

OCCULT MEDITATION



OCCULT MEDITATION

A

CORRESPONDENCE COURSE

oOo

SEVEN LESSONS

under

The Supervision of a Teacher

oOo

Price \$10.00

LESSON NO. 1

oOo

Box 326

San Fernando, California

OCCULT MEDITATION

Lesson 1

PREAMBLE

"Mind is the master power that moulds and makes,
And man is the mind, and evermore he takes
The tool of thought, and shaping what he wills
Brings forth a thousand joys, a thousand ills;
He thinks in secret and it comes to pass;
Environment is his looking-glass."

Consider the thoughts preceding each lesson as Seeds which we are planting in the Garden of our Mind and which, through the meditations that follow, will bud and blossom, illuminating our lives with the joy of a glorious Realization.

Whatever seems to you to be true accept; whatever you cannot see as true, do not yet reject, simply think, "I do not yet perceive the truth of this, but will place it tentatively in my mind for final confirmation or rejection." This attitude will permit the Truth to unfold and untruth to unveil itself to your consciousness.

THOUGHT FOUNDATION

PURPOSE OF MEDITATION

To perfect the channel of communication between our personal self, our Higher Self and the Supreme SELF, that Wisdom, Love, Harmony and Beauty may become the pillars of our Temple and the Most Supreme God the Ruler therein.

RIGHT MEDITATION

A Master of Wisdom has said that "One hour of right meditation exceeds in value the study of one year." Right meditation is most difficult of attainment, yet it is the easiest way; a paradox, truly, yet the attainment of one moment of real meditation opens the door of spiritual progress and arouses an ecstatic realization of our Oneness with all life. This ecstasy must not be confused with the emotional values of the etheric planes, for it is rather the ecstasy of silence, of Being, of Attainment.

DESIRE TO LEARN FIRST ESSENTIAL

This desire does not come until the student finds his life valueless without a knowledge of his Real Self; until the soul hungers for the Divine Union as the personality once hungered for its Beloved. Thus is indicated the passing of the power of "things" and the awakening of the Germ of Divinity which presages the "Coming of the Birth of the Christ".

CHOOSING A TEACHER

Select your teacher, then be faithful to the instructions given you and nothing can keep you from success. Faith is a great occult power; it is "the substance of things hoped for, the evidence of things seen" and if you fail it will be because you have not carried out the instructions given you and thus lacked in Faith.

STRUCTURE TO BE ERECTED

Recognition of the fact that we are Creators, building our own world, our own planetary system, our Universe; therefore we will reproduce during our meditation exercises the Creation of the Cosmos, as it has been revealed to us, that we in our turn may work in harmony with the Divine Law, become conscious of our Real Self and of our Destiny.

METHOD

Sowing Seed Thoughts, Meditating and carefully tending our Garden. Purifying and perfecting the physical vehicle; working for control of the emotional body and overshadowing it with conscious mind; attaining to mental stability and balance; rebuilding the mental vehicle that is may become as a sensitive photographic plant upon which the Higher Self may imprint its directing thought and will. Thus with the alignment of the bodies, the forming of an open channel of communication, the building of the power to pass consciously from plane to plane through Right Meditation, we attain conscious immortality, conscious power to move at will in harmony with the Divine Will and Plan.

DIVISIONS AND CORRESPONDENCES

The Four and Seven-fold Divisions will be used in part only in the structure work.

	DIVISION	CORRESPONDENCE
1.	PERSONALITY, LOWER-SELF	EARTH
	A. Manifests through physical body.	
	a. Physical matter has seven divisions	
	1-1 Lowest division is composed of gross, heavy inert matter.	
	1-2 Highest division is composed of very fine, delicate, responsive atoms.	

DIVISION

CORRESPONDENCE

3. EMOTIONAL BODY SOUL MOON
- A. Manifests through etheric or astral body.
- B. Etheric or astral plane has a seven-fold division.
- b1-Atoms of lowest plane or division are unstable and lethargic, dark.
- b-2. Atoms of highest astral division are stable, clear and capable of true reflecting power.
3. MENTAL BODY, VEHICLE OF THE HIGHER SELF SUN
- A. Mental Plane has seven-fold division; three below, three above, and the fourth or middle division is the "bridge," the Antaskarana.
- a-1. Lowest grade of atoms are floating, whirling, restless.
- a-2. Highest grade of atoms are poised equilibrated, capable of recording the highest thought of God.
4. THE HIGHER SELF, THE TRINITY, SPIRIT THE CENTRAL SPIRITUAL SUN
- A. Manifests as God, One yet Three, All-Being, All-Seeing, All-Knowing, Supreme.
- B. The Monad, the Divine Spark
- C. The Ego, The Individualized Monad.

INITIATION

Definition: An expansion of consciousness and the attainment of powers corresponding to it.

- A. The Sacred Fire is the repository of the Light of Illumination.
- B. Its ascent through the Chakras of the body corresponds to certain of inner degrees.
- C. Initiation polarizes the life in bodies of higher and finer substances.

CENTRAL GERM or PERMANENT ATOM

There always is a permanent atom around which life moves substance into form. This permanent atom is never eliminated, for at that point we are connected via a direct channel, more or less open or closed according to our evolution, with God.

DEFINITIONS

- 1-CHAKRA: A center, wheel or circle. Organs of clear vision in the astral body. Not to be confused with astral sense organs identified with physical sense organs.
- 2-EGO: The "I"; The focus of consciousness, The Thinker.

- 3 PERMANENT ATOM:** A Center of Force about a vacuum which our Inner God, our Real Self, the Monad, uses to whirl into form the substance of its vehicles.
- 4. MONAD:** The Divine Spark, the First born son of the Supreme God; the White Light from which comes all differentiated lights.
- 5. MAN:** "That being in whom the highest spirit and the lowest matter are linked." (Bailey)

oOo

PREPARATION FOR MEDITATION

MEDITATION NOOK

HAVE a room, or a corner in a room, that is never used by another, or for any other purpose. Use a small table as an Altar; upon table place an Altar cloth, a picture of the Master, a lighted candle, an incense burner and a small vase for flowers as an offering. The offering may be simply a small sprig of green foliage if a flower cannot be found. Do not use ordinary incense--it often releases elementals that are inharmonious, even dangerous. Use either White Rose or Sandalwood essence with charcoal for burning. Place a cushion for use during meditation, cover same with canary color; place same color on table as an Altar cloth. Two yards of courderoy velvet will prove useful since it may be washed when soiled.

POSITION

Sit with feet crossed, oriental fashion, if possible to so do in comfort; if not use a straight chair. Women fold hands in lap, palms upward; men place palms upon knees. Hold back straight, bending very slightly forward, neck position must be comfortable. If it adds to that comfort by tipping the head very slightly forward, do so. Comfort is the first essential, else the body will not permit itself to be forgotten. There must be no strain anywhere. To this end a method of relaxation that is infallible is here outlined.

METHOD OF RELAXATION

Place consciousness at top of head--relax; move it to forehead--relax; to temples--relax; to eyebrows--relax; to eyelids--relax; to eyes--relax; nose--relax; nostrils--relax; cheeks--relax; jaws--relax; upper lip--relax; lower lip--relax; chin--relax; tongue--relax; palate--relax; throat--relax; back of head--relax; back of neck--relax; shoulders--relax; upper arms--relax; elbows--relax; lower arms--relax; wrists--relax; hands--relax; fingers--relax; move consciousness back through arms to chest--relax; stomach--relax; abdomen--relax; return consciousness to chest, then to base of brain--relax; move consciousness inch by inch down spine to end, relaxing each step of the way. Then to hips--relax--thighs--relax; knees--relax; limbs--relax; ankles--relax; feet--relax; toes--relax; You are now in complete control of a relaxed body.

Make a note of the state of your consciousness at close of this exercise.

BEST TIME FOR
MEDITATION

wise instructed.

Sunrise, Noon, Sunset, Midnight, are the four periods chosen by those who know for meditation. Following the preliminary exercises, the actual work of meditation should not exceed twenty minutes, until otherwise instructed. Never meditate when fatigued, nor after eating.

oOo

Use the following words to consecrate your meditation nook when it is ready for use:

WORDS OF CONSECRATION

To the Most Supreme God, I dedicate this Altar and all that takes place within its sphere. May Wisdom, Love, Harmony and Beauty be the Pillars erected in this, My Holy Place. In Thy Light I would rise; into Thy Heart I would pass; into Thy hands I give my all. Guard this place and guide Thou me, Most Merciful and Compassionate God, as herein I seek The Way.
Amen.

The following prayer is to be used each time before meditation.

OPENING PRAYER

May there be Peace within this room;
May the power of the Lord of Light be made
manifest within its walls;
May Wisdom guide me and Love lead me aright
As I seek to enter the Way of Meditation.
Amen.

The following words are to be used when placing offering upon the Altar:

WORDS FOR OFFERING

Most Revered and Beloved Master, permit this offering to be a symbol of the modesty and beauty wherewith I would clothe this form that it may be worthy of thy acceptance and thy training.

NOTE: Arrangements must be made so that under no circumstances will you be disturbed for thirty minutes.

The Meditation is to be POSITIVE; no succumbing to any influence other than that your mind and will set in motion. The whole aim of these lessons is the attainment of conscious CONTROL of the self by the SELF and the power to function at will where and when we will. Mediumship is the way of negation avoid it as a great peril.

FIRST PERIOD OF MEDITATION

AIM: Alignment of bodies; forming channel between; perfecting and rebuilding those bodies with substance of higher and finer potentialities; attainment of power to move at will between physical, etheric and mental planes and unite with Higher Self, positing consciousness there and using bodies as instruments of our will.

PHYSICAL BODY

Assume position, use word and relax; focus consciousness in physical body.

REALIZE that you are commencing the process of rebuilding that body.

- METHOD:**
1. Use the power of your Will, your Thought, and the Law of Repulsion and IMAGE yourself as driving out all atoms that are gross and imperfect. Will this, Think this, then Drive out.
 2. Use Law of Attraction (which is the power of love) and draw in Fine, PURE, PERFECT Atoms; IMAGE them as slipping into the places left by those you have driven out.
Be Still for a moment and **FEEL** the rebuilding going on.
 3. **THINK:** I move my consciousness into the permanent atom of my physical body and pass through into my etheric or astral form. (You are constructing the mould which will become the container of a realization in act)

ETHERIC OR ASTRAL BODY

1. Image your consciousness as moving within a body that extends out and around your physical form, yet interpenetrates every atom of that form.
2. Realize that it is your purpose to so solidify and control the etheric body that the swirling waves of emotion will dash against it in vain. Speak the word "Self-control" three times; **FEEL** that you are in control.
3. Say, by power of my will, thought and the Law of Repulsion, I drive out of this body all unstable, gross, imperfect atoms. By use of the Law of Attraction I draw in and replace them with atoms of stable, fine and clear substance. Image this. See yourself standing poised, immovable, unshaken, by the great currents of emotion, ~~regret~~, personal love, envy, hatred, etc., raging through this plane of life.
4. Think your consciousness into the permanent atom of your etheric body and align it with the permanent atom of your physical body, making a direct channel between them. Feel your physical body to be exactly within the central area of your astral body, as the yolk is within the white of the egg. Now expand your consciousness inward into the mental vehicle.

MENTAL BODY

1. Image your mental body as extending out and around your astral, yet interpenetrating both it and the physical body.
2. Look out upon the plane of mind. Perceive the myriads of Thought Entities, all kinds, sizes, forms and powers, living and moving within this plane.

Here you will find circling about you the fear-thoughts of your well-meaning friends, their kindly thoughts, and those other thoughts bearing the mark of envy, hatred, lust, etc. REALIZE that these Thought-Entities must be nourished to live. You fed them when you think with them, through them, or of them. Attention gives them life; to ignore them is the only way to eliminate them. Never fight them.

3. "Knowledge is power". Know then that you will be whatever you think-- provided that you think in harmony with the Law. (Few know HOW to so do)
4. Realize that selfish ambitious thoughts attract coarse imperfect atoms into your mental body. Keen, clear, pure, thought is impossible in such a form.
5. Image your mental body as calm, still as a calm lake on a summer day. Image it as recording perfectly the thoughts of your Higher Self. Even as a lake when still, perfectly reflects the tree hanging over it, and when restless, reflects it grotesquely, untruly; so your mind records clearly, or untruly, according to its quietness, its equilibrium, its purity.
6. REALIZE that when your mind is still, it records truly the thoughts of the SELF; that your astral body reflects them exactly as they are recorded, and your physical body manifests them exactly as they are reflected. (It is important to remember this)
7. Think of your consciousness as within the permanent atom of your mental body; align it with those of the astral and physical; image a clear direct channel through to the physical plane.
8. Let the Power of Aspiration awake, together with reverence and pure love. Let them arise as a winged flame, penetrate inward and expand until the shell of the egg of personality is broken and you are "born" into the Light of the Higher Self, at-one with the God within FREE. Image this as happening.
9. Image yourself as looking from the "free to the bound" through the channel you have opened. Move consciously through that channel into the mental vehicle. There speak these words: I am the Master of this form; record my thought. Then descend into the astral form and say: I am the Master of this form; reflect my thought. Then into the physical and say: I am the Master of this form; manifest my thought.
Standing poised within your physical body, know it to be a Temple of the Living God and give thanks to the Great Being who guides you with these words: O, Master of Love and Life, I thank thee. Go forth to the day's experiences holding steadfastly the consciousness of equilibrium and self-control in all that you may say or do.

NOTE:

KEEP A RECORD OF EACH DAY'S MEDITATION AND ATTAINMENT.

HOURL	LENGTH	STATE OF CONSCIOUSNESS AT CLOSE OF RELAXATION EXERCISE
STATE OF PHYSICAL BODY		AT CLOSE OF EACH STAGE OF MEDITATION.
" " MENTAL	"	
" " ETHERIC	"	

REMARKS?