

MEDITATION - October 30, 2018

Meditation is the process by which we cleanse our subconscious mind of its debris, including those thoughts and beliefs which mistakenly influence our state of mind. They arise from the anxieties and fears which seem to constantly come at us from an angry world, playing out the mistaken view that we are victims of an 'outside' world in which we are mere objects in space and time. Memories of past events will often 'pop up' and influence our actions. They can 'freeze' us, control us, and prevent us from moving on, ultimately forcing us into an eternal downward spiral.

Religions may be helpful, but even they can become their own 'prisons' for us. Their dogmas kept people within certain boundaries, passively following the 'rules', but usually never getting a true religious experience, Spirituality however goes much farther, teaching us to purge away these negative conditions, but also to directly penetrate and tune into the universal life. We can thereby obtain a 'key' of sorts through the spiritual doorway to the source of transformation, becoming a person of the universal world. Surely teachings which have lasted for thousands of years should be looked at carefully. While it may seem that the great sages do not walk the earth in this day, we can still find them in ancient times throughout the world, and reading their words can provoke a new state of consciousness. In our seeking we should trust our intuition. It is the highest level of communication, beyond language.

Spirituality is to follow a path without purpose, without any goal, without any reason. It is a road without end, without beginning, and without direction. The Sages spoke only of 'presence', of a state of emptiness, of a beingness with no interest in objective reality, a state of pure Love without an object of love. These Sages taught us by their actions how to follow their path of life. Lao Tse talked of the *Tao*, the Way. Christ said 'find the kingdom of God and all else will be given'.

Spirituality is the way of the heart. Pascal said 'the heart has reason that the reason never understood'. Spirituality is the anti-thesis of purpose. Yet the human nature always questions itself: the three great questions: who am I? Where am I going? What is life about? Many choose career as their purpose, some choose family...yet after all the sound and fury, nothing remains. Ok, "been there, done that"...Now what do I do? Moses was asked by his people if he had seen God, but he only showed them the tablets, spoke of the burning bush, and repeated the words of a voice, 'I am that I am'. God can't be fit into materiality, can't be described with words, has no human purpose.

We can't just step over the stresses of life, side-step the PTSD of the past. Palliative care is freely given usually only to the very young. We can't 'trade' our way to heaven..."ill be good if you reward me!" Its heavy lifting which can only be done by ourselves, and meditation is a very helpful tool for the path. Some people will take years before they

have spiritual insight, others seem to move very quickly. But surely we will move, with just an act of will and faith, into the great unconscious.

We will find inner demons along the way. Thoughts and fears which arise, usually all out of past experience. They hang around, ghosts of the past, and they endeavor to regain vitality from provoking our attention to them, and an endless spiral continues. They must be faced head on, not fought with, but just observed deeply. From this we will see that it was not so fearful, now that we can fully see it at a more mature and 'safe' point in our life, and where it came from, and then move beyond it. It will go away, or at least be tamed. We recognize these fears for what they are, a misapprehension, an overreaction, not worthy of the negative state they always put us in. We learn about them, learn not to fear them. We relax.

We are also an imprint of the astral influences extant at our birth, which seem to lock us up into some patterns set in motion by these influences. Like our past fears and anxieties, these influences can shape our perception of the world around us, and make us prisoner of some. But they are also addressed in meditation, where we can identify the influence and get beyond our identification as one with the influence. We see it apart, not us. We enter a plane not controlled astrally, but cosmically, and plane with different gravitation and attraction. We see the larger self can not be controlled by the imprint and dissolve its grip. We see that one who was our enemy, is really identical to us, sharing our own piece of consciousness.

NEW:

As we are talking about muscular relaxation, one would understand its great advantage even in the current daily life as it naturally permits one to dispose of the stress and daily fatigue.

As a point of great interest, the occult training should not commence without having a complete relaxed body. In fact some exercises should be considered dangerous if the muscular relaxation has not been completed. All the great schools of Yoga recommend the greatest calm of spirit prior to commencing the exercises.

The more relaxation is accomplished, the less the organism will consume oxygen, so much so that one will develop the ability to stand still with only a slight amount of breath. This will have a great importance in future exercises.

ORIENTATION:

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, the earth is crossed by magnetic

fields from North to South. These currents are also doubled, mirrored, by pranic currents on the astral level. 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'.