

## The Integral Yoga - December 4, 2018

The meditation process brings about different states of consciousness, including access to the subconscious and even deeper states. It permits us to *recall* states of consciousness we don't know anymore, such as that at birth, or the karma of a prior life. The consciousness of a prior life, particularly if it was close in time to the current life, can be very present with us. This life becomes a part of our current experience and aspects of the former life can become strong traits in this life. They can, in a subliminal way, influence what we like or dislike. For example, a dream to become a doctor can result from medical experience in a prior life. Highly developed people can continue their consciousness from life to life with full awareness and in possession of all talents. So the past, even the distant past has an effect on how we see life today. We are the sum total of all of our experiences, and we identify almost totally with the 'picture' we have of 'our life'. It is understandable of course, and so this picture is imbedded in our 'bubbles' of consciousness. Note how hard it is for most people to retire, being so identified with their career. "It is what I do...it is all I know!" The purpose of meditation is to pierce holes into that bubble, and let the universal light come in.

This universal light is the supra-conscious state we seek. But one needs to get away from his firm focus on objective reality. Consider trying to clap with one hand, a totally different reality that can be conceived but not performed, a reality of symbols and intuition. They have a message we may not understand at first, so we need to penetrate the symbol, and pierce the bubble. This is why it is good in fact to learn symbolic languages, such as Chinese. Symbols transcend words and go directly to the meaning. Note that astrological charts are a symbol that captures the complete nature of a newborn. Symbols create an idea of what is being projected, and, as noted earlier, meditation is best when it follows an idea of what is being sought, an image of realization, an image that itself becomes a creation and grows and expands. It is good to have a dream! For instance, Steve Jobs was laughed at when he introduced his initial vision of an I-phone...no one is laughing now! A spiritual vision is no different. Meditation engaged in with great commitment activates the flow of grace that pierces the bubble, the veil that blocks us from universal wisdom. The divine light brings with it a sense of joy, happiness, elevation, and being in unity with all that exists. One feels balanced and transported to a state where no suffering exists...everything seems just perfect!

We find that, as 12<sup>th</sup> century cathedral builders understood, man is a microcosm, a tiny cosmos which contains the entire cosmos, and thus we have all elements needed to pursue full cosmic expansion, liberation, and experience. We have our human state of consciousness, but also have a collective consciousness which takes us to the roots of creation, and here all states of consciousness of all humanity for all time are available to us. We could also thereby revisit our karma from our inception, and neutralize its grip on

us, not just a past life, but all past lives.

As the cosmos seems divided and far flung, so is the consciousness of man. So we must return to unity, and this unification and expansion is assisted by Shakti, the Divine Mother. If we, the microcosm, are aligned with the divine cosmos, our true self, the "I" will begin to identify with the universal wisdom. All suffering in this life arises because we are no longer aligned and unified with the universal light. The 'light' removes the negative thoughts and beliefs which block our alignment, and refills them with grace. Some people display great grace at an early age, However, sometimes it takes a shock or accident to get someone going who is very stuck into their ways, i.e. shake them up a bit and light comes through the cracks.

The great liberation through the Great Shakti's work and its universal energy enables for our consciousness to access other realms of the universe, and carries with certitude the experiences of those universes. This access is instantaneous, and does not need a spaceship, and years of travel. We all have a latent capacity which needs to be awakened so it can feed and irrigate our spiritual life. Once awakened we can bring this enlightenment to other sleeping consciousness, including into the other realms of the universe. We are like a creator spreading the light we have awakened in our selves. Or like a teacher awakening dormant abilities in others. We understand intuitively our relation to everything, including the planets and cosmic forces. We come to understand the core secrets of these forces and their effect on us, and could even learn to modulate their effects. Such ability to escape astral influences could extend our lives substantially. Naturally the consciousness will begin to expand outside the body's containment. Growing into perfection in a very short time, a work that would otherwise require so many lives to accomplish.

The beginning of this accomplishment by our consciousness is the gradual perception of forces that coexist and make this world in detailed ways without having the support of external rationalization.

It then permits us to accept their actions, their effects upon and within our mental, our body and our life. It also permits our consciousness to reject or modify some of its law to replace them with new movement in substitution to the old system of functioning. We will then start to distinguish the 'matter' as we know it today, not only as energy but also as fractured consciousness. One will also discover the 'latent germ of the next step of evolution. Our mental contains in essence the germ that will permit the mental to become the supra-mental.