

Letters

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Yesterday I attended the Yoga Center of the RedGFU in San José Insurgentes, Mexico City, DF, to celebrate a Cosmic Ceremony, invited by the Board of Directors and the Alumni. I was struck by the willingness of the attendees for this type of spiritual discipline, since most of them were educated people in search of more knowledge. So I explained to them what it was all about:

■ The first thing we must take into account to understand why we do this Ceremony is that we live in the Universe and we are Human Beings. Our problem is to consciously find the relationship that exists between unity and diversity and between the Self and the human person.

For that we have some basic disciplines of physical, psychic, mental and spiritual human development. The physical part we develop with nutrition, exercise and hygiene; the psychic with impersonal service; the mental with study and meditation; the spiritual with ritual to develop mystical consciousness. Ritual is associated with the notion of rhythm, of the systole and diastole of the heart and its expansion and contraction. In Yoghism the heart occupies the fourth level on a scale of seven Chakras. This fourth level is the meeting point of the Self as pure potential and human existence limited to form and existence.

Within this scheme is developed the project of self-discipline to obtain health and consciousness, as a basis for reaching the transcendental realization proposed by the Tradition of the Royal Initiates. This Self-Realization is the conscious relationship between the Self and the Human, between unity and diversity, the experience of the Total Human Being, in the individual and in the universal. The ritual consists in the handling of symbols that create a practical model of bridge between what can be said and the unsayable; between what can be seen and the invisible, to suggest it in an artistic language, since Art expresses itself through symbols that suggest what transcends words, sometimes using words, as in the case of poets; or with juxtaposed forms, movements and colors that create bridges between what can be seen and the invisible, as in the case of plastic Artists.

The important thing, in our case, is that the Artist-Initiate masters his craft and through his discipline bui-



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lds an accessible bridge for our consciousness to cross over. When he turns to us and declares that everything comes from the Holy! and that it continues to be holy! on our plane of existence, and even that which lies below it is always holy! one begins to subliminally experience the unity of the infinite microcosmic and microcosmic diversity....

■ Excuse me, Master, how can we know if we are simply imagining or if it is a mental induction that the officiant of the ceremony transmits to us?

■ Your question reminds me of one of those mental inductions I was given by a Master Shaman at Machu Picchu, the ancient ceremonial center of the Incas in Peru. But it turned out that instead of being impressed by the unusualness of the phenomenon, I reacted angrily and the Master Shaman had to slip away. That was sensory induction that could impress those who do not know the transcendental. It was a deception. When we experience peace and self-confidence with deep satisfaction it is when the Artist inspires us with something found in the Self. When we experience nothing it is because either there is no such bridge, or we do not want to walk across it.

■ Does this only happen with Master Shamans or also with other Masters?

■ Unfortunately, I have to tell you that it also happens with other Masters who look for proselytes.

Good. We will have to talk a little bit about this. There is always polarity in human reality. This is not to say that there is something totally good or totally bad. Everything is relative. Even the proselytizing Masters have their good side. They help those who do not trust themselves and need to have faith in someone to help them. In return, their disciples become very aggressive against those who have no need of such teachers. On the other hand, there are Masters who never seek disciples, but are open for the one who needs them. They do not promise anything and try to teach each one to be responsible for himself. For example, on one occasion my Master said to me:

■ When you are faced with a difficulty or danger that you cannot solve, think deeply and unreservedly about what your Master would do if he were in your place. Something will occur to you. But the decision you make is your responsibility. I did so on two or three very compromising occasions and it all worked out well in the long run. Some people thought I was sly and arrogant. I simply changed my attitude when I realized what my Master would do.

As is well known, it is better to be safe than sorry. We must work, first and foremost, for health and awareness. Without health there is nothing worthwhile. Without conscience we only seek power to survive by brute force, by skill or by money. Finally, we die without knowing why we were born or why we die. Certainly, we have the spiritual and sometimes turn it into holy war, proselytizing skills and paid advertising. In other words, the same thing, on a larger scale, and the promise that death will fix everything.

Within this panorama appear the master craftsmen, the Master Artists and the INITIATED MASTERS - "*So many disciples who want to teach and so many masters who do not want to learn*" - quoted Master de la Ferriere. It is true. That is the problem of Real Initiation magnified by virtual communications. But it is already said: *By its fruits you know a tree. It is only necessary to add: By its DISCIPLES you know a MASTER.*



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Please feel free to forward opinions and corrections.