

# HOW TO MEDITATE.

From Letter 8

When you meditate, take up the position which is most comfortable for you. You do not have to go into physical contortions. Rest and relax. Tell yourself to relax and release all your limbs, including your head, neck, face, into a state of utter limpness. I must impress on you that meditation should be - eventually - as simple as slipping into slumber. The purpose of meditation is to enable your entire consciousness to move beyond the boundaries of intellect and reason. There are teachers who will tell you to 'imagine'....whatever you are told to imagine, you can rest assured you are not being assisted to go anywhere except into new imaginative realms of your own thought processes. What this method of 'meditating' will achieve for you will be a relief from the thoughts and stress that your ego pressures are creating for you. In the world of imagination, the ego may - or may not - be dormant.

Before commencing meditation, prepare by fully realizing you are about to make contact with 'DIVINE CONSCIOUSNESS' both within and transcendent to your consciousness - therefore IT is also out there and around you. Visualize exactly what this means.

Remember, at all times, that what you THINK about is what you are tuning into. Your thoughts are 'searchlights' making contact with what you seek. Remember that every 'thought' has its own frequency of vibrations in consciousness. Believe know this for this is true. The more spiritual the thought, the higher the frequencies of vibration.

'Consciousness forms' embodied by words are not visible but are 'specific entities of being'.

They have the life of consciousness within them. They are magnetized to like 'consciousness forms'. Like is drawn to like.

Think 'dog' and visualize what you mean, and your thoughts are attuned to the dog species.

Think 'UNIVERSAL CONSCIOUSNESS' or 'DIVINE LIFE' with understanding of what you mean - and your thoughts will be directed into 'UNIVERSAL CONSCIOUSNESS' - DIVINE LIFE.

If you have fully understood all that I am trying to tell you, you will KNOW that your meditation reaches its target.

Know this and you will find your faith strengthening.

Your faith remains weak because you only hope, or wish, or magnetically 'want to' tune into - LIFE-CONSCIOUSNESS, because you hope you will derive some benefit from the exercise.

Do you not see how 'earthy' is such an approach to THAT WHICH GAVE YOU 'BEING'?

Is it reverent? Does it befit a person who is seeking true contact, and expects to do so? Whilst INFINITE UNIVERSAL CONSCIOUSNESS is not the mythical 'God' on high as depicted in the Old Testament.

It is the Infinitely Powerful Reality everywhere present, manifesting It's own designing, intelligent, evolutionary, loving caring for all that It has brought into being. This is what you must realise you will eventually approach, whilst you are still on earth, when you reach the highest dimensions, after your magnetic-emotions have been dissolved not only from your mind, but also your sub-conscious, and solar plexus. First of all, you will be getting in touch with FATHER-MOTHER-DIVINE LIFE which is ever active within your entire system and the universe. Remember It is in equilibrium within the infinite universal dimension, and active within the world.

'Father-activity sets the goals. 'Mother-love directs the way the plans will be developed to promote the highest good of that which is being adapted, or healed, or protected. (Countless people will say that these statements above are all imagination. They can scoff as they will. Those who manage to make contact with 'Father-Mother-Life-Consciousness- another name for DIVINE LIFE CONSCIOUSNESS but denoting its double qualities - will verify that the foregoing is an accurate description of spiritual evolution which follows such contact.)

To return to your meditation.

First of all, before attempting to enter your meditative state, memorize the following prayer so that the words become your own.

When you have become perfectly relaxed, start your meditation with this prayer. Say it slowly and visualize the meaning of each word to enable you to enter into the consciousness of the word and enable the energy consciousness of the word to enter into your deepest self. As you say this prayer, your eyes should be closed and your gaze lifted towards your forehead.

FATHER-MOTHER- LIFE, you are my life, my constant support, my health, my protection, my perfect fulfillment of every need and my highest inspiration.

I ask you to reveal the true Reality of Yourself to me. I know it is your WILL that I shall be fully illumined that I may better receive awareness of Your Presence within and around me. I believe and know that this is possible. I believe that you protect and maintain me within perfect LOVE. I know that my eventual purpose is to EXPRESS YOU.

As I speak to you, I know that you are perfectly receptive of me, for you are UNIVERSAL LOVING INTELLIGENCE which has so marvelously designed this world and brought it into visible form.

I know, that as I ask YOU to speak to me, I am sending out a consciousness searchlight into your Divine Consciousness and as I listen, YOU will be penetrating my human consciousness and coming ever closer to my increasingly receptive mind and heart. I commit myself and my life into your care.'

(Each time you say and visualize this prayer, you create a spiritual consciousness form which will become stronger and ever more elevated in frequencies of vibration as the true meaning of the prayer deepens in your mind and heart and your perceptions heighten.) After the prayer, relax ever deeper and let your mind go as blank as you can. If thoughts intrude, gently recite 'Divine Life' or 'father-mother-life' to yourself and again quieting your mind. After many months of sincere meditation, you may come to feel that your body is suddenly jerking, like a person entering sleep and then suddenly waking up. If this happens, be thankful as your consciousness is penetrating the barriers of your previously created consciousness forces encapsulating your soul.

When you feel yourself entering a different deep state of consciousness, so deep you are barely breathing, know that you are beginning to attain your goal. At the end of your meditation, always give glad and grateful thanks.

Remember that nothing you can think, say, or do, can in any way reduce all that 'father-mother life- consciousness' is.

However, any disbelief will form a barrier between you and father-mother-life.

I want to warn you: when you are trying to still your mind and thoughts, you may feel ill-at-ease, physically uncomfortable and even distressed. This is because - initially - you will come up against the black wall of your own 'consciousness' and this can be extremely disconcerting - even painful.

Bless the experience and ask 'father life' to penetrate your consciousness next time you listen.

Then get up and put the experience behind you.

When you find that you are at last entering into the silence, then rest equably, knowing that you have now entered what one might call the 'holy of holies' because, at last, you are achieving contact with 'father-mother-life' within you. It will take time for this highly spiritual experience of the Silence to become a daily routine. Remember you have a lifetime of ego baggage to discard and dissolve.

No matter what you sense or are aware of during your meditation, when you come out of it, expect to sense a difference in your life. Remember that expectation is a 'consciousness' form and as you 'expect' you are opening the way for that which you 'expect' to be magnetized into your experience, whatever it may be you are needing or dealing with.

If you do not feel any new lightness of spirit, despite your sincere expectations, do not deny changes or doubt the possibility of them.

Remember your consciousness is electromagnetic, of the same substance as your physical body, and it is the foundation of all experiences in your life. Continue to expect - as you do so you are building up the power, the energy of your 'expectations - consciousness forms' which will draw to themselves the manifestation of all that you are expecting. 'Father- mother-life consciousness' can only be magnetized into your individual consciousness by faith, sincere expectancy, and the willingness to open yourself to the cleansing of your magnetic-emotional 'bonding-rejection- impulses. How many of you presently go into meditation in this way and come out EXPECTING changes?

How many lose heart when they have felt some change and then nothing for a little while?

Bear in mind that I told you that you are subject to rhythms of 'high' and 'low'. When you are in your 'lows', the flow of Divine Life in your system has dropped and the frequencies of vibration of your consciousness also drop. Consequently, contact with 'Father-Mother-Life- Consciousness' during these times, at the beginning of your search, is almost impossible. In the early days of your seeking Truth, during your meditation, you are very much in touch with your subconscious, and you will find that there is an irritating resurgence of all the old negative thoughts and memories you had thought you had overcome.

When you enter your 'highs', you will find a resurgence of your spiritual self and will rejoice in this. Your meditations will be more positive and productive of contact with 'Father-Mother- Life-Consciousness'. If you will have the courage to persist and exercise self-discipline during the 'low' times as well as the good, you will find eventually, that the 'lows' will get less 'low' and any former depression will be lifted.

Remember, that each time of 'prayerful consciousness' brings you closer to your goal, although you may remain completely unaware of this. Nonetheless, things are happening for your ultimate good - believe in them.