

Meditation Techniques for Inner Work

Intense session work can induce a greater sensitivity to subtle spiritual and psychic energies, and speed up the influx of impressions from deeper levels of consciousness. This raises the question of how these energies can be properly understood and handled. If these energies are not guided, they can create challenging situations. The use of traditional Yoga meditation techniques while in an intense inner session can provide a constructive solution to this problem.

The most spiritual and powerful aspect of man's nature is the faculty of attention or consciousness. A fundamental aspect of man's will is the choice as to what he allows his attention to dwell upon. The attention always has to be on something, but we can choose what we allow it to dwell upon.

The goal of these meditation practices is to discover and directly experience what the faculty of consciousness is. Seeking to know that principle by which all else is known. This goal is achieved by observing the observer or placing the attention on the attention itself. This may at first seem very abstract and hard to grasp in terms of practical application, but there are workable, time-proven methods for achieving this state of pure consciousness which when consistently applied and practiced do yield results.

It should be remembered during an intense inner session that whatever perceptions, thoughts and even hallucinations occur, they are all the creations of one's own mind and consciousness, and are filtered through one's own instrument of perception. These perceptions are patternings of our own psychic energy. We give energy to whatever thoughts and feelings we allow the attention to dwell upon. Wherever the power of attention is focused, it generates mental and emotional energy in the form of its own lower overtones, thus feeding and energizing the thoughts and emotions which the attention dwells upon.

The key to remaining in balance during an intense inner experience is in consciously directing the flow of attention. If possible, distractive experiences should be avoided in the first place. The following is a description of several techniques which can all be applied while in an intense inner session.

A basic rule to apply in case of paranoia or other unpleasant or frightening experiences while in an intense inner experience is to realize that whatever you may be thinking, feeling or experiencing is being experienced by the consciousness *within* you. Then place your undivided attention on that consciousness which is experiencing whatever is happening to you. This process returns your consciousness to its own pure nature and disengages mental and astral thought forms. These destructive thought forms then dissipate and are dissolved back into the homogeneous, vibrational energy of the plane of energy substance from which they were originally molded. The strong light released by consciousness observing itself, helps to quickly dissolve and dissipate destructive thought forms. This happens because strong overtones of pure consciousness are generated and cancel out the discordant, out of phase vibrations of destructive thought forms.

If the attention wanders while practicing any of these meditation techniques, immediately bring the attention back to the process of meditation, and do this as many times as is necessary until the attention remains centered on the particular form of meditation which you are practicing. Inexperienced meditators have a tendency to fight distractions, which in itself, becomes a distraction. The attention can only dwell on one thing at a time. Simply bring it back to the thing you are meditating on.

Another way of stopping distractions is simply to temporarily suspend the breathing process by neither breathing in or out. Since breathing is intimately tied to every biological process in the body, the instinct to survive (developed over billions of years of evolution) will interrupt the flow of attention into distractions and bring it to center on the awareness of the cessation of breathing. It is then an easy matter to resume normal breathing and to center the attention on the particular form of meditation being practiced.

Sound Current Meditation

Focus your full, undivided attention in the center of your forehead where the pineal gland is located. Listen with your attention for whatever sounds present themselves. After awhile, you may hear sounds of various tones and pitches. At first, you may only hear the low hiss of random molecular noise in the ears, but in time, definite tones will present themselves like sustained notes on an organ. This sound is perceived directly by the subtle bodies themselves, and not through the outer physical organs of the ears. It is the sound of the vibration of conscious energy as it flows through the physical body and as it vibrates and circulates within the subtle bodies.

You should focus your entire undivided attention on the strongest sound that you can hear, and let it draw you up into higher and higher states of consciousness; also let the sound reveal and intensify the spiritual light. The better your concentration is, the louder and more distinct the sound will become.

Experience the vibration of this sound expanding until it includes your whole head, your whole body, and ever-expanding volumes of space surrounding you. By this means, you will tune into the music of the spheres, and your whole being will become a receiver and transmitter of the harmonious rhythm of the universe. When you open your eyes after such a meditation, you may find your surroundings filled with blazing light.

In the beginning, the sound current may appear in one localized part of the head; most likely in one of the ears. You should not focus on the sound current in the left ear. Listen to it in the right ear, and gradually let it move to the center and top of the brain. From this vertex center, known as the Sahasraram Chakra (associated with the pineal gland), allow the vibration of the sound current to fill the entire head and to then expand beyond the head into the surrounding space. This is one of the classical methods and can lead to the highest type of experience.

Meditation on Light

To practice this form of meditation, close your eyes, and observe your inner field of

vision by focusing the attention at the point in the center of the forehead, just slightly above the point between the eyebrows. This location is called the Third Eye Center or Agna Chakra. It is related to the faculty of clairvoyant vision. The physical manifestation or anchorage point for the Agna Chakra is the pituitary gland, which is located in a bony cradle in back of the root of the nose.

When you close your eyes, look steadily into your inner field of vision until light, color and patterns begin to appear. (This is looking with your attention and not with the physical eyes which should remain relaxed.) When most people close their eyes, initially they see a black void, but by looking steadily into this void, various colors and patterns will eventually begin to appear. When this happens, simply observe them with your full, undivided attention as if you were intently watching a movie. Then periodically focus all of your attention within the brightest point that you can see in the center of your field of vision, and pierce through that point. After you have done this, the light will again blaze forth from the point in a new burst of energy, and you will find yourself at a higher rate of vibration or plane of energy. With continued practice of this form of meditation, you will become immersed in a blazing sea of light; and you will become a center from which that spiritual power is radiated.

By concentrating the attention in the Sahasraram Chakra or Thousand-Petalled Lotus, located at the top of the head, an experienced meditator can release an even more powerful radiation of light and spiritual energy. (It may take more work to activate this chakra; the beginner can get more immediate results by looking through the Agna Chakra or Third Eye Center.) The Sahasraram Wheel is the highest chakra; called the "Doorway to the Infinite" and the Brahmarandra or Hole of Brahma, it is the most powerful and spiritual of all the centers that can be awakened in man (with the possible exception of the Heart Chakra which is considered by some yogis to be of equal importance). When the Sahasraram Chakra is fully activated in an advanced practitioner, the white fire of Cosmic Kundalini descends upon him and blends with his own rising kundalini force, and the white light of spirituality radiates for miles around.

Meditation on the Chakras

By focusing the attention on various locations within the body, where the chakras are located, it is possible to activate these chakras and facilitate an increased flow of energy between the higher planes of energy and the subtle body, thus releasing an increased amount of spiritual energy. There are seven major chakras in the body which link together the physical body and the subtle energy bodies.

The chakras are revolving vortexes of energy which act as mechanisms for the absorption and radiation of spiritual energy. In the physical body, they relate to glands and major nerve centers. In the etheric body, they are like wheels with petals which are created by a sort of stroboscopic effect of the revolving energy. The etheric chakra flowers are connected by a sort of funnel-like stem to the gland or nerve plexus to which they belong. In the astral body, the chakras appear as whirlpools of energy, like the eddies in a stream of water or in a basin of water when the stopper is pulled out. In the mental body, they appear as converging lines of light.

The Muladora Chakra is at the base of the spine and is the seat of the Kundalini Fire Wheel when it is activated it rises up through the center of the spine and activates the highest chakra in the cerebral cortex, the Sahasraram Chakra.

The next chakra is called the Sacral Center or the Swadisthana Chakra. It relates to the adrenal glands and is related to the absorption of pranic vitality, which is in the air. The air absorbs this energy from solar radiation. There seems to be some differences of opinion between various texts as to whether the Muladora Chakra or Swadisthana Chakra relates most directly to the sexual functions.

After the Swadisthana Chakra, comes the Manipara or Solar Plexus Center which relates to the digestive functions and vitality of the astral desires.

Next in ascending order is the Anahala or Heart Chakra, which relates to the source of spiritual energy and the higher emotions of love, altruism and benevolence.

The next chakra is the Vishudha or Throat Chakra, which is related to the thyroid gland and has to do with the power of speech and relates to mantra yoga and the capacity for artistic creativity. This center is activated by chanting and singing.

Next we have the Agna Chakra, which is located on the forehead, just slightly above and between the eyebrows. It is related to the pituitary gland and the subcortical areas of the brain. The Agna Chakra has to do with the higher mind faculties of clairvoyance, scientific reasoning, willing and philosophical thought. Development of the chakra awakens the ability to see and regulate astral and mental forces on the superphysical level.

Above the Agna is the Sahasraram Chakra or Thousand-Petalled Lotus, which is related to the pineal gland and the cerebral cortex. It's located at the top of the head. It relates to the sound current and the faculty of clairvoyant hearing, and is the most spiritual of all the chakras. When this chakra is fully developed, union with God-consciousness is possible, and Illumination takes place.

By focusing the attention in any one of the chakras, the lower overtones of the concentration of consciousness in that location activates that chakra and associated gland in the body including the thymus gland, the thyroid gland, the adrenal gland and the sex glands as well as other glands. Once the pituitary gland is fully activated by the development of the Agna Chakra, all other glands are brought into balance, thus helping to develop and raise the vibratory rate of all the chakras.

In Kundalini Yoga, an advanced yoga practice, concentration is done on the Muladora Chakra at the base of the spine in order to arouse the Kundalini Fire and bring it through the center of the spine to activate the highest chakra, the Sahasraram, at the top of the head. If however, the Kundalini Fire is prematurely aroused and not properly directed, damage can be done to the nervous system and to the etheric body. Therefore, arousing

the Kundalini should only be done in advanced stages of yoga when a great deal of purification of the subtle bodies has taken place and soul control over the personality is well established.

The Combination of Mantra Yoga and Meditation

When doing Om chanting or other mantras, it is possible to activate various chakras. By chanting at varying pitches, you will make different tissues in the body vibrate, thus stimulating the nerve centers and the glandular centers, and activating the chakras associated with them. With a bit of experimentation, you will find which tones or pitches vibrate which parts of the body and which chakras. When this has been ascertained, then chant with full force while meditating in the chakra you wish to activate.

The sound waves create vibration patterns in the etheric, astral and mental atmosphere, which you can develop the ability to see. They are multicolored and very intricate and beautiful, sometimes forming geometrical patterns and mandalas made out of threads of light. Music will have a similar effect. Just listen to the music during a session while observing the inner light through the Agna Chakra or Third Eye Center. Then watch the color patterns change and develop with the music. Classical music and Indian ragas are especially good for this purpose.

Meditation on the I Am Principle

In the practice of this form of meditation, consciousness is directed to dwell upon itself. This is a powerful and high form of meditation. While focusing in the Heart Chakra or in the Sahasraram Chakra at the crown of the head, place the attention on the attention itself. If any distractions come in the form of thoughts and perceptions of a specific nature, then immediately concentrate your attention upon that consciousness in you which is the experiencer of those thoughts and perceptions. Even the manifestation of spiritual light and sound current should be regarded in this way. The sound current and the light are merely the lower overtone manifestations of the pure consciousness upon which you are meditating. The more you hold your attention steady in concentration upon itself, the more the light, sound current, electrical sensations in the body, the attention can ensure this.

Meditation Tips

In this regard, I would like to give a few final points of advice. Try not to shift the focus from one thing to another too quickly. Stay with a thought or meditation process until it is complete. Don't panic if frightening visions or hallucinations occur. Fear will make you concentrate on them all the more and thus feed them with the power of your attention. Remain detached and place your attention on that consciousness within you which is experiencing the hallucinations. Remember at all times that God exists in you in the form of your own power of attention and that power when properly directed, will control all lesser forces.

It is believed by some researchers that intense inner sessions stimulate the secretion process of the pineal and pituitary glands, which are known by yogis and occultists to be related to the Sahasraram and Agna chakras (which are also called the Thousand-Petalled

Lotus and the Third Eye Center). This stimulation increases the flow of energy between the etheric body and the physical body. It may be that an intense session can place the cells of the physical body under stress so that they must speed up their activity to overcome the stress. When the cells increase their activity, their vibratory rates increase, thus putting them harmonically in resonance with the higher rates of vibration on the subtle superphysical planes of energy. This process makes possible the expression of a higher level of consciousness through the glandular system, brain and nervous system.

The increased physical cellular activity requires more work and activity in the etheric body to sustain the stepped-up activity of the physical body. The vibratory rate of the etheric body is thus accelerated, requiring an increased activity in the astral body to sustain and remain harmonically in tune with the etheric body. The increased vibratory rate of the astral body requires a stepped-up activity and increased vibratory rate in the mental body. This in turn more fully tunes the mental body in to the power, love and wisdom of the soul. Thus an alignment of the whole being on all planes is facilitated, and a more rapid exchange of pattern imprints and energy between the various octaves or planes of energy takes place.

It may also be that an intense session stimulates a chemical structure such that they are perfectly in resonance with the lower overtones of certain key frequencies in the higher planes and can therefore act as a point of entry for the reflection of these vibrations in the physical body. They would therefore help to create common node points in the vibration structure of several different dimensions.

Not only is the love, wisdom and power of the soul brought to bare in the life of the personality, but the fine organization of the physical body, the etheric, astral and mental bodies, which have been produced by the evolutionary process, are harmonically reflected and preserved in the soul. While the physical body is the least permanent, the densest and composed of the substance of the lowest plane, it is in terms of evolution, the newest and most highly organized in terms of structure. Therefore, a complete replica of it made out of the energy substance of the subtle planes, is an evolutionary gain for the soul and subtle bodies. When the physical body is sufficiently awakened by the influx of energy from the higher dimensions, it begins to create higher overtone reflections of itself in the akasha or energy substance of the higher planes, and thus its pattern is preserved and made immortal.

When properly used, intense inner sessions help to speed up the evolutionary process. When man has evolved to an awakened man, he will, under the direction of the superconscious mind, take an active part in the molding and directing of the evolution of the mineral, vegetable, and animal kingdoms. His vibrations intimately affect for good those kingdoms in nature.

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