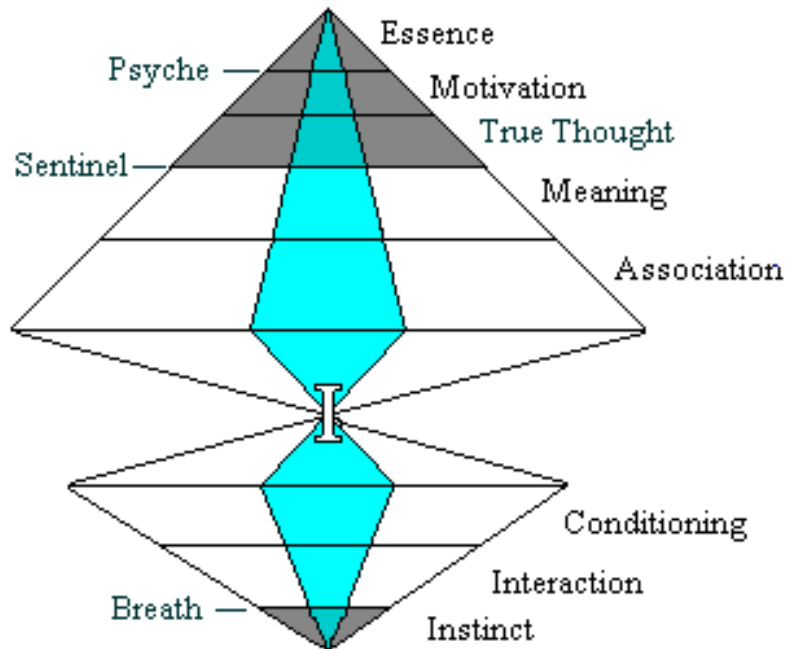


The Octave of Man

In Saros Philosophy the Octave of Man represents the possibilities and experience of an individual from the highest to the lowest. It is represented on a Double Diamond diagram:



The central point on the diagram, marked 'I', is the point about which we usually organise our experience, our sense of I. Our usual range of operation is close to this sense of I, our familiar world. The top and bottom parts of the diagram represent less familiar territory.

Levels on the Double Diamond

Conditioning, Interaction and Instinct

Instinct is the rule of the physical body. When we were born, instinct was all that we had. Our bodies worked, we breathed, cried, shat and suckled. Instinct still lives in us. We can be more or less aware of it, and we only have a little control. For example we can adjust our breathing, and **breath** is an important gate into instinct.

Interaction is the next step from instinct. As new born babies we interacted. We sought our mother's teats, we sensed the physical world, and took action in it. This raw interaction is rare for us now, because we've learnt such a lot about our environment. Instead of seeing coloured blobs we see a face because that's what we've learned to recognise.

Conditioning is this learning process, the set of reactions, labels, habits that we've accumulated over the years. It is influenced and tempered by the time, culture and place that we live in. We adapt to these conditions, and they leave their imprint on us.

Associations and Meaning

The **associative** or formative mind is the system we use for a lot of our thinking. This level of mind is organised by links or associations between different memories, in the form of feelings, thoughts or sense impressions. One thing leads to another.

Sometimes we experience the level of **meaning** when instead of being taken in all directions by associations, we come to something which has more of a wholeness or coherence to it. A mundane example might be when you begin to understand something. Instead of hearing "it feels like a snake... it feels like a fan... it feels like a tree-trunk... it feels like a spear", we begin to realize "it is an elephant".

We can sometimes see this in dreaming. A dream can take us from one scene to another, following associations seemingly at random, but sometimes there is some pattern behind the dream, a meaning which can perhaps be difficult to put into words. Maybe there's one character in the dream that has a particular quality, or maybe a situation that seems to be significant. We can also use this level to create meaning in writing poetry.

True Thought and the Sentinel

The level of true thought (or abstract thought) is beyond our usual reach. We sometimes see the results when we solve a difficult problem by 'leaving it on the back burner'. We think around the problem in the realm of association and meaning, but then leave it to the 'subconscious' to work on it. This might involve making a cup of tea, going for a walk, or sleeping on it. Later on, we find the solution is ready.

We're not usually aware of this process, but it is possible to be more aware of it by leaving behind our sense of I. This can happen in meditation, where we step over a threshold. In the octave of man this threshold is called the **sentinel**. It's like a gate protecting one world from another, so that the sense of I doesn't get overwhelmed by 'subconscious' processes, and the 'subconscious' processes are not interfered with by the sense of 'I'.

Motivation

The level above true thought is once again very different, representing three basic outlooks of being. One is dark motivation, attracted to the void, looking to understand and unpick. Another is light motivation, attracted to the light, to the eternal. The third is communion, seeking to join and adapt, dance with the world. We can perhaps understand something of these, but they are bedded so deep in us it is hard to see our own attachment. From the end of the *Book of Jubilee*:

*Seek the eternal, seek permanence, seek the Mother.
Seek endless change, seek impermanence, seek the
Father, the One. Seek not either, seek the silence
behind the sound, seek the darkness behind the
light, seek void, seek to end existence. These three
bind consciousness to form.*

*Seek none of these, affirm Unity within, Unity
without. It is not mocked, it is not broken, does and
does not exist, has no qualities, no time or space, no
substance. Affirm Unity.*

Unity, Unity, Unity.

Essence and Psyche

The level of essence is the highest or simplest expression of the individual. Between essence and motivation is the level of psyche – the totality of a person’s being.

Association with Octaves

The octave of man is based around the structure of an octave. It can be understood as both a descending and ascending octave. The descending octave, where simpler material or energy descends into more complexity, takes place without effort on our part. We are born. The descending octave can be seen as follows

do	Essence
re	Motivation
mi	Thought
-	(Sentinel)
fa	Meaning
sol	Association
=	(I)
la	Conditioning
si	Interaction
+	(breath)
do	Instinct

(The intervals in the octave are shown as bracketed levels).

The ascending octave describes the evolution of complex material or energy to freer, simpler states. For us it means effort, to build and form our sense of I, and then to organize our psyche:

do Essence
 + (Psyche)
 si Motivation
 la Thought
 = (Sentinel)
 sol Meaning
 fa Association
 - (I)
 mi Conditioning
 re Interaction
 do Instinct

Associations with Saros Cosmology

The table below shows some of the correspondences between the octave of man and other elements of Saros philosophy.

	Octave of Man	Great Octave	Worlds and Cosmoses
do	Essence	1	
re	Motivation	3 - mothers	First world, cosmos 1 Field, Mirrors
mi	Thought	2 – gate	Second world, cosmos 2 Rhythm, Wheels & Orbs
-	(Sentinel)		
fa	Meaning	7 – temple	Third world, cosmos 3 Flow, Dragons
sol	Association	6 – constructors	Third world, cosmos 4 Flow, Chimeras
=	(I)		
la	Conditioning	12 – identities	Fourth world: cosmos 5 Surface, Structural
si	Interaction	21 – governances	Fourth world: cosmos 6 Surface, Connective
+	(breath)		
do	Instinct	1	Fourth world, cosmos 7 Surface, Unitary