

A Guide to Meditation

Pam & Gordon Smith

I

Index

1. Bare Your Soul
2. The Difficult Path
3. Love is the Oil of Life
4. Hearts Mystic Rose
5. An Open Bowl
6. Deaths Door
7. Grace before Meals
8. The Healing Heart
9. The Will Divine
10. Praise Be to God
11. Self Defence
12. Deep Sleep
13. The quiet mind
14. The Keystone
15. Pilot Thoughts
16. Transcendental Breath
17. Therapeutic Dreaming
18. Spirit Guides
19. Ancestral Support
20. Sense Synthesis
21. The God Man
22. Philosophers Stone
23. The Light of God
24. One into three
25. Timeless Light
26. Holier and Holier
27. Healing Words

Introduction

Meditation is essentially mediation between ourselves and the spirit of life of which we are a part. These short meditations will provide food for thought, have a practical level of application and will help in awakening the intuitive faculty. Some of these meditations are of a mystical nature and may not be readily understood by the beginner. However, the meditations will be added to, or changed from time to time, and are offered freely as seed ideas that can be further developed by the practitioner.



Bare Your Sole at least once a day and make contact with your environment. Walking without shoes can be a way of relieving stress and bringing yourself down to earth. If at home occasionally enjoy the freedom of walking barefoot, and feeling through the soles of the feet the texture of floorboards, carpet and linoleum. Let go of any stress that you may feel through your feet to the earth. Then open to the natural world in which you live; re-harmonise with your surroundings by placing hands on window sill or table as you look out to the world and beyond...Let your hands co-operate with your feet in making contact with your surroundings and your eyes feel the affinity they have with the world at large. By first removing your shoes and baring your "sole" you can earth yourself, relieve stress and bring yourself back into harmony with the world.



The Difficult Path is the one to travel if your aim is to make spiritual progress as quickly as possible. As a rule we have a choice between the easy way out and in facing difficulties head on. The difficult path sharpens the intellect and strengthens the Will. The salmon, because of the strong currents which oppose it, learns to leap that much higher. The path which leads to truth and light is never easy; happiness in essence arises from being 'Self' determined and in doing one's duty. The easy path is the one in which we accept stimulus in a passive and leisurely way and which, if prolonged, becomes monotonous and even painful, the rule is, that constant stimulation is no stimulation. The quickest way to achieve integration is walking the difficult path and then developing the strength and wisdom to continue.



Love is the Oil which makes the wheels of life run smoothly, without which, those elements designed to work in peaceful accord, can experience dryness and heat, becoming inflamed and disrupting in painful disharmony. Love in its subtle form, is the light of comprehension embracing all that exists; it is supportive, energizing and developmental. Let love be your guide. Each morning as you open your eyes, let the light of day and the subtle light of love into your mind. Feel this light and warmth flowing inward with each breath. Remember to make each of your tasks in conscious accord with this inner wisdom, as love and light, power and form, are the two elements that make life possible. If in pain, or feeling distressed, swim as gently as you can through life, and let the oil of life, soothe the dry fricative heat in painful joints, and let the healing power of love gently guide your body back to health.



Hearts Mystic Rose – Within the mind of the heart, visualize a beautiful rose. For many, the rose of the heart can be the way through to the transforming power of spirit. With the image of the rose pictured clearly in your heart, let it dissolve, as if into the light of the heart. Then from within the light, gradually bring the rose back, more beautiful than before, let its fragrance catch your psychic (inner) sense of smell. Keep letting your rose return to the light and then bring it back, more perfect each time, until the rose and the conscious light of the heart, become as beautiful expressions of each other. Light is a symbol for consciousness and as the meditation continues the form of the rose and the light essence from which it arises will become inseparable and the whole body will become filled with light. The breath also will become peaceful and refined and experienced as a healing breath throughout the body.



An Open Bowl – Make your life as simple as an open bowl, accepting all that comes into it, like the sweets or fruits which it holds for others delight. Uncomplicated and true, your all encompassing rim loving all that comes within.. Feel the space within and the space which lies without, and at night when you sleep, let go of the bowl. Each day as with cupped hands like the beggars bowl, accepting all that comes to you; an open receptacle receiving God's gifts. Feel that the space within your simple form encompasses eternity, experiencing freedoms touch, emptying all into life's eternal bowl its rim a never ending curve. Be like an open bowl, simple and pure, offensive to none, and a small bowl within the bowl of eternity holding God in your heart.



Deaths Door – opens just a little for all of us at the time of some ones death. For a few brief days the departed soul, ever close, traverses the astral band between heaven and earth. The movement earthward and heavenward is like a gentle bouncing ball determining the soul's destiny; either earth to rebirth or onward to heavens angelic band. At these times we all die a little and share the death experience and can help by sending love and guiding thoughts to the departed. The highest thought that we can send is for them to Will what God wills for them. Then as the door at this level closes they will carry with them helpful and guiding thoughts, whether they journey on to the highest heaven or return back to the earth to once more learn the lessons of life.



Grace before meals – makes light of the food we eat. A Grace spoken with a good heart sets and improves the tone of the nervous system. Every particle of food we eat is a manifestation of energy and to eat food of an animal nature feeds the animal in us. Green leafy vegetables will feed us at the level of feeling, while nuts and fruit nourish at all levels. Whatever level of food you eat, whether spoken aloud, or silently within the heart, always set the tone with a good grace. To eat a meal in anger will feed that anger; while words wisely chosen will be conducive to good health. It is by dedicating your meal to the highest that the energy of the food you are about to eat will feed the transcendent.



The Healing Heart – can help ease suffering and make possible the start back on the road to health. If someone you know is sick, set aside a few moments each day, to set the form which will aid their recovery... This is done by visualizing them within the mind of the heart, and seeing them as they would be if they were perfect. We all have an original face that is perfect, untrammelled by time. However aged or sick a person has become, always see them as they would be if perfect. With love, hold this image within the heart and your inmost feelings will tell you whether or not they are likely to recover. Be not dismayed if this is not to be so, you should not hold a person against their will. The clear form that you hold within the heart, will either assist them back to health, or make their journey easier from this life to the next.



The Will Divine – is in each and everyone, and to re-discover yourself as Will is to re-discover your lost divinity. Will and Power of God at the highest are non separate, and hold each according to its purpose. Discover yourself as Will and non separate from the Absolute, by stepping back into the non-differentiated Self, and make each act a Conscious and willed intent. Take every opportunity to discover yourself as Will. If walking be awake to that which is inertia and that which initiates movement. Take charge of your body as if being re-born in each moment. Avoid inertia, change pace or speed up, catch light impressions on the retina of the eye, re-discover yourself and become a catalyst for change. Awake from the dream in which you find yourself so that your true spirit and essential will become as the Gold that purifies the rest.



Praise Be To God – The words if repeated as Mantra on a regular basis, will gradually release the energy of the words and lighten your spirit. These words are a spiritual key whose resonate vibrations can attune the heart to the sound geometry of the Universe. These words are not formless vibrations but part of the perfect body of light which give form and structure to life; they are words which can carry you to the temple of the most high God. Whose light shines throughout time and whose power charges the Suns (Son's) Conscious radiant beams; enabling those who call upon the initiator of that light to be drawn closer to him and into the security of his Infinite Peace.



Self Defence – assumes that we have something of importance to defend. That which most of us consider necessary to defend is any defined zone containing something of value to ourselves. This self (spelled with a small's') is often cherished above all else. This self, resident in a body, with property and an address, feels through the process of identification that any attack on its body, or property, is an attack on itself. The Self (spelled with a large 'S') is in reality an intelligent zone of life force not limited by any particular zone of activity, and which in its infinite nature can express itself through many points of interest. Try to become more universal in your own nature and see things through other people's eyes. Practise meditation and become one with the Self without form and which is capable of expressing itself in a variety of ways... This will help remove fears associated with your own apparent finitude. In the Absolute sense there is no loss of life when the body has become untenable, there is only a letting go and the taking up other areas of interest.



Deep Sleep – is important to life. Without deep sleep we lack the cosmic sustenance necessary for health. During sleep we dream and restlessly discharge the suppressed tensions of daily life. We then go deeper into the timeless space below dreaming and open to the subtle chemistry of starlight and the healing energies of space. If you have problems with stress or health, before going to sleep hold in your mind the concept that during sleep; this is the time for healing and that nothing is to be allowed to interfere with this. Imagine that your body is your ark and that it will safely support your journey back across the troubled waters of time; until you reach the silent waters of deep space. As you relax more deeply, let the healing energies of the eternal reach into the inner recesses of body and mind, dispersing tensions, energising and cleansing... When we are tense we keep out a lot of those universal energies that originally generated life itself. So have no fear, sleep deeply and naturally as you are' a child of the Universe.



The Quiet Mind – is like the still waters of a lake which reflect impressions but do not get caught in them. Nervous tension and even dizziness arise through being caught by the activities of mind. Thoughts and words are packages of energy which make shapes and disturb the mind, much like the wind can disturb and agitate the surface of water. Words and images placed in their proper context can have a positive value and enable us to order our lives. It is when the stimulus input and emotional charge that we put onto words is too great that we can lose control, experience confusion and a feeling of formless agitation. When under stress, take time to quieten the mind, let the surface pressures subside until the mind is as clear as a cloudless sky. Let quiet and peace descend until it is felt deep below the surface of the mind, soothing and calming. Until you emerge as your true Self, clear and untroubled like the Sun on a summers day.



The Keystone – lies at the topmost part of the temple dome, as it does the temple of your own being. After birth the opening is first closed in a physical sense, then next in a psychological as you are drawn further out into the world. The removal of the keystone is symbolic of letting in the light and opening upwards to the supra-mental levels of Consciousness. This opening occurs in oneself when the right conditions allow for the descent of spiritual light. This descent is not possible if your nature is that of the closed fist. There has to be openness of heart and mind, coupled with meditation and prayer, with no sense of expectancy; as grace, when it comes is not determined by human whim or desire. Sri Aurobindo that great Indian mystic tells us that with the descent of the higher levels of Consciousness, changes occur in the mental, emotional and vital nature which if continued will actually bring about a physical transformation, enriching the life and world of the individual.



Pilot Thoughts - can guide you through the troubled waters of life. Everyone needs some governing concepts or thoughts which are held higher than all the rest, these thoughts should not be a part of the mental baggage which most carry around. They should be carefully examined propositions which have withstood the most careful scrutiny and are now considered to be worthy of a place in your highest heaven. Start by examining simple ideas which can be accepted at heart by everyone. Some of these ideas are often taken for granted and rarely put into practice, such as non-injury, truth, non theft, non greed etc, the list is endless. How long is your list? Ask yourself the question "What do I really believe in". If nothing readily springs to mind - start working on it. Only Universal Truth will hold and support you throughout all eternity.



The Transcendental Breath or 'H' Breath is an inspirational breath which reaches upward a step at a time. The inspirations can either be with alternate nostrils or both. The secret of this breath, which is worthy of meditation, lies within the intrinsic energy of the breath, and is best practised as if ascending an imaginary ladder, with several short inhalations. The breath should never be coarse but always refined and the quieter the better. Avoid using the mind in the sense of imposing a regime on the breath; rather use your intuition and feeling as a guide as to what is right for you. This will mean on occasion altering the length of the inhalations or taking one full breath. It is important that you avoid strain and the tendency to hyperventilate, as this is an indication of error. As the breath becomes more conscious there will be a sense of increasing peace as each step is taken. At times the breath will be prolonged or suspended, with the body sustained by the subtle energy of the breath. As the breathing quietens and internalises, the experience will become more profound, with a feeling of light which fills body and mind, until the final ascent is made, when the spirit merges with the limitless light of the Absolute.



Therapeutic Dreaming - is a useful aid in helping combat stress and in assisting the healing process. We all of us dream at many levels in accordance with the level of energy activity within the body, dreams are a good indicator as to the nature of the fears and emotions which have been suppressed. Before sleep or when resting, learn to observe the random images which are being thrown up into the mind. Busy, active and bizarre dreams can clear away tensions, much like thunderstorms clear the air. When unpleasant energy formations enter do not become attached, simply let them go. A best time to observe the effect of dreaming is when awakening from sleep, or when daydreaming. Remember that dreaming is a natural form of energy release and as is often the case an over dramatisation of experience. If feeling unwell and your dreams are unpleasant, always look for some positive aspect in the mind pictures. With dreams of people, if someone appears who is well and positive, pick up this feeling and go with it. Where there are patches of blue sky or a pleasant green go into this aspect of the dream. You always have a choice; if your dream is dark, look for that which is not quite so dark and keep moving toward the light.



Spirit Guides – are always with us and function at many levels. A true guide is non urgent and does not insist but rather presents an alternative which is developmental and helps deal with future problems. The great majority of people are not aware that guides exist, as their own private purposes keep them out, creating exclusion zones which the guide cannot penetrate. It is by working upon oneself and by refining one's perception of life that an opening occurs for the input of higher levels of knowledge. Guidance is received by means of intuitive knowledge which the brain verbalises or personalises. The information received from guides is to be examined carefully before being put into action. The final decision has to be your own, as there are many levels and not all have your interest at heart.



Ancestral Support - is something that we carry with us at all times within our protoplasm. This long body of the ancestors stretches back to the start of the human race. There lies the aggressive energies developed in a bye gone age which have ensured our survival to the present time, and which in today's modern world may no longer be considered desirable. These energies, which if suppressed and not allowed free expression can lead to feelings of frustration and depression. If feeling low; call for the support of your ancestors and turn this energy into something positive. Become as it were the spearhead and moving tip of life which reaches from the past into the future. You are now the Captain on the bridge, living your life and supported by all that has gone before. It is now your turn to make the decisions, and the more progressive and developmental your life becomes, the better your ancestors will feel about it, as you will be completing a process which they first started.



Sense Synthesis – can help us to appreciate the world as a whole rather than partially. Each sense contains hidden within it every other sense. It is not for nothing that we make the statement that a colour scheme is either tasteful or rather too loud. Start to appreciate the world as a whole by being aware of texture and fragrance with the eye, and by sensing colour through the sense of touch. To let this art of synthesis develop naturally and without effort is to gain a greater appreciation of the world in which we live. It is each individual sense which abstracts and takes us away from the world of the spirit, by practising each sense through every other sense we grow close to the one true light which precipitates each living being. The daffodil in spring when seen through the eye of the mystic becomes an object of beauty, a whole and unique synthesis precipitated from within the golden light of the Sun.



The God Man – is a man of light and vision. He stands like the pyramid four square upon the earth; presenting to the world in recognisable form, three aspects of his limitless light as received at the highest point of his triune nature. He is an active man of light (Ra), effulgent like the Sun at its mid heaven. All he has, he gives freely, he is never poor, as he gives from a source which is infinite. The warmth he dispenses is love energy, which helps each to grow according to its nature. His inmost light is the light of consciousness, non separate from the eternal, which perceives all, and sees through the eyes of the smallest to the greatest. To become as a God man, start from where you are with humility. Power seeking for its own sake is doomed to failure. Will to love truth and avoid getting caught in the relative. Open your eyes continually until you are ready to return like the prodigal Son, back to the light from whence you came.



The Philosophers Stone – is the Self. Not the ego self but the Conscious Self; which when not caught by the troubled world is a catalyst for change. Your inner Self or soul force when it stands in its own light is at one with the Divine. This power which strengthens and widens a souls perception, gives it the power and vision to change life for the better. The awakened soul has the support of the infinite and when it realises the limitations of private purpose it is inspired to start to work in accord with the Will of the Divine. The Philosophers Stone is the Sophic sphere of your own Self, open to the greater light of the infinite. It is called a stone because it brings the greater light in human form to confront the troubles of the world and becomes the Self Crucified One (S-T-ONE). Anyone who lives a full and Conscious life and does not mind facing up to injustice becomes a catalyst for change.



The Light of God -is the Suns (Sons) light. The Sun is a step down transformer of the Infinite Light and Consciousness of the Absolute. When the Suns light falls upon the earth it produces many beautiful forms. To those who worship it, it brings new insights, more refinement and a greater awareness of beauty. The light bringer and Sun (Son) of God orders the whole of creation as the Divine Word. We all of us have within us a captured portion of that Light of Consciousness. There is no separation at source and to attack any one individual is to attack the rest. Become a being of light by first recognising the light within you and by always addressing that light within others. You cannot do better than worship the Sun, whether it be in the form of the highest intelligence in the sky, or as the Divine Son walking the earth as its physical representative.



One into Three - moves the incarnating spirit. Within the Infinite Field of Sentient Power and co-present with it was the intention to exist. This intention was felt as a tension within and throughout the Life field. With the Will to exist, that is to stand out in time, arose interest, a sharpening of intent and with it the birth of ideas and a sense of direction. After the birth of ideas in their many interesting forms; came man, able to think, feel and like his Father in heaven, exercise free Will. And now man feeling apparently separate continues to divide and separate. The principle of division is the Devil (Dev/il) who continues to divide and separate. The way back to your Father's house is to return with the experience that you have gained in life, and to accept that every other experience is as valid as your own. It is by willing to Love the Highest Truth, that none of us are ultimately separate, that the three aspect of your own being can move back into the one reality of the limitless light.



Timeless Light – both transcendent and imminent is always with us. It is the light which heals, enlivens and evokes a response in time weary substance. It can awaken us from time moving emissions, which propel us along as we try to write our own time signature. This Self Remembered light splits asunder the time trapped ego, reassembling each part into ever new and joyous forms. To enjoy this creative experience, sit with your spine straight and feel that it represents a subtle line existing at right angles to time. Neither inclining to the right or left, neither leaning forward or back, let the timeless penetrate the circumscribed zone of your being. Let this subtle input, which is non urgent and non oppressive soothe and heal the time weary soul. To be in the presence of this light is to be free and at one with a million sunrises of glorious and unsurpassing beauty. This light at midnight can be felt as a gentle wisdom, which none effortlessly fills all space.



Holier and Holier – make the fabric of your being until interspersed with space, timeless spirit flows, fulfilling Gods law. Space does not know itself as space until it wills limitation –this self willed limitation is the law of the infinite, the one reality beyond the relative. Continue to make space by letting go and opening beyond every finite consideration. Let go of tension, breathe freely and clear your mind. Have no fear of the 'no-thing', because the real, which is interspersed throughout space is your support and the firm foundation on which to rest throughout eternity. The more spaces you create within yourself the holier and holier you become, until the weave which constitutes your garment for life is the seamless garment of the infinite. This garment which structures you're so called inner space, is the spirit of truth, and is felt as light within your own clear sentient spaces.



Healing Words – are powers, which when activated, order and change for the better, the malady or condition in need of healing. Words which have the power and energy to assist the healing process will of necessity vary with each problem area. To activate the right words, hold in feeling that part of the body in need of healing, and let the words arise spontaneously. Often they will not form any coherent sequence and at times may prove to be rather basic or rudimentary. However, with healing in mind, feel for the right words, and then let the energy of the words cleanse, wash away and heal the affected area. Healing words and the energy associated with them, can be activated day or night and when allowed to operate prior to sleep will often give rise to therapeutic dreaming.

