

MEDITATION – November 13, 2018

All religions are generally to be respected. Religions have developed codes of ethics imprinted in society to this day as to permit a better liberation of each individual from the effect of Samsara, the wheel of reincarnation. They promote the removal of karma, sin, and suffering in this life, and also promote the good actions as our instrument of personal liberation. The effects of our actions deeply affects our state of consciousness and will unmistakably follow us into the afterlife and even beyond to new incarnations. While the underlying aspects of dogmas may not always be helpful and could even be counterproductive, they nonetheless foster underlying outlines of a way of great importance. They raise our focus to a new awareness *above* the current state of consciousness, a life beyond this world and its daily toils, a state of emancipation which can be even achieved in this life. It is the revealing of the Divine within through a purging of the accumulated effects of our actions. Although this quest we must do alone, each of us is equip with the tools necessary to climb the mountain of awareness. We all have equal potential to receive the divine gifts, such as healing, clairvoyance, and all have equal aptitude, even to the seeming lowliest.

The true knowledge experience is intuitive, subliminal, directly received from above, even at times, defying logic and reason. As known by the earlier Gnostics, it is the intelligence of the heart. Spirituality tends to remove us from systems of belief, and also from our identification with the material, such as career, community, habits, etc., which ultimately lead toward depression and false concept. As taught by the Buddha, we must incline in detachment from both mental and physical urges. Most teachings advocate meditation, Yoga, and study of the holy scripture, but the initiate must be sensitive and adapt to our personal gifts, including creative practices, devotion, art , music, bhajans. However, an important key to any practice is to be remain silent, immobile, and aligned. It is hard for a body in motion or unaligned to be in the reception of the cosmic light. Relaxation thus is of the most importance, and one relaxes best if first they project an *image* or *idea* or relaxation. In meditation, and prayer, we are calling for the divine light and also the power of the word, the great primordial sound is the word AUM. Chanting this word or other sacred words, such as Kyrie Eleison, Alleluia, or Amen could also elevate our state of consciousness. Find what best fit for you and make it simpler as Sages were usually simple people.

Orientation of meditation. The earth is a living organism. The orientation is important as it permits the student to take advantage of that free energy. In a physical sense, science teaches that the earth is crossed by magnetic fields from North to South. These currents are also doubled, or mirrored, by pranic currents on the astral level. Prana is the life force, a subtle energy that permeates all reality, and crosses the world as a major current in the context of the Sun. Prana also tends to accumulate at certain holy places on earth, such as Assisi, Jerusalem, Sedona or holy place of the east...

At midday, 12 noon, the energy curve is at a dead point, then the earth begins to breathe the cosmic astral energy. The curve reaches its maximum amplitude between noon and sunset. At sunset the energy curve is again at a dead point. At night the earth absorbs the breath of cosmic energy aspired during the day.

At dawn, it commences to exhale the night assimilated energy. The maximum amplitude of the expiration is reached between dawn and noon.

In the period from dawn to noon is considered 'lunar' and from noon to sunset is then 'solar'.

So to take advantage of the earth's magnetic energy and the corresponding energies of the other planes of consciousness, students should place their bodies in the following postures during the meditation. Seated, or attaining the correct pose that suits you, they should turn their faces to the magnetic north or north east, as near as possible.

When lying down they should have their heads to the north and feet to the south, or if not possible, their head may face more east, and feet to the west. Be careful not to doze off!

When resting or meditating in the afternoon, students should lie on their right side, right arm folded under the head, head resting on the palm of the hand, left arm loosely outstretched, legs outstretched, left foot upon the right foot. During the lunar period, before noon, they lie on the left side in a reverse pose.

Curiously, people tend unconsciously and instinctively to assume these poses, going to sleep at night on the right side and changing to the left side by morning.