



Meditations to Inspire

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Contents

Introduction	3
The Truth Diamond	4
The Golden Elixir	5
Candle Meditation	6
For Strength	7
Quiet, Calm, Peace and Stillness	9
The Disappearing Bowl	10
The Trouble Stone	11
Calm to Troubled Waters	12
I Am	13
Body Harmonics	14
Levitation	15
Become Like Christ	16
Peaceful Moments	17
Become One with Nature	18
Soul Breathing	19
Healing Visualisation	20
Integral Meditation	21
Solar Cross	23
With a Partner	25
Merging Higher Selves	26
Group Soul	27
Healing Mantras	28
Absolute Breath - Individuated Breath	30
Healing Zodiac	32
Each a Guru	34
Psychic Help	35

Introduction

In this second book the meditations continue as a group of seed ideas that can be developed by the practitioner, they may prove useful to both student and Yoga teacher, and will be of help in awakening the intuitive faculty. There are in essence as many types of Yoga as there are teachers, as no two people teach in exactly the same way. Therefore study and develop your own unique way of doing things. From time to time it is our intention to add to this website and increase the fund of ideas.

Pam & Gordon



The Truth Diamond

The concept of the Diamond Body comes from the Buddhist tradition, and is a reference to the integrated Self, which because of the right level of work has become an indestructible body of truth.

The diamond is a highly prized gemstone and the hardest of all minerals, and prized for its purity and brilliance. It has now become a Universal symbol representing the inner diamond of crystallised Consciousness, which can be made ever more beautiful by affirming every truth within the mind of the heart.

Make a start with this meditation "The Diamond of Truth" by affirming every truth as you discover it, until you experience the reality of the indestructible within yourself.



MEDITATION

When meditating look within the dark cave of your mind. See your thoughts as a treasure chest of gem stones. Select your highest truth, and see this as a diamond of the purest white. Place this diamond of truth, at the seat of Consciousness, within the dome of your mind.

Imagine that this diamond reflects the light of the Eternal Sun, and shines brilliantly with the light of truth, keeping the clouds away.

Every time you discover a truth to live by, your diamond body will shine ever brighter. With each realised truth, another facet of your diamond 'Self' is polished and glitters with light, becoming the indestructible jewel of consciousness which is your refuge throughout time and eternity.

The Golden Elixir

In ancient China there existed a religion of light, and as light has always been representative of consciousness, it was understood by the Chinese to be the Golden Elixir of Life (Chin Tan Chiao). The Golden Elixir is a meditation representative of a form of spiritual alchemy, used to turn the base metal of the mortal body into gold, and by so doing achieve spiritual immortality.

Further details about this esoteric art can be found in the book "The Secret of the Golden Flower", a Classic Chinese Book of Life translated by Thomas Cleary, published by Harper, San Francisco ISBN 0-06-250193-3

The meditation "The Golden Elixir" contains the essentials of this ancient mystical art; the rest is up to you.



MEDITATION

Meditate in natural light with eyelids lowered. Offer no resistance to the light. Imagine the light flows gently backward as a golden stream under the lowered lids... Encourage the light to flow inward with each breath, bringing peace to the heart. Offer no resistance to this light, feel it as a backward flowing of Consciousness. Let this light, as the Golden Elixir gradually circulate throughout your entire body, transforming your nature, and God Willing, awaken The Secret Flower in your heart.

Candle Meditation

The living flame provides infinite possibilities for meditation, and the safest and most economical way of doing this is to use a candle.

Sitting around a single flame can awaken in us the primordial instincts of the cave dweller, when it was fire that kept the wild animals at bay, and was the only source of light and heat. It evokes feelings of comradeship, friendship and security.

Some Yogis and Hindus still practise a fire ceremony (Agni Hotra), by meditating on the living flame at Sunset and Sunrise. This flame is produced by burning dried cow dung, as the cow is considered holy. It is said to purify the atmosphere and help the meditator achieve harmony with life.

Here we use the lighted candle, which in churches throughout the world is used to represent living spirit. By meditating on and participating in its light you will experience warmth and peace.



Meditate on the light of a candle flame. Then with love kindle a small light in your heart.

With each peaceful breath encourage the light to grow until it permeates your entire being. Then place the word Love in letters of gold deep within the light.

Let go the word Love and let it melt into the surrounding light, so that you are surrounded by an aura of golden white light.

Direct this light to friends in need and to those you love.

For Strength

Affirmations or Governing Concepts are like New Year resolutions which, if they are kept, can help determine the events of your future life.

Likewise dedication to a Divine principle will help determine the outcome of a meditation session as it will any religious ceremony. This idea is far from new and we experienced it to excellent effect during a meditation period taken by Swami Shivapremananda, President of the Sivananda Yoga Vedanta Centres in Argentina, Uruguay and Chile.

Some of these affirmations are as follows.

On the in breath affirm - "Love is my real nature" and on the out breath "not hate".

On the in breath affirm - "Freedom is my real nature" and on the out breath "not bondage".

On the in breath affirm - "Truth is my real nature" and on the out breath "not untruth".

On the in breath - "Peace is my real nature" and on the out breath "not disharmony".

On the in breath - "Strength is my real nature" and on the out breath "not weakness".

On the in breath – “Strength is my real nature” and on the out breath,” only strength”,
“Only Strength “

MEDITATION

Affirm - Strength is my real nature, not weakness.

Then send your thoughts out to mighty rivers, absorbing their strength.

Reach out in feeling to the teeming jungles and absorb their vitality.

Capture in a moment the ponderous strength of the elephant, the fierce courage of the lion, and absorb the strength of mighty trees.

Then lie on the earth, and move with the power which sends the earth on its journey round the Sun.

Affirm - strength is my real nature, not weakness.



Quiet, Calm, Peace and Stillness

It was reading a letter written by the spiritual Sage Sri Aurobindo to one of his pupils, in which he differentiated the different levels of Consciousness in terms of Quiet, Calm, Peace and Stillness, which provided the inspiration for this particular meditation.

This meditation is also extremely effective as a guided relaxation, and can be practised at any time to relieve body and mind of stress.

These methods are always very popular with absolute beginners, who need to be guided gently toward more profound levels of meditation.

For example the visualisation could be of a beautiful Zen garden in which a Master enters, exhibiting all the qualities of Quiet, Calm, Peace and Stillness. He then sits close by in order to share your meditation, and lightly touches your forehead, imparting a feeling of perfect Quiet, and when you are ready he lightly touches your forehead and deepens the experience to one of Calm, etc.

The letters of Sri Aurobindo are published collectively in several volumes by the Sri Aurobindo Ashram, Pondicherry, India.



MEDITATION

Place the word Quiet in your mind and feel for the spirit of Quiet both within and without. Then Let the word "Quiet" gradually fade from the mind, so that only the feeling and spirit of Quiet remains. Feel for the Quiet beneath any sound you may hear, and underlying each breath. Gradually become one with the spirit of Quiet. Taking the meditation deeper, meditate on Calm and in feeling move to this new level. Experience Calm both within and without. Gradually releasing the word, so that only the spirit of Calm remains, feel for the Calm that underlies every thought and every breath. Taking the meditation deeper, meditate on Peace. Let Peace touch your heart, mind and breath, filling your body within and without. Finally step beyond all considerations and become still.

The Disappearing Bowl.

Her *e* is a Zen Buddhist meditation, designed to release us from the particular, so that we can experience the Universal. There is much in Zen Buddhism that is worth meditating upon, as the very nature of Zen is such that it quickly takes the aspirant beyond the particular to the realisation of the Self. We were intrigued by a Zen story which illustrates the spirit of Zen. It was of a monk sitting on a mountainside surrounded by his followers; it was the last moments of his life. A pupil asked him for a few last words of advice before he died. They were, "Do not be deceived. Look directly. What is this?", and then the monk died.

Zen never allows you to be caught in the finite, but frees the Self so that it can awaken to its infinite possibilities.



MEDITATION

Meditate on your body as if it were an empty bowl. Feel for the space within. Let the breath of life flow into this bowl, purifying and cleansing. Feel that your bowl contains infinite space, with its rim as all encompassing, as your power to visualize can make it. Now feel Consciousness as existing beyond the bowl, and as that which gave it birth and existence. Feel that you are the space within the bowl, not different from the space without. Finally release the bowl into the space from which it came.

The Trouble Stone

We were fortunate to have worked with and be taught by a spiritual adept, he was a great man and spiritual teacher, who did not seek publicity, but who did a great deal to raise the level of awareness of those around him. His name was Eugene Halliday. He said that there was no such thing as inorganic matter and that life was even in the stone, albeit a blind rotation of energy. It was Christ who recognised the ability of the stone to respond, as shown in the Gospel of St. Luke where the Pharisees asked the Master to rebuke his disciples. And he answered and said unto them, I tell you that, if these should hold their peace, the stones would immediately cry out. *(Luke Ch.19, V40.)*

Let the stone help you with your problems and by so doing you may even awaken the life in the stone .



Meditation

Find a large smooth stone, one that you can hold easily in your hands. Sit alone or with friends and pass the stone slowly from hand to hand. Give up all your troubles to this S-T-ONE, the Self crucified one. Then cleanse the stone in free running water. Again pass the stone from hand to hand, and this time, give your love to this stone, before setting it free.

Calm to Troubled Waters

Water has been for as long as man remembers, a symbol for his emotions, even in dreams a wild and turbulent sea can express agitation and disturbance at the emotional level. The closest link we have in ourselves with the emotions is the breath; this is why when we become emotionally disturbed, the breathing also becomes disturbed. The rule then is "Calm the Breath and Calm the Emotions". Calm tranquil breathing is also representative of the still mind, the waves on the surface, the thoughts which come and go. These analogies and facts of life can be combined to produce effective meditations which can help relieve stress as shown here. "Imagine that you still the surface waves of the mind until peace and tranquillity descend into every part of the body, as if to the bottom of a deep calm lake."



MEDITATION

Visualise a rough sea. Feel that your emotions and fears are the force which moves the turbulent waters. Imagine that you sit on a rock in the middle of this ocean. Letting your agitation be felt in the waves that dance around. Every storm must pass, calm your breathing and let the troubled waters subside until the breath is like a gentle zephyr breeze, with hardly a ripple on the surface of your emotions. Visualise the Sun sending shafts of light through the clouds, which like Jacob's ladder join heaven and earth. The waters, now at peace, recede into the distance. You sit back on the earth, safe, secure and at peace.

I Am

I AM is a poem which is dedicated to Bhaga- van Sri Maharshi Yogi, whose message to modern man was that one should know one's Self, the principal means being the path of knowledge through Self enquiry. The form of the meditation and Self enquiry is determined by the all embracing question "Who Am I"?

The reality of the ubiquitous nature of one's Self is known to very few, but there is evidence that some of the holy men of the East have this knowledge and level of awareness, to quote a story I heard from a friend Sunder Chopra on his return from visiting the ashrams and holy places of India. A pupil at one of those centres gave his Guru a watch to express his devotion and esteem. The spiritual teacher accepted the gift, saying that he would wear it as a reminder, but on that wrist, he then placed the watch on his pupil's wrist.



MEDITATION

*I am the dawn that lights the sky.
The soft night air, the bedewed grass.
A lonely flower in a distant pass.
A Mother's Love. A baby's cry.
I am the strong and the straight.
The winding and turning of devious way.
A vaulted sky, a secluded bay.
A ploughed field, a wicket gate.
I am the silent and the free.
The infinite depth in an empty church.
The light of the morning Sun.
A loving heart. The knowing now.*

I AM

Body Harmonics

Every form of life is a modification of power, that is power which vibrates and determines the patterns of life.

If we place sand particles on a metal tray and bow the side as if playing a violin, we create sound vibrations which form the sand into geometric patterns. By not dissimilar laws our own bodies feel well and integrated when in harmony and distressed or in unsound health when disharmonious conditions threaten us.

Sound vibrations can accelerate the healing of bones as well as disintegrate, as shown in some modern surgical techniques.

With this meditation, called "Body Harmonics", attune yourself to life and health by attunement to the sound vibrations right for you.



MEDITATION

Body Harmonics is the means by which it is possible to balance and harmonise every part of the body.

So visualise a temple, a holy place, which contains gongs, cymbals and bells. These are capable of producing the purest sounds possible. Imagine that you are meditating within the temple, when a holy man strikes first one instrument then another. First a deep sounding gong. Then he slowly passes on, producing sounds which become finer and finer. Feel these sounds vibrating, and harmonising your muscles, tendons and ligaments, then your inner structure for peak performance and health. Finally with open hand he makes the sound of silence.

Levitation

It is not only the body which can rise up in an act of levitation, but also our spirits. Physical levitation has been reported throughout the world from time to time, but there is no evidence to show that this is actually true. What is certain is that we can let heaviness fall away from the mind and lighten our load by attunement to the spirit of levitation.



MEDITATION

When depressed meditate and try to levitate.

Let all heaviness fall from the mind.

Let tensions slip away from the body.

Feel the spirit of levitation

In each light and easy breath.

Become as a free spirit,

An unfettered body of light.

As darkness and heaviness fall away.

Merriment and laughter will rise up,

Lifting your spirits on high.

Become like Christ

We have two minds, a lower mind a higher mind. The lower mind is programmed by the world in which we live and is necessarily imperfect. The higher mind, or level we associate with intelligence, is capable of visualising that which is perfect, such as the perfect triangle. It is when we try to draw or create that which is perfect, imperfections start to creep in. However we need the image of the ideal to guide our lives so that we continue to progress and improve the world in which we live. The meditation "Become like Christ" makes use of creative visualisation to provide the most perfect template through which to live.



MEDITATION

*As you meditate, imagine that,
The most perfect Master sits close by.
His posture is perfect.
Gradually you adjust your posture to his.
Your hands become as his hands.
Your arms as his arms.
Your body and head mirror his body and head.
Your composure is as his composure.
Your breathing and his breath become as one.
He guides your understanding,
Love and Purpose,
Now and Always.*

Peaceful Moments

To be, 'Here and Now', is to live in the moment, and to be caught in time is to be determined by inertia. To live in the 'Now Here moment', is for a time to be free, and awaken to the magic that is actually before our eyes. The peaceful still moment, wherever you happen to find it, is always untrammelled by time, providing brief respite in what is usually a busy life.



MEDITATION

The experience of Peace can help to freeze time and hold the moment, as can happen when we see something natural and beautiful. To experience Peace, look for the beautiful, a flower opening, dew on the grass, capture the moment wherever you happen to be, and commit the feeling to memory, so then whenever you happen to experience stress, recall the memory and let the feeling, wash away any anxiety or stress that you may be experiencing.

Become One with Nature

None of us is far removed from nature, we have our roots in the earth, and we like being warmed by the Sun, or sharing nature's fragrance brought to us on the air. To become one with nature is to be healed by the spirit of the tree, to be refreshed by the clear running stream, and brought to life by the clear morning air. The following can either be practised as a meditation or be part of a relaxation technique.



MEDITATION/RELAXATION

*As easily as the mind can make you its slave, just as easily can the mind make you free.
Imagine that you meditate out of doors. You are naked and in a secluded place.
The rain softly falls, making rivers on the skin, clear rivers that run away to the sea.
Your ears and eyes open wide to the gentle breeze.
Still the rain falls, making rivers on the skin; clear rivers that run away to the sea.
Let your mouth and tongue accept the clear waters.
A gentle breeze blows, whispering time away.
The Sun reaches out with myriad shafts of light, expressing itself as Joy in all things.
Take in the light.
Become one with the light.*

Soul Breathing

Desperately the dying man, who thinks that he has no soul, clings to the breath, which ensures his link with mortality. Yet he who knows that his soul is but a single zone, of that infinite intelligence which brought him into being, trusts that he can only return to the source from whence he came, Practise Soul Breathing and awaken to the infinite intelligence which is in you. Let it guide your every breath, until you feel that you are not breathing, rather being breathed.



MEDITATION

To experience the true nature of pranayama , first watch your breath and calm your breath, until mind and breath appear to become as still as the tranquil waters on the surface of a lake.. From centre arises a subtle inner rhythm, which gives rise to Soul Breathing. This lifts the incoming breath, and is experienced as a flow of Consciousness (Puraka). As the breath turns from up to down, comes a still natural pause, and a period of assimilation of light (Kumbhaka), The peaceful out flowing breath will carry light and energy to all the cells of the body (Rechaka). Gradually the breath will further quiet, until only a subtle rhythm remains and we experience the wisdom, (prajna) that lies within.

Healing Visualisation

We all have a subtle template or spiritual blueprint, without which the body would soon disintegrate. If we eat a carrot we do not become like the carrot, but break it down and re-assemble it according to the vibratory pattern unique to ourselves.

Sometimes, due to stress, the pattern becomes distorted so that there is a breakdown in health. The healer, by recognition of the problem, can, by visualization, re-affirm the way things should be, bring about a change in Consciousness and so assist in the healing process.



MEDITATION

Hold the image of the person who requires healing. Remember their every good quality, and see them in the mind's eye as if perfect.

When confronted with pain and suffering it is difficult to see much else. But persevere, and continue with your visualization, until you can also see them in your heart's light, as perfect.

In the person who is sick there will be recognition, at a deep level, of their perfect innermost structure, which you have affirmed. They will then have a choice, whether to affirm this and return to health or not.

Do not be disappointed if it is not within the scheme of things for them to respond, but continue, as this will help them in the days ahead.

Integral Meditation

An integral meditation is any meditation which brings us into closer relationship with ourselves, so that we experience a greater degree of wholeness and have better co-ordination. By observing people we soon get some idea as to what we mean by a balanced individual.

For example, the head-stressed person, usually male, peers over his glasses, and engages in conversation in a logical and precise manner with little regard for the feelings of the person he is talking to. Those who are stressed at the emotional or feeling level, often express themselves warmly, sometimes making contact by embracing, possibly much to the discomfort of the head-centered being.

Next are the willful types, who whether they know anything or not have little regard for your thoughts and feelings, and may push you over if you get in the way.

All of these types, due to imbalance, are liable to create difficulties for themselves and others, whether it is headaches, palpitations or ulcers. We present here an integral meditation which will help you to bring yourself into relationship at each level.

MEDITATION

To improve the integration of the three levels of your being, which are the Head, Heart and Belly, first centre down to the Hara centre, which is a point two inches below the navel and at the centre of the body. With each out breath repeat the word "Good".

Continue the repetition of the mantra "Good" for approximately five minutes, until the energy of your highest Good, flows with each breath, strengthening your whole body.

Next at the level of the heart:

With each in breath affirm "My heart fills with Love"" and on each out breath "And it is so".

Continue for approximately five minutes; next change your mantra and simply feel the essence of love both on the in breath and the out breath.

Let the light of Love fill the heart, bringing peace and light to the whole body. At the level of Mind affirm with each in breath "I am a seeker of truth" and on the out breath "only truth". Continue your mantra for five minutes, gradually changing until Truth flows naturally with each in breath and out breath. Finally let your eye become single.

Visualize your Good, Love and Truth as the triune nature of the one light that links every level.



Solar Cross

The Solar Cross is a Universal Master Symbol. Symbolizing the Cosmic Christ, and among its many attributes it contains hidden in it, the symbology of the planets, and captures for all time the basic principles behind creation, as well as some of the fundamentals within human nature.

There is the principle of Jupiterian expansion, which represents the free over the bound, and is the light and energy which radiates outwards and also representative of Generosity and Jollity. Its opposite is crucifixion, and saturnine contraction, experienced as withdrawal and depression. These opposing forces find their resolution in Mercury's spin, sometimes seen as the winged messenger, or in the speed of the human mind. These forces which give rise to such rapid movement generate great heat and fire, as symbolized by the warlike planet Mars.

That which prevents the whole process seizing up and grinding to a halt, to become like a dried cinder in space, is Love, as symbolized by Venus. It is Love which provides the oil and makes the wheels of life run smoothly, the Sun representing the resolution of these forces, as well as Cosmic Consciousness.

This meditation briefly referred to here is very much for the adept, so we present an easier meditation with which to start.



MEDITATION

Meditate on the Solar Cross.

Feel your spine to be the vertical line of the cross and that you sit at right angles to time, experiencing the timeless.

Look out onto the world and see this as the horizontal line of the cross, representing time and the plane of existence.

The resolution of these two forces, that is initiative and inertia, is the circle of your influence. The circle can also represent your Karmic Wheel, every action creating a wave or ripple of energy through which we must steer the bark of this life.

Meditate to become as the upright line of the Cross, free of inertia and Willing what God Wills for You.

With a Partner

Meditating with a friend or group gives comfort and support, it provides the energy to help overcome weakness, and yet keeps down to earth the ones who would fly too high too soon. People need people, we can never learn by living in an isolated world of our own making. By sitting closely back to back with a partner, you quickly learn something about yourself. It may be that your partner is warmer and friendlier than you are and that you need to adjust your attitude to life, or conversely the vibes you receive may be too low and on the heavy side, which may demand tolerance on your part. Whatever the relationship, learn from it and try to achieve harmony at the highest level possible...



MEDITATION

Sit back to back with a partner, silently aware of their presence, your spine straight and head balanced. Though very much aware of your partner, maintain your integrity, and a feeling of calm and peace. Place your hands in prayer Mudra at the chest level, then as you inhale take the hands up the centre line of the body and straight above the head. Fingertips touch with your partner's. As you exhale take your arms out to the sides, outlining a circle of peace and harmony around your bodies. Slowly return your hands to prayer position at centre chest. Repeat three times, returning to meditation seat with hands/arms resting on knees. Share silently whatever harmony has arisen between you.

Merging Higher Selves

There are many levels of relationship. For some it is confined to the physical with an associated overflow of energy from the emotional level.

For others a significant relationship is an exchange of ideas, and for a few exceptional people, it is at the level of the higher mind, and the level we associate with Universal Truth.

This meditation "Merging the Higher Selves" is in the spirit of top level relationship, as each meditation seeks for perfect harmony with a partner. It is at this level that we learn from each other at a subtle level, with a subsequent refinement of every level.



MEDITATION

Sit facing your partner, with fingertips lightly touching.

Enjoy calm peaceful breathing.

*While maintaining peaceful breathing, with each in breath lift the image
Of yourself still facing your partner, to a position just over the top of the head;
That is the topmost level of the Sahasrara chakra.*

*Make both of your visualizations as perfect as you can, refining and perfecting
The image with each breath you take.*

*Finally embrace, and enjoy the perfect interchange of your
Topmost energy...*

Finally sit firmly on the earth, silent and still.

Group Soul

This meditation "Group Soul" is much like the previous meditation "Merging Higher Selves" and is in the spirit of the Tantric tradition, where the right sort of relationship, between spiritually motivated people, makes possible reciprocal feeding at all levels. Forming a circle with a large number of people can be viewed as a chakra or energy wheel which has a lot of potential for healing and rebalancing.

When sitting in the circle you may feel that you are closed and insulated from the mundane energies of everyday life. Encourage this by feeling that the circle is open to the descent of the higher and more spiritual energies which promote healing and development.



MEDITATION

Sit for meditation in a circle, facing its centre. Energize the circle by directing all your positive energies inward. We all have strengths and weaknesses; let the energies at your highest level fill the circle.

As the energy within the circle increases; open yourself to the positive qualities which you feel are conducive to health. Do not just be a receiver as there has to be a fair exchange; continue to present the higher aspect of yourself, raising the vibrations of the centre.

After several minutes of attunement and re-balancing, hold hands and sit in silence in a spirit of equanimity, at one with the group soul, one spirit of awareness harmonizing and balancing the whole group. Finally, release hands, and sit in harmony with each other.

Healing Mantras

Mantras have an ancient tradition, stemming from both Yogic and Buddhist sources. They are essentially words which have ordering power and which help bring about change, both physically and spiritually. It is important that we know how to use mantra whether individually or in the group

Yoga sources tell us that mantras repeated aloud (Jappa), are less effective than mantras whispered. But rest assured, mantras intoned in a group situation can be very powerful and beneficial. Tradition and experience also tells us that mantras said mentally are more powerful still and most powerful when realized within the inner silence.

Mantras sometimes seem meaningless, as in the case of some of the Bija or seed mantras. This is good as it strips them of any emotional charge which we may feel inclined to impose on them, as each letter of a mantra has its own level and function within the sonic geometry of the Universe and should be allowed to work without interference.

The healing mantras chosen here will focus and harmonize energy and promote healing in some of the most important areas of the body.

MEDITATION

Form your group into a circle so that the vibrations of the mantras fill the space bounded by the participants,

The first mantra is HRUM, a word that rhymes with room, and which produces a sound structure beneficial to the organs in the abdominal area. Start by placing the hands with fingers interlaced on the abdomen. Taking a deep breath stretch the arms forward-finally turning the hands away from the body.

On a long out breath intone the mantra HRUM as the hands return to the abdomen, and focus the energy of the mantra under the hands. Repeat the mantra three times.

The next mantra is HRAM which rhymes with calm.

The procedure is the same as previously, only this time the hands and healing energy focus, is at the chest level.

The next mantra is HRAIM, and rhymes with time. The hands and arms are stretched backwards and placed at the level of the kidneys. This sound produces a beneficial vibration for the kidneys .It can also act as a diuretic.

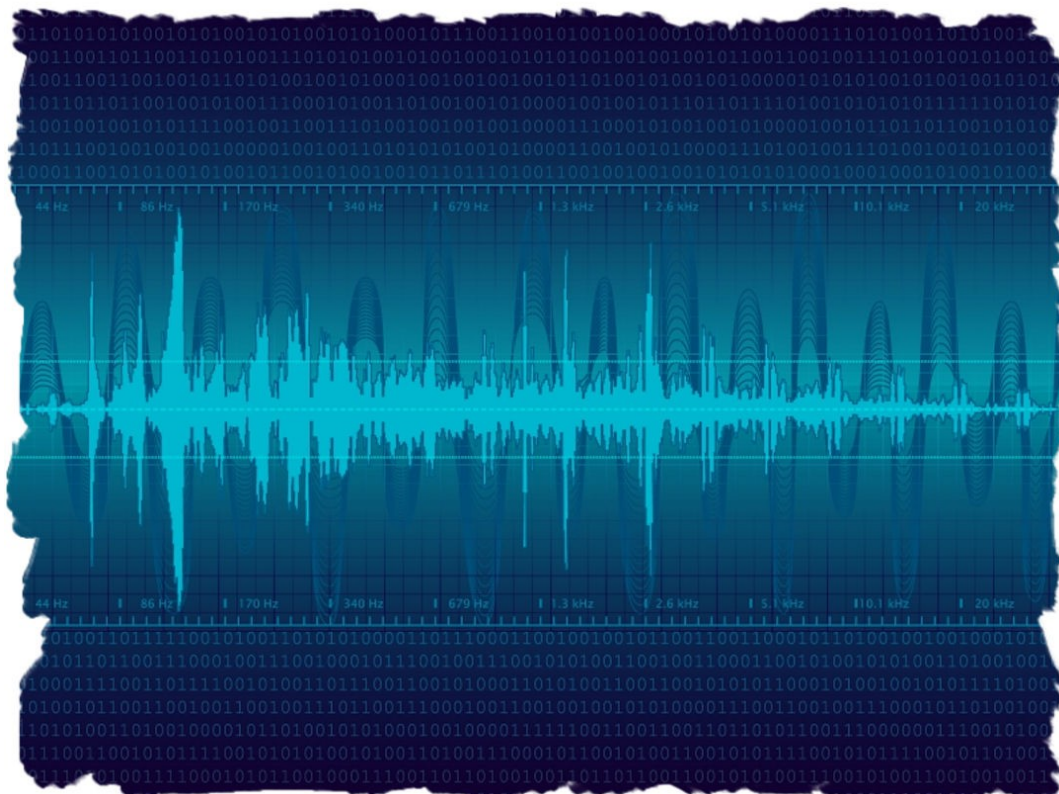
The mantra HRIM can integrate and harmonize the whole body. This time place the hands with fingers interlaced on top of the head. With a deep breath stretch the arms skyward. Then on the out breath intone the mantra as the hands return to the crown of the head. Feel the mantra as vibrating down the central axis of the body from head to feet. It also helps to visualize colour in conjunction with these mantras:

Orange at the level of the abdomen.

White at the level of the heart.

Violet or purple for the kidneys.

Golden light down the central line of the body.



Absolute Breath

-Individuated Breath

Every letter of our alphabet has form and structure and is a precipitate of the energy of life which brought it into being. Each consonant can be considered as spirit personalised, and the vowels as pure energy, which give life to each word. When we make a vowel sound we do not make a closure with the lips, hence vowels represent free unformed energy.

The study of mantra is a lifetime's work, and we only make brief reference to the important symbols used here.

The letter "H" is closely linked with the breath and represents spirit, it is also representative of a ladder which can have many rungs and also the ability we have to establish a link between heaven and earth. The letter "A" in all alphabets represents the beginning and is a symbol for the Absolute. The letter "i" is a line pointing to a dot or a convergent point of spirit, and therefore represents individuation.

Keep the spirit of the mantra in mind when breathing "AH IH" and feel yourself as part of life, both Universal and finite. (In the Hebrew Qabalah, AH IH signifies "I AM", as well as being a reference to the breath of life).



MEDITATION

To attune yourself to the whole cosmic field of life.

The first mantric sound is 'AH' which symbolizes Absolute Spirit. The sound is barely whispered, and is felt principally within your body of feeling, that is the subtle body. Make the sound 'AH' on an in-breath, by raising the arms out from the sides and upwards. Feel the sound to be an integral part of the breath as you expand your awareness out to the Cosmos and beyond.

The next sound is 'IH' and symbolizes individuated Consciousness. As you breathe out, bring your arms back to the sides, feel the sound within the breath, and your energy returning, as you re-focus, as a child of the universe.

Repeating three times; finally stand in silence, as the Microcosm within the Macrocosm.

Healing Zodiac

Buddhists and Eastern mystics have throughout the ages used symbols and geometric patterns on which to meditate. These shapes, often drawn with mathematical precision, are called Yantras and provide a way of looking at reality. The Zodiacal Yantra used here is Sun centered, the Sun being representative of immanent spirit and is central to life. For this meditation, let each sign of the Zodiac represent a psychological type. Ideally there should be 12 meditators. If this is not possible, sit one person on each of the cardinal points, with the rest on balanced positions around the Zodiac.



MEDITATION

For Yantric purification and balancing, place one person on centre, and then intone the mantra OM three times at the levels of Earth, Water, Air and Fire, with the vibrations directed towards the centre. It is helpful to inhale together, and on exhalation to intone the mantra OM in unison.

OM at the level of Earth is to purify the physical.

OM at the level of Water is to calm and soothe emotions.

OM at the level of Air is for mental purification.

OM as vibrating energy (Fire) is to integrate and calm the nervous system.

Let the cosmic vibration OM pulse within your fleshly cells, at the Earth level in your skeletal structure. At the Water level in your circulatory system. At the Air level in your thinking process. At the Fire level in your intrinsic energies. Become the OM pulse of the all encompassing Omnipresence.

Complete by sitting in silence at one with the centre, which represents the higher Self.

Each a Guru

Each has within us that which is perfect and yet confined, much like a Genii in a bottle who can only peer out through a glass, in our own case usually a glass clouded by desires and imperfections. The rule is, if you haven't a talent assume it, or if caught up in habit patterns, change in spite of them, this will help free the genius within yourself.

Here with the exercise "Each a Guru", we assume the highest role of teacher and guide in order to awaken to the highest within our-selves.

dream

\ 'wish \ n, 1 : a condition or utterance that is longed for; an aspiration; a dream of owning their own business. 2 : a series of images, ideas, sensations, and sensations occurring involuntarily in the mind during certain stages of sleep 3 : one that is especially gratifying, excellent, or beautiful; our new car runs like a dream of a auto

dreary

v / n, 1 : dismal; gloomy; bleak 2 : weather that is overcast and dark, the opposite



MEDITATION

During meditation there should be a co-operative spirit which encircles the group, and holds it in its spell. This unitive spirit helps keeps out distractions, and gives a feeling of comfort and support.

With newcomers who are sitting for the first time, verbal instructions may not immediately ease tension. It helps to form partnerships, preferably an experienced student with a novice. Then each takes their turn, and adopts the role of Guru.

First the more experienced gives silent instruction in the art of sitting, by making gentle adjustments, balancing the head, lightly touching and easing tension. Then when good posture is attained both join in silent meditation. Before changing roles, there can be a whispered exchange when helpful guidance is given.

Next allow the novice to be Guru to the more experienced practitioner. This way there is likely to be an awakening in the newcomer of intuitive awareness, as to what constitutes good posture.

Meditate on understanding and co-operation; give thanks for the differences in each individual and an appreciation for the rich tapestry of life.

Using this method quickly creates a relaxed and co-operative atmosphere.



Psychic Help

People who are ill often, in desperation, seek the help of a healer, and many, perhaps to their surprise, find that they do actually receive help, and in some cases are completely healed. Sri Aurobindo, a great mystic and teacher of recent times, in his Integral Yoga, wrote about the possible transformation of the physical body, and recommended that during meditation we look towards the Divine or the Supramental levels of consciousness that can transform mind, life and body.

The highest role of the Guru is to help the students free themselves of the ordinary limitations, imposed by the mental, vital and physical formations. As a teacher, if you can help bring peace, calm and purity to your pupil, you will be doing a great deal in helping clear the clouds away, so that their inner light can shine through.



MEDITATION

In an established group, in which exists a spirit of harmony, there should be the sort of rapport which makes it possible for the group to work together, and each assist the spiritual awakening of the other.

This is best guided by a leader who is awake to each member of the group, and who knows when conditions are right.

The technique is for each member of the class to assume the role of mediator or guide between higher levels of Consciousness and the physical. Each mediator should visualize clearly the whole group. Then wherever is felt a need, in imagination, to stand silently behind that person, using the power of concentration to open the Crown chakra, so that it becomes radiant with light. Hands are then placed lightly on their shoulders and the power of concentration used carries the light down for purification and healing.

The alternative is to actually take turns, working on a practical one to one basis.

With this type of meditation can come the unmistakable feeling that something beneficial has happened, even though the receiver may not be aware of the help of an intermediary.