

Brief Introduction to Inner Science

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Human experience of reality is indirect through the mind. Let's analyse the relation between human being and reality. Information enters the senses, goes into the mind and reaches the subject, becoming experience.

reality (object) --- senses (perception) --- mind (elaboration) --- subject (experience)

The objects that are experienced are different: universe, planet earth, nature, human body and its sensations, emotions, imaginations, thoughts, consciousness. Mind elaborates perception of an object (analysis, comparison, synthesis,) and then we experience it.

Let's do a simple experiment. You observe for few moments the plant in your room or outside the window and then close your eyes. Inside you see many different thoughts such as photosynthesis, biophysics, the size of the plant, its colour etc. You experience the plant through many thoughts. The question arises: is it possible to experience the plant directly without interference by the mind? Direct Experience means that by experiencing the plant your mind is quiet. Not even a single thought arises. You experience the plant pure as it comes into senses - between perception and experience there is no mind.

The first step towards "Direct Experience" (D.E.) is to understand that we have the capacity to watch the functioning of the mind. Watching means that we observe our mental structures like thoughts, emotions, scientific theories, cultural, social and religious prejudices, opinions and so on as clearly as we can observe our body. By constantly watching the mind we start to achieve a distance from it, we don't identify with it any more. Mind becomes like our hand, when we need it we use it, when not, the mind is resting. While watching the mind we start building a direct connection with our perception, as we have glimpses of Direct Experience.

D.E. goes beyond "cogito ergo sum", beyond subject-object duality, one becomes one with the object that is experienced.

D.E. can be understood by the mind but cannot be experienced by it. On a certain level of its development, the human mind understands its own limits. The Mind that reaches this level is ready to surrender and be watched. Watching is a higher function than thinking. We cannot think about our capacity to watch, but we can watch every action of our mind.

Mind when watched wakes up, becomes aware of its own creations. Watching is the natural security of the mind. Once watched, the mind can be only life-supportive. Watching should become a complementary part of all scientific education programmes, thus helping the new generations of scientists to support life, to make it richer and more beautiful.

To watch something means to be conscious of it. Watching is the function of Consciousness. Once the mind is quiet. Consciousness can watch and recognise itself. When you close your eyes you find inside pure space, formless Consciousness that is melting with the outer universe into an organic Unity.

Watching the mind clearly

Enter the oneness of the world

My experience is that the whole universe floats into Consciousness and is made out of it. Consciousness does not have any Creator, universe has no beginning and no end, it is eternal, it is God itself. Consciousness is the *Soul* of the whole universe and also of every single being and thing.

Entering Consciousness is a pure joy. We dissolve in something much bigger than we are and this gives us an immense feeling of freedom and safety. It is so vast and silent that with the words we can touch only its shadow. The entrance into it is through the heart and it is so small that we have to leave our mind outside.

Moonlight night

Flame of the heart is touching the sky

Joyful silence is all around

Human evolution is developing towards the human capacity to watch its mind. Watchfulness opens inner space and brings us into discovery of the consciousness that is our real origin.

Once science accepts *watching of the mind as an individual research method* it will evolve into *Inner Science*. Inner Science will transform the whole society. People will start to live beyond all social, religious and racial identifications. This will create the social and cultural unification on the planetary level. Inner Science will be the basis for the development of *planetary society*. Today's borders between countries and nations are the result of the borders that are in the mind and both will disappear with the introduction of inner science into education.

Today's science has an important role in human evolution and I believe is the only component of the society that can develop the scientific base for a new society composed of human beings that are free, fully responsible for themselves and for the life around them

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