think of eternal life as another existence after this one , and in another place , but really it is the same life - this life, where it is now , and every moment of it exists in eternity.
- Then is that eternal recurrence ?
- Yes , but it is not all of life , or all of time - there is still a further dimension.

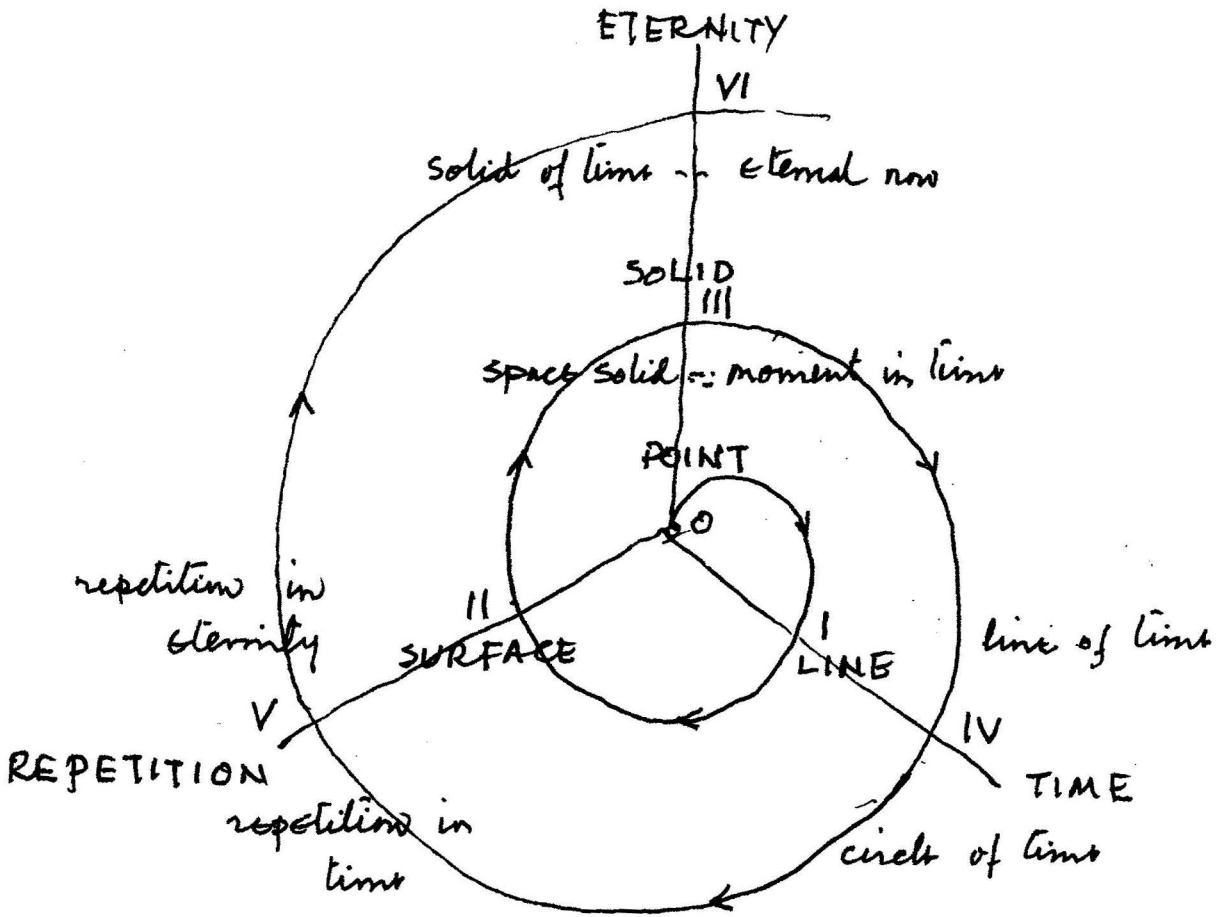


- You said there is a still further dimension -could you explain what it is ?
- In the sixth dimension , the solid of time , everything we are and everything we could be exist together. Unlike the fifth dimension , the sixth dimension contains , not only everything in life as we know it , but everything that could be realised - that never happened before.
- Then where does this exist ?
- It exists here and now - there is nowhere else.
- Then is it possible to reach it through the meditation ?
- Well , it depends on what one actually experiences . When one does the meditation one thinks of it as occupying a certain length of time - say half an hour. And during this period the mantra is repeated in time , for that is how one experiences it. But the mantra is also being repeated in eternity - it must be , for one finds often enough it is still there , when one thought it had gone away. And deeper still, when it is properly established , it has a permanent existence in eternity , which explains why one can wake up from sleep , or from an anaesthetic , and find it is still present.
- So you think the mantra can be going on in all three dimensions simultaneously ?
- Yes , and what one actually experiences depends on where one's attention happens to be.
- Then what makes one's attention follow it ?
- Eternity , by its very nature , is attractive to the mind - that is why the mind goes in that direction . There is nothing the mind wants more than to escape from time into eternity.

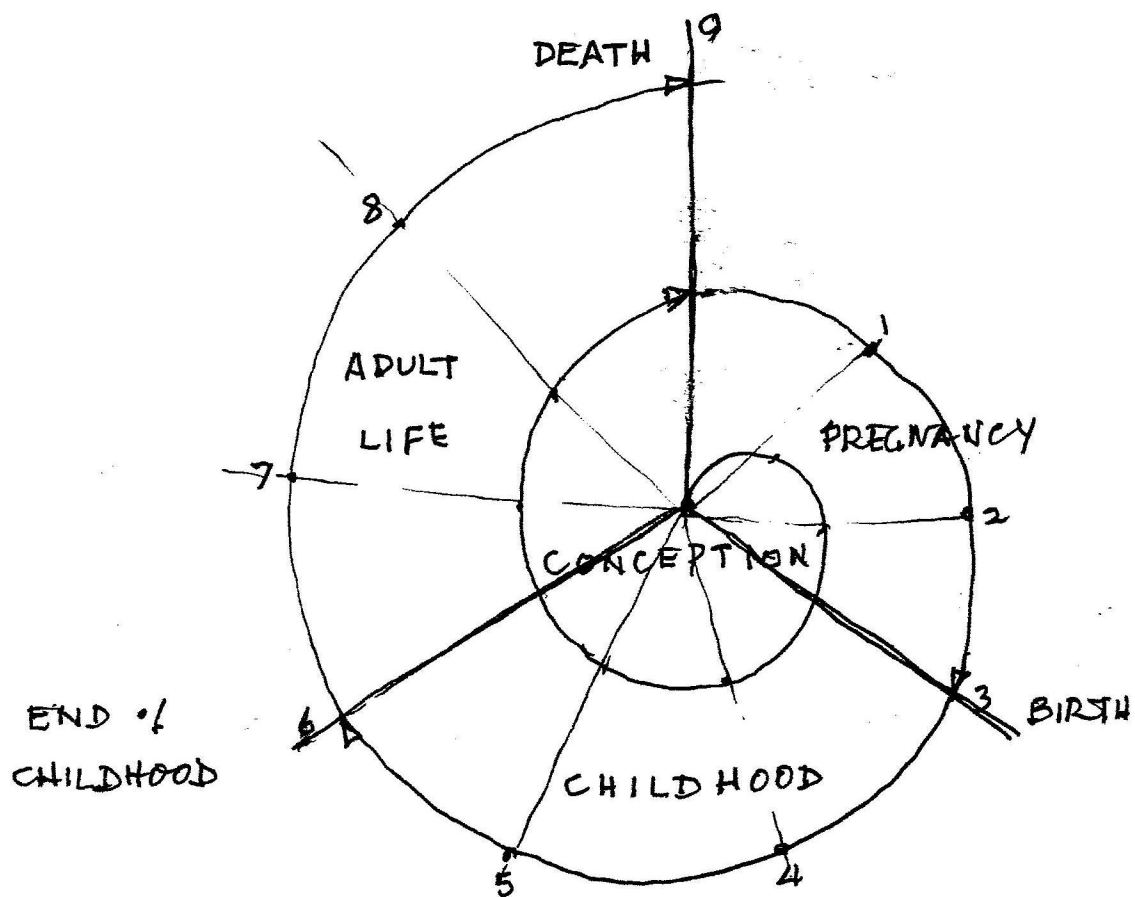




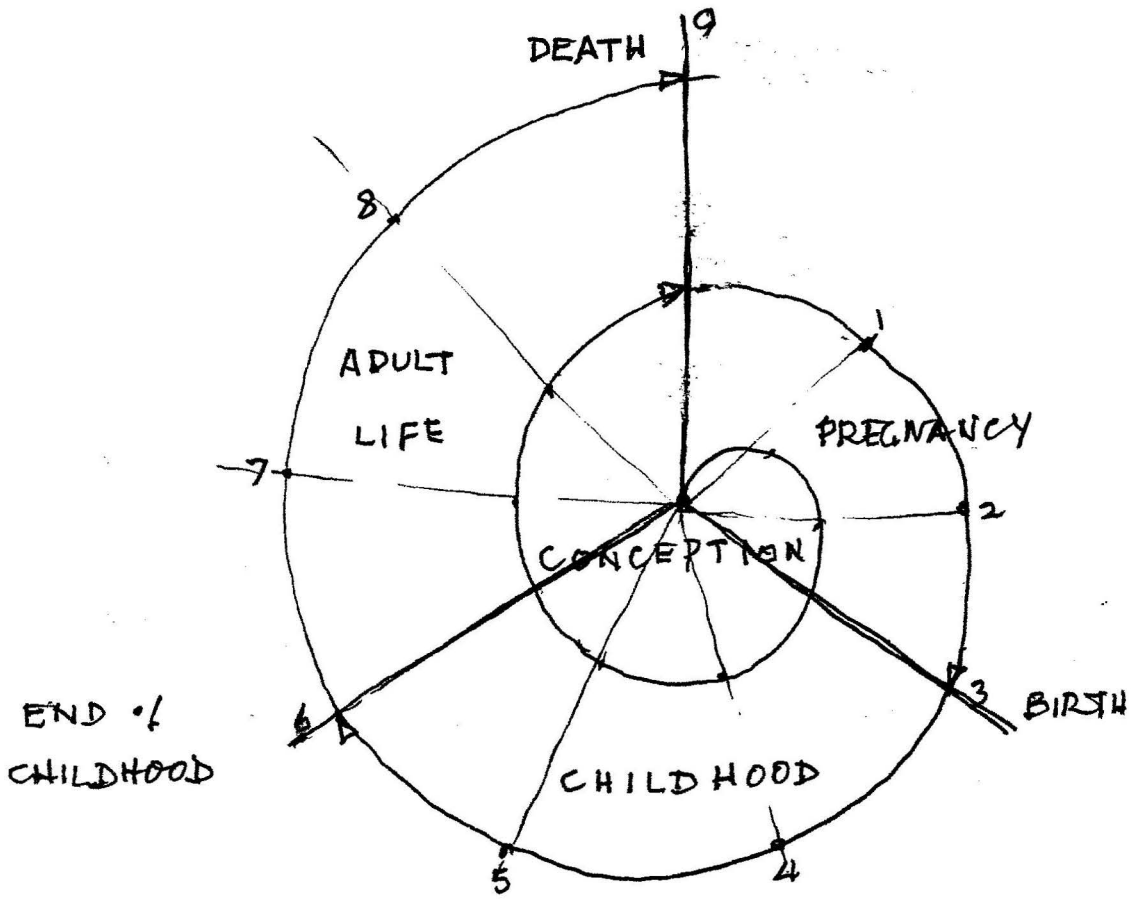
- You said just now that eternity by its very nature is attractive to the mind. Could you explain why this is ?
- It is connected with different parts of the brain , particularly the cerebral hemispheres. Our sense of time belongs , it would seem , to the dominant hemisphere , but the silent hemisphere does does not concern itself with time - everything it does is connected with eternity.
- So it is the silent hemisphere which is attracted to eternity ?
- Yes , it looks inwards towards our divine nature. The dominant hemisphere looks outwards into time - into the problems of the day .
- But there is nothing wrong with that, is there ?
- No there is nothing wrong with time. The point about the two hemispheres is that they are intended to work together , in fact , man is only normal when they do so .
- Then does the meditation unite them ?
- Yes , it unites eternity with time . When time is united with eternity it takes on a different meaning. It becomes a friend , instead of an enemy .
- But how does it actually unite them ?
- It attracts the attention inwards to a deeper part of the brain - the central area. It is this central part of the brain which has the power of unifying all our functions , just as the heart has , in relation to the whole body. In this central area is the thalamus , or 'heavenly heart' as it was once called - the inner room , or sanctuary where life is regulated. This central area corresponds to the sixth dimension in the diagram , for it contains all our unrealised possibilities.



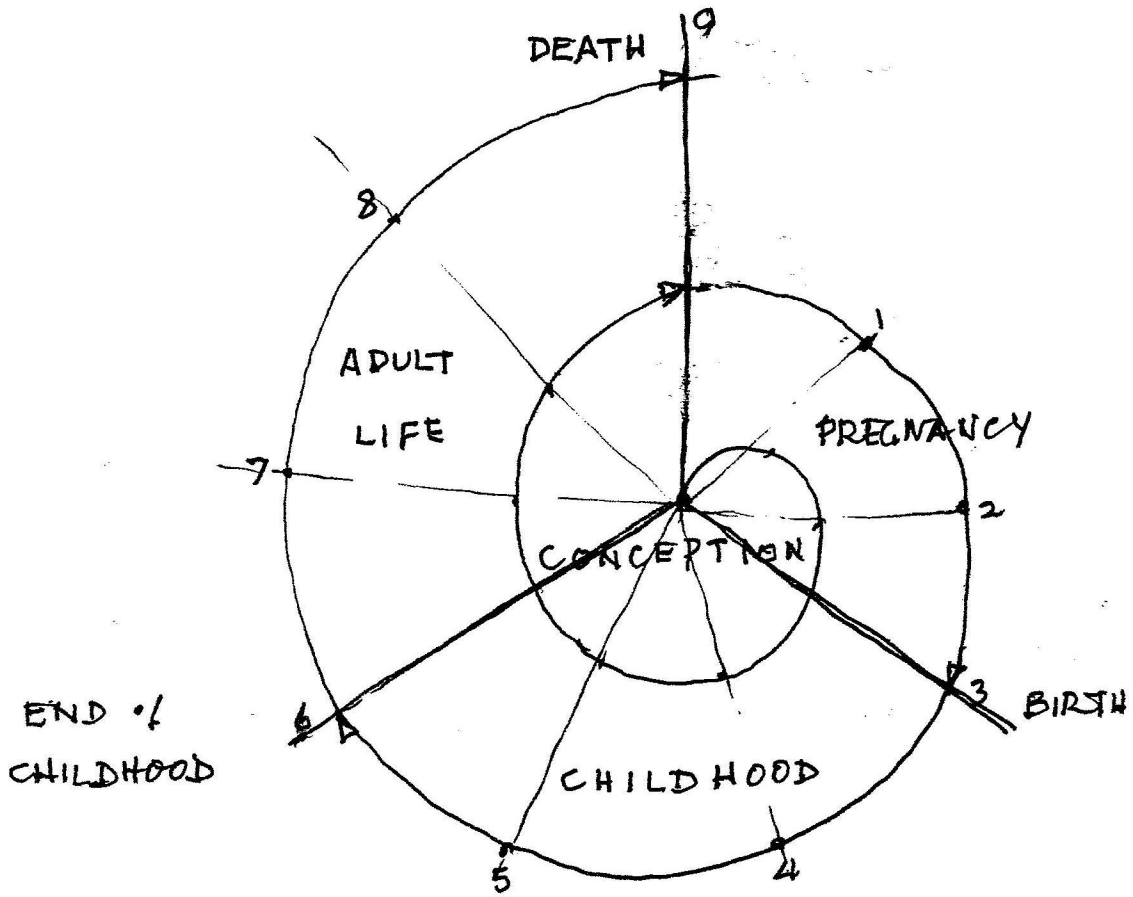
- You have explained how point V in the diagram , which we called 'repetition' , is concerned with the cerebral hemispheres - repetition in time with the dominant hemisphere , and repetition in eternity with the silent hemisphere - and that point VI is concerned with the central area of the brain. But what is the right hand side of the spiral concerned with ?
- It is concerned with those parts of the brain which control and regulate the development of the physical body along the line of time.
- You mean the control of our vital functions ?
- Yes , the hypothalamus seems mainly concerned with this. But there is another important function which we know very little about.
- Which function do you mean ?
- That which controls the programming of the body's development.
- You mean , the stages the body goes through ?
- Yes , everything that happens to it from conception till death - its development in the womb , its birth , the different stages of childhood , adolescence , adult life , old age and death - all these things are timed very precisely.
- In other words , they belong to the line of time ?
- Yes , but they already exist along the line of time - they are known beforehand. And the line is really a circle, for the end coincides with the beginning. What is even more strange is that the value of time changes as time goes on - it moves much faster at the beginning , in fact at the very beginning the speed and precision with which things happen is quite miraculous.
- So the line of time is not by any means uniform. Does it follow any special law ?
- There is reason to believe it is logarithmic , or in other words , the value of time decreases as time goes on.



- Tell me, can one take the diagram as life itself?
- Yes, why not?
- Then where does life begin?
- It comes from the centre. The centre is the light of consciousness. This light which flows from the centre is always there. Everything else in the diagram is changing, but the light never changes, it is always the same.
- You mean it is the same, even after death?
- Yes, death is only a stage in the development of our life. It is not an end but a beginning.
- You mean it coincides with the moment of conception?
- Yes, it is on the same radial line.
- Then what is the meaning of the radial lines in the diagram?
- They represent the eternal existence of each moment in our life. They are at right angles to the line of the spiral - the line of time.
- So if every moment were connected with the centre, would that be eternal life?
- Yes, it would mean there was no death.
- So how do we make this connection?
- Through the meditation. Every time we do the meditation we bring a little of this radiance from the centre into our everyday life. In time the two merge together and the light becomes fixed.

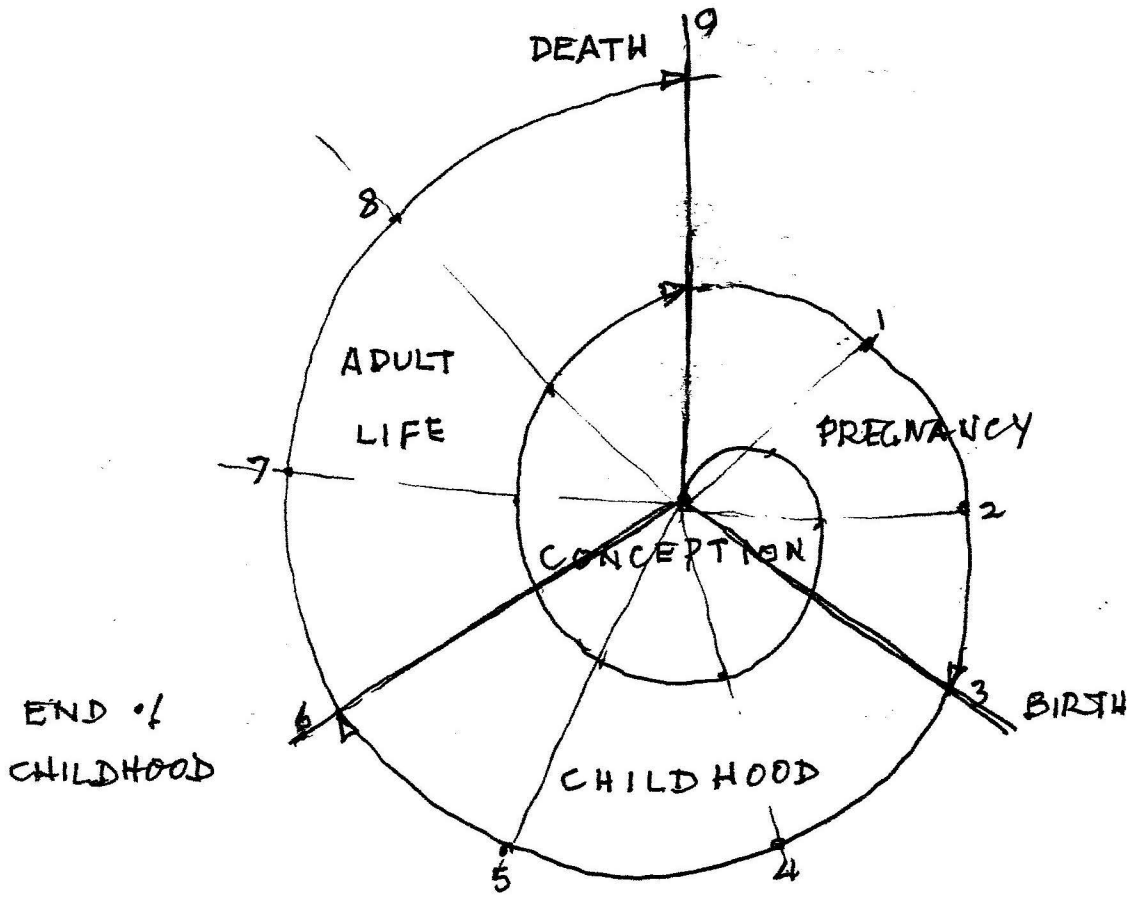


- Could you say what happens in each spiral?
- About the inner spiral we know very little, except that it contains the molecular pattern or code on which our life is based.
- Then does the inner spiral determine what happens in the outer spiral?
- Yes, it is like a microfilm of our life. Each point on each spiral corresponds.
- And when the germ cell is formed it contains this pattern or code?
- Yes, and when the germ cell begins to multiply and differentiate the same code is contained in each cell. By point 1 in the outer spiral the form of the body is already settled, and by point 2 the quickening occurs - the embryo becomes alive.
- And at point 3 the child is born and begins to breathe?
- Yes, birth is a quite extraordinary event in one's life - one is suddenly thrust into the world of time.
- And yet one remembers nothing about it?
- I wouldn't say one remembers nothing - some deeper part must surely know. One can see that in a newly born child.
- I wonder what it actually knows?
- It knows itself as a grown up person, not a child.
- You mean it remembers the past?
- Yes, but it can't tell one about it, because it hasn't yet learned how to talk.
- And by the time it learns to talk it has already forgotten?
- Yes, by that time it is busy with other things - it is busy learning how to behave as a child.

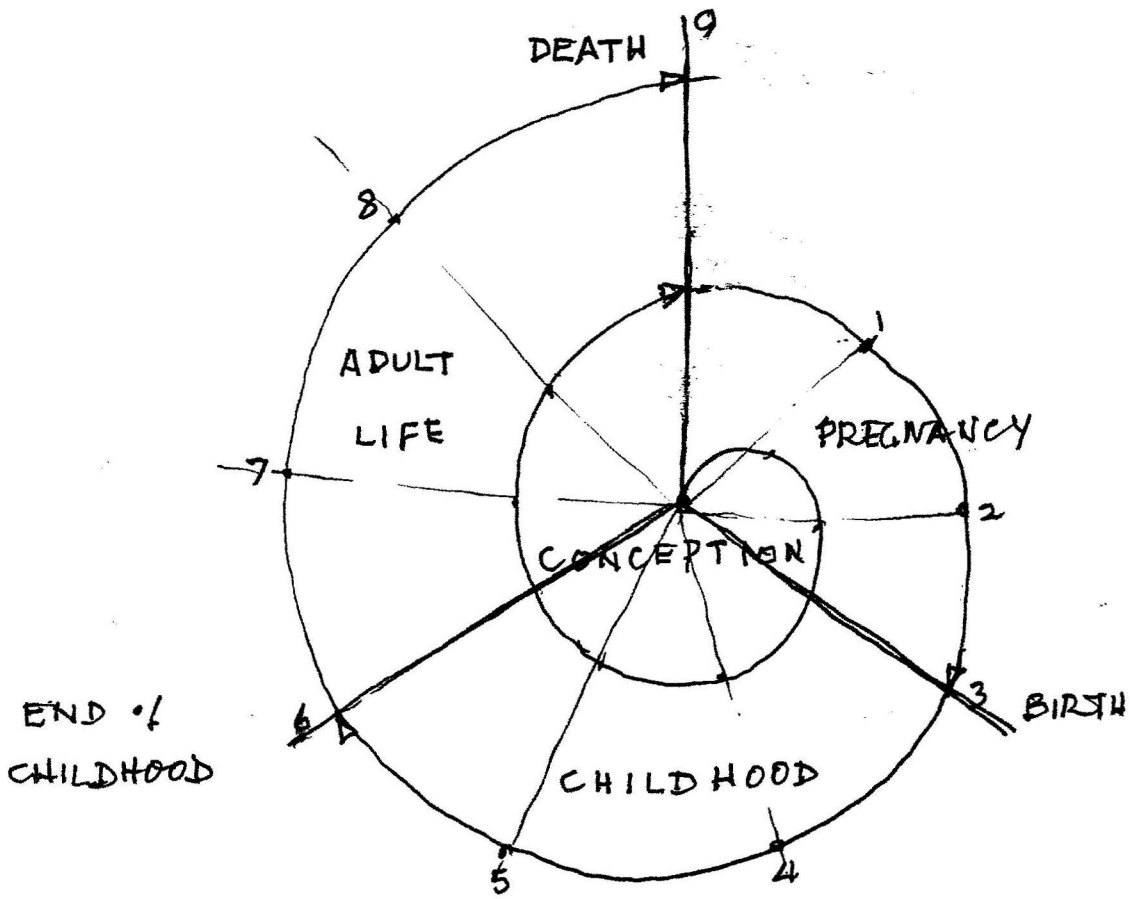




- Then what happens at point 4 in the diagram?
- At point 4 the child is about one year old, It is still learning how to live. Having got over the shock of being born it is busy rediscovering the joy of physical existence.
- And the discomfort too, I would imagine?
- Yes, there is plenty of that. But in-between one sees the delight coming through - the delight of being alive.
- And then I suppose the child learns how to talk?
- Yes, around point 5, which is about 3 years old....
- But what actually happens during this period?
- Well, the speech centre develops of course. But many other things develop too, in fact, the child sometimes becomes quite intolerable.
- I wonder why that is?
- The personality begins to grow. At this period we begin exploring the psychological situation in which we find ourselves - trying things out on our parents, for instance.
- But what is the real function of personality?
- It is the outward expression of what we are.
- But what really are we?
- Yes, I know. One begins to ask oneself this question more and more, as adolescence approaches, and that is perhaps where the fifth dimension enters our life.
- You mean we begin to realise it all happened before?
- Yes, at moments perhaps. At this age all sorts of things are happening to us - we are deciding on a career, our sex life is developing, we are learning how to apply ourselves to serious work. But there is something else - something which keeps on making itself known to us - the ever recurring question "what is life for - what is it all about?".

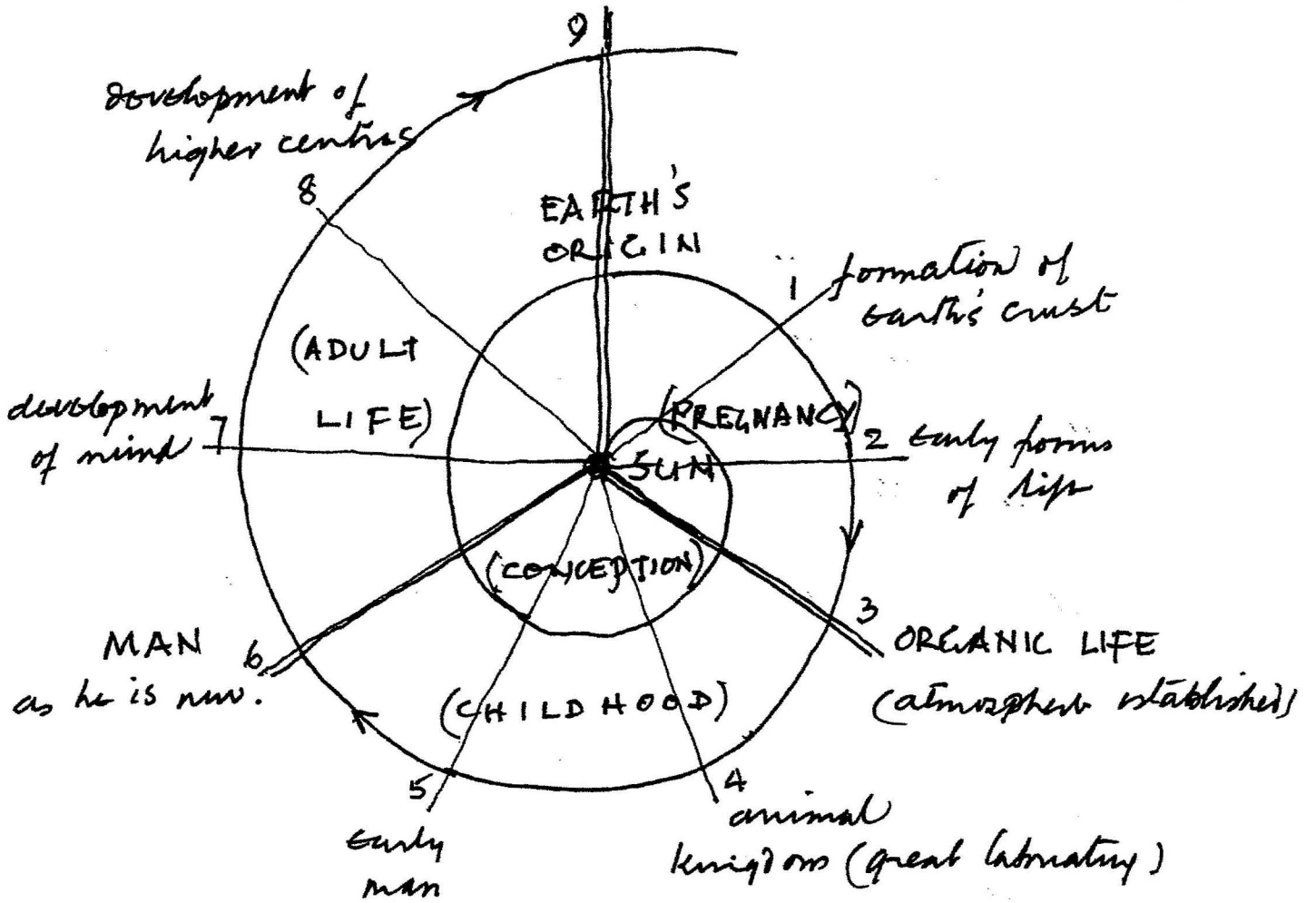


- How much do you think it is possible to find an answer to that question, during the last segment of the spiral?
- Point 7 is about 16 years old, and point 8 is about 35. The period from point 6 to point 7 is a period of searching, the period from point 7 to point 8 is a period of finding, and the last period from point 8 to point 9 is a period of rejoicing over what we have found. "Let him who seeks, not cease seeking until he finds, and when he finds, he will be troubled, and when he has been troubled, he will marvel and he will reign over the All".
- But isn't it largely a question of remembering?
- What I am speaking about is not remembering - it is something which never happened before.
- You mean the system?
- Yes, and the meditation. The meditation belongs to the sixth dimension - it is in a new direction - a direction at right angles to the circle of recurrence.
- I don't quite understand what you mean?
- Recurrence is the same life, again and again. The sixth dimension is something quite new in our life - something we never previously experienced.
- So this period of our life really is a voyage of discovery?
- Yes, many things are possible - things one never dreamt about. One has to remember that the spiral contains a great many unused patterns - parts of the code which will come into operation if the light is allowed to circulate. That is the real purpose of the meditation.



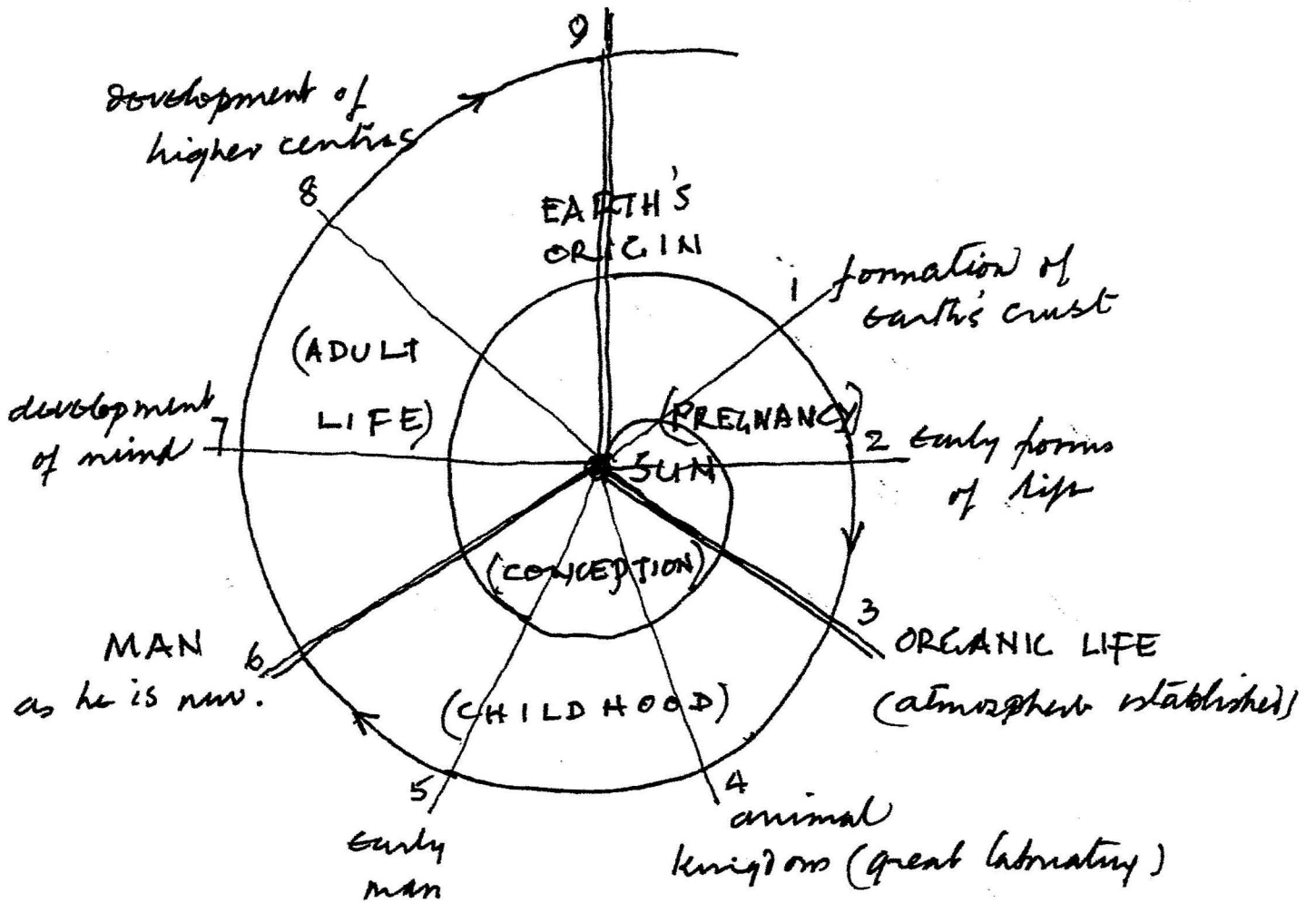
- I see in the diagram that the spiral continues beyond point 9. Where does it actually go?
- It becomes the growing point of a larger spiral - the spiral of organic life.
- You mean man's influence extends into organic life?
- Yes, man is in the same relation to organic life as the cell is to man.
- Then would that mean that he contains the code, the pattern on which organic life is based?
- Yes, he contains everything in Nature, but on a different scale. When we speak of our nature - our real nature - that is what we mean.
- But how is the code actually realised? - what does man have to do?
- He only has to fulfil his life - that is all he has to do.
- But surely man is not the only thing in Nature - there are animals and plants, for instance.
- Yes, animals and plants are connected with the physical body of Nature, and to some extent with her nervous system. Man is different - he is the mind of Nature. The word 'man' is the same root as 'manas' or 'mind'.
- And what is Nature's soul?
- Angels are the soul of Nature, archangels are her spirit.
- What do you mean by 'angels' and 'archangels'?
- Angels are the emotional side of Nature, archangels are her higher consciousness. But all these different levels of being exist in man.
- You mean he contains them in himself?
- Yes, man is a mineral, a plant and an animal. But he is also a man or an angel, even an archangel. But angels and archangels are not so easy to find.

EARTH  
as a complete cosmos



- Tell me, do other cosmoeses develop in the same way as man?
- Yes, they each go through similar stages - stages which correspond to our own conception, pregnancy, childhood and adult life.
- Then how would this apply to the earth?
- The earth, it would seem, was conceived by the sun, some 4.5 billion years ago. In order that she could develop as a living being, a complete cosmes, three things were necessary - the physical earth herself, the development of organic life, and the influence of man.
- Then what is man's influence, in the earth's evolution?
- He is the earth's mind. The word 'man' is the same root as manas or mind.
- And does the earth also have a soul?
- Yes, man's higher functions are connected with the earth's soul, his consciousness with her spirit.
- Then does individual man contain these same possibilities within himself?
- Yes, but they are not often realised. Only if a sufficient number of men were to realise them would the earth's evolution become complete.
- Then is it possible to follow the spiral of the earth's evolution?
- The inner spiral is concerned with the earth's conception, about which we know very little. At point 1 in the outer spiral her physical form was already settled - this would be some three billion years ago, when the earth's crust had cooled and become stabilised. At point 2, some 1000 to 500 million years ago, the first early forms of life began to appear. But not all these early forms of life breathed oxygen as we do, and it was only when the oxygen content of the earth's atmosphere was established that the breathing of oxygen became general.
- But how was it established?
- It was made possible by the development of plants, which are able to extract oxygen from water and release it into the atmosphere. This extraordinary switch over to oxygen, which may be compared with the breathing of a newly born child, began at point 3, some 400 million years ago. In this way far higher levels of energy became available - energy which was required by the great laboratory of nature for the experiments it was about to carry out.
- You mean, it was at point 3 that the earth was born?
- Yes, at point 3 her breathing started, and time for her had begun.

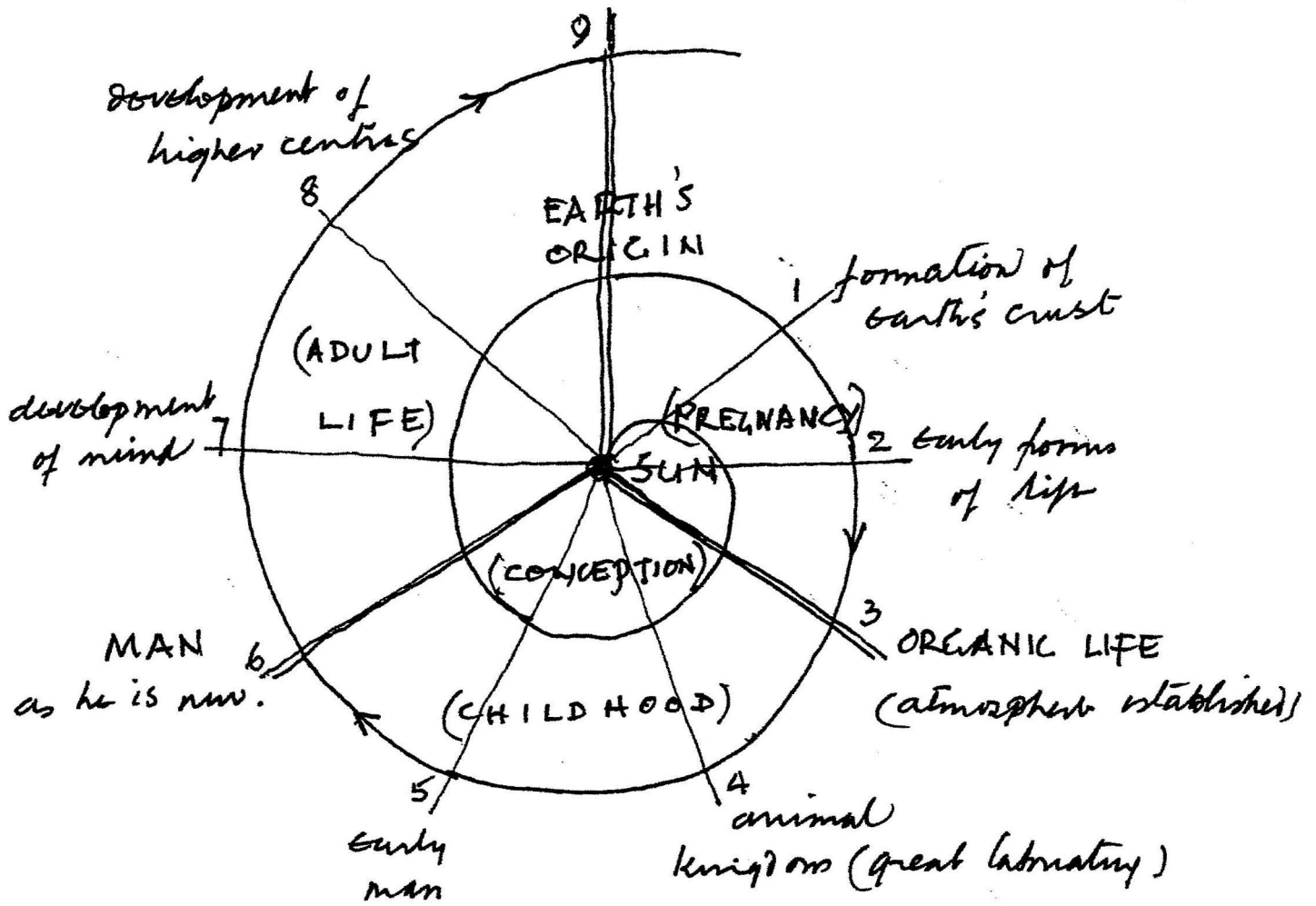
# EARTH as a complete cosmos





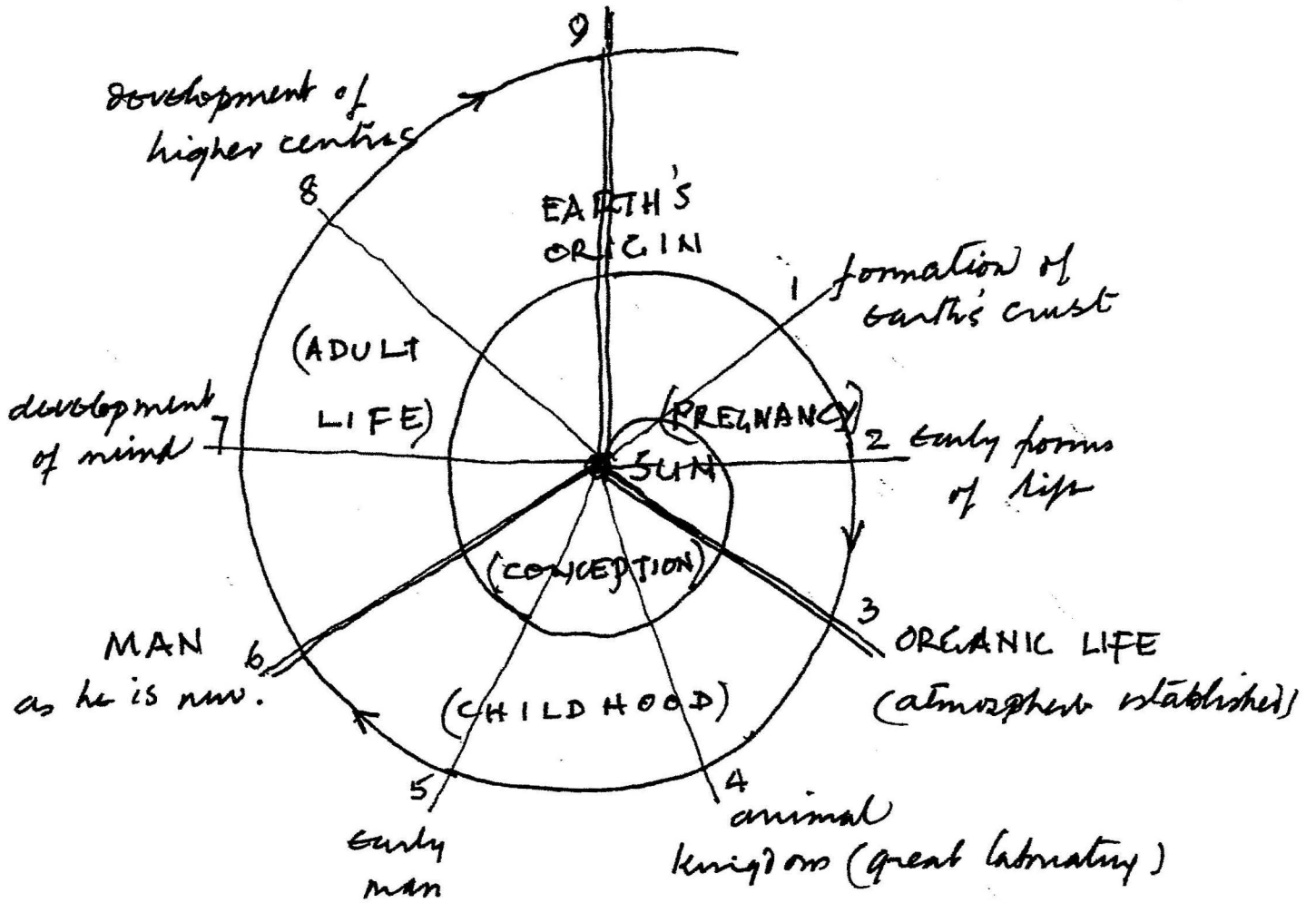
- You mentioned the experiments which the great laboratory of nature was about to carry out. Would this be at point 4 in the diagram?
- Yes, these experiments were aimed at perfecting all those characteristics of animals which were later to be incorporated in man.
- You mean they were tried out in different animals first?
- Yes, that is why animals seem like caricatures of different people. Some of the experiments were discarded, like the dinosaurs, others survived. But this was long before man appeared - perhaps some 200 million years ago.
- Then did man appear towards point 5? Was there not something essentially different about him?
- Yes, man contained something new - something which developed later into another breakthrough comparable in importance to that of breathing. This was the cerebral cortex, still in its early stages - a device which was eventually to differentiate man completely from the animal kingdom.
- Then what is the point about the cerebral cortex?
- Well, it enables man to think, to form concepts, to develop language, and to do many things which animals never could. But there is something else - something much more important. If an animal does something, he does it, but if a man does something, he is also aware of what he is doing.
- You mean, he remembers himself?
- Yes, he has moments of conscious memory - moments which belong to the fifth dimension - to eternity. Animals have instinctive memory, but man also has conscious memory.
- Then what is it brings this kind of memory?
- The meditation. It is a natural way of increasing conscious memory. People think it is connected with functions, but it has nothing to do with functions - it works direct on consciousness.

# EARTH as a complete cosmos

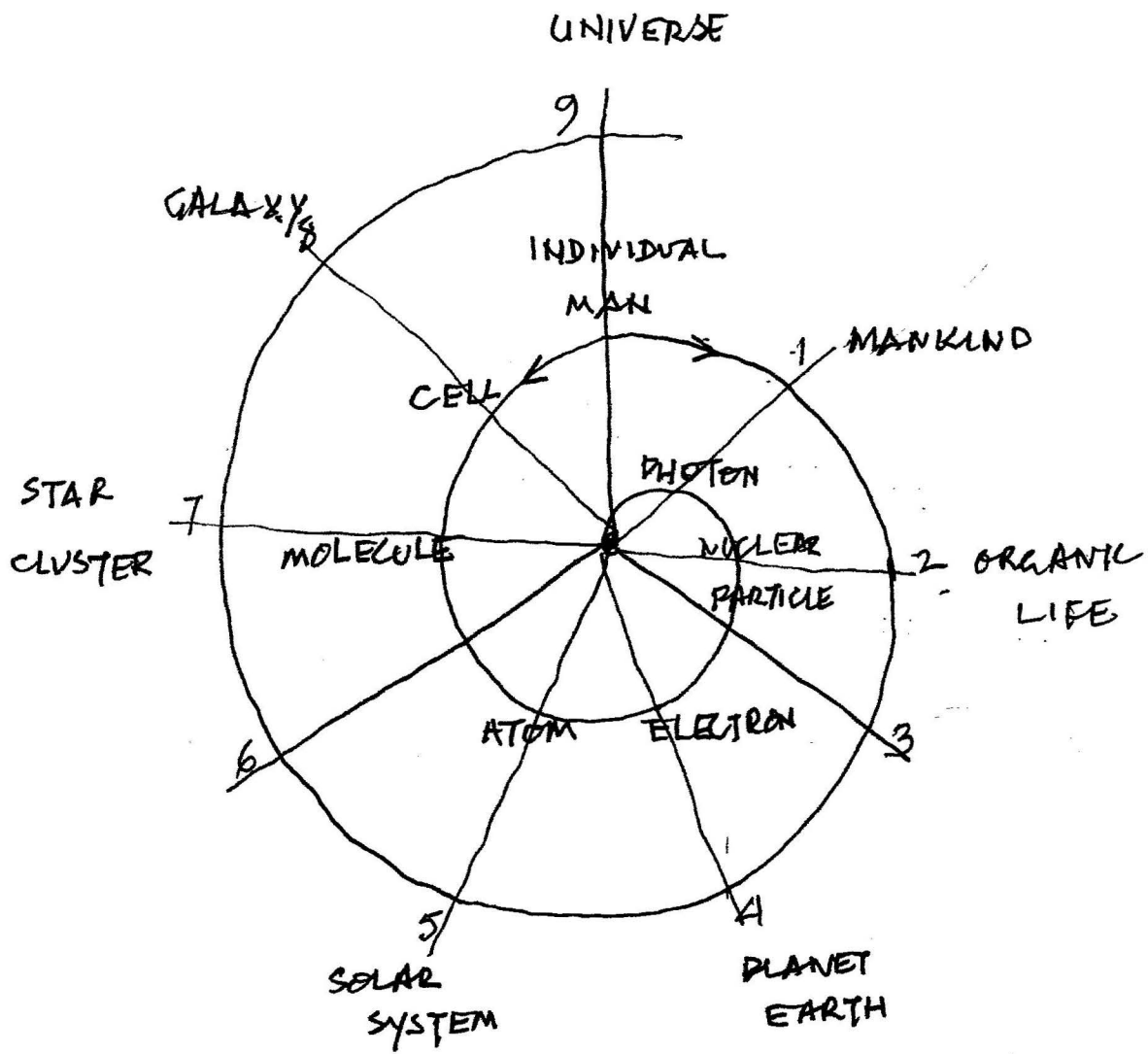


- So point 6 in the diagram is somewhere about now?
- Yes, the earth would seem to be nearing the end of her childhood, and beginning her adult life.
- Well, I hope she will soon grow up.
- Yes, she will surely do that. It was the Russian scientist Vernadsky who wrote just before his death in 1945, "I look forward with great optimism. I think that we undergo not only a historical, but a planetary change as well. We live in a transition to the noosphere."
- I wonder what Vernadsky meant by the noosphere?
- He meant the envelope of mind that will one day spread over the earth's surface and interpenetrate the biosphere.
- Do you think the envelope of mind is already spreading?
- Yes and no. In reality there is not just one envelope, there are three. There is the envelope of neuro-electrical energy - radio waves and so on - with which the present day atmosphere is filled.
- This is surely not the noosphere?
- No, it has little to do with mind - it is more like a nervous system or network - more a means of communication.
- Then would the noosphere be at point 7?
- Yes, there is some indication it is on the way, but we cannot say it is established yet.
- But what really is it?
- Insight - emotional discernment of the earth's needs as a living being.
- You mean when one feels, like Fechner, that the earth is an angel - an angel carrying us along with her into heaven?
- Yes, but enough people have to feel this all the time, and they also have to know a great deal more than they do now. Then certain things which are happening now will never happen again.
- What kind of things do you mean?
- Large areas of organic life devastated by pollution, violence and suffering amongst mankind....
- But tell me, is there a still higher level above the noosphere?
- Yes, at point 8 man's higher centres will begin to dominate. For it is only man's higher centres which understand the real meaning and purpose of this great cosmos - the living earth - in which we have our being. Ordinary levels of mind are too small - they cannot see the cosmos as one whole.

# EARTH as a complete cosmos

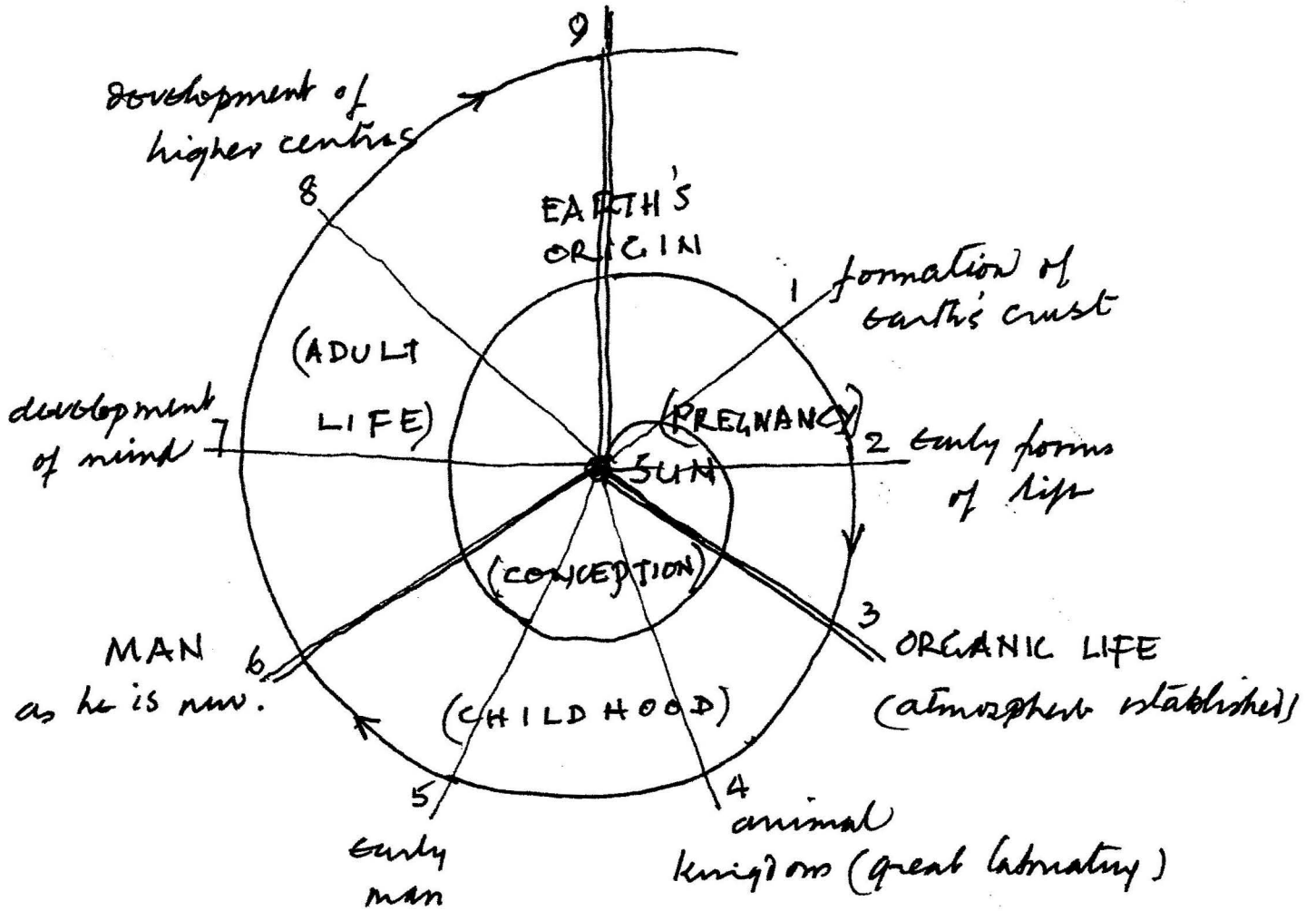


- I find it very difficult to imagine what the earth is really like?
- If you think about it you will realise that man and organic life are within her - they are part of her substance, just as cells and molecules are part of man's substance.
- And I suppose she exists under the direct influence of the sun, and the stars of the milky way?
- Yes, Fechner tried to describe it - he said, "...the only objects external to her are the other stars. To these, her whole mass reacts by most exquisite alternations in its total gait, and by still more exquisite vibratory responses in its substance. Her ocean reflects the lights of heaven as on a mighty mirror, her atmosphere refracts them like a monstrous lens, the clouds and snow-fields combine them into white, the woods and flowers disperse them into colours. Polarisation, interference, absorption awaken sensibilities in matter of which our senses are too coarse to take any note."
- What a wonderful description - this makes me feel I understand better what a cosmos really is.
- Yes, the earth is a living being - a world of great beauty. But what no-one understands is that her time is so different from ours. Her breathing in and out is a whole year of our time, and an instant for her is a whole day and night.
- So she is not really a solid object, in the way we think of her?
- No, her real form is beyond our understanding. We cannot see her for long enough to know what she is really like. But Fechner got nearer to it than most people....



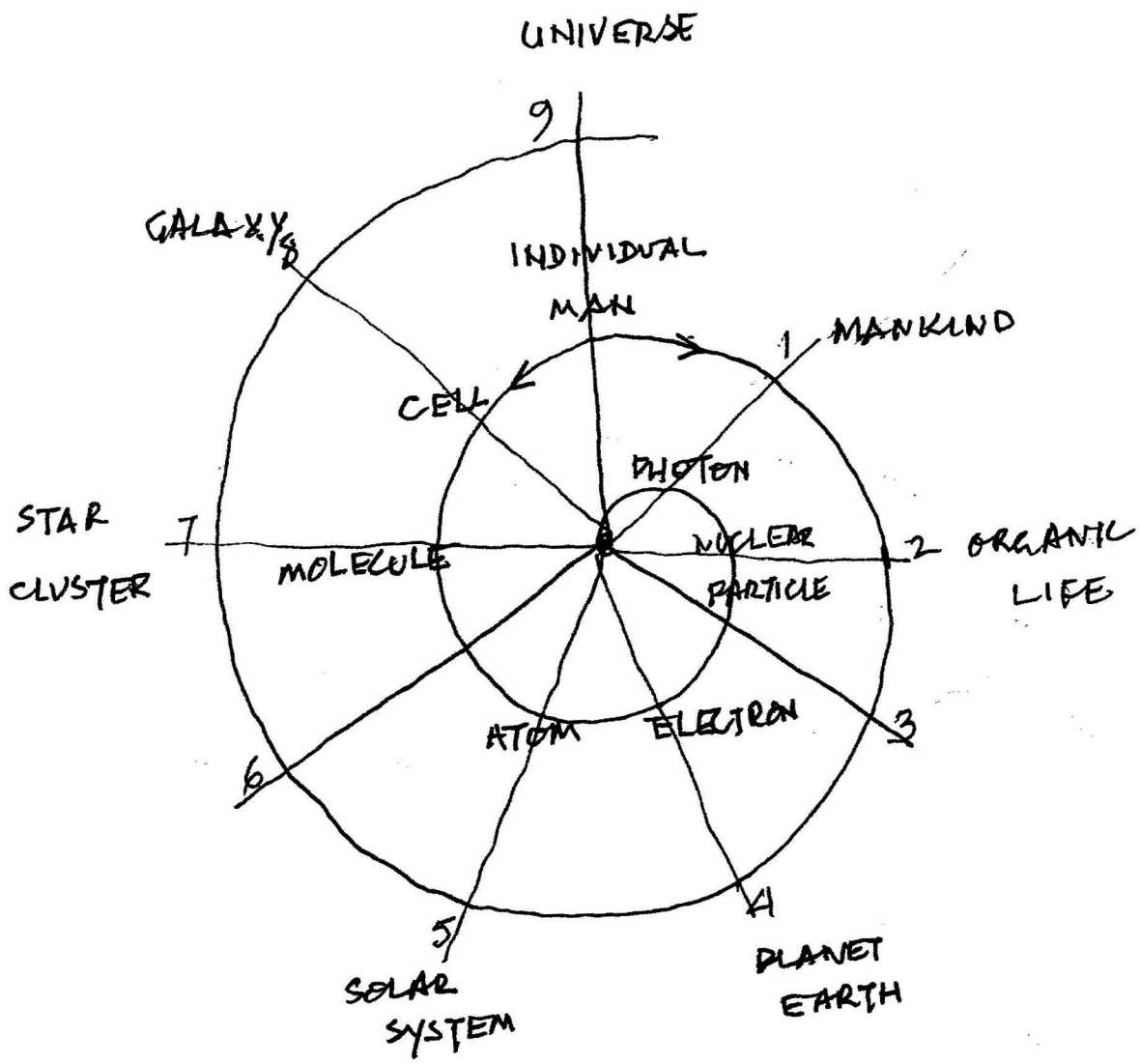
- Tell me, how many different cosmoses are there, and what is their relation to each other?
- The diagram will help to make this clear. You will see that the cosmoses above us are arranged in the outer spiral, and the cosmoses below us in the inner spiral.
- And man - individual man - is midway between the two?
- Yes, from man's point of view that is how things look. He contains certain cosmoses within him, and he is under the influence of certain cosmoses above him. But really they are the same worlds.
- How do you mean, they are the same worlds?
- Imagine you are looking upwards on a starry night, and the great vault of heaven is above you. Then if you look downwards at a pool of water, the same vault of heaven is reflected in the pool.....
- I think I see what you mean - the inner and the outer are the same - one is a reflection of the other.
- Yes, they are worlds of the same order - electrons and planets, atoms and solar systems, molecules and star clusters and so on. But there is more to it than that - the inner spiral is a mirror image of the outer spiral. You know what a mirror image is - everything is the other way round. This explains a great many things - it explains how the meditation works, for instance.
- How do you mean?
- Well, imagine you are at the point marked 'individual man'. When you do the meditation you go inwards - anticlockwise - towards the smaller and smaller worlds within you, and if you go deep enough you reach the centre - the source of light. When you go outwards during the day you go in the other direction - clockwise - along the outer spiral. And the further you go the nearer you get to the light - the same light which exists in the worlds within you.
- But how can it be the same light?
- The one is a mirror image of the other. As it says in the Gospel according to Thomas, "The kingdom of heaven is within you and it is without you". For the light exists, both in the very large worlds, and in the very small.

# EARTH as a complete cosmos

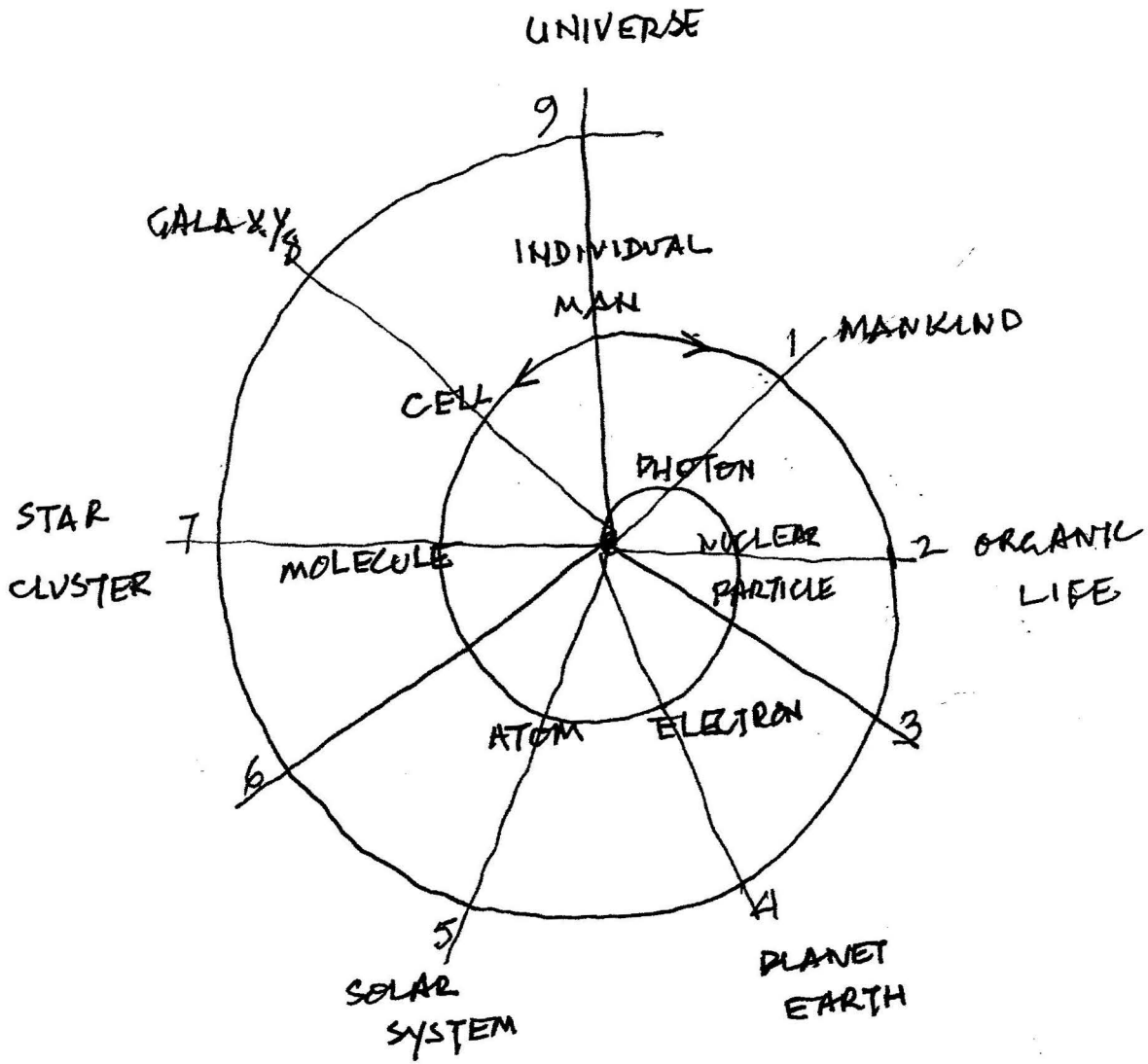




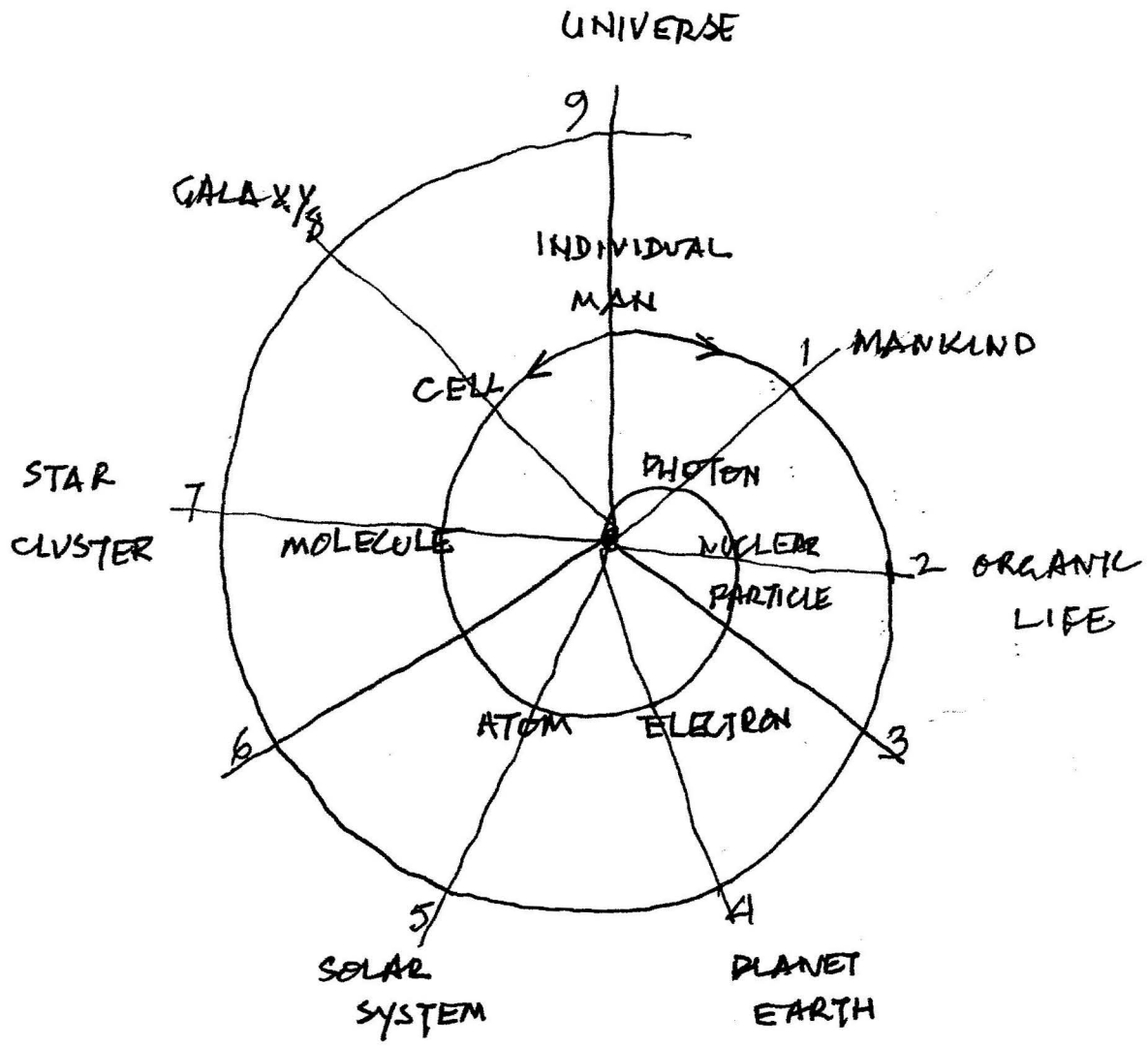
- There is something I don't understand about the diagram. If another cosmos were to take the place of individual man, what would its world be like? Wouldnt it be quite different?
- Yes, quite different. The diagram as it is shown refers only to man's point of view. We have been talking about the earth, for instance. If you put the earth in the position of individual man, you will find that organic life and man are within her. They form part of the inner spiral, and are part of her being, her substance, just as cells and molecules are part of our substance.
- And I suppose she exists under the influence of the sun, and the stars of the milky way?
- Yes, Fechner tried to describe it. If you remember, he said, "...the only objects external to her are the other stars. To these, her whole mass reacts by most exquisite alternations in its total gait, and by still more exquisite vibratory responses in its substance. Her ocean reflects the lights of heaven as on a mighty mirror, her atmosphere refracts them like a monstrous lens, the clouds and snow-fields combine them into white, the woods and flowers disperse them into colours. Polarisation, interference, absorption awaken sensibilities in matter of which our senses are too coarse to take any note."
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- Yes, the earth is a living being - a world of great beauty. But what no-one understands is that her time is so different from ours. Her breathing in and out is a whole year of our time, and an instant for her is a whole day and night.
- So she can hardly appear as a solid body, in the way we usually think of her?
- No, her real form is beyond our understanding. We cannot see her for long enough to know what she is really like. But Fechner got nearer to it than most people.....



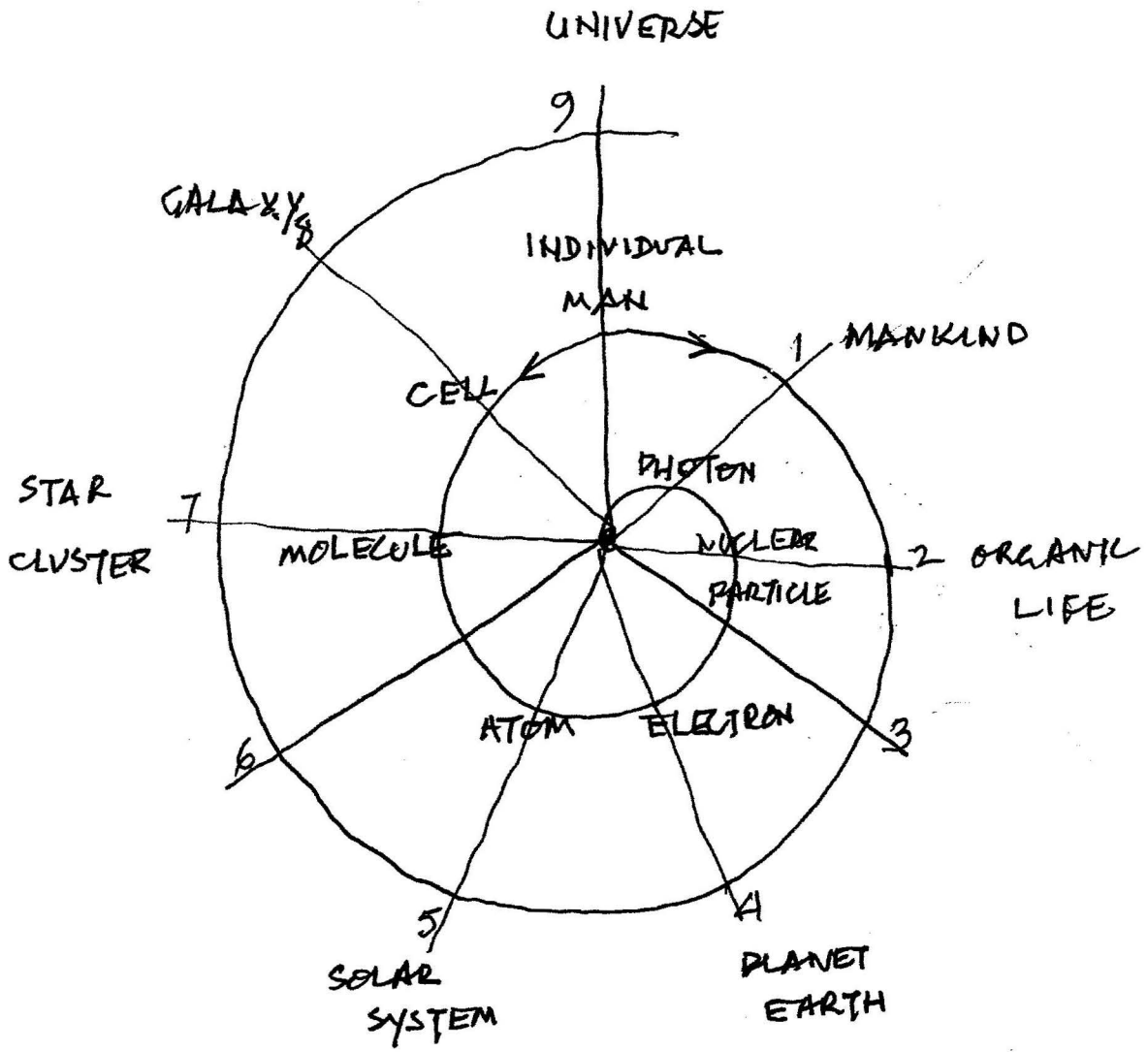
- What is the real nature of the world in which we live?
- There is not one world, there are many.
- You mean there are many worlds around us?
- Yes, and within us too. Man is one of a number of worlds built on the same pattern as he is.
- Then are these different worlds alive?
- Yes, they are born, live and die just as we do, but their time is different from ours.
- How do you mean, their time is different?
- Each of them has its own time, a time which corresponds to its size. Each is infinitely larger than the world below it, and infinitely smaller than the world above it.
- What do you mean by 'infinitely larger and smaller'?
- I mean approximately 30,000 times.
- Then how many worlds are there?
- As you see from the diagram, there are six worlds in the outer spiral and six worlds in the inner spiral. Each of these worlds is contained, one within the other, and above them all is the Universe, which contains all other worlds within it.
- And man - individual man - is midway between the two?
- Yes, from man's point of view that is how things are. He contains certain worlds within him, and he is under the influence of certain worlds above him. But put another world in the position of individual man, and you will see that the nature of things has changed. For the solar system, for instance, the earth, organic life and man are within it - they form part of its substance, just as cells, molecules and atoms form part of our substance.
- Then what is the difference between the worlds in the inner spiral and the worlds in the outer spiral?
- There is no difference - they are the same.



- You said that the worlds in the inner spiral are the same as those in the outer spiral - could you explain what you mean?
- Imagine you are looking upwards on a starry night, and the great vault of heaven is above you. Then if you look down at a pool of water below you, the same vault of heaven is reflected in the pool....
- I think I see what you mean - the inner and the outer are the same - one is a reflection of the other.
- Yes, they are worlds of the same order - electrons and planets, atoms and solar systems, molecules and star clusters and so on. But there is more to it than that - the inner spiral is a mirror image of the outer spiral. You know what a mirror image is - everything is the other way round. This explains a great many things - it explains how the meditation works, for instance.
- How do you mean?
- Well, imagine you are at the point marked 'man'. When you do the meditation you go inwards - anticlockwise - towards the smaller and smaller worlds within you, and if you go deep enough you reach the centre - the source of light. When you go outwards during the day you go in the other direction - clockwise - along the outer spiral. And the further you go the nearer you get to the light - the same light which exists in the worlds within you.
- But how can it be the same light?
- The one is a mirror image of the other. As it says in the Gospel according to Thomas, "The kingdom of heaven is within you and it is without you". For the light exists, both in the very large worlds, and in the very small.

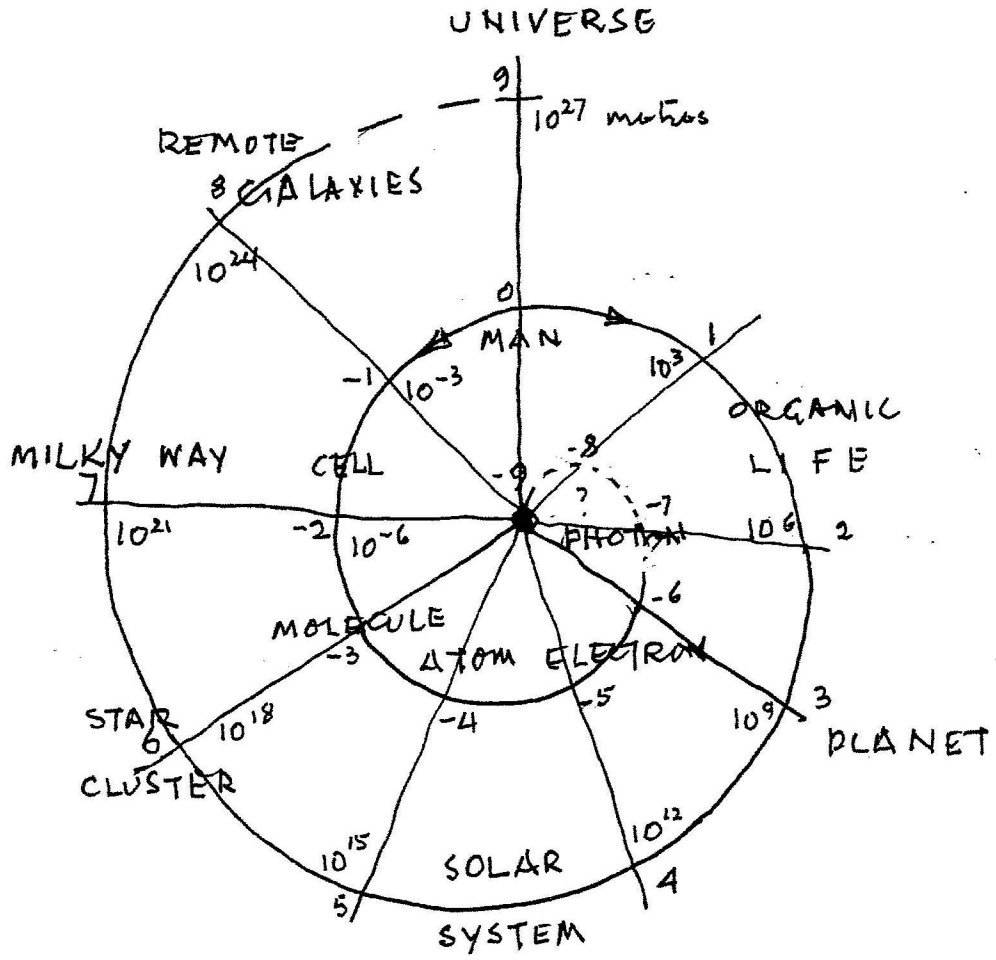


- Then what is the real meaning of the inner and outer spirals?
- It is a question of integration. The worlds in the inner spiral are within us - they are integrated into one whole, the whole we call 'man'. Each separate cell, for instance, may have its own individual life, but man experiences the effect of these separate lives put together into one experience, not each life separately. And the same with molecules, atoms and even smaller entities.
- But in the outer spiral it is different?
- Yes, consider the earth, for instance. If we ask ourselves the question, 'what is the earth's mind?' we have to admit, we do not really know. We expect to find some separate organ of thought belonging to the earth. But what we cannot see is that we are the earth's mind. Each of us has his own thoughts - that we know. But the earth's mind is that of all men's thoughts, integrated into one whole.
- And would the same thing be true of other functions belonging to the earth?
- Yes, organic life, for instance, is the integration of all living things in the biosphere.
- And this integration contains something more than the summation of all living things?
- Yes, it is the very essence of life itself - something we cannot conceive.
- Then is each world an integration of that which exists in the worlds below it?
- Yes, that is so. And the universe is the integration of all things, for it contains every world within it.

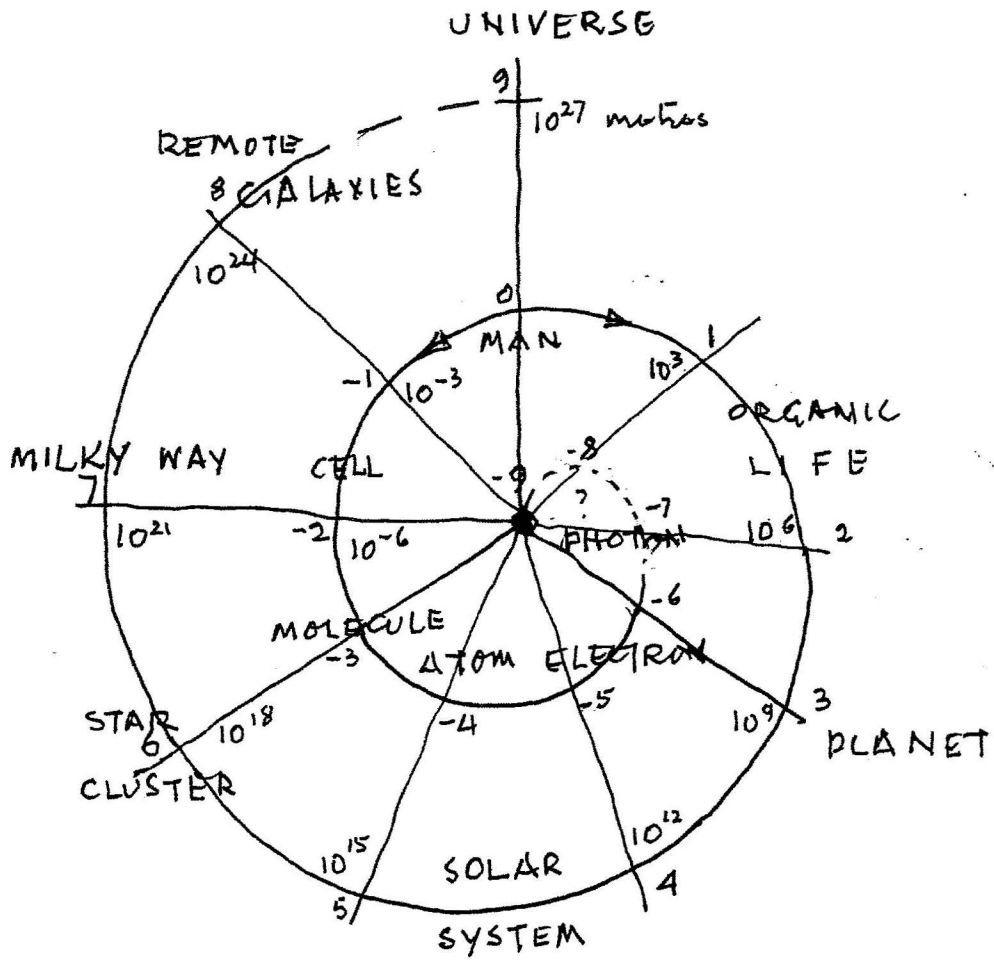




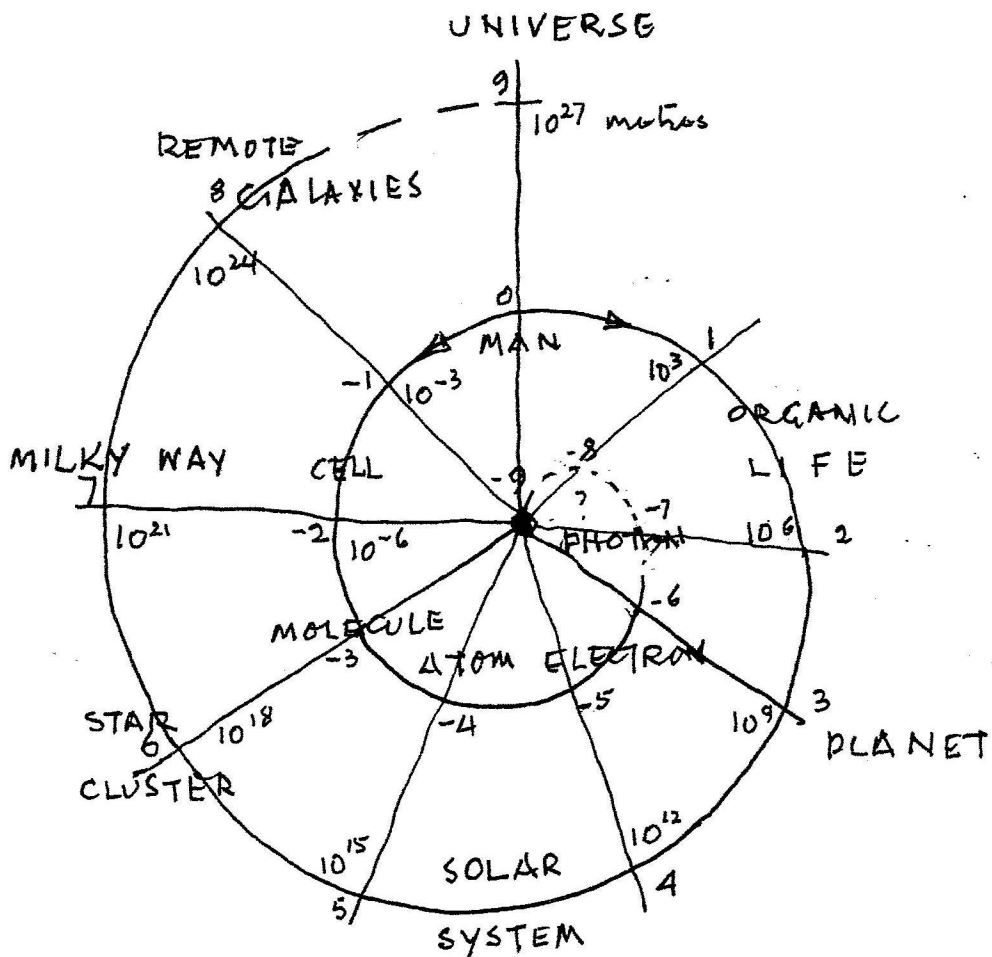
- In view of what you say about integration, how is it possible ever to know the worlds above us as they really are?
- It is a question of the level of integration. If man were fully aware of the inner spiral, he would, theoretically, be in the same position as the universe.
- You mean he would know every world within him?
- Yes, that is the position the universe is in - the universe knows every world contained within it - every world in the outer spiral.
- And they are the same worlds as those in the inner spiral?
- Yes, the same worlds.
- Then why do they seem so different?
- Because we can only see them from below. If we could know them from above we should understand.
- Then how can we learn to know them from above?
- Through the meditation. If we follow the mantra it will take us through each of these worlds till we reach the highest, where everything in us is integrated into one whole. On this level there is no difference between inner and outer. We are, in fact, the universe.
- So the universe is not so far away?
- No, it is very near. And although it seems to us so vast, it exists in a very little space.



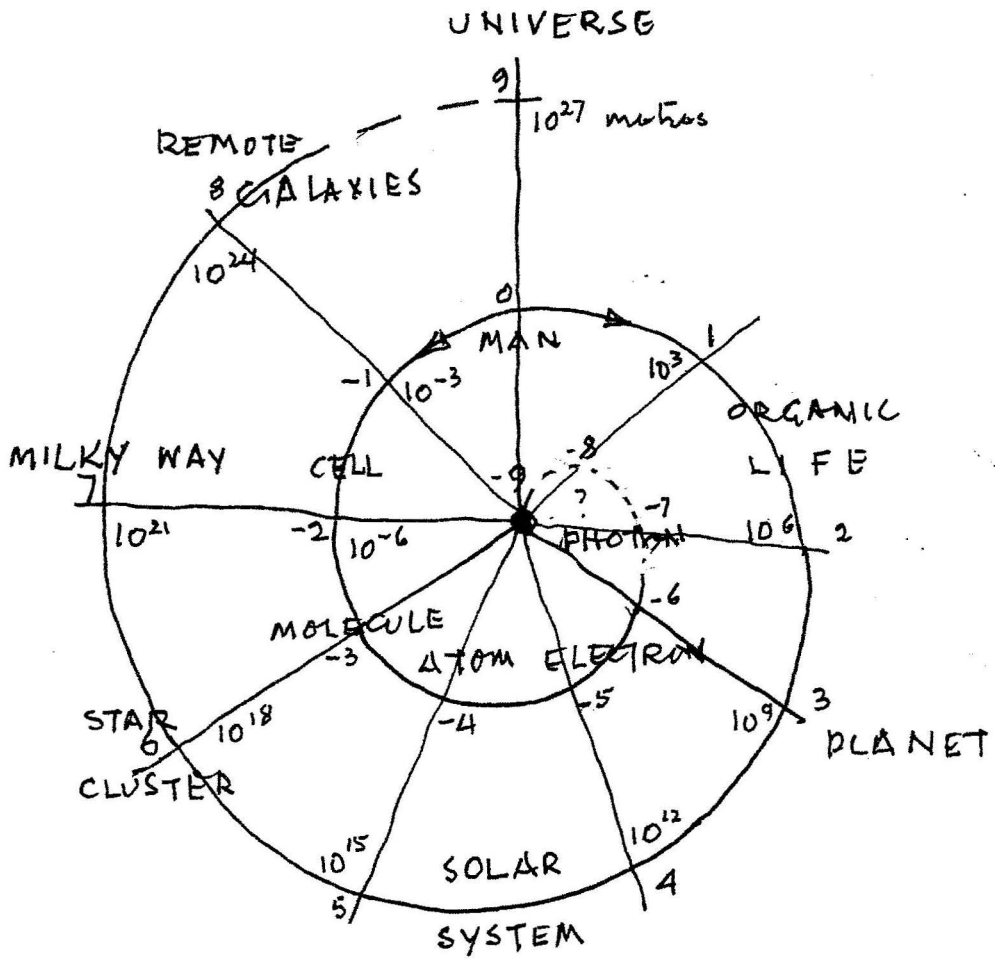
- About these different worlds you were describing, are they on different levels - I mean, is one world higher in level than another?
- No, it is not like that. Each world is complete in itself - it contains all levels within it.
- But surely, higher levels of energy seem to belong to the very large and the very small worlds, like galaxies and electrons, for instance. Do these worlds also contain lower levels but we cannot see them?
- Yes, each world if it is complete contains every level. But each world has a certain relation to the worlds above and below it, and it is this on which levels depend. It is a law, a cosmic principle.
- What kind of law do you mean?
- The greater the ratio between one world and another, the higher the level of energy exchanged.
- You mean, for instance, that molecules provide man with higher energy than cells, atoms than molecules, electrons than atoms, and so on?
- Yes, and the converse also is true - man himself provides higher levels of energy to successive worlds above him. But for another world it would be different.
- You mean the relationships would change?
- Yes, it is all a question of ratios - the ratio between one world and another.
- You mean it is rather like velocity - isn't velocity a ratio?
- Yes, every function has its own characteristic velocity.
- You mean corresponding functions, in corresponding worlds, have the same velocity?
- Yes, the same actual velocity - it would seem to be so, for velocity is independent of size. In fact, velocity may well be the only constant thing in the universe.



- They say that the highest velocity known to man is the velocity of light. Would this velocity be the same for other worlds?
- If our theory is correct, light is a limiting velocity on every scale throughout the universe. But light is only instantaneous within certain limits, and it is this which determines the area over which consciousness extends. The larger the world, the more these limits expand. But the velocity of light remains the same.
- You mean, for instance, that the earth's consciousness extends over a wider area than that of man, the sun's consciousness over a wider area than the earth?
- Yes, and the same with the light which illumines it. For man, light is only instantaneous over quite a small area - about 30 kilometres. But for the earth it includes the whole solar system, and for the sun it extends to the nearest stars. As the world is larger, so its consciousness expands.
- I dont quite see why this is?
- Because time changes with size. As the world is larger, so its time becomes larger. An instant for the sun, for instance, is some 80 to 100 years, and during this period light travels to the nearest stars.
- And the opposite would be true for the smaller worlds below us?
- Yes, for the atom an instant is very small indeed. During this period light would only travel about a thousandth of a millimeter - a micron, as it is called. But this area includes within it everything that the sun's area contains.
- You mean it contains the same planets, the same stars?
- Yes, if we could reach it we should know what the sun's consciousness is like.
- But how can this be?
- They are worlds of the same order.
- You mean the one is a mirror image of the other?
- Yes, a mirror image - a reflection in the pool.

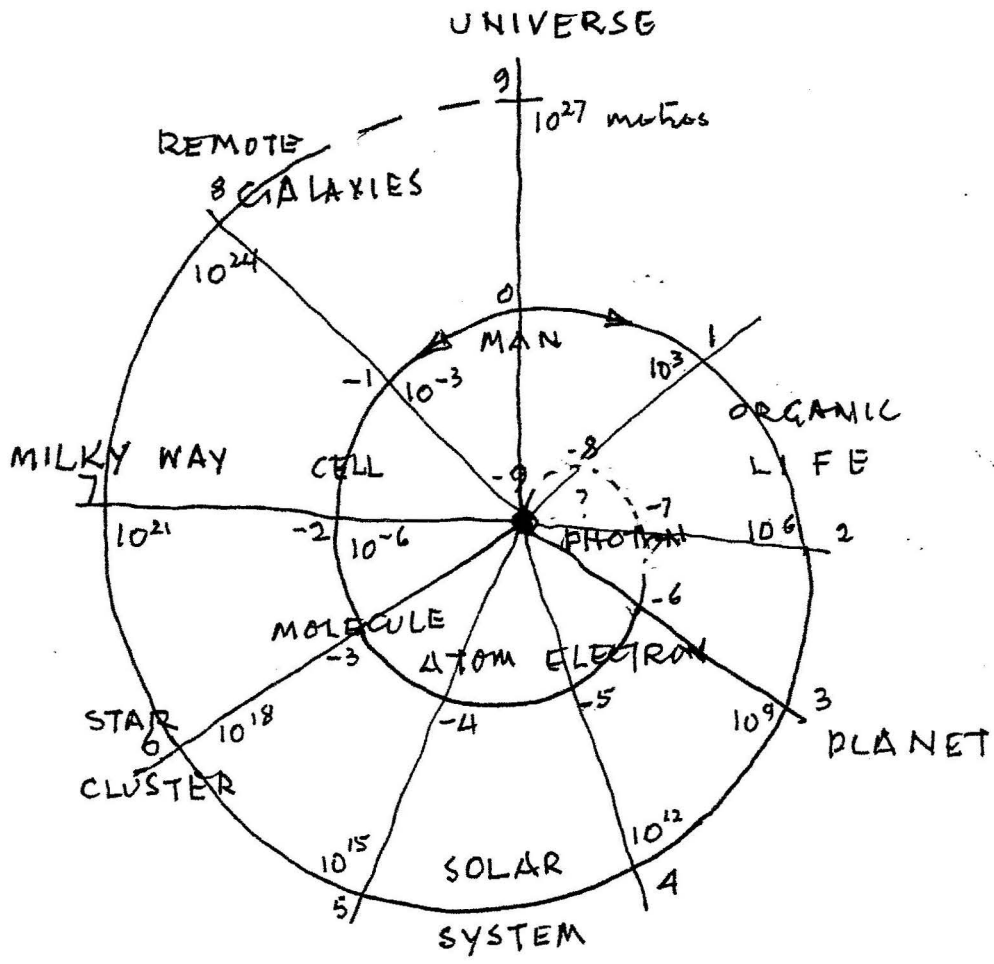


- You were saying that each world has a certain area over which its consciousness extends?
- Yes, the area over which light is instantaneous for it.
- But what happens beyond this area?
- Things become distorted. The further away they are, the more distorted they become.
- Then is our view of the universe unreal?
- Yes, strictly speaking any part of the universe which cannot be seen instantaneously is unreal. Over large distances it gets very unreal indeed.
- But why is it unreal?
- Because we cannot see the universe as it is now - we only see it as it was. As worlds get further and further away from us they go into the past. In this sense the universe has a certain curvature.
- You mean, because light takes a certain time to reach us?
- Yes, when we look up into the sky at night we see things as they were many thousands, or even millions of years ago.
- So what is the answer - how can we discover the real world?
- The answer lies within the human mind. The human mind is an extraordinary instrument - in its deeper areas the meaning of time changes.
- How does it change?
- It expands. As we go inwards our consciousness expands, in just the same way as the consciousness of different worlds expands. The further we go around the inner spiral, the greater the expansion in the outer spiral.
- And in this way we can know and experience the real world?
- Yes, there is no need for telescopes - we can see the world as it really is.

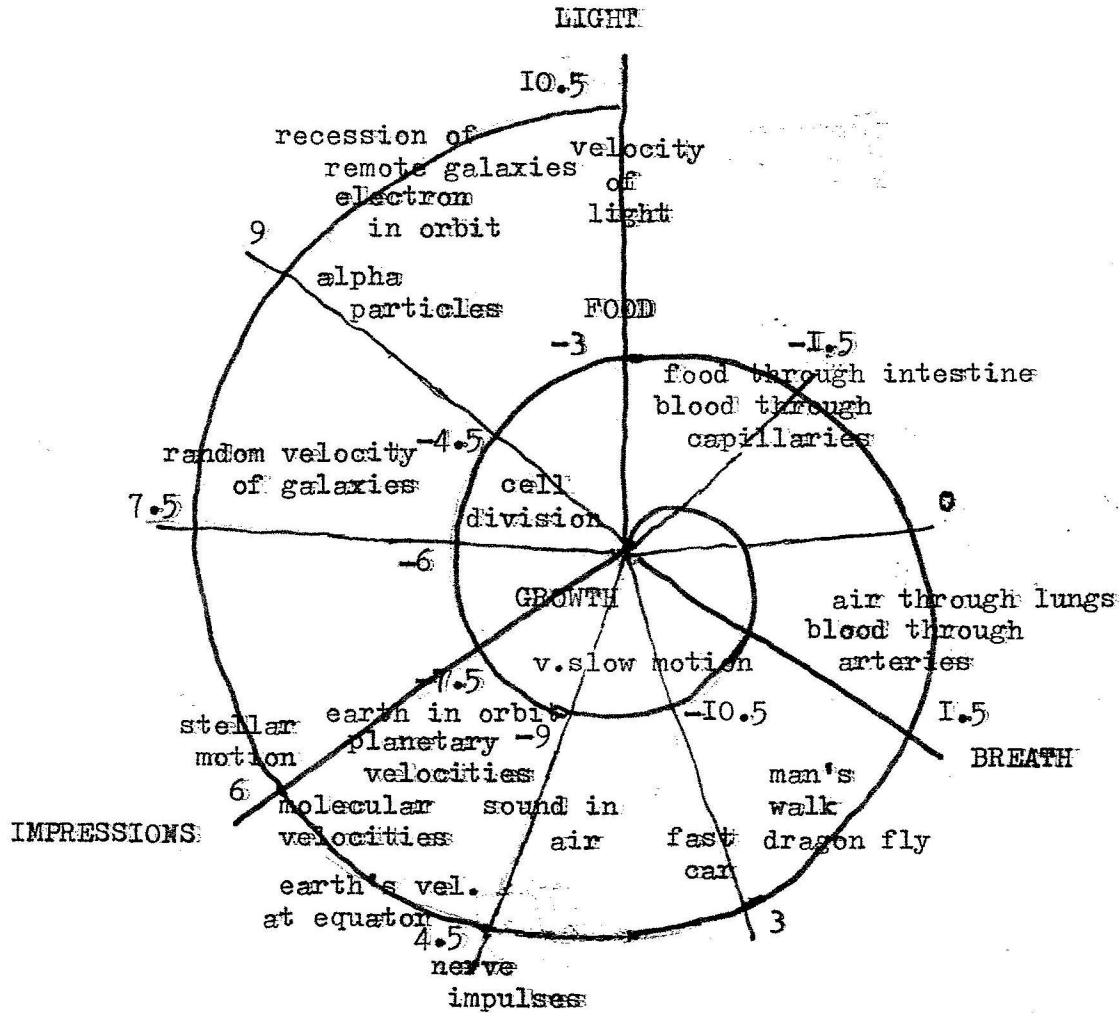




- I dont really understand this question of larger or smaller?
- It is really very simple - there is no such thing as absolute size. The size of the universe depends on the size of the reference body.
- You mean for another world than our own the size of the universe would be different?
- Yes, the universe expands or contracts - it has no absolute size.
- But surely a very small world like the electron cannot be aware of the whole universe?
- That is how it seems to us, but for the electron the universe is proportionate to its size, just as our universe is proportionate to our size.
- And yet it is the same universe?
- Yes, there is only one universe. Each world is seeing it from a different aspect, a different angle. At the same time, each world contains the whole universe within it.
- How do you mean?
- Each world has an outer and an inner spiral. The outer spiral is the visible universe - a universe in which objects appear to be separate and unrelated; the inner spiral is the internal universe - a universe in which everything is one, everything is integrated into one whole.
- So every part of the universe contains the whole?
- Yes, each world, from the largest to the smallest, contains the pattern of the whole universe, just as each cell in the human body contains the pattern or code on which man's existence is based.
- So that would perhaps explain the underlying unity of purpose in all the diverse phemomena we see around us?
- Yes, it would explain many things - many mysterious things we cannot see outwardly, but sometimes begin to understand from within.



- If the outer world is so difficult to understand, would it not be better to turn our attention inward?
- No, both are necessary - that is the real purpose of this method of meditation - to unite the inner and the outer.
- It seems as if man has always tended to swing from one extreme to the other?
- Yes, but here, in front of our eyes, is the answer. Every entity in the universe contains the pattern of the universe within it. If we could see this pattern unfolding we should understand the real meaning of life.
- And would the same thing be true of ourselves?
- Yes, each of us has a pattern within him which has to unfold naturally. There is nothing we have to do - only to avoid standing in the way.
- And I suppose, to discover what that pattern is?
- Yes, man is like a seed sown in the garden. If it were not for the label on the seed packet, no-one could tell what the seed contains. But leave it alone and it will grow into a plant and eventually flower. How does it all happen? Who guides it and shapes it into a certain form and colour? By whose will does it grow to a certain size?
- You mean this is all determined by the pattern within the seed?
- Yes, but where does the pattern come from? Who determined it?
- I would think it was determined by the Great Laboratory of Nature.
- Yes, man also has a great laboratory within himself - it is this we have to find. When the inner and the outer worlds become one, our highest aim is achieved.

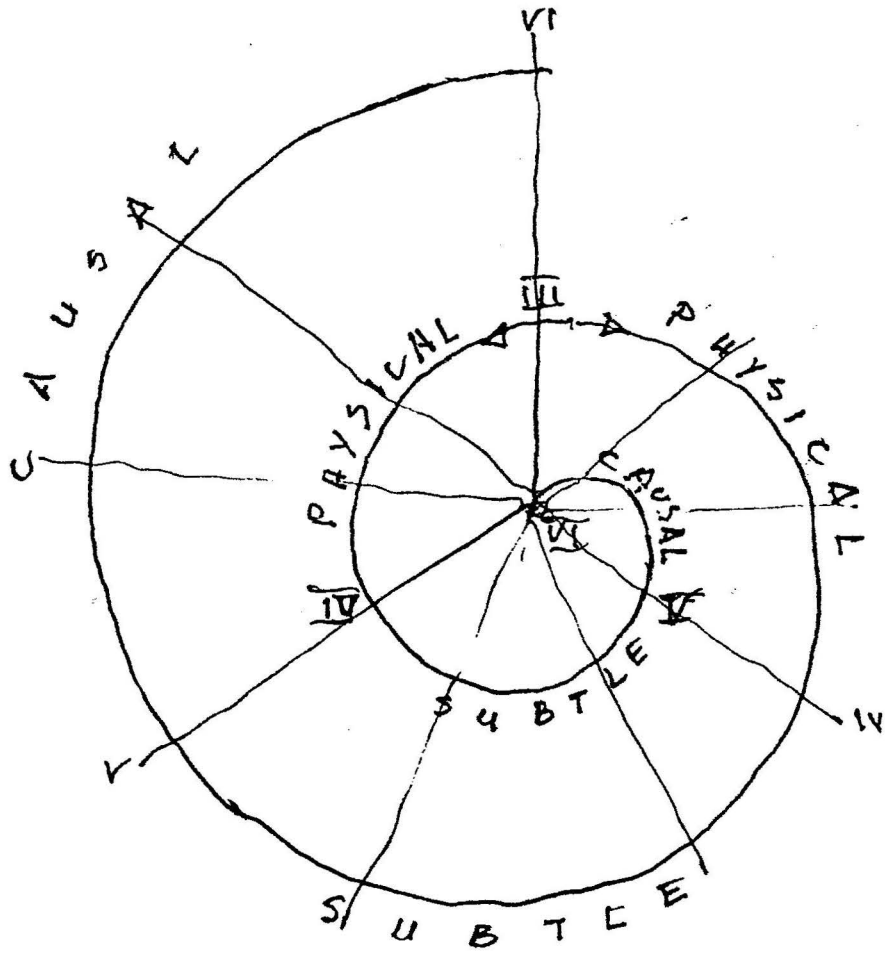


numerals indicate cms. per second in powers of ten.

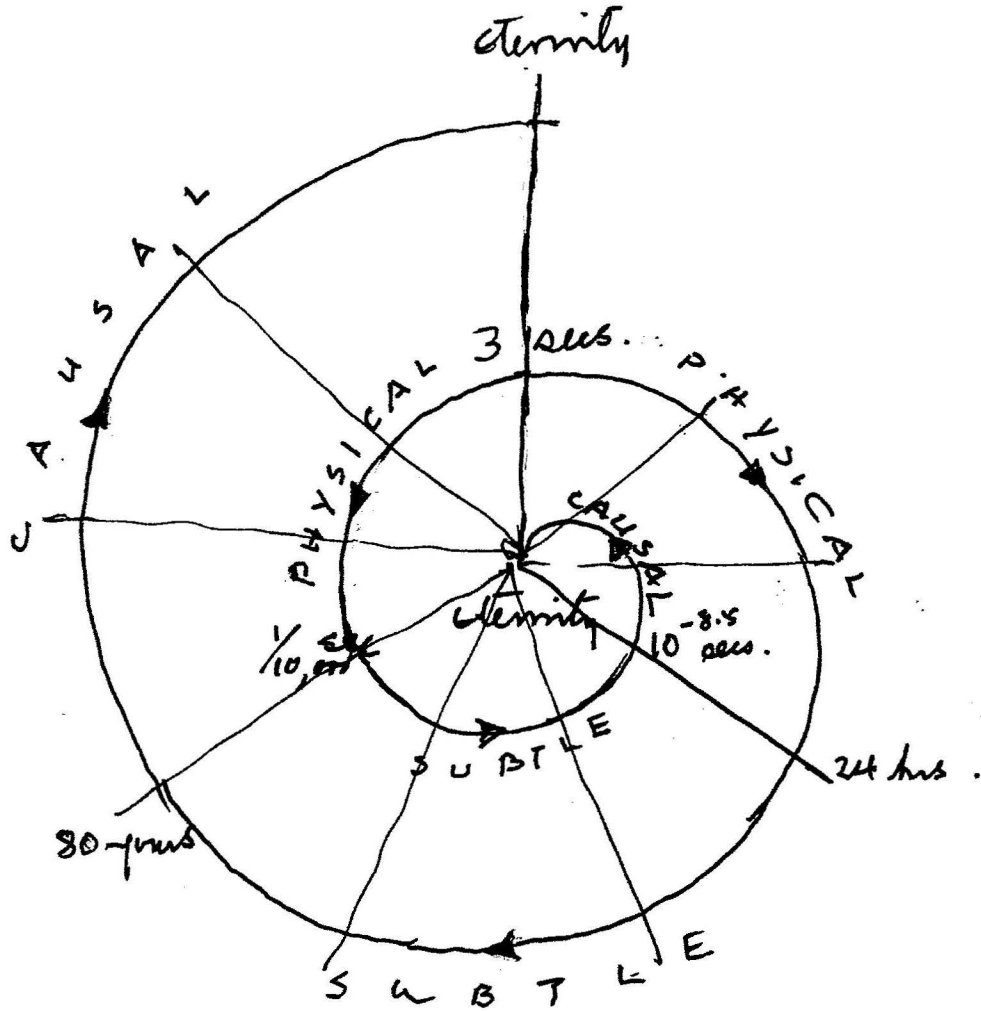
more detail on Velocity and the Cosmic Velocity Grid is included in the New System Papers Appendix & Index Volume..

## TABLE OF VELOCITY

$10^{10}$ cms/sec	velocity of light
$10^9$ cms/sec	electron in orbit alpha particles recession velocity of remote galaxies (red shift)
$10^8$ cms/sec	greatest velocity known of a single star random velocity of galaxies
$10^7$ cms/sec	
$10^6$ cms/sec	velocity of earth in orbit average velocity of stars
$10^5$ cms/sec	molecular velocities earth's velocity at equator (rotation)
$10^4$ cms/sec	velocity of sound in air. nerve impulses in man speed of fast car
$10^3$ cms/sec	dragon fly in flight man's walk
$10^2$ cms/sec	blood through arteries movement of spring over earth
$10^1$ cms/sec	movement of air through lungs
$10^0$ cms/sec	
$10^{-1}$ cms/sec	blood through capillaries food through intestine
$10^{-2}$ cms/sec	snail's pace
$10^{-3}$ cms/sec	
$10^{-4}$ cms/sec	
$10^{-5}$ cms/sec	
$10^{-6}$ cms/sec	velocity of cell division fast prenatal growth
$10^{-7}$ cms/sec	
$10^{-8}$ cms/sec	slow growth



- You said last time that when the inner and the outer worlds become one, our highest aim is achieved?
- Yes, that is the practical importance of this teaching about the universe. It is something we never understood before.
- How do you see it practically?
- Well, think about the meditation. By going inwards during meditation it is possible to reach the causal level - the place where everything is one. During the day this will influence all our actions.
- But how does it influence our actions - what is the connection between the two?
- In the place where everything is one all the laws of the universe exist together. In a way we cannot understand the purpose of our existence is already known.
- And so during the day we have only to carry out this purpose?
- Yes, the universal nature of things is felt in everything personal.
- But I thought we had to give up the personal for the universal?
- Oh no, there is nothing we have to give up.
- Then what is it we have to do during the day?
- Enjoy life - enjoy it to the full.
- But isn't there some special work - some discipline which would help?
- No, that will prevent the natural flow of energy. Try to understand how this method works. Energy belonging to the causal level is very potent. A little of it can have a very big effect.
- You mean it is the kind of thing we cannot forget?
- Yes, like being in love. When you are in love you carry it around with you - you don't have to keep on trying to remember you are in love.
- I think I see what you mean - it just comes naturally.





- Tell me , is there an actual connection between the inner and the outer worlds ?

- Yes , the connection is memory. There are different kinds of memory. On the physical level there is short term memory only - We very soon forget what we experience because it goes into the past. On the subtle level there is long term memory also ... and so we can remember things very clearly which happened a long time ago. But on the causal level there is no need for memory at all because everything is ' now '. There is no such thing as the past and the future.

- You mean the whole of our life is ' now ' ?

- Yes , it is all there at once.

- People often talk about living in the ' now ' - do you think that is what they mean ?

- I don't know - I often wonder what they mean . What I mean is not something within our direct control.

- You mean it comes naturally ?

- Yes , as a result of the meditation . But of course all three kinds of memory can be going on simultaneously.

