

# Duality and Cosmic Consciousness

(Compiled by Sri. Ulpiano Manlangit)

The cause of anything is dual in nature. Heracletus, the Greek Philosopher taught that the universe was a conflict of opposites controlled by what he called eternal justice and what we call Karma. However when the pairs of opposites, the contradictory forces of nature are brought into reciprocal unity, equilibrium is established and unity prevails.

Experience teaches human beings that life is governed by the law of duality that like nature itself it holds the contrast and opposition within itself i.e. night and day, positive and negative elements, binary numbers 0 & 1, electrical “off” & “on” switch, joy and sorrow, and so on, but just as the point where day meets night, the point we call twilight have neutral point and in nature an equilibrium. The neutral point of the twilight and dawn is suggested by the mystics to be the best time for meditation. When this two mingle, a subtle pregnant stillness is created which has a profound influence upon the mind of sensitive humanity. At such moments it is more possible and somewhat easier to contact the deepest soul of man.

In Chinese philosophy, the first observable variation of the universal force which, emanates from the Wu Chi (God) is Yin and Yang. The two qualities of this force can be understood as the negative and positive poles of the primordial energy. Yin and Yang are inseparable tendencies of all energy, and it is impossible to have one without the other. Their interactions are the root of all universal action, hence the polarity of Yin and Yang is a factor intrinsic to all creation.

Psychology has shown that in the consciousness of every human being is a sense of duality, that man is in some mysterious sense of two beings, and that the warfare between these two which has led to all the neuroses and complexes which tax the ingenuity of trained psychologist to solve. Saint Paul referred to this when he spoke of the eternal warfare going on between the carnal mind and the heavenly nature, and all aspirants who are occupied with an intelligent struggle towards liberation bear witness to the same. Paul points out that the victory is won through the Cosmic Christ and Cosmic Consciousness is attained. There is a growing consciousness that there is a Reality which embraces and at the same time extinguishes duality. The entire story of evolution of the “becoming-aware” principle from the microscopic interest of the self-conscious man we shall retain the parable - “we have a slowly developing inclusiveness which finally leads him into the consciousness of the Cosmic Christ”.

There are three stages of growth of Cosmic Consciousness:

1. The first stage is that of the discriminating consciousness where we perceive principally duality. This consciousness is at work in the world of business, science, scholarship etc. It is a consciousness filled with imagery and thinking. Western mysticism values it as a stage of growth, a *path* to the non-discriminating consciousness. The lower realisation of a unity is the unity of the form nature. In this unity the soul is so closely identified with the matter aspect that it sees no distinction, but is the form, and knows itself as soul. This often reaches its height in some life of full personality reaction; the lower life is so strong and vital that a powerful and material expression eventuates.

2. The second stage can be represented by a circle, is the undifferentiated consciousness. Here one sees the unity of being. Everything is one. To the person who experiences this oneness in a momentary intuition, it may be difficult to believe again in duality; just as the person without experience of unity can only believe in duality, e.g. if I see water, I see one thing. Yet this same water, can become two things,: hydrogen and oxygen. A simple person might find it difficult to believe that same liquid, can become two gases. Yet we know this is true. A subsequent and painful differentiation of the consciousness into a realised duality. In this condition, the man is distinctly aware of what is termed his essential duality; he knows he is spirit-matter, is form-life, and is the soul manifestation. During this stage which, covers many lives and carries the man along the path of probation and discipleship, the centre of gravity shifts steadily out of the form side and centres itself more and more in that of the soul. This growing consciousness is a Reality which, embraces and at the same time extinguishes duality.
3. The third stage is found when the two states become luminous to one another, growing into yet a new consciousness in which there is a unity and a total alterity, a realisation that all is one and yet all is not one. This is the experience of the mystic who realises in a flash of ecstatic love that only God exists and that God is the all - which, is called the transforming union. When the scientific principle of relativity says that the observer is part of his observation, this means that the person who has experience of anything is part of his experience. We may carry his further and now say that it means that the thought is part of the thing thought of. If we ponder well upon this statement we shall see that the mental factor is inseparable from the object known. In other words nothing has ever been known and nothing can ever be known apart from the knower. And if we ponder deeper we shall find that the two are really one. The higher realisation of unity follows upon this sense of duality, and in this final stage the sense of being soul and body is lost. The consciousness identifies itself with the indwelling Life of the planet and of the solar system. When this happens, there is the registering of a state of being which lies beyond word, mind and form expression of any kind.

The great Jewish seer sought to convey these three stages in the words, *I AM- THAT- I AM*. He thus expressed them tritely and succinctly and adequately, had we but the development to know it. The third however defies expression, hints at a fourth type of realization which, is that of Deity itself, about which, it profits us not to speculate.

The very act of seeing connotes two things - a "see-er" and that which is seen, for every object seen there must exist a seer- which means duality. You must find God henceforth not as something in vision, but *being* - as something which, you *are*. You are a ray of God. To know God is to be God, not to see God. To see implies duality, as the relationship of one who sees and that which, is seen, but *to be* implies no relationship whatsoever, only the fusion of the ray with the Sun. Therefore *to be* consciously aware, in its pure state is *Reality*. The whole Truth must be embraced, because Truth is Reality. The knowledge of the *Self* leads to the knowledge of Truth. There being one Reality everything else is ignorance. Things which are taught in lectures and in books, belongs to the sphere of ignorance. This Reality we will know as one tremendous rebirth, and after that there is nothing more to be known in this sphere. This is the highest state of spiritual unity to which we can attain, the Ultimate, the final consciousness, which means Cosmic & Absolute Consciousness.

## **The Principle of Duality of Man**

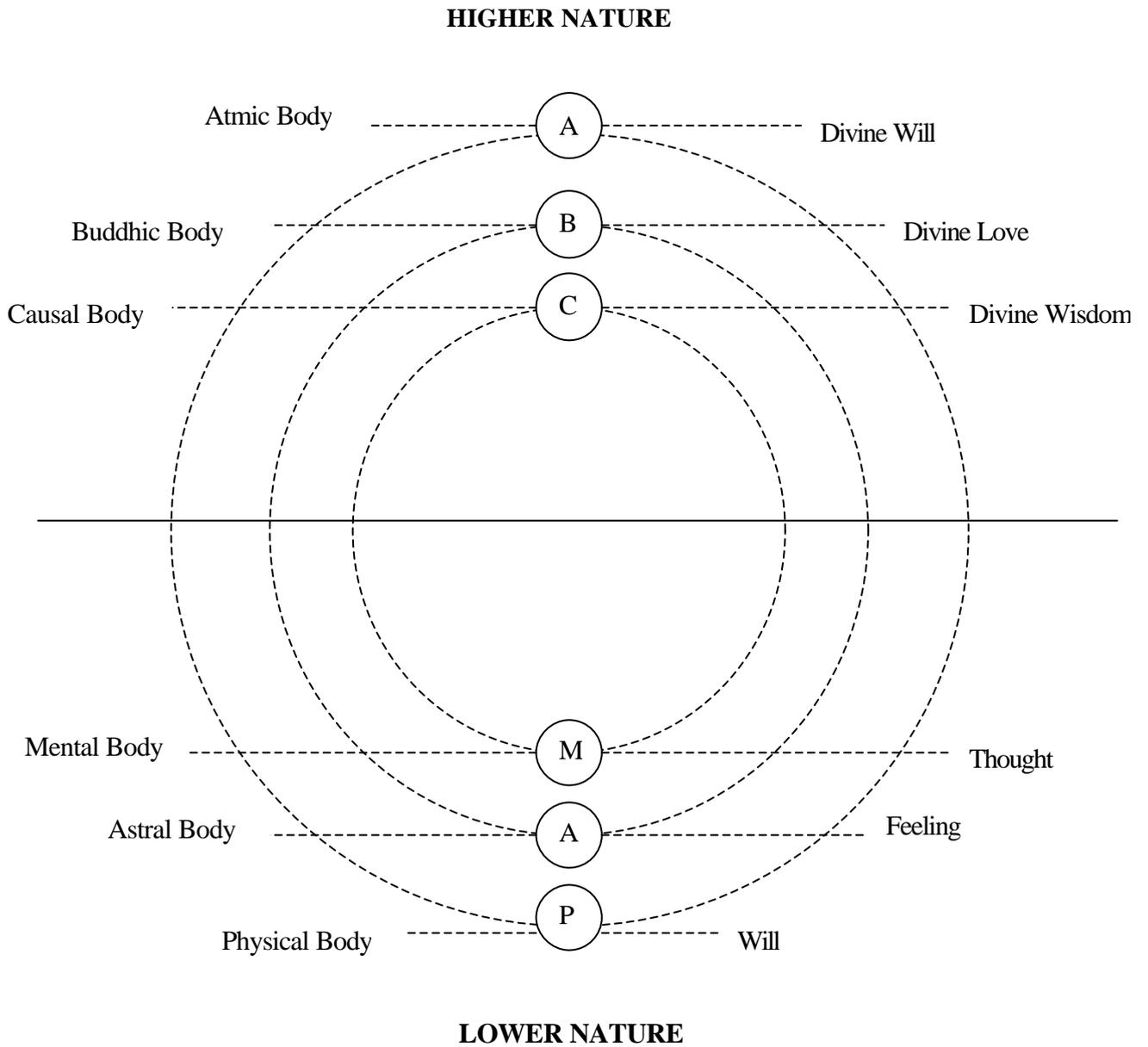
1. The Physical body which represents strength, will and power on the mortal or material level, is linked to the atmic body which represents divine power, strength and will, symbolises the first principle of duality.
2. The astral body, which represents our egotistical, personal feelings and desires, is linked to the buddhic body, which represents divine love, symbolises the second principle of duality.
3. The mental body which represents our ordinary, self-serving thoughts, is linked to the causal body which represents wisdom, symbolises the third principle of duality.

In our lower earthly life, therefore, we are a trinity in manifestation, which thinks, feels and acts. But this trinity is only a very inferior reflection of that other heavenly trinity which is waiting for us to become one with it. One day this union or fusion will have to take place. This deep hidden meaning of the mystic symbol is known as King Solomon's Seal, but which existed long before King Solomon. Initiates often sum up a very profound spiritual or psychic reality of this symbol.

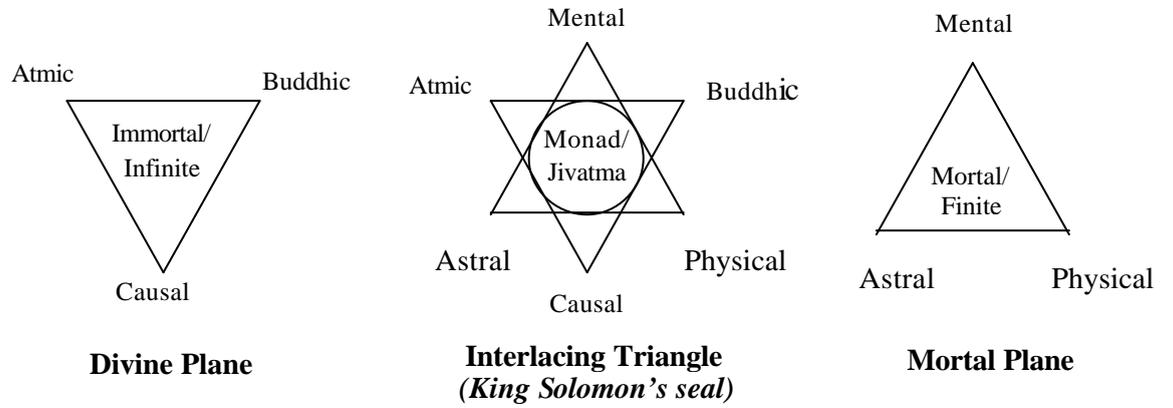
A human being, therefore, is dual in nature; the mortal (finite) which constitute his lower self with the three bodies and immortal (infinite), which constitute his higher Self also with three bodies, which are destined, one day to unite with each other. Every experience in life, whether it be happy or unhappy, exists for this one purpose: to enable us to find and become one with our true Selves through contemplation and Self-inquiry. When our lower self melts into our higher Self and forms one, then all Heaven and earth are united within us in fullness, abundance & joy then atonement and cosmic consciousness is experienced.

Exercise:

Devote sometime even if only a few minutes several time a day, to replenish your reserves of silence. Close your eyes and try to detach your thoughts from your daily pre-occupations and then concentrate upwards, towards the summit, towards the source from which life flows out of the whole universe. Then when you feel that the usual procession of thoughts and images stopped running through your mind, say to your self, Thank you Lord, when you give thanks you are attuning yourself to Heaven, you are breaking out the narrow circle of self and entering into the peace of Cosmic Consciousness. When you say Thank you, try to breathe evenly and regularly: draw in a very deep breath and breathe out very slowly until there is not enough air in your lungs.



**Fig 1 DUAL TRINITIES OF MAN'S HIGHER AND LOWER NATURES**



**Fig 2– THE UNION OF THE DIVINE/ IMMORTAL AND MORTAL PLANE**

IMMORTAL/ INFINITE	RELATIONSHIP	MORTAL/ FINITE
ATMA	<i>Divine Will</i> <i>Will</i>	PHYSICAL
BUDDHI	<i>Divine Love</i> <i>Feeling</i>	ASTRAL
CAUSAL	<i>Divine Wisdom</i> <i>Thought</i>	MENTAL

**Fig 3 – THE RELATIONSHIP BETWEEN THE DIVINE/ IMMORTAL AND MORTAL/ FINITE PLANE**