

LETTER 32.

Oct.-Nov., 1950

My dear Friends:

Sometimes I get quite conscience-stricken because of the very long time I take to answer your very kind and welcome letters. Please go on writing, even if I am so long in answering. When I have a quiet spell, such as I am having now, I get hopes that at last I will now get level with letters, but alas! I never do. So remember that I never forget anyone of you all, and in course of time, (D.V., as the parsons say) I will write to everyone. Now I am having a real long spell of more or less quiet, so my hopes rise again, and if I do get level I will try and carry out the advice of my old friend, Mr. Joseph Bibby. He was a very successful business man. I am sure most of you will remember his name, from his famous "Bibby's Annual." He told me that it was an invariable rule with him to answer every letter on the day he received it. Dear me! I wonder if I can arrive at that!

I am still in Johannesburg, and we are all looking forward to the near visit of Bishop Pigott, the Presiding Bishop of the Liberal Catholic Church. He comes out to consecrate Mr. Loveday as the S. African Bishop. The consecration will take place on Oct. 1st. They have enlarged the very pretty little church here for the occasion. I shall be happy to see my old friend Bishop Pigott again. I so very much like the way he speaks of Christian Mysticism.

This Letter I am going to quote, in extenso, what I feel is a splendid answer to a question about Meditation in Mr. de Zirkoff's little magazine "Theosophia." The questioner asks: "Do you recommend a daily, though brief, period of meditation or contemplation for the earnest student?" Here is the answer. I am sure you will like it as much as I did.

"Yes, very definitely so. Particularly for those students whose daily routine occupations are rather engrossing, and who know they will have very little occasion to think of spiritual matters during the hours occupied in their vocational duties.

"A period of quiet meditation, both upon arising in the morning, and before retiring at night, is of great spiritual benefit to the student. It is like a moment of closer companionship with the Higher Self, wherein help, inspiration and strength can be found with which to meet the problems of the coming day, or guidance before embarking upon the journey of the night which men call sleep.

"Meditation, however, should not be confused with any kind of intellectual or mental effort, intended to solve some difficult problem or to understand some intricate teaching. Meditation is an attitude of the soul, not an effort of the brain-mentality. It is an attitude of inner silence and expectancy during which we allow our consciousness to listen, as it were, to the silent music of the heart, our spiritual heart, the core of our inmost being. While it could be thought of as a state of positivity, of dynamic polarity spiritward. As such, it precludes any negative state of mind, and it is the very opposite of psychic receptivity. During true meditation the consciousness of the student is polarized towards his Higher Self and is attuned to its inner guidance, to a smaller or greater extent, according to the spiritual status of the student, his will, his earnestness.

"We should make every effort to bring into our daily routine, however uninspiring it may be at times, at least some of the constructive spiritual thoughts and noble feelings to which we may have attained during our period of meditation.



In this manner we can help to raise our routine occupation to a higher level, where it becomes but a means to growth.

"As the student becomes more and more proficient in his meditative practice, he becomes also more and more independent of any particular hour of the day, which he had originally selected for meditation. He begins to be aware of a steady undertone of meditation right through the daily work. While a portion of his material mind is engrossed in the performance of duties, a higher aspect of the Mind broods upon spiritual thoughts, irrespective of what his hands may be doing. In due course of time meditation becomes a constant quality of his consciousness and a condition of his inner soul-life."

Do you not all agree with me that this is so very well put? It reminds me of things I heard Dr. Annie Besant say. She told us that our period of quiet slowly stretched out and out until finally the whole day and night is subconsciously meditating. Our whole life gradually becomes orientated God-wards. She did not wholly approve of meditating deeply at night, at any rate not between the hours of 10 p.m. and 2 a.m., because at those hours we are all a little more mediumistic-ally inclined than usual and thus more open to extraneous influences from the astral plane. She thought it best to use the evening hours for thinking over life, our attitude towards it, and the cause of our blindness and failure therein. She also warned us that influences from the Higher Self, and impressions from it, were always impersonal. Anything personal comes from a lower plane. She told us that our Higher Selves are interested in eternal things and not things down here, and we could glorify and lift daily life by doing our duties as a mandate from on high.

Perhaps we could sum up meditation as the continual attitude of the soul God-wards, and that attitude is again summed up in the familiar words: "Thy Will be done." But the Eternal is not only the "Good." He is also the "True" and the "Beautiful." These are equally undying aspects of Him. And another thing to remember is that as we become more and more "Tuned in" to higher things, we also unconsciously radiate them, to the blessing and inspiration of our fellow-men. So that the man of meditation becomes as a wide-spreading tree in a thirsty land, under whose compassionate branches many a weary soul can find rest and solace and wise help.

I remember an Indian member who would not miss his morning meditation whatever happened, for as he put it: "It is an appointment with the Most High. How can I not be there?" If only five or ten minutes a day be all we can spare, let us put ourselves "in tune with the Infinite," lift up our hearts God-wards in utter trust and faith.

Well, my friends, this period of quiet I am having is very helpful to me. I find that my intuition and insight clears very much. Perhaps we get too much cluttered up with people and things, and so our vision clouds a little.

Yours affectionate friend,

Clara Codd

mp.