

October 16, 2018 - MEDITATION

While absence of thinking is a goal, one will likely be invaded by extraneous thoughts. The attempt to stop these thoughts will only strengthen them. Don't fight these thoughts, but allow them to pass by, cross your mind. Don't latch onto them, stay a step removed from them. Allow a slight space between them and the mind, as if passively observing them, and they will soon pass or diminish. Don't 'be' your thoughts, just 'see' them. Fix the mind on the notion of your true Divine Self and hold this firmly and continuously until the mind expands into it. Do this without expectation, submissively, yielding to the greater self. At some point the true self will arise and a cosmic awareness will expand beyond the mundane distractions. It will overcome the firewall our mind places around it, and take possession of the false self. The ego is gradually diluted, and eventually eradicated. The personality however is not destroyed, but is merged with the true self, identity intact, but within the universal consciousness. As the ego recedes, the true self emerges.

One of the first exercises, although simple in appearance, is the one that is usually most difficult to Western peoples: muscle relaxation. Oriented properly and in a sitting or laying down position, legs extended and slightly open, hands joined, one is to be completely immobile and clear the mind of all preoccupation with our daily issues, one removes all foreign ideas and concentrate upon the body and the slowly move the concentration to the muscles. If we lay down, it should be with head pointed north and the face looking east, since the earth prana goes from east to west. After a few minutes one may find some uncomfortable tensions which indicate that your body is still in a half-tension subjected to the numerous unconscious stresses of daily life. Its as if we have knots within us that vibrate according to the stresses of the day. We notice them, but let them be, since they will resolve as if on their own, However, the idea here is that our nature, our true nature, is one of stillness, and so we need to draw as near to that state as we can. The position best for each person is more important than any prescribed position in books.

The attitude needed here is to represent yourself and your muscles as totally relaxed until the sensation of tension in any part of the body has disappeared. This is not an act of 'will' as such, but an image. This image is an 'idea' of relaxation which we accept; it is not an action we 'will' ourself to do. The 'will' really has no role other than to begin the process, after that it can only obstruct the process. One does not 'take my car' to the store, it takes them! This might take some time, and the result will likely give the sensation that one is a bit heavier.

It is noteworthy to understand that we do not say, " will relax my muscles", which instead would lead to a further unconscious contraction of the muscles. Instead, and this is important, the 'will' is transposed or represented by the *idea* of realization of

relaxation. The image of relaxation is then the power of realization. See yourself as relaxed, like one asleep, or even dead, and that image will yield relaxation. Visualize the final result desired and allow that image to become the focus, without interruption or control by the will. For instance, if one goes to pray for someone, and merely recites a litany of phrases, but without the specific desired outcome, it will not be effective. In our daily life, each idea is a representation that tends to expand on its own. The goal of 'will' in psychic development is only the final representation of the first idea. It results that 'will' in terms of psychic development consists of creating a complete vacuum around the desired “idea or representation” that one wishes to realize. At the beginning this 'vacuum' is quite relative as one wants to preserve their idea or representation completely intact (monoideaism). It is an endeavor to simulate the environment in which the true self can be realized.