

Jnana Yoga today

Siddhartha Buddha had 84,000 different teachings mapped out for the many different presentations and levels of dormant or emerging consciousness. When we think of our own tendencies and bias toward certain techniques, methods, theories and answers to life's equation, it can be of somewhat relief to be introduced to Jnana Yoga, Vedantic self-enquiry. That is, within the intellectual pursuit of knowledge, every 'school of thought' has a particular angle or aspect of 'truth'. In disregarding another perspective, there is a tendency to throw out the gems with the rubble. Whether it's a preference of religious practice, a yoga technique, guru or philosophical stance, what hinders our development is our 'own' preception, seen through one's own unpolished/unconscious internal mirror.

When I went through Uni there was an ongoing psychological debate between *behaviour* and *thought* as the seed of action. Although both schools of thought have very important input into an integral theory of consciousness, they are only two models among many. <http://www.imprint.co.uk/Wilber.htm> The reason why the debate was never settled was firstly because a particular teaching can only reflect the teacher's level of consciousness/development, wisdom/compassion and no more, and secondly, neither behaviour or thought are the original candidate. That is, both thoughts and behaviours are seeded by something internally as well as something externally. The element left out of the equation is pulsation, or sometimes referred to as the WILL of spirit.

It is usual that in order to catch the rabbit (wisdom), we focus on just the one rabbit or school of wisdom. <http://www.youtube.com/watch?v=JwpUjCRhJSI&feature=related> being cautious of not spreading oneself too thinly across the smorgas-board of practices. Yet having said that, and agreeing with Ken Wilber and others, there is now nevertheless an integral medium of the www. which has never before been exposed to humanity as a possible wisdom school teacher. As long as one has discernment and discretion to see the flowers within the rubbish heap, accompanied by further openings of physical person-to-person dialogue as a result of wisdom's application, I see no harm in this approach. This www. Integral wisdom school requires a certain level of maturity/wisdom. Similar to the monkey minds chatter, deviations are numerous and require a mind that has been settled. The Tibetan buddhist masters of the past had a saying,

“chu ma nyok na dang, sem ma chö na de”, roughly meaning ‘Water, if you don’t stir it, will become clear; the mind, left unaltered, will find its own natural peace.’

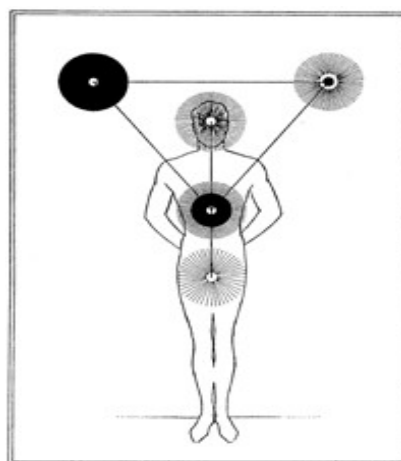
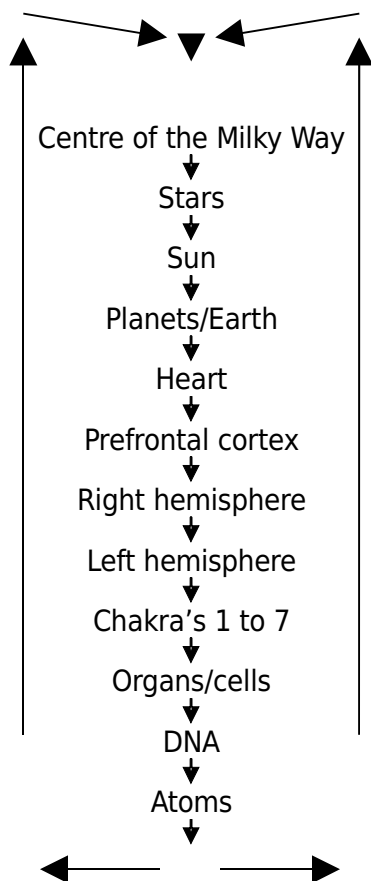
http://www.rigpa.org/Natural_Great_Peace.html

The ‘Sacred Circuit’ below is ‘a’ galactocentric model that puts us into perspective as we try to transpersonally conceive of who we are, what we are made up of, and where our drivers come from.

Here’s the pulsating ladder of the ‘Sacred Circuit’

“Will is above mind. When a man wills he thinks, calls up speech which breaks into names. Sentences are made out of words; actions are made out of thoughts. Everything is founded on WILL”.

Chhandogya Upanishad.



The threefold mystery

This illustration of the divine nature of the human is represented by an inverted triangle with its lower point resting in the heart. The spheres of power upon the upper points of the triangle are the *Anthropos*, or *Oversoul*. From the spirit in the heart come forth two pulsating aspects, one ascends to become the mind and the other descends to become the generative system. It has always been difficult to describe which has the more power, our mind or our sexual instincts designed to make copies of ourselves. One would hope there would be no battle between the two as they are inherently acting from the same source. When these two

aspects are balanced, the gates are open to the above dimensions. Seen as a trinity, sexual energy (starting at the 1st chakra) is seen to be the inferior to the superior mind, whilst the heart is the supreme, like the jack, queen and king in a deck of cards. The Oversouls are like the Ace and Joker, representing dimensions 4 to 9. The smaller numbers in the deck of cards are the other energy centres in the human body

As Above, So Below; As Within, So Without; there is no difference between oneself and a star, as many of us are again remembering the implications of this. As our consciousness moves from thesis to antithesis and finally to synthesis, this synthesizing third force, the heart, with its 65% brain cells and 5000 times more electromagnetism and 60 times greater amplitude than the brain, http://www.heartmath.org/index.php?option=com_content&task=view&id=28&Itemid=51. has the ability to observe the mind and body, similar to the way it also reconciles all opposites, including the brain's left hemisphere (tree of knowledge-reason) and right hemisphere (tree of life-absolute). This 'revolution of the dialectic' http://www.gnosiscentral.com/englishbooks/The_Revolution_Of_The_Dialectic.pdf is once again at an evolutionary peak, as for many of us, there is no choice but to follow a most resonant calling into the service of our own hearts; into what Abraham Maslow discusses as the self-actualised path of the fourth way, <http://www.stumbleupon.com/tag/fourth-way/> .

Yoga is so much more than just the physical poses, it is a way of life which includes exercising the brain; making those neuronal links/pathways to give words (Logos) to a divine synthesis between the body, mind and heart. Within the differing systems of yoga :- Hatha Yoga, Raja Yoga, Karma Yoga, Bhakti Yoga, Jnana Yoga, Mantra Yoga and Laya Yoga which provide a complete system of self transformation and self realization, Jnana yoga http://www.self-realization.com/articles/yoga/jnana_yoga.htm is one of the 7 jigsaw pieces which fit together to give us our ultimate goals of human existence.

Jnana yoga is especially good food for psychologists like myself who had spent their entire time at university studying the mind of 'the other' as opposed to one's own inner life. We were meant to be studying the psyche, the soul, not just rats and stats, as there was never a mention of 'knowing oneself' as a key aspect toward becoming an exceptional therapist. But as each yogic system has its own unique qualities, we are each drawn to them for differing reasons. I am attracted to Jnana yoga because I have a need to 'understand' the absolute,

and give language to synthesis. The intellect does not replace the experience of stillness within or meditation, but rather uses this developed single pointed concentration (Dharana) http://www.atmajyoti.org/dharana_dhyana_etcasp to then disperse it (Dhyana) <http://www.santosha.com/moksha/meditation1.html> into the infinite. There are many paths to the absolute, as many as there are human beings on this planet. We just need to work out which path is uniquely our own, and know it only by the footprints we leave behind.

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