

I M R E V A L L Y O N

Heavens & Hells of the Mind

Chapter 53
THE HEART AND
SPONTANEOUS MEDITATION



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CHAPTER 53

The Heart and
Spontaneous Meditation

Mental Activity

Most *active* people in the world today live a speedy and hurried life. This includes children, young and middle-aged adults, and some old people as well. The symptoms are over-activity and having too many things to attend to. When both children and parents have too many things to “do”, family life becomes a nightmare of tension, excitement, stress and nervous breakdown. The cause is *overactivity*.

Many schools overload children with activities and homework to such a point that the children can no longer cope. The nightmare idea of “education” seems to be to “stuff” the children’s minds with as much “information” and “data” as possible about anything and everything (whether actually useful or not) until they have a nervous breakdown or rebel against the system. Most often, the “rest” period of a child or adult consists of more strenuous activities. Complete madness rules the world! There is no time for children and adults to *rest* and *relax*, and to return to the Source—that is, to themselves, the Self that they are.

Because of too much external activity, both adults and children are out of tune with themselves (the Inner Self).

The art of being still, quiet, relaxed, “mellowed out”, helps to refurbish your life-energies.

Intense mental activity should always be followed by *stillness, silence, rest*, otherwise it will lead to stress and chaotic thinking in the mind.

The average man, woman and child today is more active than the human physical, emotional and mental bodies were designed for; hence the tension, stress, nervousness, neuroses, worries and feelings of insecurity that plague society.

This intense activity is due to the fact that the planet Earth at this time is being bombarded by a certain Cosmic-Energy-Stream (the Seventh Ray) which stimulates the two lowest energy centres in Mankind, the Base Centre and the Sex Centre, which are the two centres connected with the Physical Plane. Hence the universal, feverish activity and preoccupation with sex. People are literally *over-stimulated* in these two areas. No amount of “moralizing” will change the situation. We are dealing with *real* Cosmic Forces here, not just intellectual ideas or sociological “theories”.

Overactive Mind 990

The Education System 480

Emotional Problems 1429

The New Aquarian Energies 426

Notes on the Path in the New Age 1166

Planetary Disturbance 1697

Before you can enter the Way of Spontaneous Meditation, you need to understand what is said here and apply it *practically* in your daily life. All of this is simply a *preliminary* step.

The Way of Spontaneous Meditation

Stage I: Preliminary Steps

There are two parts of You: the Eternal-Timeless-Self (which is passive) and the forever active and changing personality-image. This turbulent, questing, seeking, experiencing, restless personality-self (the little ego or “I”) will come to rest only when it becomes *One* with the Eternal-Self that you *are*. Then, this mad rushing-about in the world for temporal objectives, for unimportant purposes, for trivial pursuits, will come to a natural end, for you will see the futility of it all.

- a. Observe your way of life. Are you always feverishly busy? Are you always stressed out, on the edge? Then, you need to *reduce your activities*.
- b. Simultaneously, you need regular *stillness, silence, aloneness*, just being with yourself in quiet Solitude, with your body, emotions and mind tranquil, peaceful, relaxed, centred in Solitude. This will help you to calm down your over-excited body, emotions and mind.
- c. When you can be *alternately* active (busy) and passive (quiet), quite naturally, then you are ready for the next step.

The important point is not to “follow” a Master *outside* yourself, not to try to imitate that being, but to find the Master *within* yourself, the God-Self within you. This is *not* your little human ego, but the Christ incarnate *in* you. You have to understand this before you can practise the next step, which unites you to all beings, all creatures, all things, All-Life, the Great-God of the Cosmos and of the Beyond-Space-and-Time.

*The important point is
not to “follow” a Master
outside yourself*

The Purpose of Spontaneous Meditation

The purpose of *Spontaneous Meditation* or *Being in the Moment* is:

- ▲ To experience Life in its totality, fully, one-hundred-percent, with full Awareness, Consciousness and Significance, Moment by Moment, as it flows in you and through your Life-Stream.
- ▲ To experience the Timeless, the Eternal, in your “ordinary” experiences of day-to-day Life.
- ▲ To perceive the All-Pervading God-Presence in all things, the Divine Immanence.

The Compound Human Being 32
Silence, Solitude, Peace 1386
The Practice of Silence 1443
Rely on your Inner Self 1226
The Universal Christ 440

*Most of the time you are
not directly aware of what you
think, feel, do or desire*

Stage 2: Awareness

As you go about your daily business—work, home-life, leisure, relationships, and so forth—try to be *aware* of your *thoughts, feelings* and *actions* in all circumstances. That is, try to be *conscious* of what is going on inside yourself, and around you, at all times.

You will discover that most of the time you are *unconscious* (not directly aware) of what you think, feel, do or desire; it is almost automatic, routine, habitual. Try to become *aware* whenever you catch yourself being *asleep*.

Stage 3: Unlearning

Regularly unlearn your “specialized knowledge” by taking quiet walks by yourself in Nature—in the woods or forest, at a park or beach, by lakes or rivers, in mountains, dunes or deserts, wherever you can be *alone* and surrounded by some aspect of Nature. There, walk or sit or lie down and *empty* all the “stuff” that is in your head, the many thousands of pages of book-learned “knowledge”, the jargon and expressions and definitions of technical stuff, business stuff, intellectual stuff, the “shop-talk” that is crowding your mind. Simply let go of all of that “stuff”. Rest your mind, empty your mind, and just Be.

You must also let go of the tensions, worries, anxieties and stresses of your daily life, including problems and conflicts with people. Just BE. Each time you do this, you will be refreshed, rejuvenated, healed.

Stage 4: Observing Nature

When you have become good at *letting-go-of-all-things*, then you are ready for this next step.

Gradually learn to intensely *observe* your environment in Nature. Observe all the life-forms, from the smallest ant to the largest tree, the sky or space, the sea or forest, the lake or dunes, wherever you are. Observe, but with your mind still, your emotions quiet, your body relaxed. *You don't have to do anything*. Just observe, be aware, be *conscious* of Life all around you.

Stage 5: Observing Invisible Nature

Remember that Nature is not only what you see with your physical eyes, hear with your physical ears, or sense with your physical touch. Visible Nature is physical space and the physical bodies or forms that you see. *Within* this is the inner or psychic Nature of *indwelling* energies, forces, powers, and subtle archetypes of all things. Visible Nature *solidifies* from Invisible Nature. Invisible Nature is filled with hosts of invisible beings, creatures and entities of all kinds.

Within Invisible Nature and Space is a still higher aspect: the Spirit, the Source of all the forces, powers, energies and archetypes of Invisible Nature. Visible and Invisible Nature are ever-changing, ever-moving, ever-evolving, ever being born and dying, but the Spirit *within* All-Nature is deathless, immortal, unchanging, imperishable, eternal.

Try to *feel* or *sense* the Invisible Nature in all the things you see, hear or touch. This is *not* a thought-process. Try to sense with your auric-field. If you succeed in connecting to aspects of Invisible Nature, then you might be able to connect to the One Invisible Force or Power that *pervades* all Nature.

*Try to feel or sense the
Invisible Nature in all the
things you see, hear or touch*

Your mind is attracted to physical things through your physical senses, and your mind becomes *influenced* by them, becomes *attached* to them and wants to *possess* them, thus becoming *entrapped* by them. This is the cause of your *Bondage* to this world, the cause of birth, death, Reincarnation and Karma, of pleasure, joy, suffering and sorrow, of tension, stress and violence. Your mind wants to *possess* all that you see, hear or touch, whether animate or inanimate, and you *identify* with your mind and body, with your personality.

To attain true Freedom or Liberation, you must therefore *break* this chain of *identifying yourself* with the things of this world through your mind, and *re-identify yourself* with the Eternal Spirit that you truly are. Then you will discover that the One Self, the One Life, the One Spirit, *permeates* all forms, all bodies, all little selves, all objects, all personalities, all events. The Divine Radiance is everywhere.

The waking, dreaming and dreamless-sleep states are states of your relationship with your body and mind; they are not of You as the Spirit, which is Eternally Conscious and Free.

In Bondage to the Mind 238
The Process of Seeing or Perceiving 542
Obstacles to Higher Consciousness 1424
The Seven States of Consciousness 494
What is Consciousness? 1368

*Everything you do will
be touched by Eternity*

Stage 6: Adeptship

At a later stage still, a further Revelation awaits you: this Universal One Force or Cosmic Energy can be *directed, focused, adapted* and *controlled* by human will, desire, purpose, plan, emotion or attention. Then you become an Adept.

Stage 7: The State of Being

The next stage is the most difficult to describe. This can happen only *after* you have undergone an Inner Transformation, a Fundamental Change, when you have established yourself in your Inner Reality *permanently*—what in the East is called SAHAJA SAMĀDHI, “spontaneous or natural Spiritual Trance”.

Then, you will be always in the Moment. You will be always in meditation, spontaneously, no matter what you are doing. Then, everything you do will be touched by Eternity, and everything you touch will resonate with a new Life, a new Significance. Whereas before, you were impelled to act from personality drives and desires, now you will be acting from the State of your Being.

Acting from your Being is vastly different to acting from your personal drives and ambitions. In this State there is no “outside” or “inside” of you, for you perfectly *identify* with all things “within” and all things “without”. Whatever happens on the outside is happening *to you, inside you*. You *become* the World-Process itself.

In this last State, your mind is *naturally free of thoughts*. You *can* think, if it is required that you think, but the mad racing-around of your mind has gone forever.



Samādhi: the Goal of Yoga 574

The Law of your Being 976

Pure Being 1056

Being and Becoming 1415

You Are the World 1390

Liberation from Worldly Consciousness

The three ordinary states of consciousness—the waking, dreaming and dreamless-sleep states—are due to your *identification* with your body-mind structure. When you *raise* yourself above your body-mind structure through meditation, you arrive to your Self as Spirit and begin to function in Spiritual Consciousness or Transcendental Consciousness, in the State of Oneness or Unity with all that Is. Thus, the purpose of true meditation is to *identify* yourself with the Spirit that you truly are by *rising above* your sense of body and mind.

Being *lost* in worldly consciousness is being *asleep*. Having *regained* Spiritual Consciousness is being *Awake*. In worldly consciousness the world is perceived as “real”; all things, people, objects and events are “real” to you. In Transcendental Consciousness all things of the Spirit are “real” to you, and this world is like a dream, a fantasy, an illusion, a magic film-show.

In worldly consciousness all people and things *appear* to you as *external* to yourself. In Spiritual Consciousness all objects (whether physical, invisible, subtle or mental) appear as being *within yourself*.

The Spirit-that-You-Are is an ever-continuous Eternal Consciousness, ever Awake, always full of Life and Bliss. Having *established* yourself in Spirit as a result of meditation and the Spiritual Life, and having undergone the *Inner Transformation*, you will be in the State of Spontaneous Meditation all the time. You will always be in the Moment and act from the Moment, which is the Interface of Eternity and Time.

Being in this State is true YOGA (Union), true ZEN (Chān, meditation), true TAO (the Self-Moving Way). Anything else is but a fake, an ignorance.

*Being lost in
worldly consciousness
is being asleep*

*The Three Identifications 1369
Understand your Predicament 892
The Essence of Wisdom 1680
Know Thyself 1389*

The Pure Spirit, the Monad that you are, is Timeless and Immortal, is never born and cannot die, is full of Bliss, Light, Wisdom, Knowledge and Love. It becomes associated with the body-mind structure, the personality, which is the material, the temporal, the perishable, which undergoes birth, death and rebirth, which knows suffering and joy, which has a sense of “ego” or limited “I”, which is the self-of-matter.

Liberation consists of breaking the chains that bind You to the matter-born-self and consciously re-becoming the Spiritual Self, the Spirit which is a Spark of God forever. The final Goal of Self-Realization, Yoga, Tao, Zen, is to *experience* your Self as the Monad, the Glorious Spark of God, forever One with God, within the personality yet altogether above it for all Eternity.

The Way of the Spirit 381

Attach your Mind to the Eternal

Spontaneous Meditation, Being in the Moment, Zen, Yoga, Tao, Self-Realization, is a State of Being wherein you experience the Unity and Simplicity of the Godhead *within* the multiplicity of Creation or Divine Manifestation, all at the same time.

This State of Being is a state of the Spiritual Heart. It is centred in the Heart. It is the One-Self in all beings, and all beings in the One-Self or Spirit.

The world is the product of Mind—human minds, Planetary Mind, the Mind of Nature—and therefore it is subject to *change* as the mind changes with each thought. Hence, it is unstable. Pure Consciousness, however, is *above* the mind; although it is not the mind, it is the *source* of the mind, and it is eternal and unchanging. Pure Consciousness, Transcendental Consciousness, Spiritual Consciousness, is the Unchanging Reality, the Everlastingness, the true meaning and significance of all beings and all things.

Therefore, be *in* the world, live in the world, but have your mind *detached* from the world, and attach it to the Real, the Imperishable, the Everlasting, by the right meditation method and leading a spiritual life. Live *from* the Heart and *in* the Heart. This is the Way.

Your mind can be attached to the objects of this world, or to the subtle objects of the invisible worlds, or to the Bliss of the Eternal, the Immeasurable, the Everlasting, God, the One-Self within All. Each leads to a different Path, with different results and effects. The *choice* is yours, and yours alone.

*Live in the world,
but have your mind
detached from the world*

Beyond Heaven

You may be a thoroughly good man or woman and, as a result, are destined to go to “heaven” after death. But “heaven” represents subtle worlds where “good” people of the world go after the death of their physical bodies—it is *not* the State of Self-Realization, Nirvāṇa, Immortal Bliss, the Kingdom of God. To reach that State of Being you have to do more than just be “good” in the ordinary sense. Heaven is temporary, like this world, but the Kingdom-of-God-State is Eternal and Everlasting.

**Endless desire for the objects of this world keeps you trapped here.
Desire for the Real propels you to get There.**

Senses or the Self? 239

The Principle of Choice 1380

Desire for the Real 1503

The Law of the Afterlife 410

The Way to Higher Consciousness 329

The Wise Ones attach their minds to the Bliss of the Eternal, the Immortal Bliss and Undying Love. Below that, all things perish, come to an end—even the invisible worlds. The Eternal Absolute is the Origin and final Goal for all beings.

Only the Blissful Ones, who have merged their minds in the Absolute, can truly be loving and compassionate to all beings. Therefore, seek the Joy and Ecstasy of the Everlasting by plunging deep *inside* yourself into the Heart of the Eternal One. Only Devotion in your Heart will *purify* your mind and make it fit for the Radiance of Enlightenment.

Before you can *experience* the Eternal, the Absolute, you must have *right Knowledge*, then you must *practise* that Knowledge, and then you will have *experiences* which will lead you to the Revelation of the Mystery that You are.

You are the Way, and You are the means to attain It.

*The Eternal Absolute is
the Origin and final Goal
for all beings*

The Mind is Dissolved in the Heart

The mind attains Peace only after realizing the Self, the ĀTMAN, the Pure Spirit that you are, for the Self or Spirit is *above and beyond* the mind. The Self (the Luminous ĀTMAN) is realized in the innermost cavity of your Heart, in the highest region of ĀKĀŚĀ (Inner Space). Thus, you must *negate* your mind-activities to discover Who you really are.

When you are in the Consciousness of ĀTMAN (the Spirit), your mind automatically stops functioning. When you come out of It, your normal mind can function again. If you *remain* in Spirit (in Spiritual Consciousness), your ordinary mind cannot function, or only with great reluctance and difficulty.

The mind is *dissolved* in the Heart. The AHAṀKĀRA (I am the doer) is your sense of “I, mine, I am”, on the *personality* level. When you *dissolve* that through spiritual practice in the Heart, you will become *free* from all personality-limitations.

The Experience of the Heart 1280

The Eternal 1644
Tapas: Spiritual Purification 571
On the Wings of Devotion 1129
The State of Innocence 1306

The Threefold Way

The Way of the Heart, HṚDAYA-MĀRGA, consists of a threefold action or practice:

1. Right esoteric and spiritual Knowledge or Realization. This is called JÑĀNA Yoga.
2. Selfless activity for the benefit of others. All activities that are selfless, for the benefit of others, are KARMA Yoga.
3. Pure Devotion in the Heart to the God within you (ĪŚVARA) and the Universal Absolute (BRAHMAN) outside of you. Pure, selfless Devotion in the Heart to the Deity is BHAKTI Yoga.

Thus, you must approach the Spiritual Path in a threefold way: by Knowledge, Action and Devotion. You must practise these three aspects of Yoga (Union) not separately but together, as your Way in life. Any one aspect alone is not enough.

The importance of your physical body lies in the fact that it completes your human nature on the Physical Plane. It is in and through the physical body that you must practise the Threefold Way. That is the reason you have a physical body.

It is in and through the physical body that you must practise the Threefold Way

The Holy Path 1285

Cultivate Knowledge 1366

Karma Yoga: Divine Union by Action 1132

Bhakti Yoga: Divine Union by Devotion 1128

Saṁskāra and Vāsanā 251

Desire-Streams 1377

To Achieve Liberation 1177

Subconscious Renewal

A very important and unavoidable task you must do is VĀSANĀ-KṢAYA or SAṂSKĀRA-KṢAYA, the dissolution or obliteration (KṢAYA) of old habit-patterns, subconscious memories, past tendencies of behaviour inherited from your previous lives or created during this life, psychological tendencies which *prevent you now*, in this lifetime, from attaining your Goal of Liberation. This includes all your past “traumas” and unhappy experiences (which ignorant people believe they are “victimized” by for the rest of their lives, but it is not so!). These past impressions, habit-patterns, desires, mental tendencies, compulsive drives in the subconscious part of the mind, are called VĀSANĀ or SAṂSKĀRA. Without dissolving them, you cannot succeed in your Work.

You renew your subconscious mind by spiritual practices.

The Role of the Divine Female in the Salvation/Liberation Process 1502

A Summary of the Practice

Your practice must include the following:

- The healthy exercise of your *physical body*.
- The control of your *speech* so that it will bring no evil upon yourself or another.
- The regulation of your *breathing* process.
- The subjugation of your *mind* through correct meditation.
- The opening of your *Heart* through perfect and pure Devotion.
- The development of your *Intuitive Faculty* through the right Spiritual Knowledge which is *uncontaminated* by worldly vibrations and psychism.

Your most important practice is to worship the Eternal in your Heart

Thus shall you attain the Goal.

Your most important practice is to *worship* the Eternal in your Heart and *surrender* your Life to the Inner-Ruler-Immortal who dwells *within* you, who gives you all Grace, Light, Love and Blessings upon your Way, and who will *inwardly* lead you to your final Vision, the Boundless Absolute, the Limitless Love.

Your physical body belongs to Time, but your deathless Self belongs to Eternity.

The Ultimate Reality, the Godhead, is all that you see in this Universe, both its visible and invisible dimensions. This Reality, in all its parts, and That which is Transcendental and *above* it all, are One.

You, God, Universe: One in All, All in One.

Self-Realization, or the Knowledge of your Self as the Immortal Spirit living in the realms of Bliss and Eternity, cannot happen without *aspiration* towards that State of Being. The worldly consciousness has no aspiration for the Spiritual Self; hence people remain forever chained to the Wheel of Birth and Death in physical bodies.

First comes intense *aspiration* for the Real; then *self-discipline* (practice) towards that Goal; then glimpses or *visions* of the Realized State; then more practice to *stabilize* the Realized State and overcome all obstacles or hindrances which prevent that state from being perfectly experienced; then, finally, the ability to hold onto that condition at all times.

MOKṢĀ, MUKTI (Liberation) means that you are able to live freely in the Spirit, unhindered by your physical body, mind and personality structure.

JĪVAN-MUKTI is when you liberate yourself while still living in your physical body.

VIDEHĀ-MUKTI is when you liberate yourself after the death of your physical body, in the after-death condition. This is not possible if you have not commenced the process while still alive in your body.

To Become a Jivanmukta 259

The Way of the Mind

Now we shall describe to you the Way of the Mind, MĀNĀSA-MĀRGA, also known as RĀJA YOGA (the Royal Way) and CITTA-MĀRGA (the Way of Intelligence).

*The aim of this Way
is to cultivate Silence
within you*

This Way is centred in your Head. It consists of cultivating Awareness, Consciousness, being in the Moment through total Awareness, using the *total* Mind. This Way is *not* about thinking or theorising, using your ordinary, rational mind.

In this form of meditation you are constantly *aware, conscious*, of what is going on *inside* you and *outside* you in the world, in your environment, with the total force or capacity of your Mind, centred in your Head. This involves your Higher Mind, Pure Awareness, not just the thought-producing organ (MANAS). You are *aware* of what arises, moment-by-moment, and you meet circumstances *full-on*. You meet every event, situation and person (in relationships as well as in Nature, in cities or in quiet spots, while alone or in a crowd) *totally*, without reservation, with your full Attention. This is done *spontaneously*, in a state of Effortless Being.

In this form of meditation you do not quit the world or retire from the world, but are active in it, with regular and periodic withdrawals from the world to go deeper inside your Consciousness. You do not negate or deny experiences.

The aim of this Way is to cultivate Silence within you, and into that Silence you merge the ordinary mind, your rational faculty. When your ordinary mind has settled down in internal Silence, and there are no more thought-waves (VṚTTI), then you fall back upon your Fundamental Self, your Essential Nature, which is Boundless Consciousness.

It is important to understand that *the world is changing all the time*.

That is, the world is bombarded by planetary, solar-systemic and cosmic energies; therefore, everything is always *unstable* in the world, which is why you also are so unstable and cannot focus on the Path with singular intent. You must learn to live *with* the world, in its ever-changing conditions, and yet remain always focused on your Spiritual Path. You are a Traveller on the Way and, as a Traveller, you are continually on the move. Yet, in spite of this, you have to remain firmly upon the Path. Commit yourself to this.

Cultivate Silence of the Mind

Understand this well! On the *Way of the Mind* (RĀJA YOGA), the first and most important step is to bring the lower mind (your ordinary mind) to a state of Silence, Stillness, free from thoughts. It is not possible to follow the rest of the Way without this.

This is completely *opposite* to how the mind is used (or rather, misused!) in the world, where the mind is endlessly “stuffed” with information, endlessly agitated by *forcing* it to think and churn out thoughts literally non-stop. Can you imagine, from your first day at school until the end of a university degree, how many millions of thoughts your mind has been forced to produce? And, following that, in your work, job, career, and so forth? Consequently your mind has been “trained” to endlessly produce thoughts and it cannot do otherwise. Therefore, it cannot reflect the Self, the ĀTMAN, the pure Spirit that you are. In other words, it is impossible to Know yourself as you *truly* are.

Hence, the first step on the *Way of the Mind* is the Silence and Stillness, the emptiness of your mind. Without it you are forever *trapped* in the world and have no hope of Knowing who you really are. You cannot perceive your Self, simply because the thought-producing faculty, your ordinary mind, *veils* the Self, *clouds over* the Self.

When your mind becomes Tranquil, like an unruffled lake, you will *see* the Light within, which perpetually Shines.

*The first step on the
Way of the Mind is the
emptiness of your mind*

Mind-Waves

CITTA-VṚTTI are your mind-waves, the immense thought-producing activity of your mind (the mental body), which never stops producing thoughts, day or night.

KĀMA-VṚTTI are the vibrations of your feelings, desires and moods (your emotional or astral body), which are ever-changing and throwing you constantly into turmoil.

The objective of your meditation is the calming-down of your mind and emotions. Before the Dawning of the Light of the Spiritual Self within you can come about, you must still the restless waves of your ordinary day-to-day mind and tranquilize the feverish activities of your emotional nature. That is why you need to meditate regularly.

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The Law of Mystic Experience 508

Trapped Spirits

*Where You really live is
full of Bliss and unending
Life in Glory*

Human beings on this planet are Spirits who have been trapped into the Earth's visible and invisible atmosphere through the mechanism of the personality. Your personality mechanism consists of your mental body (lower mind), your astral body (emotional nature), your etheric-physical or vital-force body (life-force) and your dense physical body (the animal body). With your dense physical body and etheric body you live *in* the Physical Plane of the Earth planet. With your astral or emotional body you live *in* the Astral Plane of the planet. With your mental body (your mind), you live *in* the Mental Plane of the planet (the "heaven" worlds). This constitutes your personality mechanism.

But in fact, You are a *Threefold Spirit*, living above and beyond the personality realms. You are a Spark emanated from the Monad, who Itself is a Spark of the Solar Logos. You, as a Spirit, are *not* limited to the constricting life on the lower planes of Earth! Know this to be your *true history*. Life in the Physical World is full of pain and sorrow. The Astral World is full of illusion and deception. The Mental Plane is full of false, temporary "heaven" worlds. But where You *really* live is full of Bliss and unending Life in Glory.

You were *sent down* into the lower worlds to gain experience, to expand your Conscious Awareness. You have been here many times. Is it not time for you to recover Glory?

Karmic debts, accrued over many lives, have to be paid off at the personality level. The God-Within-You will help you to overcome all difficulties, however, if you *aspire* to the Kingdom of God and seriously *do your best* on the Path. Be of good cheer. Be Joyous!

Within the Buddhic and Nirvāṇic Planes there is a great Peace, Stillness, Silence. This is why, as you approach those planes in your meditational experiences, your mind becomes enveloped in Peace, Silence, Stillness.

On the lower planes (the Causal, Mental and Astral) the vibrations are active; you perceive activity, even though the actions are softer, subtler and less harsh than those registered by the mind in the bodily consciousness on the Physical Plane. Hence your mind needs *Peace, Silence and Stillness* before it can register the Buddhic and Nirvāṇic conditions of Existence.

Human Involution and Evolution 170

What is Consciousness? 1368

Understand your Predicament 892

Children of the Sun 1590

Karma and your Spiritual Development 255

Let Go of the Past

When you enter the Spiritual Path seriously, you will discover your own faults, weaknesses, imperfections and vices, and then you will get into a state of *despair* because you think you should not have such faults when you are on the Spiritual Path. Understand that it is *because* you are on the Path that these imperfections show up in your Awareness; otherwise you would not even be aware of them. Then, you must *consciously work upon yourself*, over a long period of time, to better yourself on the personality level.

*Time is an artificial
construct of your lower mind,
produced by thought*

Remember that You, as a Soul, are True, Beautiful, Good.

When you discover your faults, vices, imperfections and past “traumas”, do the right thing: forget them! These days there is an awfully bad popular psychology: to endlessly *dwell upon* your past “traumas”, your vices, your problems, your imperfections, either through “counselling” or in groups. Understand this:

The correct Way is simply to *forget* the Past.

The Past can hold you as a “victim” only as long as you enjoy being a victim, while you choose to remain a victim because it gives you a sense of purpose and identity.

Living in the Eternal Now means *living in the Moment*, not in past impressions. Let go of the Past; it is a nonexistent dead-end. Yet so many people cling desperately to the Past, as if there was nothing else. Even when their past was evil and painful, they hang onto it with all their might. How silly that is!

Today, Now, you are not what you were yesterday, or a year ago, or ten years ago, or a hundred years ago, for *Life ever moves on inside You*.

Time is an artificial construct of your lower mind, produced by thought. If you *ascend* in Consciousness beyond the mental sphere, it is impossible for you to experience Time, to have the sense of a Past, for Reality is always felt as *Now*, this Moment, this second. And this Moment is ever New, uncluttered by the Past.

Can you understand this?

Being in the Now, you are Free.

*Karmic Adjustment 1379
Cultivate the Positive 1365
The Sense of Time 22
Past, Present and Future 1400
Quest for Reality 1178
To Succeed in your Quest 1330
The Kingdom is at Hand 1453*

Transformations of the Mind

When your mind (your mental body) is *still*, it can *reflect* the Essential Self that you are—You as the Living Soul, which is of the nature of Pure Consciousness. When your mind is *active* (thinking, reasoning, discursive, or just idly chattering to itself), it *overshadows* your Essential Nature, which is Pure Consciousness, Pure Awareness, direct Perception and Bliss.

*When your mind is active,
it overshadows your
Essential Nature*

CITTA-VṚTTI-NIRODHA

The endless transformations of the mind-substance (the mental body) resulting from “thinking” and “mind chatter” (verbalizing, speaking, whether silently or aloud) are called CITTA-VṚTTI (mind-waves).

When you manage to *suspend* or *still* these movements of your mind in deep Silence, this is called CITTA-VṚTTI-NIRODHA (mental-transformations-suspending).

When your mind is completely still, this is called SAMĀDHI (SAMĀ-DHI: equilibrated-mind).

Super-Knowing

A Super-Knowing faculty can be developed by the quieting of the thoughtform-making faculty of the mind (CITTA-VṚTTI-NIRODHA).

NIRODHA: quieting, suppressing, controlling, suspending.

CITTA: the mind, the mind-stuff or substance.

VṚTTI: the modifications of the mind, mental waves, thoughtforms.

When the mind (MANAS) becomes still, empty of thoughts, the Soul-Light can be reflected into it. Then arises the faculty of BUDDHI, which is the true Intuition, the Revelation-Consciousness whereby the hidden Mysteries are shown to the mind: Bliss-Consciousness, Light-Consciousness, the Christ-Consciousness, Pure Consciousness, Clear-Light and Unity-Consciousness. All of this is BUDDHI. It is the Consciousness of the Mystics. This faculty is *above* the mind.

When the BUDDHI, the Super-Knowing faculty, becomes infused into your ordinary mind, then your mind becomes BUDDHI-MANAS (Wisdom-Mind), and you become a Sage, a Seer, a Knower (JÑĀNI), who spontaneously knows all things spiritual, all things related to the Soul, the Path and the Godhead within.

Inspiration by the Mind of Light 1113

NIRODHA-PARIṆĀMA

NIRODHA also means “binding”, which is the state of your normal thought-producing mind, because it binds You, the Self, to your thoughts. PARIṆĀMA means “transformation, change”.

When your Consciousness or Attention moves away from the continuous mind-chatter of thoughts and mental activities into Silence, this is called NIRODHA-PARIṆĀMA (bondage-transformation). That is, your mind becomes free of thoughts, and hence it becomes Free to experience Boundless Consciousness.

*There will come a stage when
your mind will be totally
disengaged or suspended*

SAMĀDHI-PARIṆĀMA

A further ability is developed when you can *alternate at will* between focusing on a necessary mental activity and Boundless Consciousness. This transformation of the mind is called SAMĀDHI-PARIṆĀMA (the tranquil-mind transformation state).

EKĀGRATĀ-PARIṆĀMA

A much further development of mind-transformation is when you have developed the ability, as a result of meditation and the Spiritual Path, to engage your mind in action whenever it is necessary and, at the same time, *simultaneously*, always experience the unbroken state of Silence and Stillness. This is called EKĀGRATĀ-PARIṆĀMA (concentrated-transformation of the mind).

NIṢPANDA

There will come a stage in your mind-transformation when your mind will be totally disengaged or suspended (NIṢ-SPANDA, no-vibration), when you will look and see and hear and taste and smell without a thought in your mind, without *verbalization* of what you see, hear or experience, without mind chatter, without any mental waves or vibrations. Then you will see and hear and taste and smell and *know* how things *really* are.



The State of Inner Purity 497
Perceptions of the One Mind 490
When the Mind is Still 768
Vibration and Mantra 1518

How to have a Peaceful Mind in a Troubled World

Your *mind* will become *peaceful* when your Heart has been activated and you *actively practise* the Heart qualities: Love, Compassion, sympathy, tenderness, friendliness, joyousness, happiness, spontaneity. (Notice that none of these are “intellectual” qualities.)

Cultivate the Fires of Love 928

Your mind will become peaceful by regular and systematic *tranquil breathing* (SO-HAM, HAM-SAH).

Rest in the Great Breath 1654

Your mind will become peaceful when you *rest* at the *Source* of your Mind, when your mind is *silent*, when its endless activities are naturally put to *rest*, when you are *comfortable* with Inner Silence.

The Silence of the Deep 1355

Your mind will become peaceful when you find Solitude, when you are no longer afraid to be by yourself, when in that Quietness and Aloneness you *match your vibrations* with the Buddhist World, the Sense of Unity all around, the Sense of the One-Self in All, the Sense of the God-Presence, the Sense of the Inner God within you.

Alone with God 700

Silence, Solitude, Peace 1386

Your mind will become peaceful when you *dissolve* it in the *form* you have chosen for Truth: the form of Buddha, of Christ, of Rāma, of Kṛṣṇa, of the Goddess, of your Guru or a Saint. When you look at the form with a quiet mind, uninfluenced by thoughts, slowly your mind will be *transformed* into your Chosen Form of Reality (ĪṢṬA-DEVATĀ) and you will go *beyond* the form into the Eternal, the Everlasting.

Visualizing the Divinity within the Heart 1268

To Worship the Divine Incarnations 1270

Your mind will become peaceful when you sit or stand quietly and *listen* to the inner sounds, or to the Inner Sound.

Hear the Sound within the Silence 1651

Your mind will become peaceful when you focus your Attention in the Third-Eye, and there *watch* the darkness in front of you, or the Spot of Light, or the Tranquil Light, or the Divine Radiance.

Look for the Light 1395

See the Light of the Logos 1650

Your mind will become peaceful when you sit in a Steady Posture (ĀSANA), not being concerned with anything else.

Just Sitting 1018

Zazen: Zen Sitting 798



Being-in-the-Moment Meditation in the Head

The Active (Doing) Meditation

- In your daily life, go about doing your duties and activities *without a sense of ego*, that is, without the sense that “you” are doing them. Do things in an “egoless” way, as if they simply have to be done by someone and you just “happen” to be there to do them.
- Be simply in the *Now*, and attend to all actions as if there were no Past and no Future, only what needs to be done Now.
- Do not link your activities to the Past—past causes, past happenings or past memories. Simply do what needs to be done Now.
- Also, do not link your activities to some hope of reward or benefit in the Future. Simply do your actions, without an ego, without a sense of self or “I”, effortlessly, simply, with an uncomplicated mind, serene emotions and a relaxed body.

Through this technique you develop your powers of *Attention*, which is the key to any higher development or evolution. If you *watch with Awareness* everything you do, you will discover how *you have created* all your circumstances, how everybody creates their own circumstances, and how the world is created by the minds of Man.

The Passive (Sitting) Meditation

Sit quietly in your favourite meditation posture. Realize:

I am not this physical body or vitality.

I am not the mind, thoughts or concepts.

I am not the past memories and impressions.

I am not the moods, desires, feelings and wants.

- Sit still and have your Attention in the Head, in the Third-Eye Centre or in the Crown.
- Be aware of *Now*, of this Moment. This is not related to the Past, nor to the Future. Simply be *Conscious*, without thoughts or images, without pictures in your mind, without desiring or wanting anything, without remembering past experiences, without anticipating some future events.
- Enter the state of Internal Silence where there are no mental waves, no feeling-waves, where there is no restlessness of any kind.

The Consciousness within you is the Creator of your Life.

Is it possible to have a peaceful mind in the midst of the storms and stresses of life?—in the midst of wars, natural cataclysms, diseases and poverty, or fears from the Past, or fears of the Present or of the Future, or the anxieties and insecurities of life, or worries about job, finances, home-life and family, or the loss of loved ones, or the worry that you might lose a loved one, or

conflicts within yourself, or conflicts within your family or at work, or conflicts in your environment or in your society? Amidst the mess that human beings have made of this life on Earth, is it possible to go about being Peaceful, Tranquil, Quiet, inwardly Joyous?

The answer is: Yes!

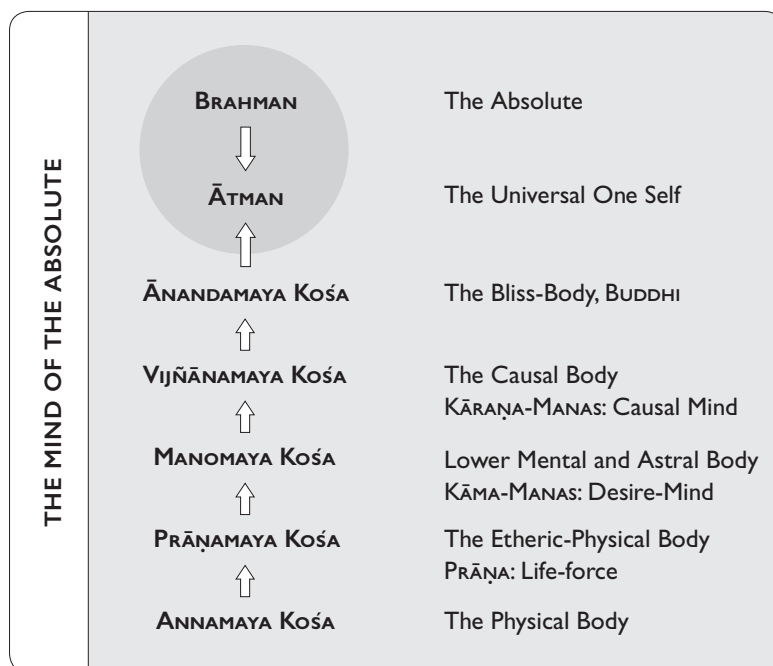
The Way to Bliss-Consciousness

Is it possible to live in this world and experience Bliss?—not just temporary happiness, not just a fleeting joy, but real, unending Bliss? Yes, but you must work for it.

Bliss is the nature or very essence of Buddhic Consciousness. BUDDHI, or Bliss-Consciousness, can be experienced only in *complete* Silence, when the mind and all its activities have been *transcended*. Initially it will be experienced when you go *above* the thinking-faculty into Transcendental Consciousness, but later on it will be sensed all the time.

In the state of Buddhic Consciousness there is a feeling of Unity with all things. There is Silence and no sense of time. Again, in the beginning this may be sensed only during meditation, when the mind is empty of thoughts, images, imaginations, fancy and past memories, when your Consciousness has transcended into your Soul-Being. Later on, the Feeling of Unity and Timelessness will be continuous.

*In Buddhic Consciousness
there is a feeling of Unity
with all things*



Buddhic Consciousness 86

Towards Bliss-Consciousness 423

Coverings over the Self 38

In the state of Buddhic Consciousness, Light may be seen, and in this Light all Knowledge is revealed and you will understand the true and profound nature of your Self, and the hidden Mystery of Life, visible and invisible. This Knowledge is *above* the thoughts and concepts of the mind—direct, immediate, complete.

True meditation in the mind is always spontaneous, immediate, transcending thoughts. It is the result of *dissolving your mind into the Primeval Silence* which is within you and outside of you, all around you, everywhere.

First you must cultivate equanimity of mind and contentment of emotions, reduce the mad rushing about after many objectives, plans and purposes, most of which you will find are unnecessary. Be not overcome by fears, worries, or doubts about yourself and the Path, and do not despair when things go wrong in your life—it is unavoidable. And quietly go about *servicing and loving* everybody you meet.

The Bliss-feeling is yours, Now and in the Forever. ✂

*You will understand
the true and profound
nature of your Self*

The Way of the Mind

I Am a Point of Light in the Greater Light of the Mind of God. (Third-Eye)

I Am a Point of Love in the Greater Love of the Heart of God. (Heart)

I Am a Point of Power in the Greater Power of the Will of God. (Base)

To Bless, to Heal and to Inspire the Children of Man who are the Children of God. (Throat)

- ▲ Sit quietly with your eyes closed. *Focus in your mind.*
- ▲ Bring your mind into the Third-Eye Centre and there say the first statement, “I Am a Point of Light in the Greater Light of the Mind of God”, with *concentration and intent*. Pause, and try to *Realize* the Truth you are saying.
- ▲ Do the same with each statement, always in the order given above. You may repeat this cycle once or several times. *Pause* between each statement. When you have finished, spend a few minutes in silence.
- ▲ Focus in your mind for the whole meditation. That is, *use your mind only*. In your Silence at the end, allow the Higher Mind within you to bless you.

The Hierarchical Mantrams 1726

Meditation and the Joy of Living 1012

Return to Primeval Happiness 1179

Persevering to the End until Final Liberation 1101

