Meditation

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Introduction to Meditation

The purpose of meditation can be described in so many different ways that you could get the impression that there are many different purposes as well as processes to meditation. Since there is but one fundamental purpose for living, all else, including meditation, must support that purpose – namely to integrate personality, soul and Spirit into one whole, functioning, conscious entity. Integration involves three kinds of activities or movements:

a) **Purification** - the removal of obstacles such as inertia, glamours and illusions.

b) **Alignment** - a mental focus on, and harmonious coordination between, the elements to be united.

c) **Expansion** - an extension of consciousness beyond previously defined or experienced limits. There is expansion upwards (personality → soul → Spirit) as well as downwards (Spirit → soul → personality). The lower (personality) is the effect seeking to return to and become the higher which is its cause. The higher created the lower but then has to learn to function consciously within its creation until creator and created are one.

Meditation aligns the lower distorting mind with the higher truth-bearing mind, thus overcoming the separation with atonement/at-one-ment, wherein personality and soul are as one.

Meditation is also a releasing mechanism. Any form of meditation which is practical should always begin with attempted alignment with the higher (or soul) so that what is released from the subconscious can more easily be integrated in light of the soul or whole. Meditation should initially be done in small doses and preferably under the guidance of someone who is skilled at understanding inner processes because some of the subconscious content can be disturbing when it surfaces.

The most powerful form of meditation is a state of consciousness in which Spirit (the Self) and personality or form (the not-Self) are experienced simultaneously, but without identifying with either. We then stay in this meditative tension for the duration of the meditation.

Our meditative work is an activity of the personality because that is where we can function consciously. So what we are attempting to do with our personality is to expand it to include other states and experiences of consciousness. This movement toward inclusiveness is so natural that people try to make this connection in so many different ways, some of which are not healthy. Other attempts, like spending time in ‘nature’, joining civic organizations, supporting issues of social concern, etc., are more effective. Inclusiveness is an essential process and a movement toward wholeness and integration. It is the merging of one’s own consciousness with the consciousness of another (person, thing, quality, etc.).
For the personality, meditation serves to attain the consciousness of the higher self or soul. There are four steps to extending one's consciousness to a chosen object or objective:

a) examining its form  
b) participating in its essential quality  
c) being inspired by its purpose  
d) identifying with its soul

**The Benefits of Meditation**

Every spiritual path emphasizes meditation. Like sleeping and dreaming, which are necessary for life and well-being, meditation is also an essential state of consciousness every human being must experience on a regular basis. The most basic form of meditation is an altered state of consciousness in which we produce more alpha waves than beta waves. This is a state of deep relaxation. This occurs naturally in children, and in adults when we allow ourselves to stop our frenetic mental and physical activity.

Some of the many benefits of meditation include the following:

**Physically**
- Deep relaxation
- Automatic self healing of the body
- Reduction of depression and anxiety
- Brain processing of experiences to reduce overwhelm
- Stress release
- Increase of serotonin production which positively affects mood and behaviour
- Strengthening of the immune system
- Increase in activity of specific cells that kill bacteria and cancer cells
- Reduction of viruses
- Increased brain wave coherence which produces a variety of beneficial conditions such as greater creativity and improved moral reasoning and possible higher IQ

**Emotionally**
- Quieting the unconscious reactionary emotions
- Building self confidence and self esteem
- Increased feelings of contentment and peace
- Increased feelings of connection to others
- Increased emotional stability
Mentally

- Improvement of concentration and attention
- Improvement of short term memory and learning potential
- Clearer and sharper thought processes
- Increase of self understanding
- Reduction of preoccupation with the past and the future, enabling one to be much more in the present
- Strengthening of ability to control thoughts and emotions

Spiritually

- Making soul connection – experiencing beauty, truth and goodness
- Experiencing soul qualities such as patience, tolerance, acceptance, compassion, etc.
- Greater self regulation and authenticity
- Insights
- Intuition
- Unity

Levels of Meditation

The meditation process has different levels. To attain different levels there are three stages in particular which one needs to be aware of:

1. Concentration.

Meditation is not possible unless one has learned to concentrate or focus the lower mind on the object of meditation. The normal thoughtform-making tendencies which are highly coloured by conditioning need to be suspended for the duration of the meditation. This can be done only through concentration on a chosen reality which, in meditation, will be a universal rather than a personal reality. What is involved with this meditative concentration is a lower (rational) mind focus on a higher mind reality, or the personal mind getting in touch with the soul mind. If concentration is very difficult one needs to practice it more, beginning with focusing the mind on physical things and gradually choosing more intangible symbolic or abstract realities.

It is important to realize that concentration is not only a mental activity, although it is directed by the mind. It is also a heart activity. Because concentration is also training for compassion, which is being present with one's heart, it is only reasonable to include the heart (and its lower counterpart, the feelings) when developing the ability to concentrate.
2. Meditation

While concentration maintains a certain distance between the meditator and the object of concentration, meditation brings the two together within the realm of the mind. The lower mind holds itself steady within the light of the higher mind. There it experiences the causes of thoughtforms as principles and ideals. There it comes to know the Plan (personal soul and soul of humanity) first-hand and be energized by it. There the meditator contacts the self or spiritual soul and experiences a deeper Love, Light and Power than is possible to experience in the personality alone. From this intimate contact with the soul, the meditator is enabled to formulate accurate thoughtforms, function creatively and be a very positive cause in life.

3. Contemplation

"Through contemplation (one) finds himself able to enter into that silence which will enable him to tap the divine mind, wrest God's thought out of the divine consciousness and to know." (Bailey, A. Treatise on White Magic. p.366)

Contemplation may be technically described as the ability of the aligned lower-higher mind to enter the Buddhic/Intuitive plane of universal ideas, laws, and archetypes and the Atmic plain of divine Will and Purpose.

The practise of concentration, meditation and contemplation develop the whole person and produce the necessary integration which leads to initiation and liberation.

Concentration links the physical senses, the brain and the lower mind. Meditation links all of these to the higher mind. Contemplation links all of these to the Buddhic and Atmic Planes. The result is that Spirit (also known as the Monad) now has a suitably coordinated vehicle through which it can express itself.

Meditation is a state of consciousness that transcends conditioning, self-preoccupation, vices and habits. It opens one to understanding, and therefore to intelligence. It enables unconditional love to be experienced and expressed. It brings one into the Life underlying the form.

The purpose of any kind of true meditation is to be one with all that is. This process begins with being one with oneself – undivided between self-image and true self; it continues with being one with others – people, things, situations, nature, etc.; it then involves being one with the universal reality/God. Since the final stage is oneness with God, that stage must somehow be present within the first two stages, since that which is greater in consciousness always encompasses that which is lesser. Therefore, the process of becoming one with one-self necessarily involves perceiving God to be present within
oneself, then to see the divine presence in others, before the ultimate attainment can be reached.

Meditation is not about getting anything or doing anything. It is about being present with what is. In a deeper sense, it is a kind of full emptiness or an empty fullness without activity – mental, emotional or physical.

Meditation is a way of changing the limitations of the personality into the perfections of the soul, the potentialities becoming actualities and the opposites becoming as one unified reality. Meditation is about becoming Truth, Beauty and Goodness – these are the basic potentials of every person. When this trinity is actualized the result is Unity (integration, inclusiveness, oneness).

Meditation is a way of being present with a greater reality, an at-one-ment with a higher energy. That experience may feel good or appear to be growth-promoting, but by itself it is not complete. In order for energy to actually promote growth it must go through three stages:

1. reception
2. assimilation
3. expression

The meditative experience per se involves reception and assimilation, but not necessarily expression. Expression must be a part of the process if growth is to occur and if over-stimulation or congestion are to be avoided.

Expression ought to be:

a) a deliberate radiating of the energies contacted before closing a meditation session.

b) an effort to act in conformity with the qualities of the energies contacted or to follow the advice of the inner guidance.

**Meditative Guidance**

Everyone has questions about their life and about the options available at every turn in the road. There are always decisions to make and a challenge to make wise choices. We can obtain the guidance we seek and get the answers to our questions through meditation. It is the lower mind which is asking and the higher mind which is responding. When the meditative connection is made the questions are answered, even though some people might feel that they are not. Higher mind is impersonal; it responds with universal principles and ideals, rather than with specifics as to what to do. The lower mind has to apply these to the questions to see the answer. It takes a little practice to do this translating but the results are worth the effort.
Truths for Transformation

*Everything you need to know already exists within you at a soul level. You only need to learn what is necessary to live it; then access it through meditation.*

If you can formulate a question, you have the answer – albeit at another level. The higher mind, which has the answers, is the causal body. It therefore is the cause – direct or indirect – of any question that may arise in the lower mind. We can say that the hidden answer causes the conscious question which elicits a conscious answer.

One of the beautiful things that happens once you begin to meditate is the unsolicited guidance which starts to operate in your life. You are led to the right person, place or things to take the next step. Everything begins to be more meaningfully connected as the ‘real’ begins to be the thread tying all experience together. The meditator begins to see that the soul does control "the outer form, and life and all events." (Unification Mantram. Bailey, A.A., Discipleship in the New Age, Vol. I, p.790)

It is mandatory in the age we are now living that all vertical alignment and progress be applied to horizontal action. In ages past spirituality and materiality were perceived to be separate and mutually exclusive realities. This was a necessary distortion of truth because humanity, previously immersed in material reality, needed to discover spiritual realms and energy to the extreme before being able to synthesize this apparent duality.

We all have, to some degree, been affected by that dualistic approach to wholeness – particularly if we are emotionally polarized because the astral plane is the plane of duality par excellence.

We need to constantly remind ourselves of the need to bring down to earth the energies of the higher realms just as we need to put the lower and separative into the context of the whole.

Meditation practices of the past frequently produced the effect of ‘taking one up,’ separating from the body, and leaving one there, thus further creating a separateness within us. In this way we become accustomed to ‘dealing with’ our problems by escaping to a higher level where they do not exist. In this way we can also escape from our responsibilities in dealing with our physical bodies and our emotional life.

There is a path of meditation which is very balanced and appropriate – especially for today and for the true disciple who has already achieved a degree of contact with the soul. It is called *Occult Meditation.*

In this form we contact the higher and progressively bring it into the active, down-to-earth levels of our life, thus helping us to be more responsible. One of the main emphases in this form of meditation is to contact the higher energies we call virtues or soul
qualities, so that these virtues or qualities can be lived. By bringing their energy into our consciousness we become transformed accordingly.

**Procedure for Meditation**

Meditation is a real art as well as a science. It takes years of practice and experience to master it. And while many books have been written on the subject, there is no replacement for experience. The books give different approaches with varying motivations and intentions, from simple stress release to past life recall, from overcoming a problem to experiencing unconditional love. Some suggestions found in literature are not really meditation because they do not expand consciousness. True meditation leads to greater mastery of self; it involves an expansion of consciousness rather than learning a way to satisfy one's desires.

The following is a procedure, which works extremely well and helps to fulfill all the basic requirements of a well-rounded meditation. It is also open-ended enough to allow for limitless experience.

**1. Intend.**

When sitting down to meditate form a clear intention about what you wish to accomplish in the meditation or as a result of it. Set the tone and quality by the purity of your motivation. This can be affirmed through an invocation such as the Mantram of Unification or the Great Invocation. The latter is highly symbolic, so do not take it literally. You might prefer to use something you are familiar with that would accomplish the same purpose.

The following are the original versions which are sanctioned by Lucis Trust, the publishers of the A. A. Bailey writings. Some people have changed some of the words to make the invocations more gender-neutral in their minds. A deeper understanding usually avoids the desire to change the wording, but that is a personal choice. There are hundreds of thousands of people who have used these invocations in different languages. If they suit you, then use them. If they do not suit you, use something else. There is literature available that explains the deeper significance and meaning of these invocations.
THE GREAT INVOCATION

From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men –
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

THE MANTRAM OF UNIFICATION

The sons of men are one and I am one with them.
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal not hurt.

Let pain bring due reward of light and love.
Let the soul control the outer form,
And life, and all events,
And bring to light the love
Which underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone
Let love prevail.
Let all men love.
2. Relax.

You know what you are going to do and why you are going to do it. Put it out of your mind now and focus on relaxing your physical body, quieting your emotions and stilling the mind. Tensing and relaxing each part of the body may prove helpful, or a simple command to each part such as: "I relax my right foot; my right foot is completely relaxed. I relax my right ankle; my right ankle is completely relaxed," etc. Move through the entire body in this way, relaxing and feeling each body part. With practice the response will be quicker and the state of relaxation deeper. As you narrow the attention so specifically you begin to slow down the brainwaves and alter consciousness. The emotions normally quiet at the same time, and the mind generally becomes still as well. Focusing on your breath is also a standard way of relaxing and altering consciousness.

However, to ensure a good preparatory state for meditation also visualize the astral/emotional body becoming like a very still lake, with mirror-like quality, reflecting the beauty of the mountains or sky around it. The purpose of the evolved astral body is to serve as a reflection of the beauty of the intuitive/buddhic plane of unconditional love. It can only do this once it becomes non-reactive to the lower stimuli. The mental body can be quieted by concentration on some aspect of truth. This may be something related to the truth of one's soul or the chosen object of focus for the meditation. If the former, then it is brief. If the latter, go directly to step 3.

3. Choose.

Choose an object of focus called a seed thought. A seed thought may be a phrase, a word, a quality or a virtue. Since the immediate purpose for most meditators is to integrate with the soul, it is very helpful to meditate on a soul quality such as love, tolerance, courage, beauty, daring, patience, sacrifice, etc.

4. Think.

Having chosen the quality (seed thought), think about it. Think what it means to you, how it may be defined, with what it is associated, what its purpose might be, what effects it might have, and whatever you can bring to it from past knowledge. Thinking acquaints you with the 'form' of the quality.
5. Feel.

A few minutes of thought, penetrating as far as the mind can go, then yields to feeling the quality. Feeling involves a more sensuous, emotional, loving and intuitive approach to experiencing the energy of the quality.


Feeling, especially at an intuitive level, naturally leads to a union or experience of becoming the quality. Perceiver and perceived merge. Become the energy. There is an identification, an expansion of awareness. Remain with this experience for as long as you experience it. When you begin to leave it by thinking, evaluating, etc. then go to step # 7.

7. Imagine.

Imagine yourself filled with this particular quality and perceive yourself acting in your everyday life with this new quality or new degree of an old quality. Imagine how differently you would feel, what you would be able to do, what your relationships would be like, how others would relate to you, and so on. The more vividly you can imagine it the more likely you are to experience the practical effects of your consciousness experience.

8. Give Thanks and Radiate.

Approaching the end of the meditation, give thanks for whatever you have experienced regardless of what it was or whether or not it conformed to your expectations. Then radiate the quality or energy on which you meditated, sending it out to people you may know, to humanity and to all the kingdoms of this planet. Only by sharing can there be further reception.

9. Return.

Bringing conscious awareness into the present moment of outer reality, become aware of your physical body and environment. Take some deep breaths and open your eyes slowly. Stretching and crossing arms or legs are some ways of bringing your awareness to a normal waking state. Then happily go about your business.
Meditation Summary.

1. Decide on the intention for the meditation with purity of motive.
2. Relax. Enter altered state of consciousness.
3. Choose an object of focus (such as a quality or virtue).
4. Think about it.
5. Feel it.
6. Become it.
7. Imagine yourself acting in your every day life with this new quality or new degree of an old quality.
8. Give thanks and radiate the quality.

Practical Tips for Meditation

1. Practice it initially on a regular basis, such as once a day, at the same hour, for a certain length of time. 15-20 minutes is a considered a reasonable amount of time, at least for beginners.
2. Choose a location that is quiet and comfortable.
3. Learn to relax your physical body, to calm your emotions and to still your mind. Pay attention to their needs and then turn your attention to your intention for meditation.
4. Focusing on the rhythm of the breath helps to establish a conscious inner rhythm as well as to relax the bodies.
5. The posture for meditation is not important beyond the fact that it should be comfortable, but not excessively so to encourage sleep. Sitting straight without slouching or drooping the head is the most preferred position. If there is a tendency to fall asleep, move forward in the chair, not leaning against the back. Sitting in a lotus position also has benefits if it can be done easily enough. If the lotus posture is not used it is wise not to cross the arms or legs until finished.
6. It is not important what you wear when you meditate, but some people prefer to have a special robe reserved solely for meditation. The advantage to this is the powerful conditioning effects this can have on the subconscious so that it cooperates more readily for the meditation. In any case, the clothing worn ought to be unrestrictive and clean for both comfort and respect to your soul.
7. Drugs should be avoided. Different drugs have different effects, from over-stimulating a particular body to tranquilizing the mind. Avoidance of drugs includes abstaining from alcohol and tobacco for a period of time before meditating. (The longer the better.) Caffeine prior to meditation usually makes it
difficult to remain in an alpha state. While onions and garlic are not drugs, it is claimed by some purists that they often stimulate activity in the lower mental body and should best be avoided for two hours prior to meditation. This would be an individual matter.

8. When meditating, have a slight smile on your face – it has a very uplifting effect. A frown creates a depression of vitality in the bodies. Smiling releases endorphins and your whole body wakes up to the energies of joy.

9. Meditation preceded by some elevated or inspirational reading, listening, discussion or singing helps greatly to set the tone and attune the bodies to a higher level.

10. The time of the full moon each month is a marvellous opportunity to serve the planet through meditation. Try to meditate with a group at this time.

It is not possible to develop soul consciousness without meditation; and yet a meditation exercise alone cannot develop spiritual consciousness. Through the kind of meditation we suggest the soul is connected to the personality. The personality is infused with the basic soul energies of Power, Love and Intelligence, as there is an alignment of instinct, intellect and intuition as well as a conscious identification with the soul as the self. It has the potential of relating the lower mind, the soul mind, the mind of humanity, the planetary mind and the universal/divine mind. (cf. A.A. Bailey, Discipleship in the New Age, II, p.198) But true expanded consciousness becomes a transformative reality only when the energies of this alignment and contact are expressed.

Wholeness is achieved through:

1. **contact** with the higher energies

2. **assimilation** of these energies in the personality and bodies

3. and then the **expression** of these energies in a down to earth, practical way

Thus meditation and expansion of consciousness leads to qualitative changes within oneself and one’s environment. Soul qualities are manifest, such as beauty, truth, goodness, patience, tolerance, compassion, understanding, courage.

**Meditation on the Self**

If you aspire to soul consciousness, or expect to give or receive guidance from the soul level or to gain insight at a soul level, it is not possible unless you practice meditation.

Meditation gives us the opening to our authentic selves like nothing else does except deep challenge and/or pain from life experience.
Meditation is a conscious way of becoming more aware of our true identity. It breaks down the sense of falseness which usually is carried about as our identity.

It also removes our worn out defences, including our (for some) excessive intellectuality, which is also a defence. It balances our (for some) excessive emotionality because, it lets us touch who we truly are.

It leads us into the area of our unacknowledged feelings and unloved aspects of our being.

Meditation is an experience of some aspect of Love, Light or Power that is the true self. At the same time, it helps to transcend the personality. Meditation is the conscious doorway into soul.

**Meditation: On the Self**

1. Enter the inner realms and connect with the Spirit within your heart.
2. Experience the divine presence as an all-intelligent, all-powerful and all-loving energy that is both part of your very existence and essence, but also transcends you.
3. Experience this presence as that which connects you to everyone else present where you are, to your family, your friends, and to all of humanity.
4. **Open your mind** to allow this presence to shine its light upon your issues, your questions and your thoughts. **Open your feelings** to allow this presence to shower its love in your heart, your relationships and your imaginings. **Open your body** to this presence and allow it to anchor its life and its power in every cell and every atom of your physical being.
5. Know with conviction that the divine presence is within you, not because you have earned it or have done something to deserve it, but because you exist as its vehicle, its loving creation. The divine presence is within you for one reason only: that it may express its love, its power and its intelligence through you in service to others.
6. Do you accept this reality? (If you do, then answer silently ‘I accept this reality.’)
7. Do you accept this responsibility? (If you do, then answer silently ‘I accept this responsibility.’)
8. Do you accept this privilege? (If you do, then answer silently ‘I accept this privilege.’)
9. Stay with this experience for some minutes.
10. Give thanks.
The Soul Journey Meditations

10 Guided Mediation Audios - Each meditation is about 20 minutes long and is in MP3 format. (for members of The Soul Journey Library)

Acknowledging My Grief - Excellent guided inner help for the first stage of the grieving process after the experience of loss. Also a valuable aid for the hospice worker.

Accepting My Loss - This guided journey is for the second stage of the grieving process when you are ready to move forward with your life. It helps greatly to restore well-being after the experience of loss. Great assistance for anyone who has experienced loss. Also an excellent aid for the hospice worker.

Affirmations Of A Lover - With this guided journey you are assisted in deepening your commitment and dedication to love and to the people you love.

Climbing the Mount of Vision - A beautiful guided meditation with music to gain an overview of your life and to connect with the purpose of your incarnation. A great help for learning how to be the observer of yourself, a necessary stage of developing soul consciousness.

Complete Relaxation - This is an outstanding guided inner journey with affirmations and visualizations, to heal and empower you. An excellent process to gain control of the relaxation response within, to release stress, and prepare yourself for meditation.

Inner Strength - A very effective meditation with music from "Wavering" by Robin Henry. Inner Strength deepens one's power and courage.

Life's Purpose - A beautiful guided meditation to gain a sense of your purpose in life in order to discover the various elements that give more meaning to your daily existence.

Rays of Love - Identifying with the many aspects of love is greatly facilitated with this guided meditation. It is a very good preparation for opening to the essence of soul, which is love.

Self Empowerment - This is an outstanding guided inner journey with affirmations and visualizations, to heal and empower you, and to strengthen your personality for subsequent soul awakening.

Transforming Fear Into Love - Addressing the most basic obstacle to soul consciousness, Transforming Fear changes fear and negative limitations into the positive reality of love.

Meditation steps with no audio in The Soul Journey program:
- The Process of Creating your Future – Level 3
- The Process of Healing the Past – Level 2
- The Practise of Loving-Kindness – Level 3