



WHY and HOW of MEDITATION

by Russ Michael

Author of long-time best seller "*Finding Your Soulmate*"

"Soulmates, Twin Rays and Special Lovers"

"Autobiography Of An IMMORTAL"

"Your Soulmate Is Calling"

and many others...

Why & How of MEDITATION
by Russ Michael

Copyright (C) 2007 Russ Michael
All Rights Reserved Worldwide by the author

Front Cover Artwork
Beautiful Front Cover art crafted by *Nanncy Gianoulis*
who may be contacted through the author....

Published by Russ Michael Books
P.O. Box 654 - Virginia Beach, VA 23451

Printed in the United States of America
by Russ Michael Books

●ABOUT THE AUTHOR

The author Russ Michael decided very early in his teens to master life...especially in sports. He eventually turned down a college basketball scholarship...choosing instead to play professional basketball for the famous traveling *House of David* basketball team. In the course of his athletic career he toured most of the world and played hundreds of games against the *original*, still very world famed *Harlem Globetrotters*.

At the age of eighteen he underwent a very fully conscious death experience--during which he re-lived--not only a clear instant flashback of his entire eighteen years on earth--but also had a glimpse into two preceding lifetimes--and in which--during both...he had failed to do his soul mission on earth.

The humiliating fact that he had again lost his physical body – for the third time try...without completing that so important avowed soul mission . . . made him rally his life force with God's help, he miraculously regained possession of his 18 year old lifeless physical body.

At the age of thirty-five he experienced another death. This time it was the death of carnal living. Through meditation he rediscovered the esoteric laws of nature and became a very persistent disciple of *Truth*.

He is aware of the identity of his own *outer* plane *Master D.K.*... and studies constantly under him--but more important—he has become consciously aware or awakened to his own *inner* Master..

. . .his *soul* within!

Make sure that your favorite book-stores and your local libraries have most--or all of--the enlightening many books by Russ Michael.

THE PUBLISHER

"A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generations is familiar with it."

Max Planck

●DEDICATION PAGE

DEDICATED
TO
THE
NEW
GENERATIONS
OF
ENQUIRERS.....

Table of Contents

ter	Chap-	Page
Foreword by Author		
1.	What Meditation Can Do For You	8
2.	What Meditation Has Done For Others	11
3.	What is Meditation	36
4.	The Other Yogas	41
5.	How Meditation Works	46
6.	Your Three Bodies	52
7.	Preparing Your Physical Body	68
8.	Preparing Your Emotional Body	70
9.	Preparing Your Mental Body	75
10.	The Concentration State	83
11.	The Identification State	89
12.	The Meditation State	104
13.	The Realm of Contemplation	106
14.	Keeping Yourself Positive	107
15.	The New-Thought Stage	113
16.	The Right-Action Stage	118
17.	Success	121
18.	Some Visual Charts	124
19.	Meditation Around The World	127
20.	Your First Meditation Period	130

●Foreword by Author

The three most stimulating keywords of today are *psychology*, *meditation*, and *yoga*. The first two are simply modern aspects of the last one. Both psychology and meditation--have evolved out of the very ancient Eastern *Science of Yoga*.

Psychology--the latest--has a group approach to reality. It is group designed and group oriented. Like all group approaches--the assets are many--as are the liabilities.

On the positive side of the ledger the lesser evolved members of a group are usually swept along in evolution with the more evolved members. Therefore, their individual progress is stepped up. On the negative, side the more advanced members of the group are held back momentarily by the less advanced.

Meditation, on the other hand, is essentially an individual approach to reality. The individual is so completely on his own. No one can impede his progress. Nor can others aid him toward an internal registration of awareness. He must learn to decide his fate...to create his own destiny. Meditation literally opens the door to growth of individual knowledge...and thus bequeaths more freedom.

In the early stages of meditation, it is possible for you to capitalize on a group approach...but at some point along the way...all conformity patterns must be left behind. It is vitally important that you penetrate the facade of dogma--whether it is social, religious, or scientific, in order for you to receive and to consciously know true insight. And as you progress in the art of meditation, you discover--perhaps with astonishment--that the most profound things in life are more simply expressed.

Simplicity is the veritable keynote of a deep and lasting power. History bears witness to the fact that the most powerful human language is clothed in simple form. Note the soul-moving, earth-shaping impact of *The Sermon the Mount*, the *Declaration of Independence*, or *The Communist Manifesto*. The power-packed ideas behind these simple word formations has charged the world with emotion—moving the mass of humanity internally--and changing the physical constitution mass society on earth externally.

Bearing this in mind the most simple ideas grasped in meditations will be the broadest, swiftest, and straightest road to your own sweet and profound new reality. Simple ideas can change your world. Meditation will help you get to the

heart of things. It will help you find yourself. Everyone--in some way--keeps searching for that true inner *I Am" what I Am* self identity.

There is a world of truth in the ancient wisdom that any subject is most wisely approached from the whole perspective--of the *universal*--to the *particular*. Or phrased in another way--from *the general*--to the *specific*. Once the general idea behind any subject is clear--the tiny pieces automatically fall into their natural places- -and what might otherwise be total confusion becomes crystal clear sense.

A more modern psychology and the many other books designed to aid the self-learning process will faithfully follow this ancient rule. This points up once again that all we uncover today as *new* knowledge was known by many ancient seers who practiced meditation down through the ages.

Meditation can make a wise *seer* out of us. To this end then--let us go forward to explore more about it together.

Chapter 1

WHAT MEDITATION CAN DO FOR YOU

Bread or honey...love or money...high or low .
. . which way should I go?

How would you like to be an outstanding genius in your favorite field of work, or an individual famed and talented in many fields? How would you like to learn to truly love everyone regardless of their faults? Or be a peacemaker in the troubled affairs of men?

Impossible you say.....Not so. Think again! For each and all worldly states of success--in a myriad fields— have been attained, documented and demonstrated by ordinary people here on earth...over and over again. Yes, ordinary human beings--like you and me--through history...*as well as in our world today*...have achieved and are achieving great mastery today through their practice of daily meditation.

Meditation has done so much to inspire many others and trust it can easily do all of these things--*or more*--for you. It makes no difference *who* you are...*where* you are or *how* you are! No matter what your height, your weight, your age, your sex, your color of skin, your creed--or your politics--you cannot be excluded from joining the spiritual elite of earth who practice meditation and who do achieve great worldly success and where it really counts. No one can stop you from excelling or shining in anything or any field except yourself.

The only thing in the world over which we all possess

a potential of absolute control is over our own generation of thought. I say potential, because most do not actually use this power as yet. However, meditation can summon a tremendous power in you. For now--even at superficial levels--what you think and how you think is the lone area in the entire complex field of our earthly human existence we all have some sure degree of self-determination. Others may control our body. They can even tell us all how to think and what to think...but at deeper levels of our consciousness we alone are the final elector and selector of our thoughts. You or I, alone, may clothe or color our thoughts with own unique feelings.

By the same token, all of our own multi-level reactions are uniquely our own birth-right. It is now time to realize that all our perspective feelings and internal points of view are self-generated! Whether or not you draw pain or pleasure to you--at any given time or place in life--it is the overt result of your own right or wrong choice.

In the next chapter, in a capsulized treatment of the stranger-than-fiction abilities of Jack Schwarz, I will relate some of my own personally observed, very concrete examples of Jack's *mind over matter* control.

Meditation opens a direct conscious expansion to our true *Source* of thought. You too can meditate just as easily as others who have done it ages before or as those countless tens of millions who are meditating successfully now. If you have the ability to read these simple words then you have the capacity to practice this sage ancient grand *Art of Meditation*.

This volume is NOT written for the benefit of a very

select few...who may already understand a host of the scientific--or true metaphysical law--of our universe. Yet some thoughts--or even whole chapters of this work--may seem to be too abstruse to you. Never mind that! Read on and understand what you can on your first introduction to any *new* thought or odd ideas. Some of the Laws of life will certainly be new--and possibly even very strange to you--but all new progress must necessarily be made on new roads. It is common sense that old roads lead to the same old places--and so thus again--necessarily keeps us where we have already been, perhaps for far, far, too long.

I have no desire to present *all* the reasons *why* meditation works. Meditation works *if you work it!* Just like a gun shoots when you pull the trigger. I now humbly present the sure cannon-size gun of meditation. I leave you to trigger off your own thoughts and to fire your own sure, well-aimed shots--or fireballs--toward a sure and fulfilling personal success.

*To start...*I hope to make you consciously aware of the magnificent benefits you can derive from your daily meditation schedule. Meditation is a tool that you can use as others have done to raise--to beautify--and to fulfill your life--just as others have raised, beautified and fulfilled their own previously unfulfilled lives through daily mediation practice.

Secondly, I hope to sequentially present a simple explanation--a practical procedure--a *why and how* that you can easily follow.

Thirdly, in summary the whole technique...the complete meditation routine outlined in this book ought to take less

than ten or twenty minutes out of any day of busy daily schedule. The grand self-rewarding benefits to you cannot be measured by you in terms of time, money or love. Once you have mastered the subtle technique of meditation--to whatever degree--the results must follow and will soon show in your daily life to that same manifest and radiant degree.

Finally, you ought to try to realize--make real--and correctly *evaluate*...any new thoughts that you may *draw in* through meditation. With focus you can transform these fragile new ideas into your own actual inspired joy-filled living reality. This is how all co-creators in our universe work.

I have no intention of changing your religion, your philosophy or your politics. All of the ideas expressed in this book have been around for a long time. I am only responsible for bringing them to your particular attention now. Yet, these are only a mere fragment of *the secret* illuminated *Wisdom-Religion* teachings that have been presented very openly in the many Bibles and ancient scrolls of the world through endless time on Earth immemorial. You are ready for them...so here they are....

Like attracts like..and there really are no accidents. Let me further call your attention to the fact that there are scores of penetrating thinkers, writers, inventors, mystics, occultists, etc. who are now far in advance of current 21st Century academic *science*. And as far as this work is concerned it is up to you to abstract--to withdraw--all of the sense, or essence, of it that helps to bring you more personal knowledge, or deeper insights. I wish to add more intelligent direction to your life. Yet...following the advice of ancient sages...I caution

you to accept nothing *on my say-so alone*--unless you feel or know intuitively it is so--or your logic permits.

In all other instances--I merely suggest that you have an open mind--a willingness to experiment...and naturally...to acknowledge, accept and affirm any--and all--of your *self-proven* results.

Meditation *will* fill aid to fill your mind with unique new ideas. You actually now shape your tangible world around you through a vague form of meditation.

A *formal* meditation procedure is aimed to teach you--not only the due scientific and eternal inter-relationship that exists between us human beings--but between all kingdoms and things in nature...from a solar system to an atomic particle.

Through meditation you can soon gain insight into a new world of truth far beyond the most careful explanation of any subject taught in any textbook in the world.

Through meditation--and often the genuine self-inspired action after it--you will soon find yourself within a center of undisturbed serenity and poise--no matter where you find your outer physical self--in relation to time--and space. Are these altered states of being not worth striving for? Yes, my friend...the eternal newly gained benefits and glorious experiences--that may be acquired by you--through meditation are far, far too numerous to mention--or even try to list--here.

But turn the pages ahead with me now to study a few specific--and certainly well-documented--individuals in history who have achieved great self-mastery thru daily meditation.

You will find that *these giants of wisdom* have all given so generously of their genius to the rest of our world. Remember--this is a merely small group or list of *luminaries* who have used a meditation technique to forward their own lives and--consequently--the world around them in stupendous ways. I know you will find a brief sketch of these few—many of today's current figures that *I know personally* very uplifting, exciting and surely inspiring.

Chapter 2

What Meditation Has Done For Others

Out of the past and into the future, our thoughts and deeds of today determine our place in eternity.

The hall of time is crowded with illustrious names of individuals who have achieved human greatness through the *Science of Meditation*.

I have divided these astute individuals into three categories:

- A. THE ANCIENTS**
- B. THE RECENT PAST**
- C. THE PRESENT**

A. THE ANCIENTS

Among the Ancients are such well-known mystics and sages as Plato, Socrates, Aristotle, Plotinus, Pythagorus, Hermes, Nostradamus, Apollonius of Tyana, Thomas Aquinas, Roger Bacon, Francis Bacon, Leonardo Da Vinci, Epicurus, Hippocrates, Orpheus, St. Augustine, Xenophanes, Milarepa, Patanjali, Lao-Tzu, Guatama Buddha, Krishna, St. Francis, Mohammed, Moses, King David, St. John, *Jesus*...and many, many countless others.

B. THE RECENT PAST (last 100 years)

Under this classification we must hail such brilliant appellations as Benjamin Franklin, Lincoln, Emerson, Whitman, Tolstoy, Hegel, Kant, Gibran, H.P. Blavatsky, Annie Besant, Mary Baker Eddy, Alice Bailey, Ernest Holmes, Edgar Cayce, Betty White, Edison, Freud, Jung, Steinmetz, Burbank, Ford, Carnegie, Elmer Gates, Hammar-skjold, Parmahansa Yogananda, Walter Russell and Joel Goldsmith.

C. THE PRESENT (last 50 years)

Here we have such remarkable personalities as Richard Buckminster Fuller, Jack Schwarz, Lao Russell, Manly P. Hall, Shostakovitch, Norman Vincent Peale, Annalee Skarin, U Thant, Roberto Assagioli, Shafica Karagulla, Roy Eugene Davis, Maxwell Maltz, Eric Fromm, Karl Menninger, Hugh Lynn Cayce, Foster Bailey, Mary Bailey, Bertrand Russell, Ernest Wilson, Swami Satchi-dananda, Ralph Nader, Clement Stone, Gene Emmet Clark, Napoleon Hill, Vernon Craig (Komar) and millions of other consciously *wide-awake world servers*.

We will expand on the life and work of three individuals from this category later.

There is mounting evidence that more and more successful individuals used a personal form of meditation.

Whether consciously or unconsciously employed, meditation has made all these progressive human beings more illumined than the average citizen about natural laws of life. Each one of these powerful individuals has used his mind to control his thought and action and se-

quentially effected the thought and action of the objective world grouped around him.

Returning to our specific groups, group A... *The Ancients* need little further expansion. History has recorded and acknowledged these well known sages and seers as extraordinary human beings--most far ahead of their time--and all contributing more light--in some way--into the darkness of mankind's existence on earth.

In group B... *The Recent Past* we have the same visible pattern. All these extraordinary thinkers--and doers--contributed so much new thought to their fellowmen.

Let's take a look at a small part of the life of five of these persons mentioned under this classification...namely: Ernest Holmes, Joel Goldsmith, Parmahansa Yogananda, Edgar Cayce and Walter Russell. Who were these men?

ERNEST HOLMES is one of the great initiators of the more contemporary *thought religions*. It is true that Mary Baker Eddy--a great initiate of thought control-- introduced the general body of *Christian Science* metaphysics into the modern world...but Ernest Holmes colored these metaphysical thoughts with his own unique quality giving birth to *Religious Science*, or *Science of Religion*.

His simple scientific approach to life--to religion and to the study of natural use of universal laws--has greatly influenced the Western world of human thought and behavior...especially in our United States. The avalanche of new books published daily on this subject should certainly alert everyone to the powerful

momentum and the eternal impact of this *new-age thought* movement.

Man is just awakening to the potentiality and the power of his own unique thoughts and just how much they affect his own rapidly expanding psychic life. Ernest Holmes played a vital part in this saga. Following his example, struggling humanity is rapidly using a scientific thought process in the pursuit of free choice and intelligent growth. The power of Ernest Holmes to evoke abstract thought is evident in his *Science of Religion* and in his many other interesting metaphysical books. Of his own ability to have mastered and utilized meditation in his life work, there is no doubt.

The upstanding spiritual life and great works of Ernest Holmes stands out in clear print upon the pages of time.

JOEL GOLDSMITH followed a somewhat similar line of thought and teaching. A dynamically charged individual--right up to old age--Joel slept only two hours a day....He meditated and worked the other twenty-two. Upon his eventual death, he left a mass of highly informative books and booklets on meditation and metaphysics--around which a huge international ring of meditation and study groups formed--called "*The Infinite Way*." These *Infinite Way* groups still meet several times a month in almost every major country on Earth.

It is no exaggeration to say that Joel Goldsmith has brought--and taught--the valuable art of meditation throughout the length and breadth of the known world. He is a man surely destined to influence the lives of several more generations of enquirers for ages to come.

PARMAHANSA YOGANANDA--a mystical and powerful Yogi--came from India at an early age to the United

States...because of a vision he *received in meditation*. He came to bring his vast knowledge of yoga and unique *self-realizing meditation* to his Western brothers. He founded the *Self-Realization Fellowship* center in Los Angeles and it soon had branch organizations and a multitude of devout students of yoga in almost every country of the world.

Yogananda came with a dream to our country and his grand dream came true. He successfully joined *East* and *West* in a more realistic approach to deity...helping to gradually merge the spiritual aspects of Eastern abstraction with our practical Western dynamism... generating *self-realization* as the natural powerful by-product.

Not only did loving, gentle Paramahansa Yogananda perform many miraculous feats of telepathy, clairvoyance, and many other psychic manifestations--for a huge inner circle of his disciples--he left a persuasive reminder to the general public of his extraordinary control of life--in or out of the body-- of *mind over matter*. As was reported by newsmen all over the globe and documented written testimony by an astonished executive at Los Angeles Forest Lawn Cemetery, who was in personal charge of his cremation:

"Yogananda's physical body remained in a perfect, undecomposed state for over twenty days after his death, until final cremation."

This is unheard of... the human body naturally decomposes and gives off a foul stench--by at least the fourth day--after death. This final example of his triumph --over the death of even the physical cells of his body-- serves us all as an inspiring demonstration of an inner

power inherent in all human beings—and usable by those who have gained mental and emotional control of their body and mind.

The historical Christ—different than the Cosmic Christ—who overshadowed the Master Jesus...did many amazing well recorded miracles. Nevertheless, *Jesus*--born as Jeshua Ben David...reminded all of his crowds--and us who were then embodied *as his disciples*---that we should all "*do greater things than He had done.*"

Yogananda constantly taught, urgently advocated and fully lived a life of dedicated daily meditation and warm, loving spiritual service to all. His own vivid life story--*Autobiography of a Yogi*---printed in most major languages--and available in most public libraries--is recognized as a truly great classic work of literature. His life story--like my own, *Autobiography of An IMMORTAL*--is jam-packed with grand adventures.

Yogananda's autobiography is bursting with a colorful array of astounding characters and personal accounts of his personal interaction with an array of tremendously powerful and highly miraculous sages of the East...who to me are much more interesting than any of the imaginary or real heroes projected in the wildest fiction stories...told--or recorded--of the days of the *old West in our USA*....

EDGAR CAYCE is one of the most irrefutably documented *miracle men* in modern history. There are well over fourteen thousand competently documented records of Edgar Cayce's ability to bridge the limitations of space and time. He was able to diagnose a disease of a person living thousands of miles away while resting comfortably in a self-induced trance. Look at any

bookstand and you will see that his phenomenal prophecies and psychical diagnoses have been the dramatic subject of several top sellers. The fabulous, but true, tales of his psychic powers are well-known at home and abroad.

Cayce explained how so many present human illnesses and problems have originated because of wrong attitudes and emotions held during both our present and past lives. He was aptly dubbed the "Miracle Man of Virginia Beach."

Given only the name and address of any person--anywhere in the world while his own body lay in trance--the consciousness of Edgar Cayce would slip quickly out across the intervening space and examine thoroughly the entire internal and external health of his patient. Not only did his informing consciousness delve deeply into the bodily diseases of his patients and pronounced a logic-tight physical or psychological reason for this ailment or that illness . . . sprinkled all through his *readings* the art of meditation along with service to others was urged upon his patients or listeners as a sure means toward a true Self-fulfillment and Well Being.

Besides serving the very desperate needs of thousands of his fellow souls...the work of Edgar Cayce introduced tens of millions to the vast powers of their mind. His inspired (*in-spirit*-ed) higher internal knowledge began where the limitations of doctors and men of science quickly ended.

There is no doubt concerning the genuine psychic ability of Edgar Cayce...thanks now to that impressive heritage of carefully documented "miraculous" works.

It is a well known fact that many medical *experts* have gone to Virginia Beach, Virginia, USA--where these records are kept--to refute but have left to testify. The book *Breakthrough to Creativity*, by Dr. Shafica Karagulla, is a good example. This doctor, indeed, soon discovered amazing new horizons!

Today, in 2007, the A.R.E. (*Association of Research and Enlightenment*) continues a continuously detailed investigation--and patient follow-through--of many thousands of case histories from the huge files of Edgar Cayce, "*The Sleeping Prophet's*" vast store of health and past life readings.

WALTER RUSSELL stands out on the dark horizon of mediocre society as a self-generated giant among men! By the age of eight he had already consciously formulated life long habits and principles that soon made him tower mightily over most other men--in many creative fields--of human endeavor.

His finished genius in art, science and philosophy quickly won him the greatest admiration and close friendship of the elite of the world. He was often introduced by the eloquent title of *The Modern Day Leonardi Da Vinci*.

Walter Russell was a master scientist, a master painter, a master sculptor, a master musician, a master statesman, a master teacher and a philosopher. Yet in addition to all of this he excelled in woodcarving. He was known worldwide as a superb horseman and he won and held the amateur world ice skating figure championship...at the incredible age of 63 !

Honored and praised by all learned men, he maintained his vital health and mental alertness right up to his death at 93.

In collaboration with his beloved wife Lao--a profound thinker, artist, and author herself--he founded the University of Swannanoa--at Waynesboro, Virginia, USA--which may still be active today. Lao Russell has faithfully reproduced and published the great teachings of her beloved soulmate's philosophy, science and meditation techniques...which led to great fame to both of them.

Her book LOVE is a masterpiece, taste-fully embellished with references to the gentle, but great *soulmate love* between herself and Walter Russell.

The fascinating biography of his life--titled *THE MAN WHO TAPPED THE SECRETS OF THE UNIVERSE*--written by *Glenn Clark*--is worth the attention of every reader of *this volume about mediation*.

Walter Russell's emphasis on the daily use of *meditation* to change one's life--from mediocrity to genius--bears great reflection since he was living proof of the results of his daily meditation discipline. He learned early to question the *without* by turning successfully *within* to find a true self-knowledge and the innate ability to perform masterfully.

It is said that without any previous knowledge of sculpturing, he took on a huge sculpturing project and turned out a finished masterpiece !

Others of his now world-famous pieces such as *The Four Freedoms* and the *Mark Twain and Characters* group followed.

He is one of the few Western advocates of yoga meditation who is known to have achieved *samadhi*. His life and stupendous output of masterful work can best be described in his own illuminating phrase: *Mediocrity is self-inflicted and genius is self-bestowed*.

Walter Russell was a mountain of a man. He was a living example of your ability and mine--through daily meditation--to be a spiritual giant.

Now let us briefly examine three of the extraordinary Persons, listed under category C, *The Present*. We have already sketched Lao Russell, who is a definite great influence in the time present. Let's now probe the life styles of *Richard Buckminster Fuller*, *Jack Schwarz* and *Manly P. Hall*.

RICHARD BUCKMINSTER FULLER is a man who may already be well known to some of you. His project--at Illinois University known as *World Game*--has since attracted attention from profound thinkers throughout the world.

At a ripened age of 75, Richard Buckminster Fuller was still vibrantly alive and active. He then, still delivered as many as fifty or more lectures every year..at colleges and at universities--all over the world.

He was well-known as an inventor, an engineer, an architect, a mathematician, a poet, a cosmogonist, a philosopher, and a *comprehensive* designer.

A *comprehensive designer* is a term that *Bucky*--as he was affectionately called by his friends--had invented. It means the art of designing life through the aid of an enlarged comprehension. He held a *synthetic* view--as applied to individuals, groups, nations or--of the world as a whole.

He was also the inventor of the *Geodesic Dome*, of which, by mid 1970's there were more than 5,000 scattered around the world. One of his twenty story dome buildings was the housed for our *United States Pavilion* , at the *1967 Canadian World's Fair*.

At an early age *Bucky Fuller* realized that the orthodox methods of teaching in school were not for him. Like many other enquirers before his time he turned his thoughts *inward* and rapidly developed his own powerful meditation technique. The penetration of some of his deductions--as a youth--were astonishing.

Naturally--like all things do--this faculty expanded with age and wise continued good use.

In an interview with *Calvin Tomkins*--for an article printed in the *New Yorker* in 1966--Bucky recounts a conclusion that he arrived at way back in 1927: "I'd realized that real wealth is energy...not gold...and that it is therefore without practical limit . . . Man's intellect, his ability to tap the cosmic resources--of energy--and make them work for him had really caused wealth to be regenerative, or self-augmenting."

Richard Buckminster Fuller aptly applied all of his self-realized truth to his own life...He truly was a successful and wealthy human being--in many ways--an *estate* that is a matter of public record. Digressing a moment, I

am sure that Mr. Fuller would be quick to agree that the Laws of nature *work for everyone* and that what he has done... *greater things can you do*. Everyone who masters life knows the humbling truth that being at the top is a relative thing. There is always someone ahead and someone behind or beside you that do or excel what you do.

In the full play of eternity, we are all equal--but in performance--in our individual, limited human lifetimes--we are relatively not. At the mighty divine and *sacred inner core* of our being, each one of us has the immense power and wisdom of the whole universe *backing us up* and *sustaining* our individual lives.

The question is how close can we get in consciousness to this great inner source? The answer shows as *self-evident* in our own lives. In vein of this logic... we can surely assume that Richard Buckminster Fuller achieved a prodigious amount of daily inner contact. He appeared to be in a constant fully active...but calm meditative posture.

JACK SCHWARZ is a prime superb example of *the illumined man* who really practices what he preaches.

During one of his excellent lectures on the many merits of meditation...I saw Jack demonstrate his highly developed mental power...with my own eyes. Jack disrobed down to brief summer shorts and turned to show the audience the clean smooth surface skin of his back. He then laid his naked back on a bed of sharp rusty spikes and called out for a male volunteer--*weighing over two hundred pounds*--to come out from the audience.

Soon a hefty volunteer stood himself on Jack's chest. In a moment his weight drove down and impaled the sharp iron spikes to a depth of at least a full quarter-inch into *the smooth white flesh of Jack's back*.

Thru the silent in-drawn held breath of the crowd...a sound very similar to several nails puncturing a rubber tire sounded out clearly. Meanwhile, Jack Schwarz exhibited no sound or evidence of pain. Jack asked the volunteer to step off his chest. As Jack arose to one knee...the board of nails remained clinging to his back...The board of nails had to be extracted by a strong tug by two of the strong volunteers on stage. Still smiling widely.. Jack turned around to show his back--in full nail hole exposure--to his shocked audience.

That brief pose revealed several dozen huge red gaping holes in the white flesh of his back. Each hole was at least one fourth of an inch in diameter. Jack then nimbly leaped off the stage and walked slowly down the center aisle turning his back left and right so all could see. He stopped to show anyone the deep punctures who cared to look more closely. He paused to announce loudly—so the whole audience heard--that through mind control he now would focus to physically heal his back--without a scar showing--in a few scant minutes.

By the time Jack reached the end of the center aisle the holes were almost entirely healed.

Only small specks still remained visible. A few minutes later--*as the entire crowd could see*--his entire back was clean and smooth again. The wounds were healed and no scars showed afterward. All the while--as Jack

stated—he mentally *held back* the natural, or innate flow of blood from his deep--*self-inflicted*--wounds.

Topping this--Jack Schwartz demonstrated his unconcern for *sterilization*.*He* held high a long pointed carpet needle and dropped it down onto the filthy dirt of the stage. He then gently ground dirt and stage dust into it with his foot--joking that he knew it was important to first *sterilize his needle*.. Jack picked up that long carpet weaver needle and stabbed it into the left cheek side of his face--until the needle pierced through and extended out of his now wide open mouth...and he left it wedged there..

Then Jack jumped off-stage and walked down the center aisle again--subjecting his needle penetrating through his cheek to a close scrutiny by the entire audience. As a finale ...on his return upon the stage...jack squeezed some arm muscle together on his left arm and pushed the same long carpet needle through the entire fleshy mass of the muscle of his arm. This time he stated he would leave a few drops of blood to flow freely--to prove to his agape audience that he could willfully allow--or check--his body blood flow--by a firm mental self-command. Several times during his lecture period Jack reiterated that all these powers he possessed--and demonstrated with ease--are natural human mind powers, and therefore are available to anyone and everyone who develops a strong mental focus.

He added that anyone can soon develop a strong mentality--like he possessed simply and surely from self-disciplined daily practice of meditation.

Not only does this amazing *adept*--of the *art of meditation*-- perform these acts of instantaneous healing--for millions of people to clearly observe... including doctors, there is more to tell.

Jack Schwartz eats only two meals a week and he also sleeps only two hours a night. Jack told me he regularly meditates about two hours every evening. This, he says summons and maintains his steady physical body flow of dynamic Well Being. Thus he possesses a boundless supply of energy through all of the rest of the night and all through the next full day. Jack has even publicly demonstrated his phenomenal control of mind over matter on the *Steve Allen Television Show*. He was aptly dubbed by Steve Allen--that night--as *The Man of Tomorrow*. During that same year Jack appeared on over fifty major USA television shows. With more public education--about such easily demonstrated phenomena-- many presently uninformed persons will be well acquainted with the very real knowledge and power that personal disciplined meditation practices can and do bring to us.

Jack travels all over the country conducting week-end seminars. When he is not lecturing, he is usually teaching massively attended workshops about the benefits of the "how to" of meditation and focus. The potent high-speed schedule that Jack Schwarz keeps--day in and day out--would astonish and challenge a mighty modern day *Hercules*.

Here, too--in Jack Schwartz--we have another prime example of an ordinary man who has freed himself from the conventional limits and demands of nature through meditation. Jack Schwartz has now obviously become a highly visible extraordinary man.

Like all *initiates of Universal Law*...Jack practices economy of action in all that he does through his very busy and meaningful day. Jack humbly admits to having a very ordinary human body and nature. He asserts constantly that any person who will train his mind to focus unswervingly on one thing--or at one point-- for about fifteen straight seconds can easily demonstrate the same tremendous astounding control of mind over matter that he so effortlessly exhibits to our awakening masses on Earth.

Spoken like the *master* you are--my good brother--
Jack!

MANLY P. HALL towers also as a giant among the few truly wise men and astute philosophers of the 20th century. A resident of Los Angeles... Manly P. Hall lectured non-stop concerning esoteric wisdom to overflow crowds--almost every week-end--for well over a full half century. His so highly profound lectures--yet expressed in pure simplicity--were given forth freely at *The Philosophical Research Society, Inc.* in Los Angeles, USA--a massively Huge spiritual education organization--which Manly P. Hall had himself founded in 1930. Under this same roof was housed probably the largest occult library in the world. His library held a host of many ancient and valuable manuscripts. All were wisely locked in a huge iron safe.

As an early student of the ancient Wisdom-Religions--and yoga practices of the East--this unique young man traveled far and wide to investigate the vast dimensions of both the--inner and outer--world. He obviously amassed immense wisdom and knowledge. His first ponderous book was finished at the age of twenty-seven.

It was a voluminous work that unveiled a highly rich ore of **the secret** lost wisdom of the ages. The book was filled with colorful art and deeply symbolic illustrations.

All the major known ancient mystery schools and arcane societies with their **secret doctrines** and philosophies were and are succinctly defined within the covers of this colossal masterpiece. The personally autographed *first printing* --of 500 copies--was sold out weeks before it came off the press.

The magnificent huge book sold for \$500 per copy--*equal easily to ten thousand dollars in the today so inflated economy*. It was approximately three inches thick...easily two feet long...and 1.5 feet wide. It had a thick, rich, leather-like cover and the title imprinted in gold lettering.

Manley P. Hall authored easily a hundred or more books and booklets. I loved listening to his soft-spoken discourses. This profound great soul gave mankind many astute *glimpses* into the deeper realities of life...right on up to his very *peaceful passing* in his very late 80's, or early 90's.

Manley was definitely self-educated...as are most individuals that master the art of meditation. It is no surprise that Manly P. Hall was awarded several distinguished honorary doctorate titles--that were gratefully conferred on him by universities--and other such professional bodies of learning. His depth and the high principles which he advocated, expounded and represented demonstrates to us all again the smoldering miraculous power that resides in each of our souls through the gentle and sage art of meditation.

In highlighting a bare few of the very worthy individuals--listed in these three A, B, C categories--I merely touched an edge--or the fringe--of the wide diversity of knowledge and power contained in each one of them... and in all the rest I have listed there.. Each of them--as well as countless thousands of others unmentioned here--spot-lights a unique human being who had--or has—found his higher, creative self through meditation. You and I are no different. What they have done you and I *also can do*...

So be it.

You would certainly find it beneficial to further research the lives of several of the other rare individuals listed here in all three of these categories yourself. I have found one of the very best and quickest ways to arrive at any goal is to surround yourself with all the sights and symbols of the very same thing as you can gather or hold around you. Like Attracts like.

A success story lingers in your mind....It adds a sweet lingering perfume to your life.

Success is just as tangible a 3-D symbol as the chairs we sit in, or the physical bodies we wear. *Modern* psychology is learning--and correctly teaches--that we become...that we absorb much of the identity of the symbols perceived in our daily environment. This is because of the innate identification potential within all states of consciousness--and importantly...in turn, again...because of our natural Universal Unity. . . .

But that is another story.

Through this cursory study of a rare few outstanding individuals--and their obviously successful use of a meditation technique--I hope you too will now be inspired or highly motivated to achieve your own now newly envisioned and *self-deserving* success !

Chapter 3

●What is Meditation

*Is it something...is it nothing? It is
everything...moving ever on. . . .*

What exactly is *meditation*? There are many definitions and degrees but for our present purpose meditation may be defined as *conscious* awareness of a *selection and control* of thought.

Meditation is a very ancient art. It has been handed down to us from the past by thousands of sages and seers of ancient times who have scientifically studied the many particular aspects of the human mind and the conscious control of it just as diligently as any current modern scientist now studies his particular field of work. Our today *Art of Meditation* is the crowning end product of all the ancient yogas put together. It is properly named *Raja Yoga*...meaning *King* of the *Yogas*.

You may be surprised to find that there are several different major known yoga sciences. Each is designed to develop specific areas of a human being and her or his lower three planes of consciousness. In their chronological sequence--of human development, on our late blooming planetary Earth--these approaches are:

- A. HATHA YOGA...control of our physical body
- B LAYA YOGA...control of our electrical centers of the etheric, or higher frequency physical our body.
- C. BHAKTI YOGA...control of our emotional

body or emotional nature.

B RAJA YOGA...control of our mental body or nature.

Raja Yoga--the here last listed yoga--evolving out of the *Aryan Race* of our body of Earth humanity. It is known as *The Royal Yoga* because it contains all the disciplines and functions of all the many major former yogas.

The *physical* body is first to be conquered and controlled...then the electric, or *etheric* body...then the *emotional* body...and finally the *mental*.

In all areas of life the lesser forces are controlled by the greater. The greater also holds the lesser. This universal Law is immutable, or inviolate..

Meditation *concentrates* the many processes of a *held* thought. A mind *focused* on any objective--and held on it for any length of time--can accomplish *miracles*. As I wrote this chapter, a newspaper headline of the Long Beach Press-Telegram stated, "*DIES, THEN REVIVED BY HYPNOSIS!*"

The newsman who reported this rare episode disclosed that a woman had no **radial** pulse... had stopped breathing. Her blood pressure was 0/0 and the heart revealed no sounds. She was declared *medically dead*...but she was *talked back to life* through hypnosis administered by *Dr. James T. Milton*.

We call these amazing demonstrations of focused thought--*miracles*--only because we have not yet defined the specific energy relationship formulas involved.

In reality there are *no miracles* in all of nature...in the usual, or common meaning of the word.. When we think some event in Creation is miraculous, we merely confirm our ignorance about *certain effects* of universal, solar, or planetary Law...that *we personally do not yet understand*. We--or others around us may or do understand there is a cause to any effect--of any rare perception we perceive-- if we understand the Law. This may be why *Jesus the Christ* emphasized, "*Above all get thee understanding.*"

Probably the most impressive revelation in your very first practice of meditation--to those readers introduced to it for the first time--will be a modestly humble--but rather joyful--introduction to your silent "I Am" *inner*, and real self. Meditation will take you further and further behind the scenes of our *perceived*--seemingly so physical-ly *objective*--but *illusionary* universe which is only half of your world reality.

The other half is your *subjective* universe. It will aid you to find the point of equilibrium between these two very real universes in which the eternal colorful drama of life is played. In time your meditation practice will bring you an altogether new perspective. Your old emotions and identifications with your physical body will be superseded by a fuller, truer identity with your then more soul-infused higher mind. This will be tantamount to a reunion with your Creator within. Joy will be your daily bread and an almost moment-to-moment keynote.

Happiness, joy and bliss have three distinct connotations to the person who is experiencing these feelings:

a) Happiness is a *personality* feeling.

- b) *Joy* is a *soul* feeling.
- c) *Bliss* is a feeling of your *spirit*.

These feelings--or specific registrations of levels of awareness--follow a lawful unfolding.

Each under Law seeks its own level. As you *seek* these three states of human being, you will eventually move out of your specific seat of emotional self-identification--if that is your present position--into your mental body. You thus become virtually the producer and director--giving both birth and direction--to your new waves of thought and subsequent feeling.

We move our identity by thought ever upward until we know our self to be all things. At that supreme moment your own true, divine self will emerge like a beautiful butterfly from the cocoon of material life. You will know yourself to be a joint co-creator of the vast universe surrounding the many points of life around you. You will be a true free agent...no longer held in bondage by the whims of the elements or the merry muses and--sometimes--not so merry muses of the fates.

Meditation will hold one prime goal to your mind... *freedom* from negative and destructive patterns. Your failure patterns are dark shadows in your past--or violence impressed on you through your environment--or pounded into your system through childhood by--well-meaning but often so really ignorant parents.

Negatives are tightly built into your mental, emotional and physical bodies...and they are there to stay unless you change them. Everyone can make that change, if so desired.

The layers of hard-cruled thoughts encasing the average individual is astounding. Until our recent past, scarcely one person his lifetime--in thousands--succeeded in peeling off the rain clouds of super imposed negative patterns around his psyche...and thus got to know his own mind--let alone--his own true inner self.

Only death could free that agonized imprisoned spirit, who then cast off the stiff old outer garment and soon returned to replace it with a new more flexible model. For us who did not succeed in freeing ourselves--during any life period--death was our sole doorway to freedom. Even sudden violent body death was a most gracious and grateful release. How else could our fearful--still so blinded --but eternal divine in-dweller spirit--let go of our human form?

Raja meditation originated through the development of the mind...that subtle elusive electric substance that surrounds and permeates every particle of life. Use mind stuff Lawfully and with steadfast daily meditation practice we can release our self from the treadmill of an existence-less existence. I can think of no better way of emphasizing this very important point than by paraphrasing the essence from an essay by *Count Leo Tolstoy*: "*Stop running madly around and around in circles just because everyone else is doing it! Pause. Find yourself. Collect your senses. Sort out and see your goal. Then proceed straight and calmly toward it !*"

Chapter 4

The Other Yogas

*The streams are many...yet t all lead
to one divine pool of knowledge,
love and power. God is One.*

Meditation is a keen spiritual look now in the minds of individual men today because of the gradual progression of basic yoga techniques. One stage of self-control led to the next. Each of these specific and very basic yoga approaches formed a new bridge to the succeeding one. How this gradually occurred over eons of time is highly speculative to some...but factual to others. Although I may present most of the former, or following material as fact, you are not required to accept the validity of it. To trust a new premise adds depth to your perspective and may serve to inspire your own approach to meditation.

Do not be alarmed if the facts seem incredible. Simply do it. Your own meditation period will work entirely satisfactorily with or without an understanding of the background or the Laws that make it work. You can drive a car without knowing what how the engine works, or how to take it apart and put it all back together as a whole working engine again.

In the long, long ages past--when ANIMAL man slowly became aware of himself as a sentient self-conscious entity--he had little or no control of his *physical* body vehicle. In time the value of CONSCIOUS SELF CONTROL soon became a meaningful perception and--as a rule--our most sought after goal.

Our highest aim was to attain conscious control of all of our own body actions and functions. First, we gained control of our appendages, of our exterior organs, of mobility and then the internal organs of excretion, of procreation, etc. At that time the emotional aspect of our human nature was almost totally dormant and our mental body was merely in embryo. Our gross physical body totally dominated our *waking consciousness*. There simply was no other stable personal self identification possible...since none other existed *within our range of awareness*. Our slow conscious education and gradual discipline of the physical body is and was called HATHA YOGA.

According to the ancient Wisdom-Religions, Hatha Yoga originated many millions of years ago during the third, distinctively different human race...known as the *Lemurian* civilization. The Ancients teach that the Easter Island statues are relics of *latter-day* remnants of that culture. A few pygmies and **Australian** bushmen are the only crossbred survivors. The pure Lemurian race is entirely extinct at this time. My understanding is that the highly advanced inner Earth civilization of *Agartha* is a remnant cross-breed of *Lemurian* and *Atlantian* civilizations....

In the continued passage of years the next human basic yoga techniques were developed...now all aimed to attain conscious dominion of the *emotional* body. There were originally two major yoga practices that eventually emerged and united to accomplish this objective. These two were called LAYA YOGA and BHAKTI YOGA.

According to the Ancients both of these yoga methods were developed by our Fourth Planetary Root Race...the

greatly discussed and highly controversial *ATLANTEAN* civilization.

Commencing millions of years ago...the Atlantean civilization survived several break-ups of its continent until the great flood came...as accurately recorded in the Bibles of the world. The final complete inundation of the last remaining island and Capital city of Poseidia destroyed Atlantis. There was a shift of the earth's poles and a cataclysmic change of the topography of all Earth about 11,000 to 13,000 years ago.

LAYA YOGA...the first of the Atlantean yoga's--still partially connected to the physical or etheric body--is a science of the major *etheric centres*. These etheric or *chakra* centres--whirlpools of pure electric energy--are the seven spiritual...or electrical, if you prefer... counterparts that underlie the seven basic glands of our physical body. These centres are *not* the glands: Our glands are merely their extensions into the physical plane. The knowledge and conscious control of this highly important septet of etheric centres...serves to *stabilize* the emotional nature within man. And man's conscious recognition of this due process produced *Bhakti Yoga*.

Bhakti is a deeply mystical attitude connected completely with our emotions. It was through the use of Bhakti that the *mystics* of the past managed to develop great psychic abilities. In some cases their *intense devotional attitude* enabled them--as in the case with Edgar Cayce--to slip out of the confines of the restricting lower vehicles...and report true physical conditions elsewhere on the face of our planet..whether hundreds or thousands of miles away. History--both ancient and

modern-- stands replete with well-documented accounts of such mystical phenomena.

As the emotional body of the human being becomes individually more defined--meaning that it assumes more definite shape--the mental body awakens slightly in turn. Then slowly over long ages and repeated incarnations, the individuals *spirit* assumes visible--symbolically speaking-- contours within him. This paved the way to the new science of RAJA YOGA.

Now our own *Fifth Human Root-Race*...known as the *Aryan* civilization is in the definite process of learning to master the mind...individually...and as a whole.

If one will look about and analyze carefully he will most certainly note that our entire modern human race is slowly beginning to recognize and consciously employ our mental body. If you will look further back into the many recorded pages of human history, you will be able to *mark off* one struggling sequence of growth after another. Of late we have just encountered what some scholars term the *knowledge explosion*.

This reservoir of knowledge is open to anyone who wishes to meditate and to avail himself of the limitless supply of it universally....

Shall we arrange this into a pleasant allegory? We may say that our current Aryan Race--this includes all five major skin colors--is rapidly becoming a rare full flower in bloom. The accumulated facts of life *knowledge* corresponds to the colorful petals of the modern humanity flower. The fragrant scent alludes to the alluring aroma of *wisdom*. We may carry this picture a little further by observing that through Raja yoga--we now may obtain

the *seeds* of knowledge to sow our individual *gardens*-- or common gardens or collective colossal park of human Earth life teeming with endless radiant yellow-gold sun flower plants—or massive noble, stately, green trees of queenly or kingly success--symbolic of our well-rooted honorable and pleasurable love given soul fulfilled human life on Earth.

There are many other minor yoga practices--such as Karma Yoga-- the individual's effort toward balancing the law of cause and effect in his life, or Mantra Yoga, recently revived in Transcendental Meditation, using sound or rhythmic verse to achieve control over the elements of our own human nature. We could go on and on...listing many other minor yoga systems...but for the purpose of this book...we will quickly skip over much of the very now dead past.

Instead let us aim to bring an abundance of new life to the present...as we uncover our own mental--emotional--and physical natures.

Each of us in the pursuit of excellence--through meditation--will recapitulate individually--in our own conscious awareness--all of the many yoga practices that the human race has learned--or said and done--over the long span of our own planetary evolution. The inner--or consciousness--aspect of form evolves just as surely as the outer--or material--evolutionary refinement and qualitative aspect of form.

Now shall we see *why* the *Science of Meditation* works?

Chapter 5

Why Meditation Works

*On wings of light the images of
reality take starry flight.*

No matter how you approach the working principles governing meditation it will always entail one very basic aspect...the relative position of *your waking* consciousness. Waking consciousness here means your sense of awareness to a specific environment--to a specific level of conscious interplay-- in a tangible field of forces that surround you at any given time.

The key to a shift of focus from one level of awareness to another is to be found through either a self-induced, or an artificial state of trance. Now...by "trance," I mean rendering passivity to your waking consciousness, or sleep. Whether one in trance maintains a conscious control of his will depends on the methods he uses. In sleep the consciousness is released from its natural state of identification with the specific body, or nature, in which it abides.

In over two-thirds of our presently incarnated mass of Earth humanity--this is either the physical--or emotional nature. A pure awake consciousness held in the emotional or mental planes of activity is extremely rare. And when so...it accounts for the sudden obvious super-consciousness, and the strange psychic powers that parallel a conscious contact with the subtler planes of reality.

Therefore, you might ask, how do you go intelligently about rendering your lower body passive and elevating

your consciousness consciously into higher vibratory planes of awareness? Expressed another way...how do you get the very best results while asleep or a trance state?

We may divide the answer to this question into two distinctly separate conscious approaches:

1. TRANCE INDUCED WHILE IN YOUR PHYSICAL BODY

2. TRANCE INDUCED WHILE IN ONE OF YOUR SUBTLE HIGHER BODIES

In your first approach a trance is induced by:

(a) Self-hypnosis--auto-suggestion or whatever--you choose to call it.

Or:

(b) by abnormal or artificial means--a hypnotist, medical anesthesia, drugs--and others.

In the second approach, your trance state is accomplished through the art of subtle concentration, of contemplation and a gradual self-generated ecstasy.

This explains why Eastern yoga techniques are so highly successful and why Western mystics or Saints accomplish their union with their Source. They work themselves into a powerfully charged state of devotion and ecstasy. In due time their waking consciousness slips out of the lower vehicle and produces a vision. American Indians used this technique very efficiently...as do many of our modern churches--or any of the cults--who practice ecstatic devotion on a mass or group basis.

A self-induced trance state is by far the most superior technique...since your higher center of consciousness is fully maintained...while your lower physical centers are extinguished from your field of awareness. This enables you--the indwelling entity--to function consciously on your sudden new plane of awareness while you transmit your new perceptions to your physical brain for a later--out of trance--physical plane registration. Thus the recalled memories of the *subtle inner plane experiences* are duly recorded. However, the accuracy depends completely on the attitude of the individual. If he is far too emotional, then the remembered ideas will slightly or greatly be distorted when recorded by the brain at physical levels. So you can see that conscious, calm control of our ups and downs are very important factors to be dealt with in this process.

On the other hand...when a person is forced into a trance state--no matter by what method--by this act itself he relinquishes his own true conscious control of his higher mental center--to the controlling agent or agency. Thus we can see that the role is completely reversed. He has now moved his conscious seat of awareness into the lower centers--to the subconscious or unconscious layers of his being--and is being used..instead of consciously using his body's magnificent equipment.

In this state a psychic, or a medium, may be used by conscious agents on the physical plane for abstracting knowledge from the higher planes of consciousness. . .but she or he is literally robbed of conscious *personal* experience. And every self experience must be related at a personal waking consciousness level...if it is to be of evolutionary value.

In some very rare cases--such as with Edgar Cayce or Betty White...the psychic wife of Stewart Edward White...the individual may be so keenly evolved--that even during the enforced trance state--they are able to separate a part of their own waking consciousness and take it with them into that higher plane of awareness. They do the dual work of informing the operators at lower physical levels--and *consciously* exploring the higher dimensions at will..bringing this experience down with them voluntarily through physical brain consciousness.

In the second approach, focus--or concentration--is one method of entrancing the higher bodies to achieve a deeper, or higher state of meditation. It is definitely a Hatha Yoga technique. The person concentrates on a Mandala, or physical, object until his physical and emotional natures are rendered passive. Thus a natural transference of waking consciousness to his mental or intuitional planes of awareness occurs.

In this latter technique the doorway of the senses is closed by virtue of the one-pointed concentration of the mind; just as the mystic in the former technique closed off his senses by a massive concentration of devotion. In both these methods the transfer of the waking consciousness is involuntary. Here then lies the immense difference from the Raja Yoga method...which is voluntary. In Raja Yoga, the individual remains in absolute *conscious* control while his slowly moving field of awareness passes up from the lower plane to the higher or--vice versa--as it descends back down into the lower physical vehicle.

To the indwelling point of life--yourself or myself--there is always a state of waking consciousness, naturally centered in the lowest vehicle--of form expression--

which we are using at any given time. In sleep--for most of us human beings--it moves off and functions in the emotional or astral plane; this is the usual case, even for an undeveloped savage who does not yet have a finely organized emotional body. For the more evolved or developed individual conscious travel in this astral body is a distinct possibility..and the astral journey may be registered clearly in her or his lower physical brain consciousness upon awakening.

This astral traveler has earned the power to explore another dimension of consciousness. The person who reaches higher self control than the emotional and concrete mental planes... and who achieves a *continuity of consciousness* at will--being literally is a Superman--an Adept--or a *Master*. He transcends and taps the total field of knowledge...having free access to all time and special contours concerned with our planetary or solar level evolution.

As current ordinary psychology has already discovered in experimental hypnosis...the deeper the trance state...the greater the area of exploration that opens up to the hypnotist. Meditation works in much the same way--via one higher trance level state after another; but it works because of a subtle conscious transference of the personal field of awareness from one plane to another.

You will discover that as your own ability to utilize self-suggestion--or auto-suggestion increases--so will your ability to tap greater fields of awareness. Thus so will you be better equipped to help lift the consciousness of your world. More awareness naturally tends to bring greater fulfillment and a greater maturity of expression to the person in possession of it. Now let us explore our

amazing three-fold body. Your understanding of these three desperately conflicting natures within yourself is your first major real step toward knowing the *real* you...and it will aid tremendously in forwarding your ability to assume a positive and productive posture during your meditation state.

Chapter 6

Your Three Bodies

*One plus one equals three, the
higher, lower--and middle me.*

You have three separate subtle energy bodies merged into one integrated unit you know as your *personality*. These three human body mechanisms are linked together through the power of thought.

It has been a well-known truth in the East that...energy follows thought. Our Western world--through the new science of psychology--is just beginning to recognize it. Our modern medical men and psychologists know that a perfectly healthy man can make the cells of his physical body ill by dwelling on negative thoughts. Any prolonged state of emotional stress actually undermines and breaks down our physical body tissues. At the same time, our doctors are also rapidly learning that the opposite state of mind--a positive attitude--relieves stress and restores harmony...and greatly aids a physical body healing process.

All that we touch, taste, smell, hear, and see exists because of thought. All of phenomenal existence merely reflects a sum of symbolic--functional and three-dimensional--objects created by *The Great Thinker* and his host of human and *Super-Human* co-creators. All objectivity originates from Universal Mind. By objectivity, I mean that energy assembled as a tangible force that registers impact through one or more of our senses.

In a microscopically small way you and I are creators

of objectivity around us all of the time. How much you create in the objective world depends, first of all, on how much and how long you hold and empower any specific thought and, secondly...on the exact amount of energy that you pour into it. Whatever your objective goal...be it love--self-realization, fortune, or whatever--it can become a concrete reality reflected in your life only after it is conceived by desire, borne by thought and delivered by action. It must first be desired and imagined in your mind. . .Then once the idea has precipitated in your intellect...you can proceed to clothe it with layer upon layer of denser material substance.

Depending on your prolonged thought and action--plus the action you have generated by the group around you--the success or failure of your mental projections is established on the physical plane.

For example: imagine that you are the owner of a small business. You think it would be great to expand...to increase your business and provide a better income for your family. The thought grows with time as you consciously feed it more energy. Looking back at the sequence...*first*, the idea took shape in your mind... *secondly*, it appealed to your innate desire to better yourself. The desire has grown. *Now* you must sit down and *think through* a specific inspired plan to achieve your new ambition. With a little concentrated thought...you focus on the idea of advertising in the local newspaper for a dynamic promotions executive. After pouring enough energy into that thought..you have driven yourself physically to pick up the phone and dial the local newspaper and place the ad which you envision will get you the fastest and best results of attracting a new employee. A few days later you sift the right man out of your host of applicants and give him the bare-

bones plan of your idea. He tunes in quickly to your enthusiastic thought... He goes quickly to work. In no time at all...he himself begins to extend the materializing of *your* plan through several well-*thought-out* promotions. A few months later the whole world is smiling with you, as you suddenly find yourself managing more and more contented new employees. Meanwhile, you are making triple your previous income. Your initial nebulous idea has bloomed into an abundant crop of sweet fruit from your initially seeded desire. It has germinated and is now garmented with rich layers of visible concrete reality.

Actually no idea originates with any human being. All ideas proceed down, down through various sacred channels from the Universal Mind. You become a conscious co-creator with Universal Mind when you reach up--and pull down--for an idea from the abstract--to your individual region of your own mind. Then you define and clothe it within the breadth , depth and height of *your* mentality. You also color it with your own unique emotion. *You mix in your own unique thought and serve--or neglect it--through your own vital inspired action...or lack of it.* Ponder well this last sentence. It contains the total step-down process of meditation.

A state of meditation is initially achieved when your physical brain is lighted by your new idea. Naturally once the new idea is attracted into your conscious mental area it is totally now your own unique responsibility to bring it down into adequate physical plane expression. The best method is through a controlled emotional drive and a correctly inspired and so aligned physical action. The conscious central point--of all this coordinated interplay between your three lower bodies and surrounding environment--is focused in

your *mind*. Your mind discovers the new pathways that lead you into new states of awareness and greater personal freedom. Your greater freedom is incidentally ever relative. It simply means a greater choice of alternatives.

Figuratively speaking...from that high point of concentration overhead...your two lower bodies are moved into the proper attitudes or altitudes and the cooperative action to do any specific job on the physical plane. The three lower bodies of man work together *as a unit* of one to provide a diverse field of new experience and self-expression for the now *indwelling* entity.

There is a unique difference between each of them. Yet in examining the major attributes or aspects of these three bodies we must keep firmly in mind the fact that they are tightly fused into one integral and operative unit. Your focus of ATTENTION at any specific time is the important aspect to consider. Each of your bodies has a unique quality--a specific post--but they are insolubly linked together by you...as one functioning consciousness. Now let us briefly examine each one of your three bodies.

THE PHYSICAL BODY

The dense physical body is really just an aggregate of gross atomic particles. It is more or less a robot for the use of the indwelling consciousness. It is divided into several functioning parts...all designed as outlets and inlets of impression and expression on the dense physical plane. The gross atomic particles that hold the physical body of a human being into--a perceived solid--shape do so because of their forceful attraction to the etheric--electric--blueprint of the inner man...the spiritual being--whom they support. This etheric body is actually *the real physical body* and forms the peculiar electrical wave pat-

tern set up by the individual as collected and modified by the past conscious and unconscious experiences. This composite of organized electrical waves and particles underlies all units of substance.

The primordial foundations of SPIRIT and MATTER are the sum and substance of any form of life expression and are bound together by necessity. One cannot exist without the other. Each makes the material manifestation of the other possible. Merging of the polarities of matter and spirit produce what we define as *objectivity* and limits the boundaries of that state of an atom, a man, or a world. It always follows the shape of the inner life...whether it entails the simplicity of an atomic structure or--the total complexity of the entire world--or any of the numberless, intricate gross and subtle forms in-between. The One Spirit underlies forms all of The One Universe. The diversity of form is only the specific differentiation of The One Life into specific limiting special contours which perform specific--or general--evolutionary processes that the mind of man...also limited by this process...reels to speculate about. We may know the inner sanctum of God's mind only after we have learned to know our own.

There is a major reason why we have drifted to this area of thought. If the vast outer body of our physical universe is the exact counterpart of That Great Entity which supports it...we then have the true scientific basis for brotherhood. Our minute human bodies are linked etherically ...thus insolubly together. Each one of us is a unique miniature universe with all the potentiality--but not all of the actuality--of The One Universe to abundantly support our individual lives. Our dense physical forms are the foundations --in the physical plane--for our emo-

tional, mental, intuitional and more subtle spiritual sheaths--or covers--of material manifestation. The objective physical form is a distinctive layer of atomic particles to itself...disintegrating and returning to the common reservoir when the indwelling life abstracts itself...for integration is only possible when the subjective life energy sustains the form.

THE EMOTIONAL BODY

The next veil or sheath that houses your consciousness is your emotional body. It is also known in most psychic circles as the astral body...but may more explicitly be termed your desire body.

All the complex sensations of pain and pleasure--of attraction or repulsion that occur within any unit of integrated consciousness--are possible only because of the forceful relationships within an emotional body.

Modern psychology is correct when it postulates that external and internal stimuli, with their response to pleasure and pain governs the actions of all living organisms. However, it has not gone far enough, since the external impacts on our sensory channels alone do not motivate our actions. Esoteric psychology goes one step further. It is the will--or its stepped-down equivalent--the *desire* aspect of the consciousness within seeking expansion or MORENESS--not merely pleasure per se or freedom from pain--that constitutes our motivation. LESSNESS causes a conscious registration of the sense of contraction--of restriction or less being--which psychologists label PAIN. The gathering together of more awareness of *Source Self* evokes the feeling of PLEASURE. It feels good. Now decipher that to mean it feels *God*. Therefore the presently defined and very limited

terms of *pain avoidance* and *pleasure seeking* do not define the magnitude of the inspirational and the motivational response within the any sentient or living organism. These latter motor response motivations are merely fitted to sensory organ perceptions. The basic motivations are those that work from the whole to the part from the general to the specific. In the final analysis all motivating forces are in reality the result of the inner registration of *lessness* or *moreness* involved in the *give and take*--the integrating and disintegrating processes--of life.

The focal point of all these registrations is the emotional body...which may be further defined as that conscious appropriated and integrated field of energy held within the confines of any form of life...at emotional levels. As a conscious--or unconscious unit--it is definitely attracted to or repulsed by its registrations of the surrounding environment. It constantly seeks to avoid *lessness* and to gain *moreness*. In the aeons' behind individual evolution, it began in embryo along with the birth of the first physical atomic structure as a faint impulse--a speck of awareness--to and of motion. Eventually...it became a definite speck of unitary consciousness. That minute point of consciousness grew and grew into now a complex physical and emotional human organism. When the first embryonic particle of your thought met and reflected your point of awareness inside of you suddenly flared or sparked to suddenly make you aware of self...opposed to a simply being a not-self.

Note: My book, "*The Mental Room of Mirrors*" explains this self-creation process more clearly.

Before this..you had held an aware sense of *am* that which you had become...but not of an "*I am*" *self*. The "I" part of your consciousness could not develop--in you--

until your awareness to a "not I" had first developed in 3-D duality. However as soon as this rudimentary self-consciousness developed you were off and running. Then every new experience gave you a feeling of self-expansion *You* registered--or knew--a keen sense of pleasure as you expanded. Or conversely for every experience that enforced contraction you registered a sharp sense of pain.

We must keep in mind that all the gross and subtle sheaths of the indwelling unit of your consciousness are formed together at the first atomic inception of your individualized unit. Furthermore--this process of arriving at the inception--or that *conscious point* of inception--involved only the movement of *involution*...the *downward* -- or outward--spiral procession of spirit into matter. Whereas, the process of evolution is the upward--or inward--spiral motion. It is the progression of spirit...out of matter and...away from physical enthrallment. This means that during the building of our lower self-consciousness...our grosser forms on the physical plane are registered first. As our higher spiritual self-consciousness built or evolved...the subtler bodies--our emotional, mental, intuitive, etc....were registered in that sequence. However no drastic line of demarcation exists. The total upward progression is always in degrees. It always overlaps one plane of consciousness and the others.

At no point is there a clear mark of distinction--with one exception...and that is--when the indwelling unit of life drops the *used up* lower form and transits to the succeeding higher...or subtler energy sheath field level. Yet in reality--along with every descent into physical incarnation --there must be... by Law a corresponding after-ascent. These ascents are really a succession of

deaths...as each succeeding form is worn out or--repulsed by the indweller for some reason--or left involuntarily...by a forcible ejection, e.g., a violent explosion, accident, shock, etc. . . Thus we see that the once found IMMORTALITY of the individualized consciousness continues eternally. Only the countless forms fall away like flakes of chaff from the refined and purified grain of wheat. The husks fall by the wayside. The germ remains forever to forward the inner life into further extension and expansion without end.

The development of our emotional body is highly important. It is much more desirable to have an overdeveloped--rather than an underdeveloped--desire nature. Evolution will carry the individual forward who has life energy to spare...who demonstrates the vitality to try new things...who can and does experiment, experience and express. On the other hand...the individual who lacks energy is rooted like a tree to one spot and eventually stagnates. The highly energized person may be a drifter with his mental body not yet sufficiently organized to yet give him intelligent direction. Nevertheless he is adventuring his way from port to port, while the listless person remains adrift and stagnates in the mid-ocean of life.

Your emotional body pours the vital energy of desire into your life. If you are highly advanced--which means only that you have garnered more experience--it directly activates your will. Otherwise...there is a less forceful energy of desire--still highly potent--which motivates you toward conscious or unconscious MORENESS.

Your effort to recognize your emotional nature--to treat and discipline it as a distinctly separate body within your integrated consciousness--will indeed pay you

fruitful and rich dividends. Therefore...in the future try constantly to note and overcome--not empower--the various irritable emotions that seep, trickle or flood your being--at any and all times of day or night. But under no circumstances inhibit your emotions through suppression. Instead, merely let go.....Release this energy back into the reservoir of nature. Do not dwell on--and thus energize--negative emotions. They must and will go away the moment that *you* take away energy. Our doubts, angers, fears, etc...live only because we give them life through our attention. The moment we turn our thoughts and feeling nature away from them they die of attrition. Make it a point to strive continuously to *know* yourself--to know your self-destructive emotional tendencies--and to redirect their excessive energy into constructive outlets.

All great and powerful men and women are very highly energized. They are usually highly sexed...and highly emotionalized individuals. The singular difference between them and their less *actualized* individuals--to borrow an apt term from *Maslow*--in is their certain ability to transmute their overflow of emotional energy into a channel of creative expression. Your creative work is done through a proper guidance of your *mental body*...which brings us now to that equally provocative aspect of our study.

THE MENTAL BODY

As we have noted before our *Aryan race* is the first true emergent of the *mental* type in this *world period*. There have been many *individual* forerunners--humans ahead of their time--in the ancient Lemurian and Atlantean races...who through yoga meditation techniques succeeded in building gigantic mental bodies. This is a

natural part of the overlapping process..on any man-bearing planet anywhere in the universe--in any involvement from one stage of being to another. In every walk of life a few folks are always ahead of the crowd--but the wonderful fact is that *humanity as a whole* has finally reached the point where the average individual operates with a fair--or decent workable--mental vehicle.

The mental body--just like the emotional or any other body formation--assumes a distinct body of energy within the integrated consciousness of your being. It is certainly a subtle atomic substance--invisible to the ordinary five senses of the average individual--as is the emotional body. However, there are extensions of our lower sense and to the individual with etheric, or clairvoyant, sight these two subtle bodies are clearly visible...each with its distinctive contours and phenomenal blazing assembly of colors.*

Your present objective though is not concerned with visual sight of your mental body through extraordinary eyesight. It is rather the ability to recognize its presence, and then to use it functionally as a tool of consciousness. Since it is the third highest instrument on a level scale --counting upward--it is equally just as powerful a ruling force over the combined lower two...as is the emotional body...over the lower physical one. Here, then, stands **the secret** of any kind of 3-D worldly success. A person that learns to live habitually in his mental body is able to rule over his emotions and his physical body. Both of these vehicles are normally fully subservient to forceful mental directives.

*The book BREAKTHROUGH TO CREATIVITY By Shiva Karla explores and verifies the etheric body.

Yes indeed the *mental man* may in moments of weakness descend down into an emotional storm with other human souls in incarnation--who are still centered so rigidly in their emotional bodies. Yet... the degree of recovery effort and time needed between them is totally different. Where the mentally polarized individual may quickly easily forgive and forget--taking almost immediate residence once again into his naturally impersonal mental body--the less evolved and highly emotionally polarized individual simply cannot so easily do this. She or he usually cannot elevate her or his feelings into the clear sunlight of thought. Instead he or she sullenly rides out the festering emotions until sufficient lapse of time has moved him farther away...into another arena of feeling. Time alone heals emotional wounds. This is a truth that modern psychology recognizes but yet does not realize that the reason the wounds even exist is that the emotionally reactive type of person *habitually resides* in his emotional body. He simply cannot help his emotional stance...since he is literally submerged in it. Like a seeming suicidal moth passion and desire draw him toward the fiery burning light of self-destruction. . .

Whereas a calm state of serenity and understanding provides a radiant light and a constructive direction to the fully mentally polarized person. However the mental man must not shut out emotions. He simply gives more life and more control to them. All the human bodies and etheric centers are developed and used. At no time are they shut out...and left totally behind. The exception to this *rule* is the Adept who takes the fourth level initiation--or fifth level Master-who has left lower 3-D bodies be-

hind, but who are able to build--at will--a usable physical vehicle whenever he wiffully chooses to make contact with a disciple...or with a group within the masses of humanity on our Earth 3-D physical plane.

Almost any person can rise into his mental body to consciously note his thoughts. The location of this force field--or vortex of energy--lies definitely in the head. For animals their thinking center is located in the region of their *solar plexus*. Their nervous system is galvanized into action from this particular *seat of power*. For us humans each of the basic seven electrical--etheric--force centers of our body's exerts a force *peculiar to* its location. The physical plane life survival center is located at the *base of our spine* and--working through the *adrenal gland*--galvanizes our endocrine, nervous and circulatory system into swift needed survival action.

Note that ever present triplicity again..The emotional center of the average man--which lies in the solar plexus region--utilizes the *pancreas*...and when polarized in the heart region--utilizes the *thymus gland*...of the highly advanced individual. The mental man would reside in one of the two major head centers--either in the higher with the *pineal gland* as the physical counterpart--or in the lower center with the *pituitary gland* as the point of focus...depending again on the degree of personal evolution of the individual.

It should be abundantly clear--from much of the preceding--that the higher we hold our thoughts and feelings the quicker we evolve out of our present plane of endeavor..wherever that may be. Thus we move on and on to our next higher level of evolution. No matter where we are presently centered we can rise higher. The progression is endless and the technique we use is the

transformation of our individual consciousness. We eventually become what we hold in our minds and in our hearts. We become to what we give our major personal and continual attention.

What difference will it make if we are polarized at one level or another? How does a particular level body or force center color--or qualify--an individual or group? As a general frame of reference we can designate the three major different *levels* of human development as such:

LEVEL ONE: The brute is an uncultured savage who remains centered almost entirely in his *physical* body. The lower type denizen of the slum centers with an almost total animal nature also falls into this category. This individual is ruled mostly by his natural lower physical drives and self-preservation with no regard of the rights and life or properties of others.

LEVEL TWO: The average citizen of any of the materially advanced countries. He is centered in his *emotional* body and ruled--with few exceptions--by his material desires and ambitions are tinted with self-interest. About two-thirds of our present earth humanity fall into this classification. NOTE...this evaluation was written in the mid 1970's. It has thankfully changed immensely since then. Indeed, our awakening Humanity on Earth is greatly blessed.

LEVEL THREE: The WORLD CITIZEN. . . who lives in all countries today. He works consciously for the good of *all* humanity. He is centered in the *mental* body and ruled by his shining light of love and quick understanding. A will toward *the synthesis of all* governs the core of his being. *Richard Buckminster Fuller* is a prime exam-

ple of this type. Ghandi and Mother Teresa also held and occupied this level of Being.

In considering the energies of these different bodies at these three distinct levels we must recognize the fields of deception that must be overcome within each of them....

At the physical level *Maya*--or the *world of appearances*--must be transcended. The *world of meaning* will then engross our attention. At the emotional level, *glamour*--the veil of delusion--must be transcended. The light of knowledge must descend from the mental plane and illumine the aspirant of truth. At the mental level...*illusion*--the deceptive cloak of concrete thought--must be lifted; enlightenment must pour down from the light of the soul.

The purely intellectual type who denies his emotional nature is in great danger of treading the left hand path...the way of the black magician. He must reach higher into the intuitive plane and bring down pure love and pure reason into his consciousness. It is a strange paradox that the higher mental type--who loses himself in the ALL--finds himself as the ALL. At no time do we suffer extinction as an individual...as has been so often wrongly interpreted by Western authors of Eastern philosophy. This is merely genuine and innocent ignorance of the true facts. Yet this is understandable since there is little understanding in the West on the subject of *samhadi*...and on other extremely highly elevated human states via meditation.

On the contrary...it is to be emphasized...that the individual finds that MORENESS he has been seeking so diligently through the eternal complex of time. He

has sought The Path of return to his Source...ever since his deep spiritual descent into gross physical matter aeons ago...ever since his self-differentiation and his personal loss of conscious identity...with his *Creator-Self*.

In summary, each of these three unique bodies--the MENTAL...the EMOTIONAL...and the PHYSICAL--grows with use in time and space. It is up to you and me to discipline, and to exercise them to our great evolutionary advantage. The true life is ever *an abundant* one. How each of us masters each one of our three different bodies...determines our own time and place...in this magnificent scheme...this colorful crescendo of sound and drama we know and hopefully revere that *we call life!*

Chapter 7

PREPARING YOUR PHYSICAL BODY

Till the soil and prepare the land.
The pilgrim lifts up an empty hand.
Out of the cavern and into the
light!

In the Eastern countries, during a formal act of meditation, the yogi sits cross-legged on a rug. The Oriental learns at an early age to relax in this particular position. It provides the best form of equilibrium for him. And thus he sits with his ankles locked over his thighs. His spine is erect and thoughts are held high.

However, this identical posture is unnecessary unless it is more comfortable for you than another. The most important point to consider about your posture during meditation is that it gives you a maximum of freedom from physical tensions and still tends to keep you *awake* and *alert*.

Sit down in a comfortable chair. Choose a spot where you know you can get into quiet solitude for a while. If possible make use of the same place...also at the same time of day so that you build a private shrine and an ordered rhythm to your meditation periods. The time of day recommended for everyone is early in the morning. According to the Ancients the ebb and flow of daily energy follows the planetary cycle. There is a maximum burst of energy at dawn. So, the best time to meditate is in the early, or wee morning hours.

Nevertheless, though it may be best to start with the

natural flow of energies in the morning-- a few minutes of meditation *at any time* of the day is better than no meditation at all! If you are wise, you will work with the tides of energy around you. Yet even at a disadvantage ...a determined will can accomplish almost anything. Whether you stand on one toe at midnight, or lean on your elbow at noon it makes no difference...*if you get results.*

The *purpose* of meditation is to get results. Your or my approach depends on you or me. Whatever technique that I might suggest to you may be adapted to *your* own best advantage as you choose. It is vitally important that you feel natural and at ease when you engage in meditation. Make your meditation light and keep it a fun or a deeply pleasurable experience that you eagerly look forward to...with joy in your heart....

The rest of your meditation procedure--at *physical body* levels--is very simple. If you are comfortably adjusted without crossing your ankles rest your feet solidly on the floor. Place one hand on the other resting them both effortlessly in your lap or on each knee. Take several, deep slow breaths which automatically tends to slow down all your body processes. Now completely forget your physical body. Let go. This prepares you for the next step...the *conscious* awareness and wide-awake mental control of your emotional body.

Chapter 8

PREPARING YOUR EMOTIONAL BODY

A deep pool of clear blue water,
Touch the whirlpool and
calm the waves.

It goes without saying that until you are aware of your *emotional body* you can never really control it. It may be natural at first for you to question the validity of such an abstract thing as an emotional body. Do *you* really have an emotional body? If so...exactly where then is it?

Yes. Everyone has an emotional body. If it makes you feel better--about it--you may call it your subtle emotional *nature*. In any event it is your *body of emotions* assembled together. They are your own and are contained in the conscious or unconscious periphery of your auric being. The *sum* of your emotional sensitivities always adds up to your accurately recorded *emotional temperature*--which varies daily as well as momentarily. Your emotions are affected by your adjacent physical health and your current mental focus...your calm centered poise or discernable lack of it.

Where is your emotional body located? In the more highly evolved individual the emotional body is centered in the heart region. In the lesser evolved individual it lies in the solar plexus center.

You must note carefully that these centers are *not* the *dense physical glands* themselves. They are the subtle--soon compounded--electrical force aggregations of vortexes of energy that cause the physical manifestations--the gross outer garment--of your body and its fine-

ly differentiated organs to be *objectified* as a *physical* human being.

What is the emotional body? How did it ever come into being? Your emotional body is your own unique assembly of emotions gathered into your body...either controlled or *not* controlled by yourself. The emotional body consists of two basic essences...*thought* and *desire*. Desire used in this context means stepped-down will. Your will is your often much hidden purpose or *life, the inner goal* set by your *divine* soul self. Very few people are able to express pure will. Only an absolute master of himself is allowed to *use* such immense power. The rest of us--no matter how advanced--use only an extremely watered-down aspect of will identified as our desire.

Whenever thought and desire come together the net admixture demonstrates as *emotion*. That emotion may be extremely base--involving anger, fear, doubt, etc.--or very uplifted--involving happiness and aspiration--depending on the individual. Your total *field* of emotions is known as *your emotional body*.

Now let us move our minds away from the theoretical --as far as the masses are concerned--and back to the practical. Remember that the practical exists and is working in all of our human life situations...even when a person is unable to accept or understand the theoretical.

Once you have relaxed your physical body you will have no trouble *sensing* or feeling your emotional body. You simply reach out consciously toward the point of *most apparent sensitivity* in your body. This vortex of sensitivity will usually be *registered* in your *heart* or *solar plexus*.

As soon as you locate that highly sensitive point of your consciousness you will automatically register the exact *emotional temperature*--you are feeling--*at that moment*. Some days it will be very vibrant and intense. Other days is relatively calm. This vast difference stems from the fact that every impact--that reaches your consciousness at any level--sets up *vibratory* waves in your emotional body. The more violent...the more vibration! During any specific day your emotional body may have from a few to several hundred whirlpools of force--emotions--registered within it. Some emotional shocks last days, years or even whole lifetimes. Others--which are less intense--are dissipated hurriedly...unless reinforced and thereby held in your auric field space for a longer period.

Unless a person can move consciously into his mental body...only time--or sudden other more vital tremors--may dim or remove him from the trauma of his *negative* emotions.

Another viable solution is to obtain and read my book titled: "*The Mental Room of Mirrors*." The no cost--simple mental room of mirrors technique--will help you...or anyone who applies them...remove their traumas and unwanted emotion--or mental junk--almost immediately....

The person who consciously takes his energy up into her or his thoughts automatically leaves negative emotions behind. Being energy-less they soon die through natural *attrition*. All forms--including old thought and old desire will die when deprived of living energy. Thus on the very positive side...focused energy is our key to vitali-

ty or life. This is an immutable law that holds true to any person place or thing.

In meditation it is absolutely necessary to quiet the low vibrations of the emotional body as much as possible. No one has the right to demand the impossible of himself or of others. Therefore simply and kindly do the best you can. Then dismiss your attention from thinking any more about it.

The reason for emotional calm is very apparent with a moment of careful thought. The clear reflection from a tranquil lake is quickly distorted to the observer by the impact of a tiny pebble on the surface. In meditation the emotional body transmits the newly abstracted thought to your physical brain.

If your emotional body is rippling with waves--from any trauma that you hold--it will certainly produce a reflective distortion of any truth you abstract in meditation. The *fact* you perceive via meditation--may be totally true and you may be a perfect analyst--but if between you and the fact...a minor computing machine--or even a tiny part of that machine--fails to register *all* pertinent relative information accurately...the final analytic equation will definitely be wrong.

Due to this lack of understanding capable mystics innocently distort the info they receive. One or several links broken between their quite holy revelation--and their initial accurate seed idea--if broken colors or conditions the final *outcome* of the *message*...

The more disturbed the emotional nature the more colored--and distorted--are the interpretations of the new

thoughts imprinted on your physical brain upon your conscious return from a state of meditation. In fact a loss of coherence occurs any time when emotional control is lost.

This ratio is exact and governed by the scientifically known Law of Cause and Effect. No single creation or atomic particle in our universe is free from this Law of Balance. The *Law of Attraction* keeps all life forms in perfect balance. *There are no accidents.*

Your ideal situation for meditation exists when your emotional body is perfectly placid and quiet. Then every pure thought passing down--from your mental body to the physical brain consciousness--is undisturbed. Each new thought is sharply etched and clearly drawn and easily then understood and transmitted to your waking mind...

Now--after having found that sensitive center of emotional response in your own being--fasten your hold on it and very gently subdue any excessive vibrations. This total process takes but a few seconds. It ought to surely not take more than a few minutes.

With regular daily practice and steadfast meditations day or night...you will become more adept at seizing and holding your emotional body still. Thus you can soon erase any new gross vibrations from it at will. So come now with me mentally as we both move our consciousness into the fascinating study of our magnificent and colossally mighty *mental* body!

Chapter 9

PREPARING YOUR MENTAL BODY

The fire burns bright, yellow flames
leap the gap. Fire, water, and
earth glow in the night.

The thought of a *mental body* is not so strange as the idea of an *emotional body*. Everyone accepts the fact of their mind. Hardly anyone has not paused at some time in his activities to rest serenely in her or his mental consciousness. But as we all know this is certainly a very infrequent occurrence in our go-go time-centered materialistic Western world culture.

However those individuals who enjoy *enduring success* in our society--no matter what their particular work--have all learned to relax. They withdraw within themselves a few minutes a day to re-energize their three bodies. Whether or not they do this as a conscious act of meditation does not concern us here. The important thing is *it works!* The law of *Cause and Effect* never fails. Every *good action* breeds *good results* in spite of our conscious or unconscious awareness. *Intent* means everything!

The great men and women of the past--and present--are a sharp contrast to other men and women. They have an exceptional dynamic vitality. Life is vitality. Vitality is life!

One is inseparable from the other. Meditation will add *vitality* to all three of your bodies. A very simple focused power of thought in the *now* if self establishes a connecting link--a direct channel--to and *from* the *Source* of all energy--the fount of our own individual life--our *Higher Self*.

Mind is finer etheric substances that holds your *three body natures* together. It is manipulated by thought. Your *will*--modified as *desire*--pours electrical energy into your emotional nature and demonstrates as the flaming urge of a personal desire. It pours frictional energy into your world around you. The cumulative results of all these transactions brings about the literal embodiment of your will into the objective world. Your will moves into space and time. It clothes itself in appropriate substance along the way. It finally becomes a dense physical 3-D form, or an event, that mirrors--accretions of gross physical atoms--what represent your original impulse and vision.

Note that I said *represent*. *It is* not actually the original. Every step removed from an original mold...loses authenticity no matter what duplicating process is used. All our creations--including our three lower bodies--are only projected forms for our identification and our daily use. *You*--the eternal Original Being--maintain your *quality*. Gradually you add to your being the experiences you *consciously realized*--in the use of all forms surrounding you --during your many sojourns through time and space.

It makes no difference how small--or how large--a form your expression requires. Whether you are creating a simple poem on paper or a lush garden in the desert it becomes a reality. It is *vitalized* also *proportionate* to the concentrated energy you pour into it. The man with a highly developed will recognizes no failures for

he holds a steady meditative posture. He moves ever forward He persists until time is over-come...and 3-D space gives radiant material birth to his creation. A mighty *faith* that moves mountains works through any person who gathers focused thought and utilizes her or his immutable will.

Your mind is a shining entrance into the higher world of energy. It is the doorway to your world of complete freedom. Through the portal of your mind you have the vital means to cross the subtle etheric bridges between yourself and all other life manifesting in lower forms. Using your mind you may move consciously into the vaster spiritual reality of your infinite self being. You may *willfully* propel yourself here and there in the great sweeping universe from which you have split off to become a conscious individual part.

When your physical and emotional bodies are carefully adjusted...you are well on your way toward a good meditative posture. You will find yourself alone in your *mind body* shifting here and there in a field of gyrating fresh new thoughts. Your job is to halt that *uncontrolled* processes.

Your mind control at first will be very limited. Literally scores of unrelated thoughts will come and go through your subdued consciousness. Perhaps your thought may rest fragmentarily on a single physical sensation...or on a persistent itch...or on an aching muscle. It may suddenly flit off to the sound of a passing car or a bird tweeting nearby. You will soon discover that your mind gallops to and fro like an untethered horse. It responds to one impact of the senses after the other.

It has always been a well-known fact--in most *meditation circles*--that so many beginners reacts with amaze-

ment to the free-wheeling undisciplined antics of their mind. His obvious *lack of control* that he now holds or exerts over his thoughts is suddenly apparent. Your mind has a sneaky habit of slipping subtly away--from your seed thought--before you are even aware that it has wandered. This is why the yoga teachers tell us that only a rare few people use their mind. The reverse is likely found...our mind *uses us*. However when we begin to learn meditation techniques we soon turn the tables on that errant mind.

Gradually then--with persistent focused attention and daily practice--you do become your mind's master. That will be and is a great thrilling *turning point* in your life! From that moment on you are an *aware initiator* of your own destiny. You are then no longer influenced by every whim of the elements. You are no longer a slave to the countless emotional storms whirling endlessly on and on within--and without--your system and human world.

The time and amount of practice to achieve *apparent mind control* differs for everyone. One person gains control with ease within a few hours. However for others...days, weeks, months, years or many, many lifetimes of re-awakening--and continued conscious daily discipline--is required. We each follow a natural, well-earned line of progression. All nature proceeds in orderly stages. Every added fraction of conscious control over your mind--through meditation--becomes an integral part of your body's equipment. It is usable immediately. In time you will find that a sure personal success follows any concentrated effort. The time needed is in exact ratio to your past or present lack of control. What you have learned you have earned. The knowing irrevocable law of Cause and Effect enables you to *gain and* to keep

every aware part of life experience through which you *have consciously* passed.

After all...the only thing in *consciousness* that really counts is that which is *awarely registered*. All other impacts against--or through your system--do not exist in your own personal *conscious* reality or world. They are unconscious and soon become subconscious....

It is apparent it is your own inertia--or activity--limits or broadens your *degree* of awareness. As you deepen your attention expansion necessarily follows. As you expand your awareness you expand your consciousness.

The paradox is that each step you take further *back* in identity from (a) your physical body...(b) your emotional body...(c) your mental body...*frees* you to make more choices and to manipulate more area of new conscious self-control.

You can and DO control the pressing affairs of the world around you only when you know and have gained control of yourself. The Ancients knew it. The Greeks knew it...and *now you know it*. Self-knowledge breeds potent self-power.

Try to realize how important this ordered sequence of dis-identification, detachment, or dispassionate involvement--with your three lower vehicles--is to you. The door to your own personal success opens when you begin to master the force fields of the world around you. Up to that point you are just like the other nine hundred and ninety-nine out of a thousand of us who are swept along--almost blindly--by the unconscious *dominating forces* within and without us.

Incidentally these unconscious inner and outer forces--which are a main subject of contemporary psychology--were known long ago by the *Ancients*. Our vaunted *modern* scientists are *late-comers* to the *astute truths* taught by the meditating sages and seers of yesteryear. All that modern science and psychology uncovers --or unveils as *new knowledge* was generally already well-known to them.

As one transcends academic lore he finds most learning *above the norm* must come through meditation within. Meditation is the great key to individual or group progress. The thinking stance and the physical posture may vary but the *results* are the same. One person may work in a public laboratory and the other in the seclusion of a private sanctuary. Yet both types of enquirers must utilize the same channel--the mind--to gain entrance into any abstract regions of consciousness. Also, if either of these two different type of researchers are to succeed ...she or he must wrestle with and master thought. Thought alone has the power to rise to the *abstract* plane of *intuition* where all points within the great reality--both within and without space and time--can be cognized and contacted.

If we think it through--everything within any *confining* boundaries of time and space defines and *limits* reality perception.

As soon as we recognize something as existing--within a *defined* area--we know immediately that it has an edge--a width, height or a circumference--thus a 3-D limit. All *forms*--by definition--are limited... including our entire objective Universe. The consciousness--resulting from the merger of spirit and matter--is part *in...*and part *out...*of its restricting boundary. Consciousness show

Life. It permeates *All Creation*--which may be a tiny part of an even *Far Greater Reality*--who knows?

Our simple human mind staggers to grasp the expansive concept of a *God* within *Gods*. It is now mighty difficult for most of us to grasp the much simpler concept, that we are *minor gods* within our *Major Gods*. Our *Planetary Deity*--"in which we move and live and have our being" as Saint Paul expressed it..is one of these. Each one of us is a living cell in the great body of our planetary God just as equally as our own bodies are major gods to the constantly re-incarnating cells within our individual human systems.

The point is why be limited at all? Our *own* true real greater life exists outside any and all limits of time and space. Therefore, we are not limited. We each and all have unused potential. This *unused* potential is the *golden paydirt* we are all mining *in reality*. One goal of meditation is to further our objective creativity. In subjective terms it is achieving personal success. Happily, the success of one person aids and bolsters the chances of success of all humanity.

You are learning to tune your intricate human response mechanism--led by the mind or your mental body--into the abstract regions of thought. You will literally abstract new ideas from a *region outside* of time and space. You will clothe these new thoughts with concrete mental matter that has objective meaning to your physical brain self awareness. It gives concrete give birth to a flock of neurons and new brain cells...born through meditation. You build new physical brain cells--a larger brain--and thereby obtain new insights and greater objectivity.

Your meditation really begins when in some small way you have begun to concentrate on one targeted idea for

a prolonged time. 15 to 20 seconds of this kind of focus accumulates sheer *pure* power. *Control* of your mental body is absolutely necessary in this process. When you are successful in seizing your wayward flitting mind and bringing it back to your chosen subject--the moment that it strays away--you are definitely moving into a strong meditative posture. Keep your mind focused on one subject. Then penetrate deeply into the many dimensions of thought surrounding it. This then is how you learn *to tap into the soul of all things*.

THE CONCENTRATION STATE

Center your life into the point. There
in the bud...the flower lives.

Many individuals are already tremendously advanced in their *native ability* to concentrate. This innate ability is usually the reward of a long life--or many humanly embodied lives--of self-discipline. The person who is constantly above average in any field of business, sports, science, arts, politics, humanities or whatever ...attains that position because she has learned to hold her mind's eye steady on one persistent objective at a time. Her energy is not diffused. She is one-pointed--though not in the narrow self-centered sense--but in the ability to persist toward the goal...and she thus soon achieves it. She is the self directed woman that moves selectively from one goal to the next, building fame and fortune around her. The greater store of her riches exists in her concentrated mind. Her outer riches will all eventually disappear--as all material things do--but her diamond-pointed mind will cut like a laser beam through her many seasons and shapes of eternity.

How then does one proceed to build her or his adept ability to concentrate? Through daily practice--nothing more--nothing less. Once you begin--like all of your other good habits--it will become *second nature* to you. You will eventually be able to concentrate--at length--on any subject that you choose. So do remember...you BE-COME what you give your attention to..... first find a quiet place--by yourself--if possible. Then choose a tangible object--like a lighted candle, a picture on the wall or anything on any chosen order--to concentrate your attention upon. It can be any size, shape, texture or color.

Just hold your conscious gaze on *it* alone--for as long as possible--*without straining*.

Warning: positively *do not strain* during any meditation practice. Stress and strain *destroys* brain tissue...whereas one objective of your meditation is to build in a new cell tissue. Stop especially at any sign of mental fatigue. *Walter Russell* was so aware of the natural flow of his life--always working harmoniously with nature--that he professed actual shame whenever he discovered a feeling of any kind of physical or mental fatigue.

His technique to refresh his attention and interest--was by working on several different creative projects each day. This is a good example all of us can follow. We innately each have a different *attention span*. It is solely our own duty to monitor own systems---to vitalize ourselves by good health habits. One of these is to consciously alternate our physical, emotional and mental activities. Practice daily exercise--in each of these three distinct different levels--for a personal well-balanced, healthful daily life.

After you are self convinced that you are fairly good at holding your attention fixed on certain *external* objects ...then close your eyes and focus on an *internal image memory* of that same object for awhile.

Think of an orange. There, you did it--without even having to look at a physical object to key your mind in with the image of that orange. So the excuse that you cannot imagine or envision anything is simply an invalid excuse.

Once your contemplation has begun, keep practicing until you feel you have captured the knack of it with that

subject or object. Before moving on though, note the color, shape, texture, and all the other obvious--or subtle points--that your memory evokes about what you are HOLDING in your mind. Stick to it until you can reproduce--the essential clear image and main points of--any object you try to visually recreate mentally. Your practice and success in this department will aid to deepen and expand your focus during meditation. Please understand that much of your meditation *activity* consists of visual work with mental substance.

Another good exercise is--close your eyes at any chosen time and build a mental image of anything you choose. Hold the picture vividly in your mind--as long as possible--*without straining*. This exercise will rapidly develop your ability to concentrate...as well as your facility to focus and to construct specific clear images both vital processes to successful meditation *and manifestations of any of your flaming desires*. All this time...you are rapidly training your mind to *hold steady--in your light--to obey you...*for a change.

Most of the time our outer three forms--our mental body with its illusive thought-forms...our emotional body with its flaming cross-currents of deceptive desire and our physical body with its gross carnal drives--runs roughshod over our true inner "I Am" self. Our *in-dweller*--the integrated *spirit life* of our being--is subordinated to the background of *objective* existence. Our real freedom of self is repressed. Our point of consciousness is moved *unthinkingly*--from one level of awareness to another--whenever and wherever our whimsical and *vacillating* lower drives compel us. Yes, indeed. Our three bodies hold this *point of life*--our real *self*--a subjective prisoner to their capricious fancies. However, through the art of meditation, your limited inner prisoner

is set free to be a noble *Lord of Light*. Then he or she is the natural arbiter of her or his more spiritual heritage, or sacredly true "I Am" *God Source-extension* nature....

You and I are literally--consciously or unconsciously--a live, eternal fragment of God. As such, you may with practice enjoy the glory of *the whole* aspect of your divine inner God Nature. this is ever in direct proportion to your realization of *God Source Self*. *Holy equals whole I*. The one sure path to *divine self-realization* is through your own personally evolved higher consciousness *on level or plane of mind*.

The direct path to this exalted realization is meditation. Meditation provides you with a scientific procedure to attain your best personal ends. Meditation frees you from all the obvious and subtle vampirism or chaotic self-survival outer life forms.

Concentration leads you to your first subtle realization of inner integrity. It brings you to a sense of *inner* awareness which is more *real* than your *outer* forms. Meditation helps you--to realize consciously--that you are *not* the mind nor the thought that it holds momentarily. Only in this *inner-core-center*--the true source of your being--can you *realize--make real*--an unbounded "I Am" self freedom.

Through meditation you will know that you are apart from the mind--apart from the thought...apart from your stirring emotions...apart from your physical human body--yet the natural ruler and coordinator of all these handy-dandy vehicles too. You stand off to the side--above, below or behind them--and you the now King or Queen of your domain naturally move into conscious control of all of them.

Now for the first time--in this specific human body incarnation--you understand the true meaning of *God Transcendent*--of *God* without--and of *God Immanent*--or God within. The duality concept of the one *God*--or of your self...of the universe--or of all forms in the universe...becomes more and more crystal clear to you now.

Modern day psychology is starting to grasp this idea of the our dual universe . Although psychology is a study of *the behavior of living things* it has not extended this range of awareness to include all *form* structures. It has *not yet included* the Whole Universe as a *living* thing. It will. The *Ancients* have long propounded the truth of this doctrine--for how else can THE GREAT SHOW OR FORCE OF LIFE--call It *God*, if you desire--make Itself felt or known in a phenomenal world except through an objective body representing *It's Divine Self?*

Now then for a brief instant...perhaps you have glimpsed into a greater reality--a dual existence--which encompasses *both* your *inner* and *outer* world. That single insight can evoke an overwhelming sense of limitless personal release and joy. It would surely bring a thrilling new vibration into your being--a divine thrill--that will never leave you. Once the path stands open to your enthralled sight there is no turning back. Once having a taste of sweet honey who can remain content with the bitter taste of dry burnt ashes? Not me. Not you.

Slowly now, then, you begin your conscious work of finding and knowing your real true inner *God Source* Self. Your newly acquired growing art of concentration automatically develops your greater sense of self integrity. Your empowerment grows through singleness of purpose.

The more you are able to gather your energies into a one-pointed focus the greater your measure of self-control to follow. When you achieve slight or absolute control over yourself, then slight or absolute control over your environment follows naturally. My dear friend Jack Schwarz exercises such absolute control over himself that he can mentally *will* his blood to stop flowing. Like another good friend, KOMAR, Jack can will for pain to be non-existent for him...and for the flesh of their bodies to heal before your eyes!

All this incredible display of human self-power and control is available to you, since you may exercise this same control over your own mind--and thus matter--by learning how to hold your thought unwaveringly upon one one determined focus.

To paraphrase Jack Schwarz, "When you are able to hold your thought steady for fifteen seconds, then you will be able to do anything that Jack Schwarz does!" Also, as *Bucky Fuller* points out the true wealth of the world is energy! Everything is potential energy. Therefore, the whole world can be transformed into your deepest desires, if you but choose to concentrate on it.

Chapter 11

THE IDENTIFICATION STATE

To be or not depends on what the
be would be, or not!

Identity *with* other objects and other universal beings is a universal faculty. In fact it began before self-identity...since the primary base of life is *Source Unity*. The separative state of individual realized self-consciousness is secondary. It is simply an individual drawing apart of consciousness from the *One True Reality*. There is but *One True Reality*. Everything else is merely an illusory seeming differentiated state of being. The *One True Reality* represents the whole *greater ALL ENCOMPASSING LIFE of All That Is....*

A human being and all other *form* aspects are the *lesser* parts of this one vast infinite reality. Each lesser part forever remains a conscious part of the whole whether--an atomic particle--a plant or a complex animal organism. Only the degree of consciousness is different.

The point of self-consciousness--a part...away from the whole--awakens only in the higher more complex form aspect of a human being. You are consciously able to think of yourself as a separate part of the whole. Using your mind body, you are able to link the past and present, to predicate your information from them into an awareness of the future. An atomic particle in the mineral kingdom cannot do this. It is consciously limited to a total identity with the present. It moves consciously with the ocean of life, rising and ebbing with tides of circumstance, unaware of a sense of separateness from the One Reality.

A flower, a part of the vegetable, uses the past as a guide to its present activities. This it does through built-in patterns, utilizing memory of past growth which has proven to best serve its personal survival and individual expression. The past and the present of the life in plants is tied together by a pattern of growth we call instinct. We know it under another name today, the DNA factor. This instinctual faculty is extended into the animal kingdom, where the embryo of a mental body slowly develops, thereby substituting intellect for instinct.

Especially the domestic animals, who are constantly exposed to the mental radiation of their human masters, are slowly building up self-conscious images. Some are even able to relate themselves, in a much limited degree, to the past, present and future. In scientific experiments it was found that sheep were able to link events of the past, present, and future together with meaning for as long as fifteen minutes. Dogs did somewhat better...almost doubling that time span. They remembered and related specific incidents together for as long as thirty minutes. Only when the mental body develops sufficiently to evoke a sense of separateness--or objectivity to the whole environment--is this possible.

Needless to say, individual human beings are able to uncover events that happened millions, even billions of years ago and relate them historically and meaningfully to their time present; as well as to project all this information towards a meaningful goal in the future. Only their innate sense of *identification* with all things--with all time and space--makes this possible.

Think about it. You are consciously aware of a self and a "not-self." The self is your in-dwelling life in its human form, and the not-self consists of your environment, including your three lower bodies. Your extent of free-

dom increases as you move further away from a personal identification with your environing spheres. Scientists report that even an atomic particle has a shell (or force field) compressed around it. All life--while in 3-D manifestation--is contained and thus limited by some form of matter.

During this world period, there are five possible plateaus of identification for a human being. Each one of us must pass progressively through all of them. At the time we are submerged in a particular plane of activity, our individual point of consciousness polarizes toward that corresponding body. (See Chapter 18, SOME VISUAL CHARTS, on planes to clarify this concept.) While immersed there our most natural identification rests primarily in that body and that plane. These five stages are:

1. MASS CONSCIOUSNESS
2. PHYSICAL CONSCIOUSNESS
3. EMOTIONAL CONSCIOUSNESS
4. MENTAL CONSCIOUSNESS
5. INTUITIVE CONSCIOUSNESS

The first--mass consciousness--lies far behind modern man; and for the fifth level *intuitive* consciousness is the goal of most meditation work done by us today. The intuitive plane is the plane of identity *outside* of time and space. It is the area of abstract thought. It is the inner reality out of which springs forth all our objective world of phenomena.

Now let us take each of these five stages--one at a time--and broaden our knowledge about them. Note that all these stages are recapitulated in successive growth patterns that correspond to the ages from infancy to manhood in the life of every human being. Remember that the relative age or experience of the individual soul may speed him up or slow him down, in references to these specific ages, as he advances from stage to stage.

1. MASS CONSCIOUSNESS (age 0-7)

You can be assured there was a special time in the distant dawn of humanity--pre-*Lemurian*--when the individual almost totally identified with this environment. This corresponds to the infant stage up to about the seventh year of age. While at the mass consciousness stage, the human unit merely moved consciously along with his total objective surroundings. His physical body was a mere blob, uncoordinated and extremely out of proportion compared to modern man. His emotional and mental bodies were entirely in embryo. He did not identify with any of the three lower bodies, since two were merely in seed form, then, and his own physical form was not yet set off in his own consciousness *a-part* of the environment. Therefore, he neither bothered to resist the forces that played through him, nor consciously initiated self force to propel any semblance of meaningful direction to his life experience.

2. PHYSICAL CONSCIOUSNESS (age 7-14)

You can well imagine the long time in evolution that man struggled to gain control of his base level organs and physical functions. This period corresponds to the childhood years from seven to fourteen. During this interim he became capable of physical control, and his physi-

cal vehicle. His anatomical structure became more pronounced, proportional and divided into appropriate basic functional departments, as presently resolved in modern man.

At this time, man was almost entirely animal-natured. He was totally motivated toward self-survival--and self-actualization--no matter at whose expense or life. There was no desire or need for companionship in his consciousness. His identification centered totally in his very own 3-D physical body. He grasped solely for that which furthered his own limited savage self identification. The opposing forces of attraction and repulsion, registered as pleasure and pain, drove him this way and that. Emotion had not yet been born, since *thought* must be coupled with desire before the two primary emotions of love and fear--which can register only with the self-consciousness--and their myriads of sub-emotions are possible. This brings us to our next stage.

3. EMOTIONAL CONSCIOUSNESS (age 14-21)

Man had rooted and grubbed in the ground totally for his survival for quite some time before the emotional body came into concrete being. To understand somewhat the process of an emotion coming into being, we must divert our attention to an explanation of that method for a moment.

As stated before our *objective* 3-D universe of duality is a combination of *spirit* and *matter*. This basic duality extends wholly through every form in our objective existence. Nothing *exists* without this combination. This primary duality represents itself as two distinct equal forces which we call negative and positive or male and fe-

male. *Consciousness*, the third party born from this marriage of spirit and matter, is primarily only aware of two basic motions of attraction and repulsion..toward or away from what it perceives. In consciousness these are registered as expansion and as contraction or moreness and lessness, bringing pleasure and pain respectively. That innate desire to be more--for us to return to the whole--governs even the least indwelling point of consciousness.

But emotion is not yet born for only when thought-- which gives a sense of direction--merges with desire-- and a groping for moreness...is the birth of emotion possible. Like all other objective things the duality of what we here know and call emotion divides into primary opposites, *love* and *fear*. Only when there is a conscious groping for moreness through repulsing the undesirable--feared. and thus hated--and attracting the desirable (love) can we say that self-conscious motion or e-motion exists. A person fears and thus hates only out of ignorance. He mistakes the less--the fearful hated-- for the more, love. And prior to *thinking* action--no matter how primary--only desire exists...and the primary duality of pleasure and pain provides direction for desire. It might help to make these ideas clearer by tabulating them briefly:

PRIMARY	FORCES	MANIFESTS
DUALITY	UTILIZED	AS

ones were very basic emergences of his positive emotional love expression. Prolonged periods of mating and herding developed and increased his emotional stature. The family unit gradually became a normal civilized pattern of growth. It expanded eventually into tribal, regional, and finally national relationships...and today as End Times on planet earth arrives and the final Golden Age emerges, spiritual world government is upon our imminent Earth horizon.

Refer to my book, *The Birth of Earth As a Star*.

Note that chauvinism--a very dominating and possessive patriotic emotion in neurotic individuals--was not only entirely unknown by undeveloped man...but the very concept was impossible. This complex emotional identification with his national group took a long time to materialize in individual man.

However time has served its purpose well and the average modern man is entirely polarized in his sentient or emotional sense body. But even in our so-called highly civilized society the average man has only the emotional maturity of the adolescent between the age of 14 and 21. He or she is almost completely *driven* by his or her swirling emotions. These compelling forces within him govern most of his ambitions and goals. Only now and then do we encounter a rare individual who is free from purely primitive personal emotional drives...due to her or his polarization in her or his mental body. This brings us to the developed astral-mental man.

4. THE MENTAL CONSCIOUSNESS (age 21-28)

This highly advanced stage in human growth, when a man identifies with his mental body is comparable to the human span of years between the ages of twenty-one

and twenty-eight. At twenty-one, a man or woman is assumed to be somewhat in control of his or her mental faculties. The fact that modern society has recognized this particular age as a time of mental awakening is no accident of nature. The unconscious mind of humanity has spawned an awareness of that fact.

The emotional body comes into concrete being at the age of puberty. The long-range goal is to leave the tempestuous teens behind--to overcome the uncontrolled passions of puberty--and to establish an intelligent, meaningful purposed life. The new man--or new woman--then assumes a clearer and more balanced approach to life's actual realities. He gives thought to his actions--and if he is definitely polarized in his mental vehicle--then he plays a guiding role in leading his nation and the world, toward greater individual and collective fulfillment. For the major mass of any body moves according to a minority percent of directing or governing intelligence.

Although all of these cycles--or periodic changes--take place in chronological sequence--through the life of average man--there is never any clear-cut delineation between them. Each overlaps the other. Yet at any given time there is certainly a *critical mass* concentration of self-identity evident in one place. This is what we mean by polarization of consciousness in the physical, emotional, mental body...or whatever is the case.

Your actions and reactions mark your level of development. The person who is centered in his mental body has a greater area of choice spread out before him. He stands and works clearly above the planes below--and yet within them all--to freely choose an attitude or reaction most suitable to his greater expression.

It is the actual truth that the opposites, joy and sorrow are admitted entrance into your being only through your heart and your mind. You alone stand guard at your mental gate; you alone are censoring --or admitting-- what or whom you choose! No one else can perform this sovereign act of consciousness for you! You alone choose your own constructive--or destructive--responses! Your reactions are all your own and you are a lover or fearful depending on which primary side of the emotional drive you choose to enliven. You have the power to stand above all the negative emotions of pain or you may descend into them, then of course experiencing actual physical, emotional or mental anguish.

Remember what Jack Schwarz does--in equal potential--you and myself are also able to do! You may negate pain or sorrow if you are capable of standing *above* or apart, detached from your fearful lower emotions.

Identification is your potent key to this whole personal matter. Each elevation in dis-identification--from the succeeding lower level of the not-self--gifts you with a greater range of choice and thus freedom. This is the real meaning of true self mastery. Each step closer to your true central identity awakens and moves you one step closer to your inner Source reality. The forward process of evolution always entails a disengagement from the objective world. This is just the opposite of involution. It is a fuller or greater *descent* into matter and thus a greater loss of spiritual identity with your inner *God Source soul...*

Now let me explain that a disengagement from the objective world does not mean you must renounce or retreat from your practical responsibilities. On the contrary it sharpens your senses and makes you see your obligations--personal dharma--more clearly. You then simply

stand above all. You are then equipped to select more than one approach to any worldly problem. You then stand on the mountain top and from that high elevation you overlook the dipping valleys and broad plains of life beneath you. You clearly see the broader picture and therefore the *greater interplay* of life in form.

This must ultimately bring you a definitely greater advantage over others. . . Your intent and what you actually do with this newly found self-empowerment makes you a white or black magician!

5. THE INTUITIVE CONSCIOUSNESS (age 28-38)

This plane of consciousness is the highest goal of your meditation. Your one aim--each and every time you get yourself into a meditative posture--is to tap the reservoir of ideas located on the plane or level of intuition. No meditation effort is successful until this is done. However you may receive what you seek in abstract form which will become manifest to you at a later moment. If you feel good after a meditation period you have accomplished a good deal of what you sought.

The intuitive plane is the conscious residence of your soul. It is the area of consciousness where--joining your soul--you may transcend the objective limits of space and time. When you can rest your being consciously in the plane of intuition, you are achieving what is technically known--in the East--as *Samhadi*...as standing before *The Light*. For *God is Light*. Samhadi is the state of awareness that Walter Russell reported having personally experienced for thirty-nine consecutive days and nights...and witnessed by those attending him. Walter asserts that all the profound scientific and philosophic pronouncements he gave to the world originated from that one prolonged illuminating experience.

Samhadi is also a region of pure bliss of total consciousness of Self. But paradoxically it is a total detachment from the not-self--that is--from the lower four planes of consciousness and the three vehicles of consciousness involved therein. In the intuitive plane you literally see wherever you turn your mind. You cover instantly, by thought or image all of the events of the past, present, and future that are of personal interest to you. Both time and space are negated by consciousness, since you literally stand in the eternal now, where the relativity of all things is clearly evident.

The very most that any beginner of meditation can hope to attain in this lifetime is an occasional glimpse into this plane at high moments of meditation. However, these momentary flashes of insight will serve as brilliant points of light, no matter what your field of expression. An intuitive flash may lead you correctly to a momentous business decision tumbling worldly wealth upon you; or it may inspire you to write a classic piece of music--to discover a new invention--or countless other unique expressions of your more-ness.

It is perfectly accurate to say that all ideas originate from the intuitive plane. No single human being can lay claim to an original idea. The man-made patent and copyright laws of the world are a direct violation of this spiritual fact. Ideas merely filter down into any receptive human mind and from there into the dense physical counterpart--the human brain--where objective mental sight momentarily "grounds" them. This may occur unconsciously to sensitive individuals when they are suddenly confronted with unexpected--and sometimes often profound--answers to their problems. Of course, the whole idea of meditation is to develop your conscious control of this faculty. You heritage as a conscious co-

creator is to abstract constructive ideas from Universal Mind *at will*.

An interesting, though distracting, factor always occurs during this descent of the pure idea into the grosser vehicles of reception. All ideas lose their original purity--and therefore their clarity--upon contact with the gross vibration of the lower world. The conditional factor here is the purity of the lower receptacles of the *channel* involved. The final clarity of expression of these glowing new ideas depends on two things: on (1) the clearness of the original wave lengths, or vibrational impulses and (2) the fineness or grossness of the lower intercepting vehicles of consciousness. On the same order a finely made radio set records and amplifies a radio signal much more clearly than does a grossly tuned inferior set.

A lesser identification with the lower vehicles permits a greater and purer down-flow of original imprint to the indwelling entity. The step-down sequence--the imprint and relay--of the initially tapped new idea proceeds like this:

- A. Imprinted on the Self at the Intuitional plane.
- B. Relayed and *imprinted* on the *abstract* part of the mind. . . on three higher sub-planes of the Mental Plane.
- C. Relayed and *imprinted* on the *concrete* part of the mind. . . on four lower sub-planes of the Mental Plane.
- D. Relayed and *imprinted* on the Emotional Body, now . . . on the Emotional Plane.

E. Relayed and *imprinted* on the Physical Brain cells, illuminating lower consciousness . . . on the physical Plane.

The original impulse in transit to the final lower perception may be altered or limited at any or all of the above imprinting or relaying stations.

For example: the Universal Mind whose lowest point of descent in the world is the Intuitive Plane may be contemplating *peace between two warring nations*. The original idea may be picked up, altered and colored by many individuals in many ways.

- a. A business man picks up the true essence of this thought- He finances and organizes a powerful new peace movement, swaying millions. He helps greatly to develop public conscience. The new national soul force ends the fearful hatred and brutal violent folly of war.
- b. An artist paints a landscape that is permeated with calm and serenity.
- c. A deluded statesman delivers a passionate appeal for an all-out war!
- d. A war mother dreams of her son at the battlefield, enveloped under the protective wings of a lordly *Angel of Peace*.
- e. A scientist invents a noise-reducer that successfully throttles the ear-shattering pitch of airplane engines, thus returning some physical quiet to the domain of Earth mankind.

In this example, all these finalized perceptions are the result of the multi-level, multi-veiled interplay of thought descending from Deity Source to the individual human beings below. How each and every individual man or woman interprets and uses this impartial thought--or energy potential--is another story.

Scientific basis of the equality and brotherhood of all mankind exists in fact within the common reservoir of soul. We are all united at the Intuitive level of consciousness. Thus only at a point where and when the *part* apprehends the *whole* is equality established between the many parts. At that stage we meet divine thought and merge with it yet retain our separate identification in consciousness from it. All motion of life is merely a succession of transfers of identify, of value exchanges. All the stages of identification prior to that common convergence in the intuition are only points of differentiation. But they are registered only as such on our own individual minds. The common equality of all souls is a fact of nature at the intuitive plane.

There is no actual objective equality between individuals at any lower levels...only in potential. Any individual may select one or several of the many paths of life leading to abominable depths or to sheer sublime heights of mind, body and soul. He may become the least insignificant *part* of God or the manifest *whole* of God. Each person, place or thing is different through choice.

Chapter 12

THE MEDITATION STATE

Where is the restful point where air
and fire meet? . . . I pierce through
the fogs and mists of earthly
steam and heat?

Everyone knows innately how to meditate. The process is simple. Be quiet. Choose a single thought, idea or problem and turn all your mental attention toward it. This particular technique is called "meditation with seed." It only means that you begin your meditative posture with a specific idea or thought and work gradually towards penetration of the subjective or subtle meaning within your *seed*.

To illustrate the effectiveness of using seed, we can point ourselves toward Napoleon Hill and his amazing worldwide best seller book, THINK AND GROW RICH. In it Napoleon tells how the late Dr. Elmer Gates--an unusual inventor of hundreds of useful patents--always retired into the quiet of his laboratory. He then turned out the lights and concentrated on the *known factors*--the *seed* thought--of any invention that he proposed to create or any problem that he desired to solve. He was paid a terrific fee to *sit* by the hour--for new ideas--by huge companies.

His impressive list of patented inventions is proof enough of the occult principle of meditation with seed. Now try it yourself and but remember--like everything else--practice makes perfect, and. . . where there is a will *there is a way!*

The opposite technique--meditation without seed--is generally used only by very highly advanced meditation students who are able to move their minds almost directly into the intuitive plane at will. These *senior white magician aspirants* bypass the slower upward progression so necessary for their *juniors*.

Try meditation with seed *now...this moment*. Stop reading. Be quiet. Close your eyes and focus your conscious thought on one thought or concept. Hold it there unwaveringly until you sense complete identification with it. At this point your entire attitude must be that of fixed mental and emotional feeling attention toward your seed. Your lower three vehicles must by this time. Be completely self-entranced. A choice single live point is gathered within your concentrated thought. The rest of your surroundings through natural concentration--attrition or subtraction of energy--will slowly fade from your consciousness. Although--at first--most of the beginners will consider themselves lucky or surprised just to tone them down.

Meanwhile your physical brain consciousness becomes aware of only two things:

- (a) Your seed thought!
- (b) All relative feelings and thoughts *born* from it!

At this stage your goal of meditation has been reached. You are now consciously tapping an infinite supply of new energy and thought. What do you do now with this new thought and excess energy? The answer to this question will be found in the fabulous realm--and higher new plateau--of *contemplation*.

THE REALM OF CONTEMPLATION

In the light I see another light.
The deeper I look, the brighter the flame
and the broader both the horizontal and
vertical domain.

When you are wholly submerged into the meditation stage and time and space are completely lost from sight you have entered the wondrous realm of illumination or *contemplation*. Here you are aware of yourself as your sacred "I Am" soul standing *in the Light* of things.

The keynote of this radiant realm of super awareness is contained in the word *illumination*. Once this inner state is held as an objective outer attitude an instant and friendly familiar recognition greets you from every mental gaze. You find a joyous point of fusion with all forms of life. Yes indeed it is true. You are always somewhere in the One Ocean of Life but the great difference now is that the apex of your contact with all other forms meets at the subjective inner soul level as opposed to the gross physical outer covering . You have a true soul contact with the soul of all beings and all things.

During contemplation, you discover that every form contains life. Every single form merely defines or limits--in a simple or complex arrangement--that particular ensouled life of you or another God-fragment. It does not matter if the form aspect assumes the shape of an idea, a planet or whatever. All forms embody life. Even those you imagine or think into being.

Chapter 14

●KEEPING YOURSELF POSITIVE

Keep sacred the God within
See the beginning from the end.
Unity is greater than separateness!

POSITIVE

Meditation is a constructive act and every constructive act is *positive*.

This is where many schools of meditation make a serious mistake. They fail to emphasize the great importance of keeping conscious control of that point--that "I Am" point--within. For under no circumstances can your act of meditation be *passive*. Your attitude must be of eternal vigilance. The whole or major idea of your retreat *into the silence* is to listen quietly to incoming ideas and that requires your *one-pointed attention*.

You do relax your physical body and your emotional body through a simple technique of auto-suggestion but your mental body is kept sharply alive. Simply alert your mind to keep an attitude of keen awareness by merely declaring it to be so. Follow this fiat with your ready personal acceptance that *your will is being done*. No more preparation is needed.

Never underestimate the subtle but mighty power of your thought. This is more so when you have carefully trained your subconscious mind to accept your mental decrees. It is a demonstrated fact that your subconscious believes implicitly what you put into it. The universe and your subconscious does not stop to question your motives--or your ability--or your caliber of judg-

ment. It simply proceeds to carry out WHAT YOU BELIEVE but not a bit of *what you SAY* you believe. Please note carefully the vast subtle difference between these two attitudes or states of consciousness. What you merely wish--or verbally acknowledge without inner conviction--makes little or no impression in your objective world.

On the other hand the Universe and your subconscious mind rushes to prepare your outer world into an exact copy of WHAT YOU BELIEVE. Any expectation for good or bad--held long enough in your conscious mind--will filter down and alter your subconscious mind. It will cause that expectation to MATERIALIZE as soon as is practically possible via the immutable Law of Attraction. Your knowledge of this divine law--the natural mirror reproduction of your held thought--coupled with an effective self-suggestion technique...will speed your success in and toward any deeply desired self endeavor. As stated and well explained in "how to" form in my book "The Secret is No Secret Anymore"...*Ask and there is NOTHING you cannot BE; DO or HAVE.*

Once you know and take hold of your deepest desires your new goals will loom proportionately closer. For it is always your *inner* vision and goal that shapes and prepares the material structure of your *outer* life.

The objective world around you is differentiated into its many parts via the sum of total different thoughts shining within the whole of it. Your mind provides your mold or a working blueprint for the unfolding moments of your daily life. It is the fulcrum around which all things spring into the light of appearance.

You would do well to brand the following Universal law into your mind forever...*energy follows thought.* If you

absorb this one idea alone, then as the author of this book I will consider my effort has not been wasted. It is only because energy follows thought that new states of consciousness are born to us. We are simply minor co-creators. The Major Co-Creators--working through Universal Mind--adapts new flow of thought and thus new streaming energies into different parts of Source Creation, wherever and whenever the *One Source of All That Is* turns thought. Therefore new worlds are constantly being born around us--while conversely--old worlds around us fall ceaselessly into decay.

At macrocosmic or microcosmic levels when thought--and subsequently energy--are withdrawn the old form--previously created and held together by the thinker--disintegrates. It disappears from view. The inviolate rule--of natural attrition when energy is withdrawn--applies to all forms...to even the hardest diamond or the most nebulous and etheric new ideas. Concrete or abstract once the life energy is withdrawn from any form death of that form follows. Yet death is an end to conscious being only within the plane of that form. What is death to one plane is birth to the next plane. Death is really a liberation of any particular integrated life from the limiting confines of its former grosser form.

When you meditate your two lower bodies are quiet and receptive while your higher mental body is vitally awake. This enables you to register an impact when the new ideas filter down from the abstract portion to the more concrete level and portion of your mind. This is why there is so much emphasis to the injunction that under no condition during meditation should one ever lie back to rest in a negative state waiting passively to be possessed by an idea. The evolution of the abstract part of your mental faculty is forwarded only when you are in your own conscious control of your mind. No experience

at any level is truly yours unless it is CONSCIOUSLY apprehended and thus owned by you. It is then your *own* experience. You are constantly being bombarded and absorbing or rejecting different types of impacts on your three lower bodies. Yet until they are consciously registered by you they have no substance or significance in your individual world of reality. Thus your *reality* is always in direct relation to your expanded awareness.

The more finely attuned that you condition yourself to your world of being the greater your alertness and the more certain your degree of control of your containing or surrounding world sphere. So naturally the entire purpose of meditation is centered on this theme. You--the indwelling spirit--you alone condition and prepare your own three lower vehicles for their greater personal use in the world. All the outstanding men and women in life who have achieved their mighty stature in the minds and hearts of their fellow citizens have done so through the use of controlled vehicles. No one can seriously hope to control the mundane affairs of the world around her or him until she or he has consciously mastered her or his own divine Human Body Angel equipment.

Your own three lower bodies and corresponding environment serve only as tools or a *school of learning* where you may do your own unique and creative work in the lower world. These divine tools are your own creation and in your own keeping. It is up to you to sharpen their points...oil their hinges or to brightly shine up their appearance. By keeping your mind positive and focused in toward your higher consciousness you automatically align yourself with Universal Mind.

There is no long and complex ritual connected any meditative process. You inadvertently surround yourself with a positive field of energy by *knowing it to be so!* At

the same time you consciously inform yourself of your firm intention to be mentally alert and positively receptive to sudden incoming ideas. Then you stand where you are in conscious awareness and slowly expand toward the unknown.

You do not close your mind and fade away into some distant nether lands to awaken sharply several minutes later and congratulate yourself on your marvelous ability to meditate. Many people do this but they have not meditated. They have just wasted time by sleeping momentarily or day-dreaming and relaxing a few minutes.

To live positively and to meditate positively just open your mind and move consciously from the KNOWN to the UNKNOWN. Gradually but assuredly the whole world will become known to you. Once you really comprehend the truth of this, then the veiled reality underneath the gross physical covering will become apparent to you, and you will see through all illusionary forms in the lower world. This ultra-depth insight is a state of contemplation.

To all outer appearance your physical body reposes in a complete state of trance: It appears totally inert. The truth is just the opposite. The point of life within you has never been so alert and alive. You are entirely absorbed in your soul consciousness. Therefore you are intensely aware of the dynamic soul activities of all things in your personal field.

Your own objective form aspect is momentarily dimmed but your subjective relationship to the rest of life is brightly expanded and illuminated. You continue to maintain your awareness of duality--of self and not-self--but you are able to register a similarity of quality with oth-

er forms. Your emotions can no longer modify or control your thinking.

When your state of concentration, meditation and contemplation are combined into one synthetic act, then you have achieved occult meditation. You have pierced the multi-colored, multi-structured veils of the objective world. You have arrived home. You are no longer a stranger to the instructive, inspiring, enlightening realm of contemplation.

THE NEW THOUGHT STAGE

Out of the darkness and into
the light. Open the door to inner
sight. I see the star in the night.

Since ENERGY FOLLOWS THOUGHT it must certainly be of great concern to you that your thoughts are the kind of creative forces that--*you*--choose to be associated with. Generally speaking, you are always in a world of your own. All your subjective personal reactions are empowered only by your own choices. Your thought is your only one, but absolute area of freedom in this world, for you alone choose it.

Now after a successful period of meditation, you should certainly be the proud possessor of at least one or several enlightening new thoughts. Your ability to hold or send these new thoughts like powerful beams into the world of men around you will determine the shape of your personal affairs and your own personal world...and how you influence the worlds of others.

Now also be forewarned that it is easy at first for your nice clear perceptions of reality to become grossly distorted illusions upon contact with our 3-D physical world. Yes. A very real objective flesh and bones--and sticks and stone--universe surrounds each and all of us. Our five lower senses clearly inform us that this material aspect of existence is real.

But the matter aspect is only one half of dual reality. Our great challenge is that the man or woman in evolution is truly only the subjective part of their objective entity. Only the spiritual portion of him is preserved in im-

mortality. His dense, three-fold, three-dimensional body is merely a tool of action and vehicle of experience. It is only for temporal use while in this *lower vibratory world* of form. Yet both the inner and the outer aspects of the universe are necessary to him if he is to function self-consciously *as a whole part* within the whole-sum Unity of *All That Is*.

In reality the complete universe and us its endless parts are only the extension of Universal Thought. It is held cohesively together by the thoughtful power and will of one Universal Mind. How many Universal Minds there are is a moot question to contemplate.

In our universe we know that without sustained energy of thought or new ideas and new action the death of *form* inevitable follows: Our own wonderful physical body vehicle is no exception. When the thinking part of our being is abstracted our physical body dies and decays. Here is a typical example of this process. A human colony may build a beautiful thriving city in the heart of a wilderness. However if you direct human thought away to somewhere else the physical ruin and decay of that former alive city follows. The fact is that people actually take their physical bodies away from that city in the natural pursuit of their thought. Thus once the very real energy of sustained thought and care is withdrawn the various physical forms that make up that now deserted city or ghost town will succumb. There are many ancient cities lying in ruins all over the world. Not all of them are buried. . . or covered by water and ice. Many stand huge and deserted--now covered by sand--in deserts...in lush green uninhabited jungles or high on the ridges of bronze mountain ranges. The living thoughts of their prior inhabitants were withdrawn leaving each one of those teeming cities now barren ruins. Yes indeed. Energy follows

thought. There is no life without energy. The whole world *moves* in conjunction with mind and thought. Mind is the builder.

Yet it appears obvious that very few abstract things upon which we play our minds upon become objective realities instantly. However that possibility should never be dismissed. I have done it...and it accounts for the very apparent demonstrations by Jack Schwarz--or by other mental wizards creating what we inaccurately call "miracles".

Miracles are only products of highly speeding and finely sensitized thought processes, masterfully focused on a single point. For the miracle maker and the average man, the amount of energy the quality of energy--and the persistent intelligent focus of energy--will govern the exact time sequence and special spacial corridors and contours of all material objects.

So often immediately following a successful period of meditation the new ideas that have filtered down into your physical brain consciousness will be bombarded with a battery of "it can't be so' materialistic contradictions. This is a true point of crisis. This is the time to "look *beyond the appearances,*" as the *Master of Galilee* quickly admonished his flock of disciples of weak-faith. We must avoid the natural tendency of our minds to swing back into the line of least resistance--the negative appearance of the world--conforming now to patterns of socially-accepted thought. Why permit even one precious newborn idea or concept to sink into waiting quicksand of doubt?

Make mental notes of all negative actions of your mind. Big problems are best stopped in little beginnings! The longer your mind dwells on a negative thought the

bigger it grows and the more difficult to extinguish. Energy follows thought whether your thought is negative or positive as the warmth of energy nurtures mental growth.

A word of caution! Hardly any of your conscious negative thoughts are ever your own. Most of them slip into the locality of your mind from others or through sudden association. These thoughts are simply passing through the whole general field and your own proximity to them may seem accidental..yet there are no accidents. The Law of Attraction never makes a mistake. Thus more likely the similarity of circumstances in your life has attracted them from the minds of others. You are not personally responsible for any unwholesome transient thought unless you seize with your own mind and body feeling and thus anchor it in time and space through and in you. Of course you must know by now whenever you play host to an unwelcome guest immediate discomfort follows.

So be a rightfully jealous guardian of your mind. Use the sharp sword of discrimination to hew down all the encroaching vines and rank weeds of doubt or fear and lack of harmony or the discontent around you.

Prune your moment to moment daily thoughts carefully. Psychologists estimate each person goes through over 50,000 thought daily. So be alert and cut out the old dead wood and carefully nurture the fresh budding green growth of wisdom and abundance. Each wayward thought you register and board in the hotel of your mind is your own responsibility. You are the host of what you think. No one else can do that. Guide yourself carefully--from moment to moment--thought by thought through the dark labyrinth of surrounding materialism.

Let your newborn ideas thrive like gentle lambs in a world full of aggressive goats. Keep them alive. Feed them with wisdom. Tend them with understanding and knowledge. Add to them--one by one--until your own chosen pure-blooded flock of spiritual thoroughbreds overflows both your invisible and visible worlds. Your new thoughts will become *objective* symbols and your contemplative, expectant spiritual success will be apparent to high and low. Yes, yes indeed, you will soon lead countless others to follow in the light of your footsteps.

Chapter 16

THE RIGHT ACTION STAGE

Sow a seed and grow a tree. A
forest may appear! Action breeds
action. The choice is clear.

How do you convert your sudden new knowledge into equivalent inspiring and creative physical action?

The answer is so simple that you are in serious danger of rejecting it at first glance. Go one good step at a time. All worthwhile goals are achieved in this fashion. The rate of your steps is determined by you. The silent persistent ever steadfast plodder usually surprises everyone by beating the loud-winded hot-shot across the FINAL finish line. The fable of the hare and the tortoise is a classic example of this. This fable emphasizes the potent power of one-pointed effort in contrast to a hare-brained scattering of energy. The careless rabbit lost the race to the famous tortoise because he had fallen asleep and lost track of his goal. Sounds or rings familiar does it not?

Every day the plodders are crossing new finish lines. This demonstrates the fact that life and all evolution normally moves in a progression of small steps. Each one step follows the other step... one step at a time. If your steps are placed wisely via inspiration you will soon cover a long distance. At the same time you will be secure in your actions and pleasantly fulfilled with the knowledge of a life well spent.

Always hold the big picture ahead of you. Mean-while though keep taking those daily small steps toward your goal. Let the size of your strides be within reason and

your direction ever forward. Yet none of your sweet or marvelous dreams will ever materialize until that first step is taken. Do it now..not later. Make it the right step....

Think about it. If you perfect the ground and the foreground where you stand in due time that very foreground has become the background from where you then stand and have achieved your grand new heights. From the viewpoint of the whole picture...the foreground is always the background of your life whether you are conscious of that fact or not.

Check your own self thoroughly. How are you handling the small details of your life? Are you working them out in terms of principled or unprincipled actions? Are you moving with the inspired action of love or the often motivated action of fear....Here lies the crux of your success or failure in life. Only principled actions are incorporated into your body immortal--your spiritual self--while your unprincipled thoughts and acts disappear along with the rest of the ever-changing forms in the objective universe. They must remain in a state of karmic suspension until you have balanced them once more by *right action* during this--or another human--incarnation on this planet Earth...or another.

What is that elusive quality that makes a man rise up so grandly to an occasion--to surmount staggering obstacles --and to garner unbelievable personal success in the end? The answer lies mostly in former experience where lessons were learned. Every past right or wrong decision adds more personal experience to your record and thus increases the strength of conviction and power to your actions.

Look backwards and see every discriminate act you caught and did has sharpened your sensitivity to all present and future occasions.

New opportunities follow new actions. *Action breeds action*. . . and it is your specific task to keep up a chain of right actions--one upon another--until they have pyramided into that particular mountain peak of success toward which you aspire.

Meditation provides your accessible golden key of knowledge and is the hidden fount of power for all that you desire...what-ever that may be. It is your personal God-given right--through free choice--to BE, DO or HAVE what you wish in your sojourn through human embodiment on our gorgeous so beloved Earth.

Through the direct pipeline of meditation you tap the infinite thoughts of Universal Mind. Yet all thought is simply new life. . . unborn. It aborts as easily as an unborn child...who has abruptly changed its mind about being born in that place at that time through those parents. So take the new thoughts that impregnate your high moments of meditation and give them life. Translate them into equivalent physical forms. Make them a loving soulful physical act in your environment.

The following allegory sums up the goal of your soul.

MEDITATION is your open highway toward your goal. INTUITION is your map. Your activated MIND is your vehicle. DESIRE is your fuel. And immediate RIGHT ACTION is the foundation stone of your spiritual success. All these factors together will steer you--THE INNER DRIVER--to your CONSCIOUS worldly destination on the 3.D physical plane. May you arrive there soon.

Chapter 17

SUCCESS

At last to the heights! The depths
are behind. But in the distance
another peak is seen. . .

What does everyone strive for in a meditation period? In the final analysis meditation serves only one specific purpose for man--or God--and that is spiritual success while embodied in human form. All successful creators hold a conscious unbroken meditative posture until time and space gives way and their brainchild is born. How your own creativity and personal success is translated from sheer thought structures into equivalent FUN-a-day, love-a-day or work-a-day life patterns is your individual thing. Methods will differ but there will be some common threads of progression between everyone who meditates along the way. What are these binding threads?

A few weeks after you have submitted yourself to a regular pattern of daily meditation...several marked changes of *an inner nature* will occur in your consciousness. First certain new attitudes--and *altitudes*--of self will appear. Some of these changes will be general and others will be more specific. Probably the first major change will be your growing ability to feel and see most things in a new light! Somewhat astonished...you will awaken to a startling realization that you have been fast asleep during most of your previous life...as to what has really been going on in the world around you.

Specifically--as the days go by--your sense of awareness will be clearly heightened or extended. A simple object such as a pencil, a book, a fading sunset will be sud-

denly imbued with much greater significance. You may note the fact that a pencil is a potent servant to your most whimsical expression or you may thoughtfully muse that it is a sacrificial byproduct of a once stately pine or spruce tree.

You may read a book and personally feel the extension of the author's consciousness through his words which are imprisoned so tightly between the covers. Realization of the awesome power of ideas contained on one thin page of a book may suddenly over-whelm you with a thought that all books--like paper money--are simply crystallized energy...ready to serve their user on demand. The many-hued, slowly setting sun may arouse you to muse that it is the polar opposite--at that same moment--of a flaming dawn. Simple expansive reflections like these may open your mind to the world of meaning.

Secondly, your sense of discernment will steadily increase. You will see things as they are. The time-wasters and actions of no moment will be banished from your daily routine. You will become increasingly aware of the sharp line between essential and non-essential conduct. You will recognize old habit and thought patterns as over-grown prison houses of the soul or as life-sappers..simple and clear. You will begin to make slower and wiser choices--choices based on mental objectivity--not emotional subjectivity.

Thirdly, your sense of wanting to serve others will grow. You will feel an inner urge to be of aid to your fellowman. You will gradually become sensitive to the soul of all things, responding to the needs of loved ones, friends, or groups who need your expertise or touch in some way.

Your new sense of *awareness, discrimination, and service* will be the first recognizable fruits of your labor. The extension of these three qualities--in all areas

of your *waking* consciousness--will eventually make you adept and then a commanding master of your environment.

Everything in the universe has become a symbol of some kin. Each life form is a peculiar energy or life force in specific form.

But now you are aware of both the inner and outer aspect of things. It is the spiritually integrated unit in human form--not the body of flesh and bones--that really and truly counts.

The outer shell is only symbolic of her or him. She or he is a fragment of God, just like yourself and myself.

You are successful at last because you have also found your own God-self. Success is not found in the accumulation of material things or in great temporal physical power. All that must vanish in due time. The real success comes from self-realization and self-actualization. Meditation is the key to these inner and outer states of your own vibrant self-perfection. Turn this golden key of meditation and manifest a lifetime of ongoing success flow like a river before you. *So be it.*

Chapter 18

SOME VISUAL CHARTS

Not only Law and Order, but a definite Geometry of the universe sub-stands what we call Creation.

COSMIC PHYSICAL PLANE



Note that this chart is merely the *Cosmic* Physical Plane. The Human Hierarchy relates totally to this plane. . . but our Planetary Deity, Solar Deity, Galactic, etc. etc. etc. etc., relate correspondingly to the Cosmic Emotional Plane, Cosmic Mental Plane, etc. etc. etc. . . . Our di-

vision of seven is simply the seven *sub-planes* of our Cosmic Physical Plane. Only extremely High Initiates like the *Planetary Christ* and *Planetary Buddha* are dimly sensing and dealing with substance or life of the Cosmic Emotional Plane. It might be of interest to note here that our highest--so called--spiritual levels are beneath the threshold of consciousness for those High beings--*ourselves some day*--that exist on the Cosmic Emotional and the other *cosmic* planes. Recovering and resuming human consciousness-- to Them--would be like ourselves re-polarizing our consciousness back in our human mother's egg or human father's sperm cell. Yet--according to Universal and Cosmic law of Creation all of these majestic *Great Beings*--now existing on higher cosmic planes--passed each and all individually through the human stage countless and countless eons upon eons ago.

ALIGNMENTS

- | | | |
|-----|----------------------|------------------|
| (A) | 0 0 0 = Average man | (Lower unity) |
| (B) | 00..0 = Awakened man | (Lower duality) |
| (C) | 0..0 0 = Initiate | (Higher duality) |

The above chart depicts how the three bodies of man are polarized in the three major states of consciousness and thus aligned in a certain known fashion.

A, indicates that average man identifies with all three lower vehicles.

B, illustrates that he concentrates his forces in the lower two vehicles.

C, shows that he has succeeded in transferring his consciousness to the higher two vehicles. 1st, 2nd, and 3rd Aspects of Deity may also be substituted. The law of

correspondence or analogy opens thoughtful avenues to us of higher understanding.

THE PLANETARY SOUL

The amazing Virginia Beach, Virginia USA psychic Edgar Cayce used a five pointed star shaped symbol to describe how meditation works. He taught that each one of us is like an end point of the star. As we move deeper into the *central source* of our whole star being we share a common unity. We touch each other in thought and deed. We inter-relate and communicate, etc. more easily. We are all unique points--or outposts--of The Planetary Consciousness..."the God in whom "we live, and move and have our being."

THE STAR OF DAVID

The star of David is made by superimposing one basic even sided triangles over the other. The soul is always the central point between one or many triangles of energy. The lower triangle of *force* is merely the reflection of the higher triangle of *energy*.

CIRCLE OF BEING

Imagine a dot within a large circle. Every circle indicates the manifestation of some *form* of life in time and space. All 3-D life has a circle of expression contained within other circles of wheels within wheels or atoms within atoms and worlds within worlds.

The small dot in the middle of the circle represents your SPIRIT. All the radius within the circle represents invisible, unseen SOUL. The circular line or periphery--shell of the circle--is your BODY. Thus, we have in symbolic form the three aspects of creation.

Chapter 19

MEDITATION AROUND THE WORLD

The circle is near complete. Ocean
land and air must meet, but only
when the fire of mind adds heaven's
light. . . .

It is hard to imagine just what millions of growing youngsters--age twelve to twenty one--plus countless millions more other visionary adults practicing meditation will do to change present cultural values in the world. But it is most obvious that a fantastic revolution about to change old outmoded Western social ideas is occurring on a world-wide scale. It appears that wholesale destruction of old values is imminent.

The afore seeming ordinary material pursuits of affluence, power and status are discerned by youth today to be symbols of greed, self inferiority complex and herd-like conformity. Young people are making it known that they are fed up with double standards and have no incentive to follow the foolish illusionary pursuits of the past. They are demanding honesty from their parents--and peers. They want a life of deeper spiritual and more harmonious inner reality. The phony creaking old belief styles must go. They are looking for true models or ideals and genuine living spiritual examples. Most are quick to recognize and reject so much of the outright ethical and moral hypocrisy around them. They want joy, peace, material security and opportunities for creative expression...not endless daily drudgery, bills and senseless warfare in homes, religion, politics at national levels....

The young people are alert to genuine spiritual reality. They are clearly aware of our poisoned oceans, rivers, streams, crops, soils, air, and hosts upon hosts of chemical and synthetic foods. Many are off to country farms to grow "organic health foods" to enjoy nature cooperatively and not competitively. They want, tranquility, creativity and deep genuine *unconditional* love. The *life* quality aspect holds their major focus not the *form* aspect. It is the inner communion between eyes and hearts that counts---not the stiff formal handshake--and the social pretenses. They want heart to heart and body to body hugs with one another..as true spiritual brothers and sisters. Always those who are alive to the soul deal heart to heart. Less is said and less is demanded while more is given.

There is a definite move away from drugs and into meditation everywhere in the world. Nor will this be a quick passing phase as I those ignorant prophecy. No matter what age, she or he who discovers the inner self cannot turn back. There is no way you can unlearn what you know. On the contrary the light of their startling and positive new way of life is *radio-active* in the true sense of that word. Their souls broadcast so clearly that they attract their friends and passing acquaintances into their meditation scene.

Obviously the *Acquarian Age* has begun. Meditation is a natural unfoldment of the Acquarian new age. The whole world is now rapidly becoming more aware of it! Meditation is *the* keyword among those young in body and young in heart. Not only youthful and young alert Indigos but countless tens of millions of awakened adults--of all ages--are learning about the benefits of meditation.. Esoteric bookstores and Health Food stores are budding out, blossoming and blooming worldwide.

The Internet is able to bypass the public controlled media so books and Ebook on meditation, astrology, numerology, and other basic Acquarian Age sciences are being sold as fast as they can be written and printed.

The world has awakened dramatically. Humanity now literally stands at the door of a great initiation. Christ is already here in the minds and hearts of hundreds of millions worldwide. The reborn disciples of the Master Christ Jesus are reappearing and preparing the way for Him again. For those who have the eyes to see the Kingdom of God is already *established* on earth. There is no stopping this great momentum toward spirituality in the world today. . .The *dark forces* are still making a last-ditch stand to hold back The Christ from coming back into the consciousness of humanity today but they cannot succeed. *The Light of God never fails* and *The Christ* is nearer than you think. His disciples have expanded and are gathering into powerful spiritual and meditation, or prayer groups in every nation of the world. Meditation is their keyword and *service to all* is the banner that holds their steady unrelenting gaze heavenward.

It's a new world! I hope you love it as much as I do. Indeed...bless your heart and may the Christ be with you in consciousness and deed.

Chapter 20

YOUR FIRST MEDITATION PERIOD

The time has come to leave the
house to open the door and step
New Day sun is rising. . . .

It appears that you are seriously ready to try your first guided attempt at meditation. So let us now then begin.

Be seated quietly in a place of solitude. Adjust your body until you are comfortable. Sit straight with your spine erect and your head raised high but your chin slightly lowered.

Now let your feet rest comfortably on the floor. Then rest one hand effortlessly in the other and place them both in your lap. Close your eyes and relax completely, remembering to take three or four slow, deep breaths. This last slow deep breathing step is extremely important. It starts a calm, gentle new rhythm of deeper breathing. This helps you to maintain a serene even mental and emotion tempo throughout your entire meditation period.

All right forget your breathing process now and move your point of conscious awareness to any comfortable region in your head. Most people focus at the center of their forehead between the eyes. Hold it there consciously for a few seconds and mentally resolve and intend to keep it at this high point of elevation through your entire meditation period session.

Then while mentally still holding your high in the head mental posture send a gentle stream of thought deep down into your physical body. Connect your senses with

it. Realize that your precious human body is your own personal highly appreciated and well-equipped vehicle. Affirm with conviction that it is totally under your conscious control. Now once again mentally express a final *directive* for your physical body to remain comfortably relaxed and quiescent during the rest of your meditation posture. Now forget your body consciousness. Let it go.....

Once again--still perched high in your forehead--mentally move another stream of thought down into your emotional body this time. You will draw this stream of thought to wherever you choose in your own individual area of feeling or being. We are speaking of a definite point of consciousness within you..like head, heart, feet, etc., etc., etc.

When you have consciously found and centered your awareness at that point you suddenly experience a little--or perhaps a lot--of inner vibratory sensation. The amount of vibration that you register is determined by the kind and size of emotional impacts or traumas that you have consciously encountered in the last few minutes, hours, days...and sometimes months or years ago.

Thus every time that you meditate you will record a different quality or quantity of emotional sensation. Sometimes, the sum total of this vibration will be so intense that you may find that even your physical body is vibrating in unison with it. During other days you may notice that your emotional system is relatively quiet.

Now consciously establish and exert a firm will to release or subdue the vibrations of your emotional body. Deep slow breath help a lot to slow down and eventually stop the emotional vibrational ripples. The ideal situation is to have your emotional body resting calmly

during your whole period of meditation. Focus a determined intent to restore a fairly stable state of quietude to your emotional system for several seconds or several minutes if necessary. Another way to help achieve this is to envision in your mind's eye a lovely clear pond of water resting motionless and peaceful surrounded beside an idyllic country-side setting. This can do wonders to usher in the desired calm state you want to feel through your entire emotional system.

In this quiet pond water technique you are utilizing your innate faculty to identify with all things or subtle ideas. The stillness of your imaginary country-side pond--conceived at *mental* levels--is transferred gradually into your lower self being at *emotional* levels.

Now having subdued your emotional vibrations as much as practically possible--utter a mental directive for your emotional body to remain completely inert throughout the rest of your meditation session. Then--just as promptly--consciously dismiss your conscious awareness of your emotional body.

Move your awareness consciously to rest slowly in your mental body. Your mental point of awareness is easier to locate than any of the others. You are there and you can sense right away--right there--the continuous movement and restless fluctuation of myriads of incoming and dismissed nonsensical thoughts. Your highest point of reference to the incoming and outgoing parade of thought-forms is the essence and the central point of your own mental body.

Now press all your thought into that electric mental center of your being. Gather all your vital forces into one point and focus on that seed thought or idea you have prepared to bring with you consciously into meditation.

This might be the concept or question about fire--or love--or the line of a favorite poem. If your seed thought contains more than a few words or ideas, it should be memorized thoroughly before you begin your meditation period so that you can locate it in your memory banks easily....

As you concentrate on your seed thought--even for a few seconds-- your mind will try desperately to wrestle free...to elude your grasp. You may often catch yourself following some wisp of a thought through an absolutely jumbled maze of meaningless and completely unrelated ideas. Be assure that your mind loves to stray. So stand on guard. You are the master. Bring it gently back...again and again--as often as needed--and resume your former stance of intense concentration upon your seed thought. The whole success--or temporary failure--of your meditation intent is won or lost during this battle between your mind and yourself. Your emotions have controlled your mind all your life. So now your mind simply does not understand your sudden insistence for it to behave. But like an unruly child a firm unswerving attitude of discipline will eventually subdue a habit of chaotic behavior.

View your seed thought from all angles of thought. See through all the glamorous implications and the fancy illusions so well-encrusted and color-coated by lower mind as the ideas take form. Proceed directly now to concentrate at length and breadth on your seed until you identify with its inner meaning. This means that you must feel subjectively related to all that it stands for. Keep right on concentrating until you fully *understand* and subjectively experience the ecstasy of your identification with the heart center of your seed. That seed will then flower out into brilliant petals of knowledge, or light.

From this vantage point--seated high on the throne of your intellect--you can reach back up into the *Source* of your "I Am" being--the intuitive or soul plane--where you and all your ideas originate. The longer you can hold this expanding contemplative posture the more you can draw on the specific dreams and visions that will transform your life in your 3-D physical word of being.

Diverging for a moment note the word "understand." Pause for a further second to size up the tremendous esoteric--inner--meaning of this word. We can re-phrase this one word into a perfect equation. I will separate the equal quantities with equal marks:

UNDERSTAND = TO STAND UNDER

Here we have a simple example of your prime goal of meditation which is to get you subjectively closer to your own true *Source* reality. This means that you develop the ability to see through all the outer forms, veils or layers that *contain* the now limiting specific symbolic representation.

In summary a constantly abiding inner esoteric sense is what you are seeking to personally develop via meditation. To know for yourself--in a lasting real inner soul esoteric sense--is the only sure avenue leading to exterior success. Obviously brilliant *Benjamin Franklin* advised his listeners or readers to invest their purses in books. Benjamin pointed out that no one can take away what you have stored in your head...even though you may be utterly stripped of all your worldly possessions.

Our physical possessions and possibly even these physical bodies will pass away in a relatively few years...since all things and all being continuously pass in and out of objective existence. Yet Benjamin Franklin is

right, no one can take your eternal inner life away from you...even if they should succeed in *ousting you* from your physical body.

There were millions of human bodies destroyed in most every World War but not one "I Am" inner human being was killed. Life cannot be taken away from the God within you or me or anyone else. Take and hold hope and faith in this realization. Forms of all bodies come and go--again and again--but your own individual eternal life continues uninterrupted. *Immortality* is yours despite any of your doubts or beliefs to the contrary. I speak from the personal conscious experience of a true visit into **the** realm of death--so-called--from which I returned. Russ Michael knows the truth--of the fact of human rebirth or reincarnation--of former lives lived through first-hand encounter. I urge you to obtain and read my book, *Autobiography of An IMMORTAL* if you want to understand more in depth about death and immortality.

But here now more important than any personal revelation of any other exists the fact that *immortality* is *consciously* yours at the exact moment that you become aware of our own true "I Am" Source nature. This is the inner self you meet and will get to know--for yourself--through meditation. You are a radiant identity...a conscious point of vibratory and eternal life within *The One Life of All That Is*.

Therefore take heart. Stretch up into the soul of your thoughts. Bridge consciously across their vast meaning. Abstract the hidden essence of them from your intuition and relay this brilliant rainbow of divine knowing substance into your dense physical brain structure.

Meditation open the door for your exciting new thoughts to take concrete form. When you have succeeded in contemplating the many new aspects of your seed thought--when you have exhausted all their immediate possibilities--then refocus your mind back into the physical plane brain structure. You can do no more. Your meditation period has been a tremendous success.

One more note...10 minutes of attained deep meditation is more than enough at any one given mediation period. It is better to have one, two or three shorter meditation periods then to try sitting in a meditation posture for hours on end.

Meanwhile if during your meditation period your three lower bodies were aligned then--over hours or days ahead--your new ideas will filter slowly down into your physical brain for your conscious awareness and use. Remember that energy follows thought. In due time the overwhelming impact of your thrilling new ideas will change your life. It will bring insights, inspiration and all the inner peace and outer success for which you crave..

It is an immutable fact...a greater abundance of contact at inner reality must reflect back a same greater amount of outer abundance--whether wealth, better health, greater self-empowerment or a divine soulmate overflowing kind of love. Newly defined and decisive inspired life actions create and cause definite equivalent exciting and inspiring new life effects. A change is a change is a change.

Our friendly sojourn together through time and space is over *for now*. Yet..my feeling of momentary sadness at our parting is brightened by the realization that we shall undoubtedly "meet again" --if not in another of my 20 or so volumes, then better yet--hopefully in person. . .

I will take this moment to bequeath my final blessing from me to you from within these meditation book covers.

May you move consciously forward now to be your own strong initiator of world processes. I personally know and I Am thrilled that the Universe is *literally all yours* to shape and mold according to your highest or lowest desires. All new worlds you are in will follow your powerful co-creator bidding in accordance to your own new ability to understand the old and utilize **the secret** new forces of nature.

This volume would certainly be incomplete without frank acknowledgment and a deep expression of gratitude to my beloved master mentor teacher, the *Master Djwhal Khul*--also known as *The Tibetan*--and to *St. Germain* and and the many other grand *Masters of Wisdom* in *The Great White Brotherhood* who have tried, tested, conquered and taught me the the why and how of meditation too. I know in in the very fires of time immemorial these *Adepts* and *Masters of Wisdom* have continuously passed this golden thread of information in unbroken succession up through the ages. They make their very sacred presence known personally to all those who serve unselfishly to bring more light of knowledge to their fellowmen.

In these End Times on earth I especially refer my readers to all of the priceless works found not only in my array of Ebooks found at www.RussMichaelEbooks.com but also to the precious Abraham material and many CD's and books presented by Esther & Jerry Hicks...

Not also that *Napoleon Hill* in Chapter 12 of his world famous best seller book *THINK AND GROW RICH*

humbly relates his own personal encounter with an *As-cended Master* from the *Great White Brotherhood*.

Finally to you--my so beloved readers--both old reader friends and new reader friends--my final last wish for you--*now this day*--is that you will LEAD YOURSELF through a life filled with joy. Find a life radiant with all the highest spiritual inspiration and 3-D worldly success that your now new ideals and your steadfast daily *meditation practice* can--and will--bring *magnetically* to you....

Peace Bless your heart. We are One. I
Am in loving brotherhood, *Russ Michael*

Final note from the author scribe...

If you enjoyed this *Why & How of Meditation* book authored by me please encourage your loved ones and friends to obtain and read it, as well...Please also obtain my own "*Autobiography of Am IMMORTAL*"...or *any* of the *soon to be 20...or more...* of my own *Russ Michael* Ebooks at: www.RussMichaelEbooks.com

Here you can also listen to my 3 minute *podcast*, read my brief bio or *surf* through the "*Table of Content*" pages of each one of my many obtainable Ebooks....

You can also subscribe there to my FREE spiritual daily email "*Michael Worldwide Newsletter*"

Or simply subscribe now just for the asking at: Russ-MichaelEbooks@gmail.com

Bless your heart. *Bless us all*. We are all blessed. I Am--
Russ Michael

Click here: www.RussMichaelEbookis.com

\$9.99 each - 3 for \$19.85

See constantly ADDED Russ Michael EBook titles.

Live the life you imagine! *Thoreau*

*****Russ Michael Ebooks - Now Available**

(1) Autobiography of An IMMORTAL, by Michael, I Am
(360 pages)

(2) Soulmates, Twin Rays and Special Lovers, by Russ
Michael (160 pages)

(3) THE SECRET is No Secret Any More and There is
NOTHING You Cannot BE, Do or HAVE, by Russ Michael
(170 pages)

(4) Your Soulmate is Calling, by Russ Michael (139 pages)

(5) The Secret DOCTRINE of The Ancient MYSTERIES, by
Russ Michael (107 pages)

(6) The Mental Room of Mirrors, by Russ Michael (148
pages)

(7) 100 True RAMTHA Miracle Stories, by Russ Michael
(over 245 pages)

(8) Why & How of Meditation, by Russ Michael (over 139
pages)