

CHAPTER-IX AVOIDABLE MISTAKES

*“Poor Soul, the center
of my sinful
earth, Fooled by those
rebel-powers
that thee array, Why
dost thou pine
within, and suffer
birth, Painting thy
outward
walls so costly gay?’
Why so large a
cost, having so short a
lease, Dost thou upon
thy fading mansions
spend?” - Shakespeare*



Imp subsitution

Substitute

Ignorance for 'sinful' and
Replace 'rebel-powers'
with the I.,E., and S.
centres within Sec. 1 of
the brain which are 'in
rebellion' (as explained
further in these books)
and we would
understand the above
quotation better in the
light of Zenoga.

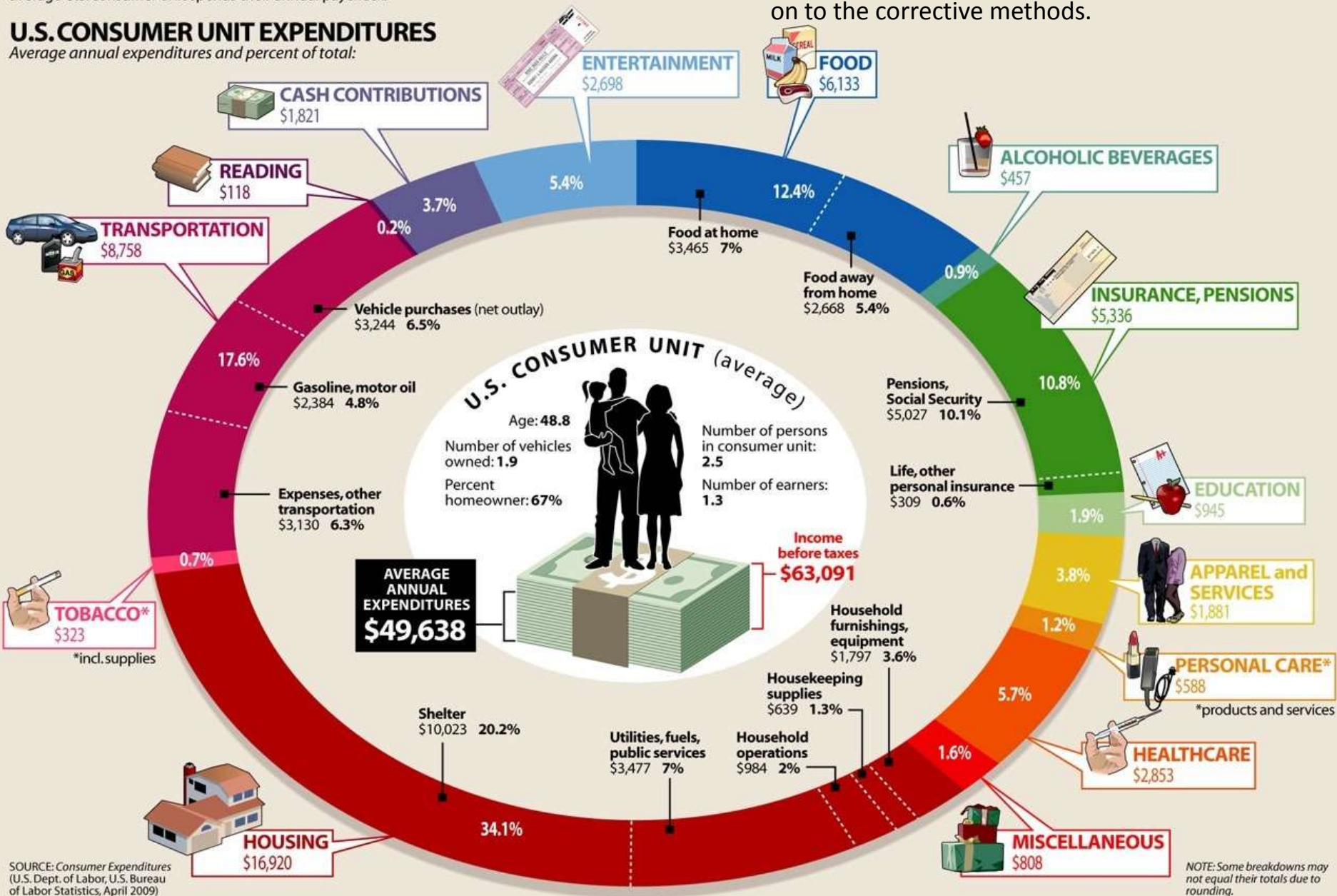


Where Does the Money Go?

The Department of Labor's latest survey provides a detailed look into how the average U.S. consumer unit spends their annual paycheck.

U.S. CONSUMER UNIT EXPENDITURES

Average annual expenditures and percent of total:



3 ways in which coded impulses enter our body are :
 (1) Food and drink (2) breathing ,(3) 5 senses We shall first note their operation and effect and then pass on to the corrective methods.

Chairman? Not yet myself.

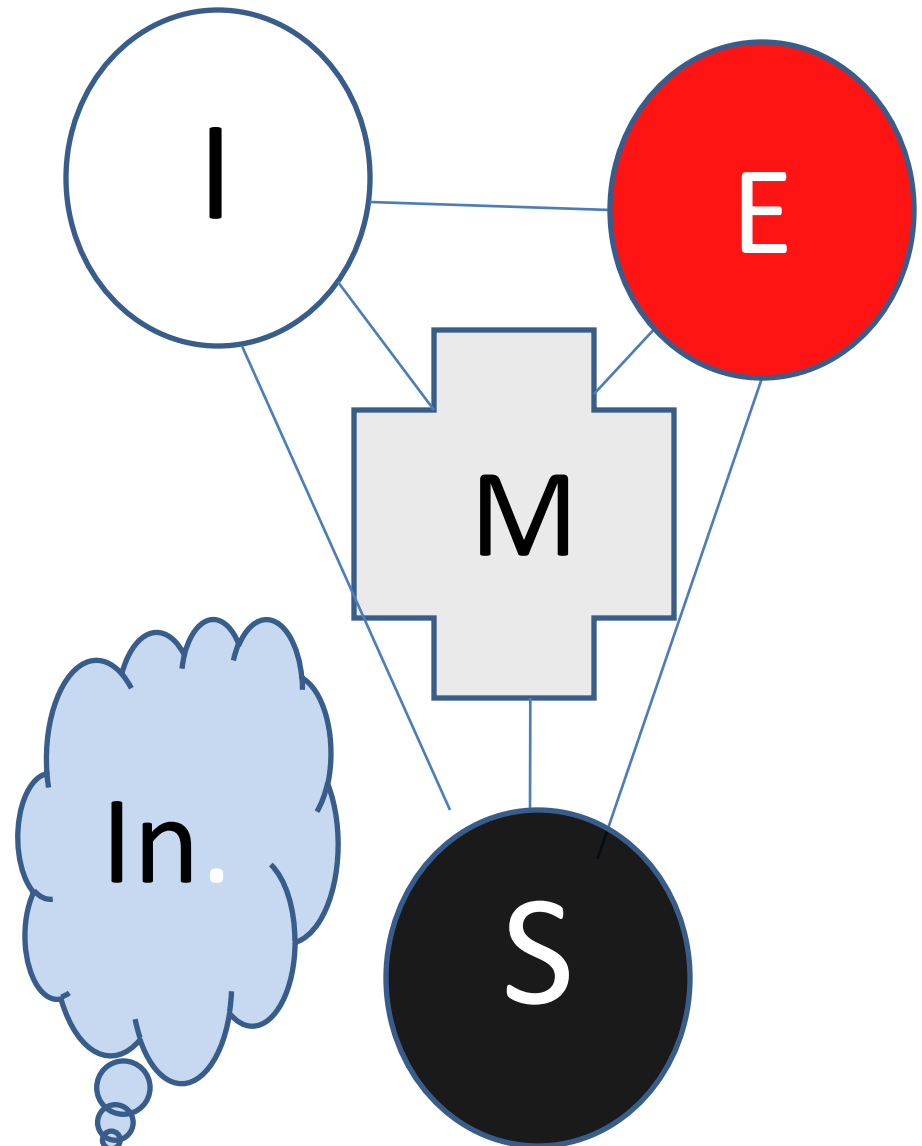
The sense are not the Self,
the organs,
the limbs,
the grey matter,
the impulses,
the nerve systems,
the mind; nor all these put together
make the Self.

Yet we say my hand, my foot, my heart, my nerves, my brain, my mind, my hearing, my sight. What is that thing which claims all these and yet which all these put together cannot claim "it". Let us give a more descriptive word for "it" and call it the **"Chairman"**. This chairman has under him a **senior managing director** and a **junior managing director**. These two have under them **five directions**. Between them they are supposed to manage this wonderful mechanism; the human body.



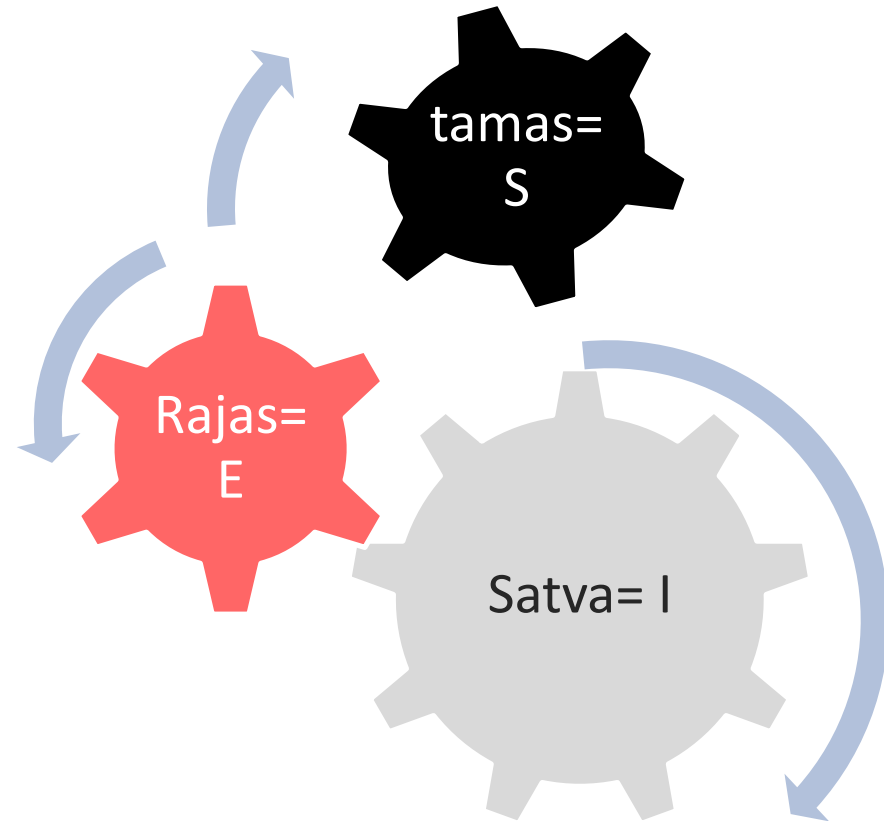
Five departmental heads are:

- The five directions are :
- **1. The I Centre** : is the spot which consciously commands, reasons and guides.
- **2. The E. Centre** : is the spot which spontaneously arouses all crude or noble Feelings.
- **3. The S. Centre** : is the spot which commands all sub-or unconscious reflexes; (= reactions) arising from a concealed memory of man's prerevolutionary past; activistic perversities and/or reflexes conditioned there from.
- **4. The M. Centre** : is the spot which combine the abovementioned thoughts, feelings and reflexes to form a specific decision. It is like a mathematician.
- **5. The I. Centre** : is the spot which takes care of the unconscious biological functions within our body and is responsible for the internal repair and maintenance work; the working of the heart, lungs, circulation, digestion, secretion, excretion, etc. All these processes are mercifully kept 'outside the jurisdiction of the other centers, which are subject to erratic behavior (reactions) in an average person. All activities of this centre are looked after by one sub-section i.e. : one half of the centre. The other sub-section or the other half we shall examine later.



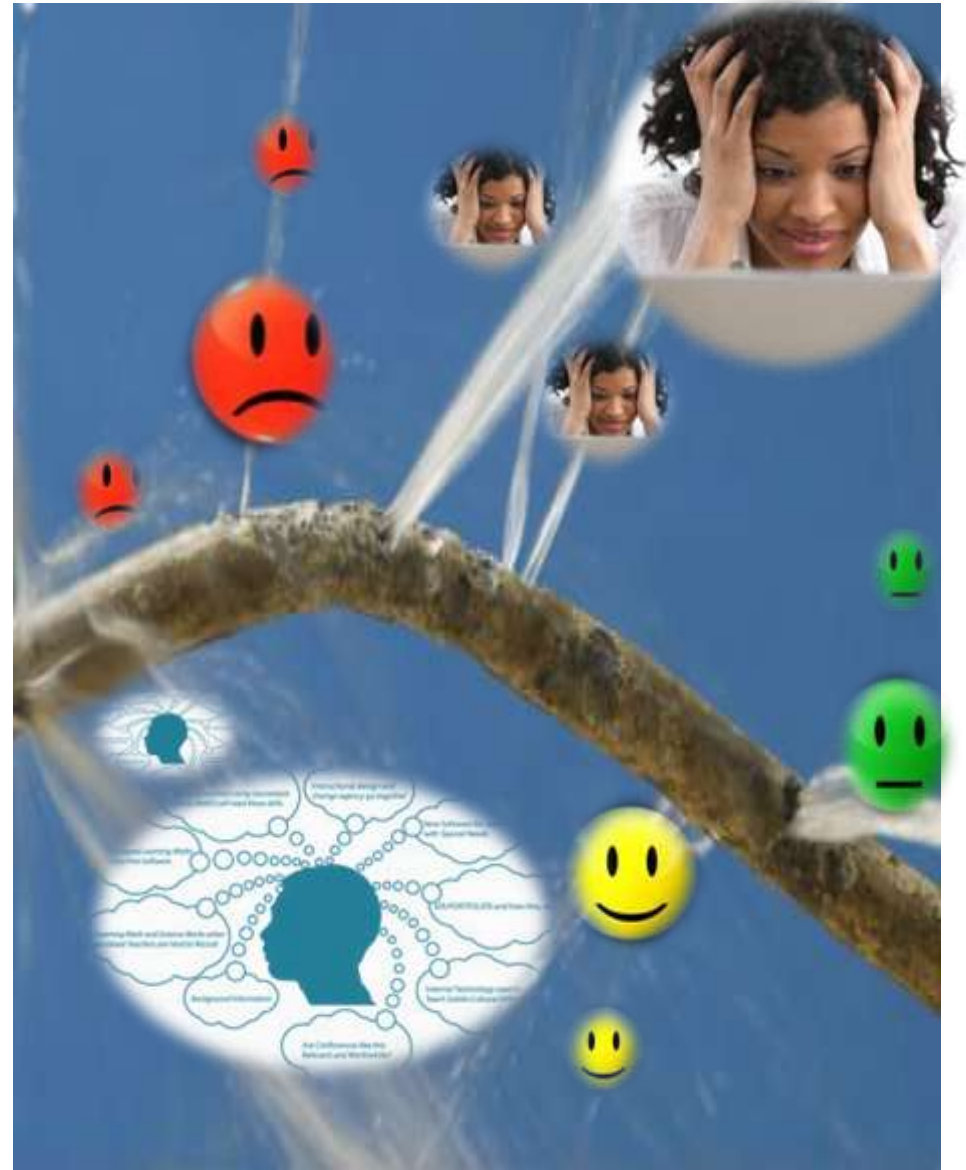
Of these five, the I. Centre is the most senior , why?

- The coded impulses which enter the human body through (1) nutrition, (2) breathing, (3) sensations (of sound, touch, sight and smell) reach these five spots depending on the impulses; they will reach the particular spots where they are decoded, i.e. translated and the centres issue the command accordingly and the outgoing command is the 'pure mind-energy' stage.1 1. *Cp. Buddha in the Dhammacakkaparattana Sutta.*
- **In Yoga the first three centres are described as gunas :**
- Sattva, Rajas and Tamas.
- Sattva =I. Centre
- Rajas = E. Centre
- Tamas = S. Centre



Daily regular liability

1. In an average person, all centres have leakages. When we have a subject on which we think, we find that we drift from the main subject and come back to it. All the time that the mind is drifting from the main subject, it is expending energy. This spending of energy is a waste of the **I. centre's energy and is hence a 'leakage'.**
 2. The leakage in the E. centre is of a different type. It is not normal thinking but 'playing with **debit accounts**' as it is called. We have been hurt or are afraid of some event; in short, our worries are the leakages of this centre.
 3. The leakage of the **S. centre consist of nocturnal ejections** and other ejections connected with the physiological functions of sex life.
 4. Many people have a habit of **shaking their heard or hand or leg or drumming their fingers**. Any unnecessary motion is a drain or 'leakage' of the M. centre.
- Such drain of energy from the four centres is like water which is wantonly allowed to run from a tap. There are leakages which are noticeable and those which ware less noticeable.



Psychological gym

Exercise :

Every morning and evening seat yourself in an armchair for two minutes and make your joints loose from head to foot. Continue the three-step rhythmic breathing.* Do not move even an inch of your body, not even the eyelids. Remember that all attempts to relax are to no avail if not accompanied by the Three step rhythmic breathing!

In a healthy body and mind, there are supposed to be no leakages. The leakages of the four centres and the drain they impose within the areas of their jurisdiction, have to be met with and repaired by the **instinctive centre (In.)** over and above its normal work.

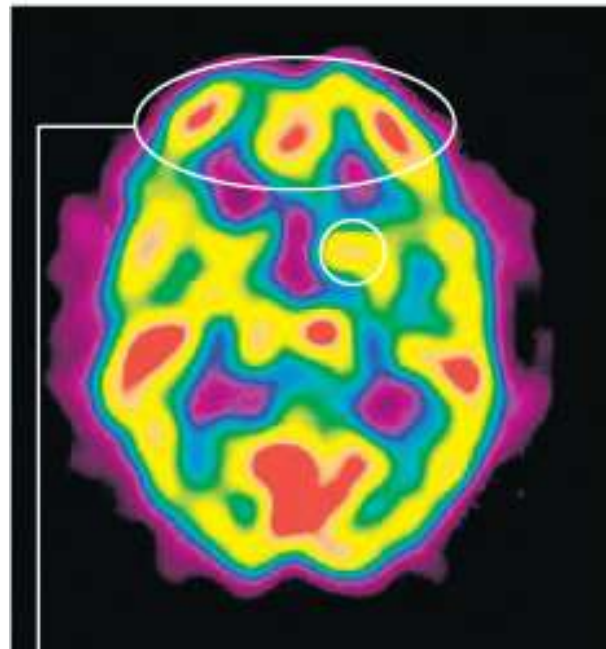
The result is that this centre suffers from the added load and is not able at times effectively to carry out its functions. Then the internal organs and nerves begin to complain.

Complaint in the early stages is in the form of pain in the body and later we have more serious complaints.

Evidence for a Religious State

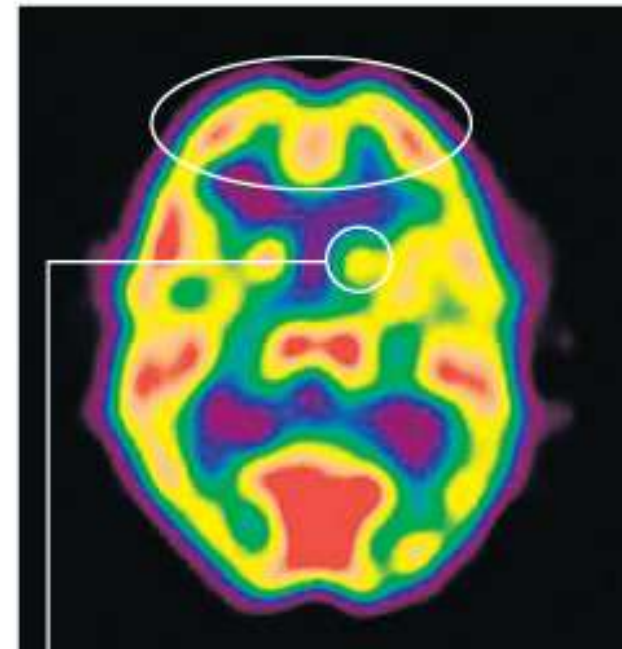
Scientists found notable changes in brain activity when people speak in tongues. The brain scans below show blood flow in the brain (blue lowest, red highest).

SINGING GOSPEL SONG



Frontal lobes Involved in the willful control of behaviors; more activity when singing than when speaking tongues.

SPEAKING IN TONGUES



Left caudate Involved in motor and emotional control; less activity in those speaking in tongues.

Source: Andrew B. Newberg, University of Pennsylvania



Purpose is the common thread:

In whatever you do, **let the purpose of that act and thought be traced (actually should have been traced before commencing); and if satisfied that it is not correct, insert or introduce the corrective method.** Can a man live all his waking hours purposefully? He can-and he cannot. It all depends on how serious he is. This way of living purposefully daily and hourly, is called Jagrati (=vivance or awareness) – Jagrati means being awake and till then one is supposed to be living half-asleep

or rather half-dreaming. We cannot acquire Jagrati (or total awareness) by mere use of will-power or by the force of so-called concentration or still less by enthusiasm. Unless every moment our mind questions the purpose of its activity and on finding any reply not satisfactory, changes its activity to a satisfying purpose, there can be no progress towards that Critical-Certain-Stage.

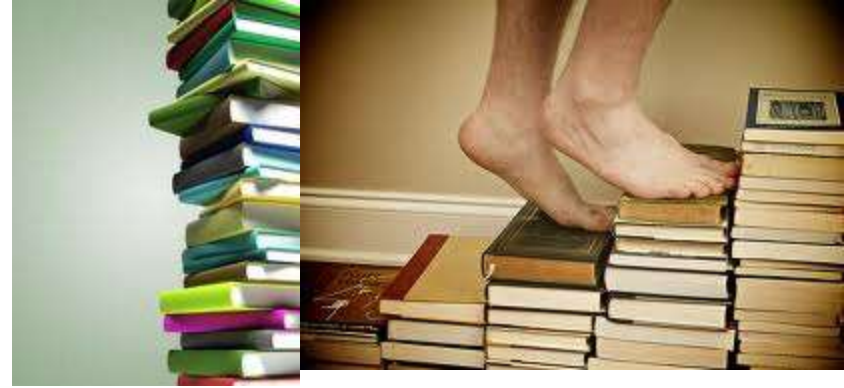


To the question, is the purpose is the common thread ?The reply should be honest one.

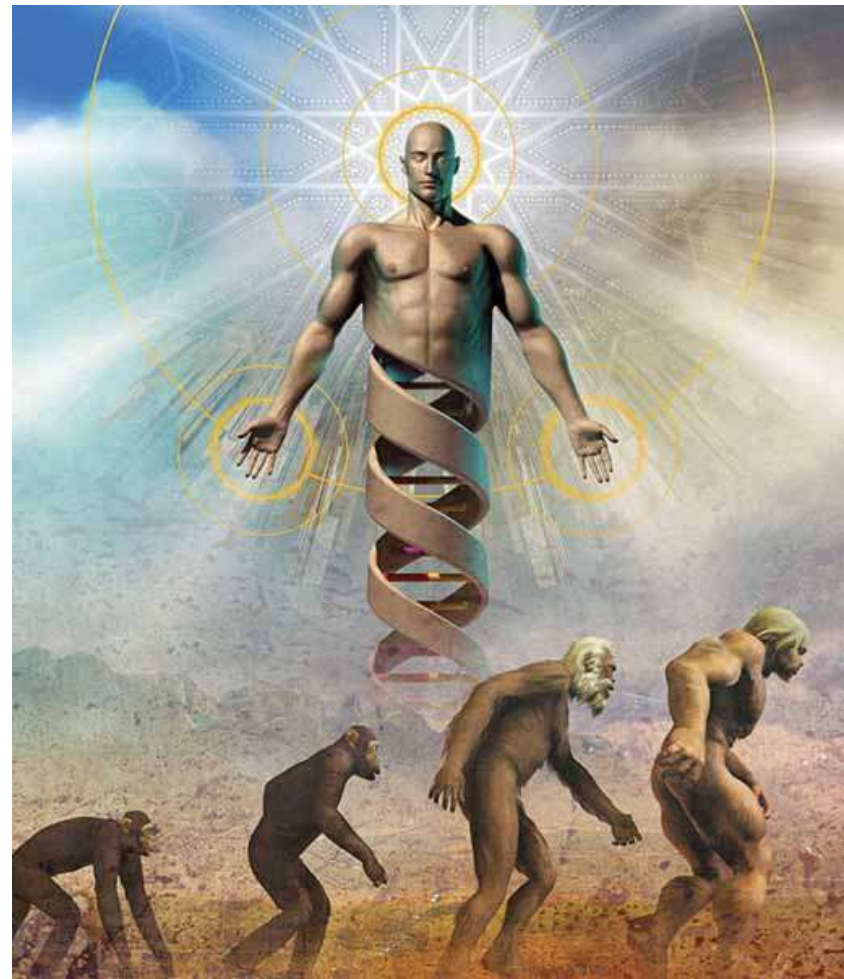
- The reply we give should be an honest one.
- Should we have a **tendency to justify** whatever we do or say however well-meaning, then we should be all the more cautious.
- **Man is not born perfect but is a self-evolving being.** He cannot expect to evolve automatically, because then he would not be a self-evolving being, but some kind of a vague evolution would be thrust on him whether he wishes or not. But we think that such a gift of evolution is not to be thrust upon any one, even on the gods or by the gods on man.
- Therefore to be self-evolving man must remain conscious of the fact that he has constantly to evolve. **This consciousness of evolutions is the purpose of life and birth. This consciousness or purpose is usually absent or comes in only for a fleeting moment to disappear again.**
- This purpose must be held aloft before our eyes and by constant practice of certain methods shown later, it will become possible for us never to lose sight of it.
- **This purpose must run like a thread in all our words, deeds and thoughts.**
- Am I working consciously for this purpose? Am I furthering or hindering the Purpose? Am indifferent to the Purpose?



Cumulative knowledge verses True evolution:



- **Cumulative knowledge** :Whatever we are able to do or have done in the field of science, medicine, industry, electronics and even the atom, is cumulative knowledge only.
- Suppose two hundred years ago, our great, great, great grand-father knew a hundred words of language and a hundred facts of science and each generation based on that knowledge added a hundred more of each, then today we may know much more, but that is not evolution. This is only **cumulative knowledge**.
- **Evolution: Can** we express today better thoughts than those which the Christ, the Buddha, or the Rigveda expressed? We can express different thoughts on subjects they never knew about because very slowly but imperceptibly we drifted from one thought or one subject to another; but can we today express a better thought or a nobler thought? If we cannot, then our evolution is a misconception, **True evolution is the changing of the basic ratio of the first our centres from 2:4:8:2 to 5:2:2:1 as we shall study later.**



Problem is the retinue and not the Five bosses I,E,S,M and In.

- The five centers are the five important 'egos' in us. Each director has a retinue and these, when the director is away, are additional 'egos'. Any one particular "I" is dominating at different times of the day. It would not only be interesting but educative if we kept a diary to note each day in what centre and under which "I" we find ourselves. Out of this we could plot a graph to show a diagnosis to be studied.

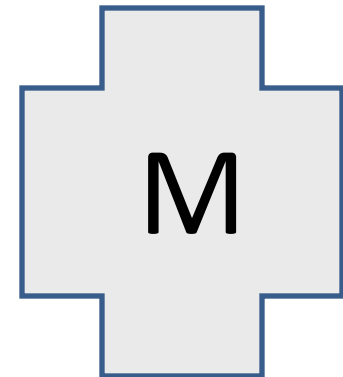
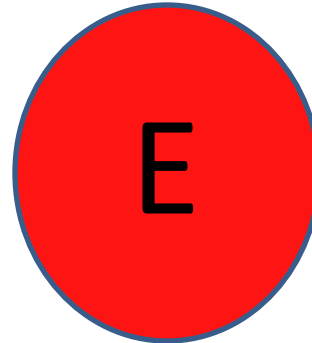
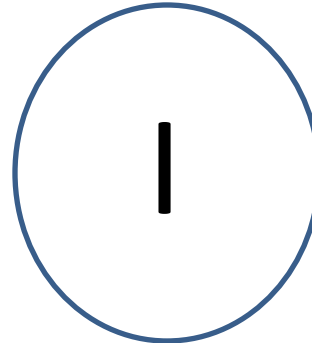


"IT'S NOT A QUESTION OF RIGHT OR WRONG, GENTLEMEN!
IT'S A QUESTION OF, CAN WE GET AWAY WITH IT?"



Each centers is like a planet

- Important questions :
- Do we spread our ego or sense of ' am' over all the centres equally, or do we exclude one entirely to indulge exclusively in others?
- How long do we thus indulge?
- If we check up our leakage together with this we will very soon be on our way to that Critical-Certain-Stage.
- These different 'egos' account for our moods.
- Combination and permutation of these egos colour our moods. Each centre has its own intensity. Each centre can be compared to a planet having its own speed of rotation on its own axis and its own speed of revolution round its 'sun'. This creates a certain intensity which is responsible for its contents, growth, and evolution. The centres with their sub-centres, each have their own specific intensity. This in turn gives a varying intensity to our different moods.



Where is the leakage ?

- Take this thought for serious thinking.
“Which of my centers suffers from a leak? Leakage would mean waste.

How much intellectual, emotional, sex and physical energies can I prevent from going to waste?”

