

I. Preliminary silence.

II. General statement relative to the effect upon consciousness that proceeds within the spoken word.

A. Not merely an effort to increase information.

B. The purpose is an actual change in the consciousness of those who hear.

1. Difference between consciousness and knowledge.

C. It is not essential that the listener should clearly understand all that is said.

1. The words are means for producing effects in consciousness in a similar way to that done by music.

D. What is done here is possible only because of an actual transformation which took place less than two years ago.

1. It is only rarely that such opportunity is offered.

E. If you already understand part of what I say then let your consciousness flow into its content, into the depth value.

IV. The Problem.

A. Human beings individually and enmasse involved in a maze-like snarl of consciousness from which there is no release by ordinary external means.

1. Domestic problems to international problems, some of which threaten our whole culture.

2. Private problems of non-adjustment to the environment and to one's own inner nature.

a. Factors leading to unbalance and despair.

B. Often we find problems which when approached in the usual way are unsolvable, but by changing the line of approach in a suitable way they often become quite simple.

1. The illustration of the Copernican change

a. Made possible much of modern astronomy and science

b. Aided in the discovery of America.

c. Religious and social transformation.

2. Illustration of Emanuel Kant.

V. Our approach to the problem.

A. This consists essentially in a change in the base of our individual consciousness in the appropriate direction.

B. When this change is effected man finds the problem below him instead of being involved in it.

1. It also changes its form and, in many cases, just simply disappears.

2. In any case, the command over the problem becomes much greater, and its importance decreased.

C. This may be called the personal and social phase of the work.

1. In this respect it effects results here in this world, so that life may be lived more happily, effectively and understandingly.

D. In a deeper sense we are working toward the Supreme Goal of Yoga.

1. This, when attained, effects a transcendence of all the limitations of this world, and opens up a life of an unimaginable superiority.

2. It includes the preparation for the mastery of the transformation we call 'death'.

VI. Method.

A. A method designed to fit the peculiar psychological character of the West.

1. Not simply a grafting on of Oriental methodology, which is designed for a different kind of psychical nature.

VII. Closing meditation using the first five Aphorisms.