

MEDITATION - October 23, 2018

RECAP:

Meditation is a process whereby we seek to find within our own self, the real or higher Self. In spiritual processes we try to relinquish the false self, (the ego, and its attachments to matter), and thereby to let the real Self, the Divine personality which is shared by all things, be realized. This sharing or oneness of the true Self is part of the mysticism of many religions. It arose first in ancient times with the sense of awe of nature's wonders. Beauty is the original spiritual experience This devolved into systems of religion, and eventually to those requiring strict adherence to the letter of dogma. Yet sacred words always maintained their mystical ability to transport one to a higher state, and the use of such a sacred word in meditation is most effective.

Unfortunately, most people instead remain fixated on the material world, and engage in habits of activities and thoughts which have the effect of imprinting them, even branding them, in a way that only provokes additional actions of the same nature. These thoughts actually become living pseudo-personalities, which can only be sustained by continued similar thoughts, leading to a karmic cycle which will continue until abated. We need to act to lessen and eliminate their prison like grip on our mind. If unchecked, they can lead to depression and other disturbances, even violence.. Such thoughts and actions build up great strength, and can 'freeze' or stun a person, freezing any resistance to going further down their dangerous path. One may feel a sense of rejection by life itself, and this sense of rejection can become a pseudo-personality which gravitates around one's mind and seeks a 'temporary transfer', swapping the ego out for this impressionable personality of rejection. People will say 'they changed'.or 'not the same person'. Some never recover from some great shock.

Yoga, meditation, breathing, postures are important tools to assist the seeker, and we should note that the progress made on postures and breathing will help on all planes, not just the physical. Meditation will help one recognize that his ego is only one of many small parts of his true Self. In meditation one can get a reflection of his pseudo-personalities and begin to realize that they are false, avoid identifying with them, and eliminate their grip..However, a substantial 'will' is needed for this effort, facing ones deep inner identification with various concepts, beliefs, or habits. Concentrate upon inner feelings that are bothersome, and let the images arise so they can be viewed in the light of the Self and under the immensity of our unconscious. The ultimate goal is to become a conscious awakened person of the universe, functioning well in the world, but linked to the universality. One becomes skillful at becoming aware of their strengths, to distinguish their positive and negative emotions, to assert their emerging realization that the myth transcends their former beliefs, and the become self directed and self controlled beliefs consistent with a more inclusive world, One may leave the 'corral' of their group

for greener pastures, where life is calling you.

The main problem with thinking is the negative thoughts that continue to invade our mind, 'I'm sick, I'm not appreciated, I'm going nowhere'. Don't fight these, and don't dwell on them. Try to understand them, and let them pass on. Continuously fix the mind on the true Self only, within, unseen, yet always there. At some point the true self will arise and cosmic awareness will expand beyond the mundane limits of the material world. Perhaps it will happen suddenly as with St Paul, who was knocked from his horse and blinded for three days, otherwise it can arise slowly and steadily as the tide, eventually overcoming the firewall of the mind, and yielding to the real self.

Muscle relaxation is a key to meditation. Earlier lectures detailed the process of this relaxation. It may take a while but most make progress quickly. Knots of discomfort may appear early on but can be smoothed out. Don't 'will' it, or force it but allow the will to create an image of relaxation to settle upon you, and gently pull attention back to this image or to your sacred word. The image of relaxation should be almost corpse-like.. in this image, the body will seem heavier, perhaps trance-like. A mental message to move a finger will be more difficult to do.

NEW:

It follows that the 'will', in terms of psychic development is essentially to make a vacuum of thought around the idea that one wants to realize. Any image of your goal, a mentally constructed image or even a picture, will work. The job of the will is to sweep around like a vacuum cleaner it to remove any distracting thoughts, any thoughts at all. This vacuum of thought is obviously difficult at the beginning as one tries hard to remove all foreign ideas that tamper with the main idea that one wants to realize. The clarity and focus of the image is important. A image of being in complete solidarity with the cosmos, seen and unseen, is a forceful image. Conceive such an image and it will come. A single image can be powerful, and such monoideism was well adopted by Steve Jobs in staying with his controversial idea of a I-phone. Sometimes the best image is a symbol, that carries within it the full representation of the idea, and seems to be able to communicate on a higher level.

At the beginning the student will have to be satisfied with only a relative 'monoideism' until he or she succeed perfectly to completely merge with the final idea. Every time a foreign idea emerges into one's mind, a slight muscular contraction occurs. At the same time that one has this idea, he should also come back into a relaxing position. With no regret or nervousness, continue to represent the desired idea as full "acquired".

Another point about relaxation, as you will observe whenever you are in a relaxed mode,

any movement or execution will have a delay. Remember the three important keys to receive the light of spiritual intelligence: immobile; silent, and aligned.