



Good Evening

This is a
Whole School Meeting



From the cutting edge

Some results from Jeffrey Martin's
finder course



Result of Finders Course

- **Non-Symbolic Experience**
- Approximately 70% of participants who successfully completed the experiment reached Ongoing Non-symbolic Experience (O.N.E.) by the end of FC2. This compares to 80% of participants in the 6 person pilot experiment, FC1, so the outcomes were highly similar.



- **100% Happier**
- All participants who completed the course rated themselves as happier compared to where they began. All ended on the 'happy' side of our measurements, even those who rated themselves as 'very unhappy' at the start of the course.

• Measured Improvements

Participants were asked if _____ increased, remained the same, or decreased over the course

When the responses were tallied, participants reported:

Inner peace and Positive Emotions (98%)

- Increased Emotional Balance and decreased Reactivity (95%)
- Increased Mindfulness (95%)
- Increased Contentedness and Gratitude (93%)
- Increased Ability to Handle Stress (88%)
- Decreased Anxiety (95%)
- Decreased Negative Thoughts and Emotions (93%)
- Decreased Mental/Internal Chatter (88%)



- And many more including increased: Love (88%), Positive thoughts (86%), Harmony (86%), Sense of Security/Safety (86%), Forgiveness (79%), Feeling Whole and Complete (77%), Wonder (77%), Sense of an all Pervading Consciousness (77%), Effectiveness (67%), Confidence (67%), Focus (65%), and many others.



Remove Narrative self Attachments

- Make a list of ALL the people you have known – right back to kindergarten.
- From your list bring them to mind
- Send them love
- Repeat for the next one etc.
- Why are you doing this.



Love your body

Body Scan

- Start in the toes of one leg – feel experience - then send love
- Then a few cm up the foot – feel experience – then send love
- Then in a regular order cover every cm^2 of the body. Remember to send love to that bit



Why have we not all signed up for the finders course?

100% of participants responded that they were Grateful they decided to take the course.

93% rated it has having a significant positive impact on their overall well-being.

88% rated it as a significant positive transformational event or among the most important and positive life changing experiences of their life,

Ouspensky and Aim

- Ouspensky says: 'If you have no aim, no school can help.' He puts it in practical terms:

O. There is no question of right and wrong; there is only the question of knowing your aim. Think about aim. Aim must always be in the present and refer to the future.

Q. Trying to define my aim has made me see that I don't know what it is, and I must find out before I can get further.

- O. I am afraid you only think about it in an abstract way. Just imagine yourself going to a big shop with many different departments. You must know what you want to buy. How can you get something if you don't know what you want? This is the way to approach this problem. The first question is: 'What do you want?'

Once you know this, then the next question will be: Is it worth paying for and have you enough money? But the first question is: 'What?' Payment is a most important principle in the work, and it must be understood that it is absolutely necessary. Without payment you can get nothing, and you can get only as much as you pay for – no more. Payment means effort, time, and energy.

- Q. I find that I sincerely want more knowledge, but I do not really want to change my present being.

O. Yes, that is a very good observation, because we are almost all in exactly the same position. We want to get something for nothing, and that is why we have nothing. If we really decided to go for this kind of knowledge – or even for quite a small thing –

Colet House. Fourth Way Group. Tuesday, 3 February 2105.

and we went for it regardless of everything else, then we would get it. This is a very important point. We say that we want knowledge, but we don't, really. It is not imagination – it does not matter what you call it; you may find another name for it – it is a special attitude. You will pay for anything else, but for this you are not prepared to pay anything, and so, as a result, you get nothing.



My grandson age 21 has
decided to spend 3 – 5 years
in Japan at the 'One Drop
Temple'



The One Drop Temple





- **Happy New Year of the Sheep 2015**
- There is nothing that surpasses the experience of Kensho
Developing samadhi is not the point
- Advertising sheep meat on the sign, but actually selling dog's flesh
Until Kensho has been experienced.



The Natural Path

Without a thought, the flower invites the butterfly
Without a thought, the butterfly visits the flower
When the flower blooms, the butterfly comes
When the butterfly arrives, the flower blooms
I do not know others; others do not know me
Not knowing each other, we act in accord
With the Goddess of Spring



The Lamb kneels when receiving in grace



Our Charitable Progress

- We will be transferring our assets into the new company now at the AGM on 29th March
- All members of the Friendly Society will transfer to the New Charity. I will let you know more about this later.
- We have now set up the new trading company. Called “Colet House Trading Ltd”



The scaffolding is up and we are “still” on track to display our first advertisement. But nothing much has happened over Xmas and the New Year and we hope in the spring season we will be successful.

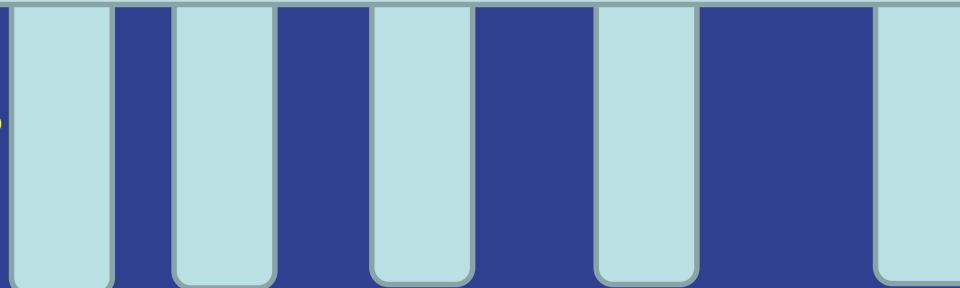
New Management Structure

- The management committee is chaired by Martin Redfern and this is now in place and functioning!

BOARD

Management

Domains





The Board

Five senior people of the society
who will set the spiritual “DO” for
our new octave and formulate the
governance.



Your New Charity

Please do volunteer and become excited by the changes that are happening, any one between 40 and 70 URGENTLY needed.



Any General Questions



Any comments on your
home work over Xmas and the
New Year?



Books for the spring term

ZEN-BRAIN HORIZONS

Toward a Living Zen

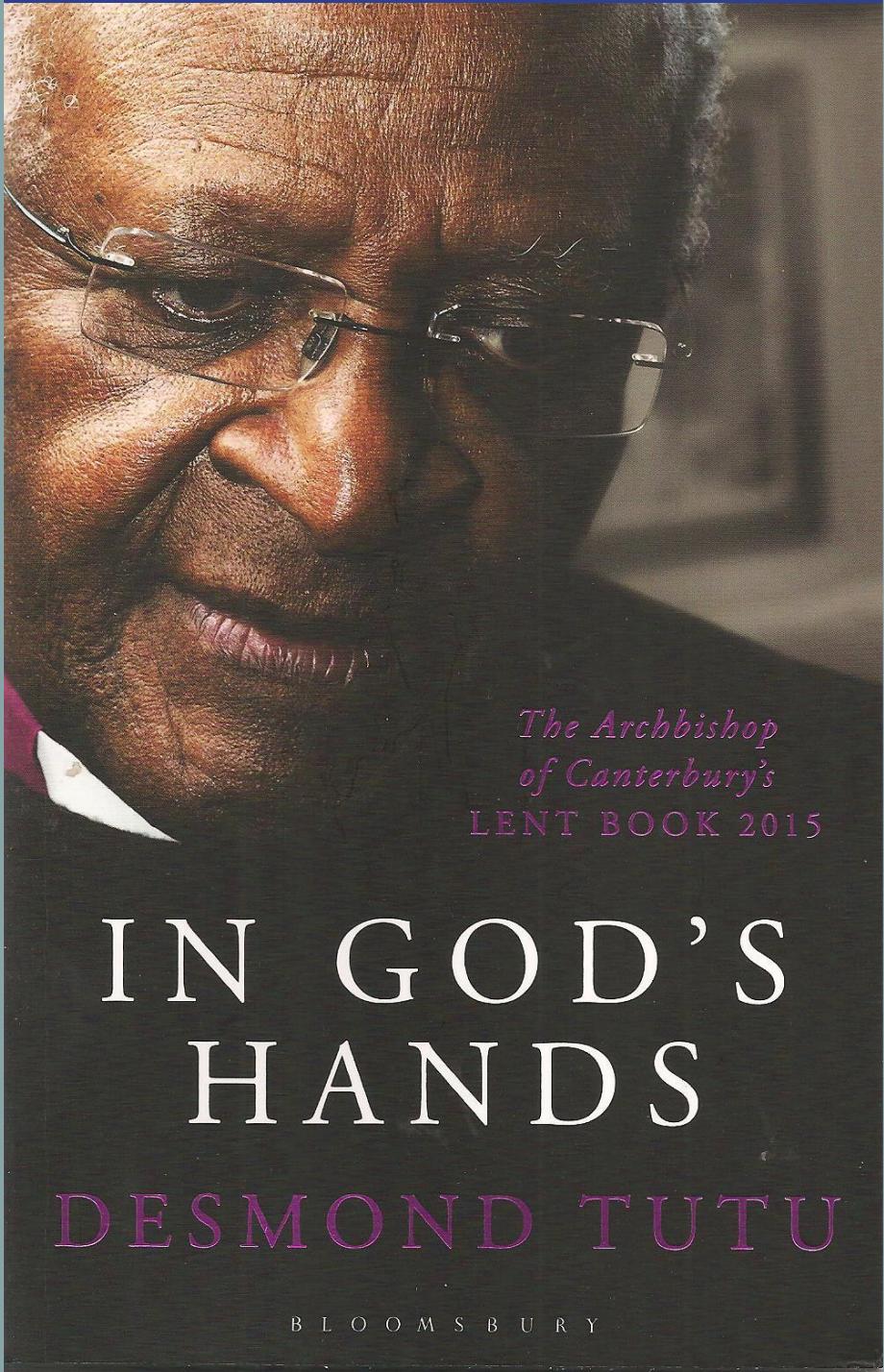
James H. Austin, M.D.

2014 MIT press

ISBN 978-0-262-
02756-4

Amazon £11 - 20

Towards a living Zen



2014 Bloomsbury

ISBN 978-1-4729-0837-7

Amazon £6 - £7

Lent Meditations



Expressions of truth

When I was a Zen monk I learned to distinguish between “live words” and “dead words.” Most of the words we read and hear are lifeless, in the sense that they are rooted in concepts and intended to appeal to the mind. Of course, such “dead words” have an important role to play on a relative level, in helping us to negotiate the world of apparent objects and people.



Expressions of Truth

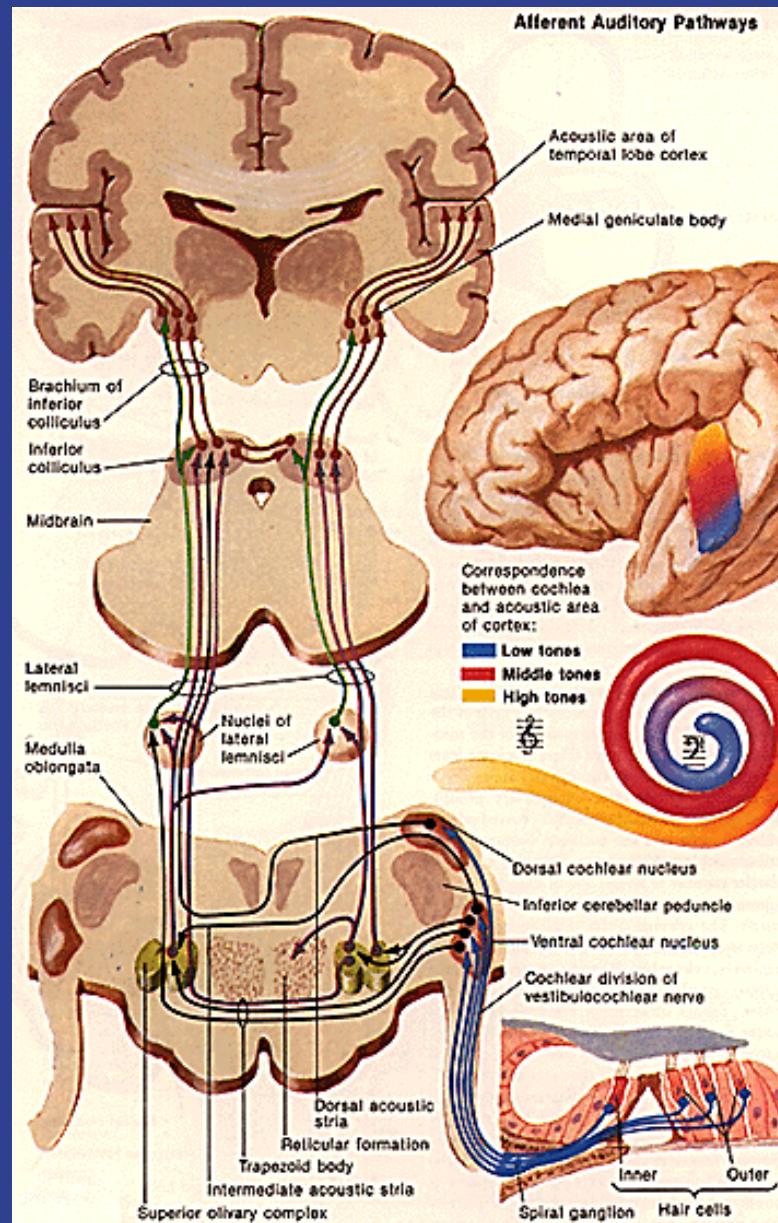
To point us beyond the body/mind to the source from which this relative reality arises and in which it abides, however, we need “live words,” like those we find in the teachings of the great non-dual masters and sages. The sayings of Ramana Maharshi,.... Or those of HH.. have the power to short-circuit the mind, light up the heart and quicken the revelation of who we really are. Such words are called pith instructions or heart wisdom. As Jean Klein puts it, they are saturated with the perfume of the source in which they come.



The Truth - Satsang

The space in which live words are spoken is called satsang – literally “being together in truth.” When we speak truth with one another, we are creating satsang.In the many hours I have spent with Adyashanti, I have been impressed not only by his intimacy with the subtler and deeper levels of realisation, but also by his seemingly inexhaustible capacity to welcome whatever arises in satsang with empathy and love. (Intro to Adyashanti)

Hearing pathway





Teaching for 2015

Welcome to the
the first meeting of the
Spring Term
Year 2015



Health Warning



Do Not believe what I say: **Try it for yourself**



This Year Mr Ouspensky Three lines of Work

Spring Term

Work on Yourself

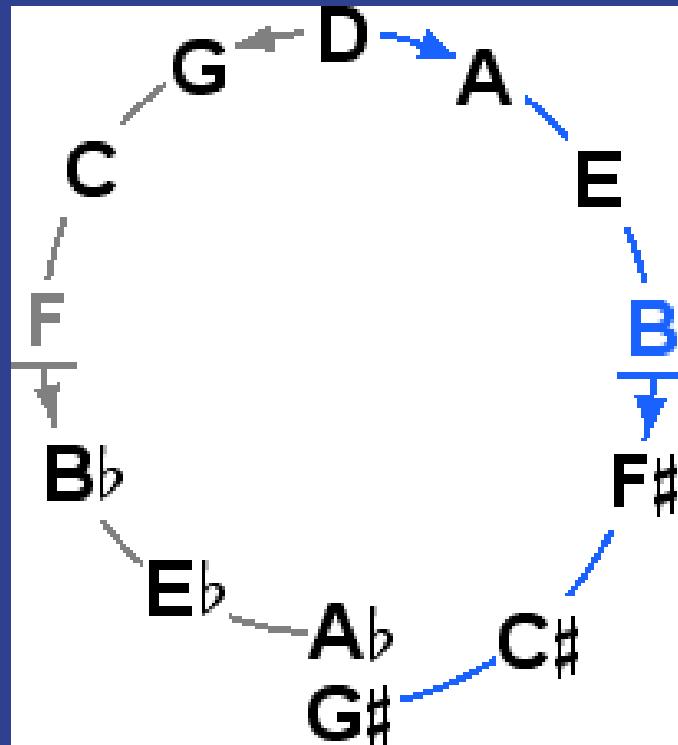
Summer Term

Work for the Group

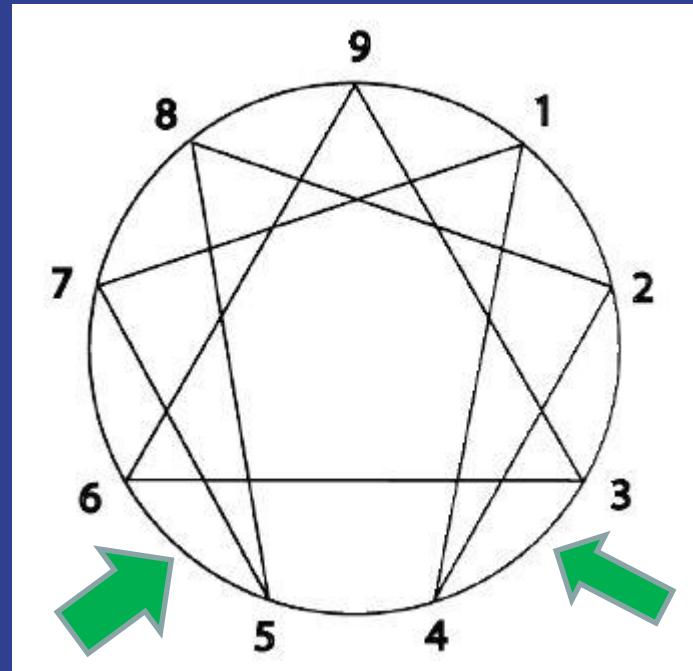
Winter Term

Work for the School (Society)

Pythagorean comma If you tune in fifths

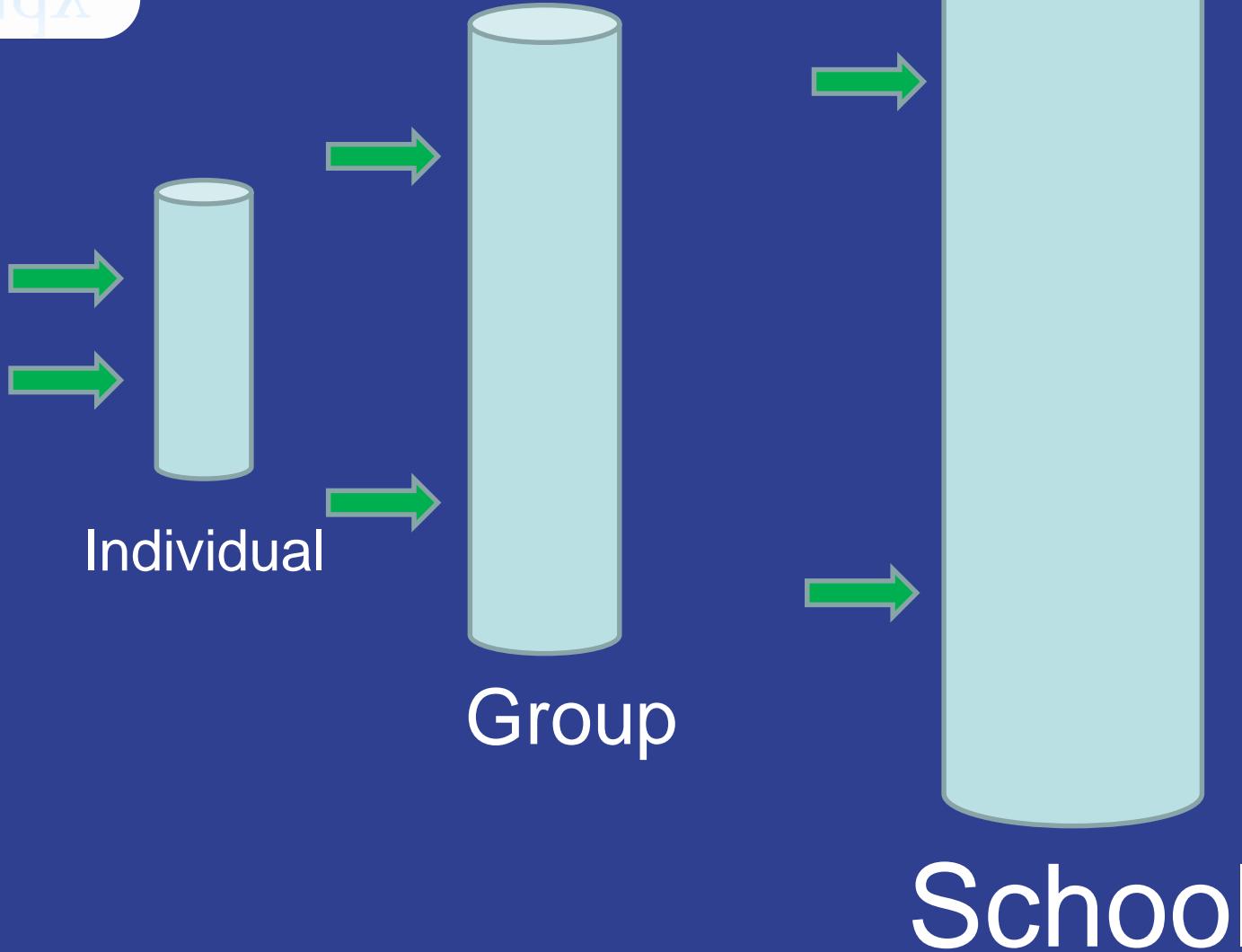


Eneagram





Octaves





Start of New Year 2015

A crucial year for survival of the school, house, the groups, and the growth and progress of all students.



How is your meditation going?

Make sure you have 1 hour silent
meditation each evening



Remember you have to give
up everything!

In the moment Trust only in the
Param Atman



- HH: There is a Sanskrit verse in which it is said, '*The Absolute is here in the present. See, enjoy and communicate with Him, and do not bother your head with the past or the future.*' You cannot bring the past to life, you cannot tailor the future as you want, as both things are beyond the control of the individual. So we should bother our head least about the past and the future. With the memory of the Absolute we should try and make use of the present with all the glorious things which the Absolute is here to offer in the present moment.
(Good Company 1, p 69).



Have a great time this term
please make sure the mind is
ALWAYS the quiet non
commenting or undivided
mind. The background mind
that is always there This is
required for true growth.



See through to the
background layer of reality
every moment.

And keep it up all the time



The End

Have a great

hard working Spring Term

