

## **Meditation by Phyllis V. Schlemmer**

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### **Meditation**

Meditation is the foundation of enlightenment and the process by which you can unite with your Higher Self\* .

### **Why?**

- to come into conscious contact with your spiritual or High Self
- to balance different levels of yourself: physical, mental, metaphysical and spiritual
- to find answers to questions
- to find solutions to problems
- to discover the knowledge and energy to do all things
- to connect to the actual source of inspiration and ideas
- to find guidance to your everyday needs

### **Intro**

Creative Intelligence\* works in unusual ways. Answers to questions can come in the most unexpected manner through meditation. Never set limits by outlining what you think the answer should be, or how it should be given. Creative Intelligence is much more generous than you can possibly anticipate. The enlightenment that comes with the answer to your question is often overwhelming.

For example, sometimes you may not receive a conscious answer to a question, but nevertheless the problem will be solved. Or, you may receive an answer by a thought that comes out of nowhere when you are doing or thinking about something else. You might be lead to a certain book, or overhear a certain conversation, or suddenly look up and see a signboard that will unveil your answer through a whole new train of thought. Sometimes no answer is the answer.

Try not to concentrate too hard. This can constrict you and block the flow of Creative Intelligence. There are times when Creative Intelligence protects you by not allowing you to gain certain information until you are developed enough to use it selflessly and for universally Creative purposes.

These are a few of the things that can be gained through the practice of meditation. It is really the first step of spiritual growth. Without step one you never get to step two. Meditation is the foundation of unfoldment.

Once you have developed the habit of daily practice you will soon achieve an understanding of who, why and what you are. You will begin to uncover a deeply individual connection with the universe, and realise yourself as a vessel for highly creative positive energies. As a tuned-in spiritual instrument, you will be very capable of doing something constructive in the world.

\*High Self – pure essence of Creative Intelligence that is part of each one of us

\*Creative Intelligence – essence that is in all things, which compose the created and creating universe

Now more than ever, you must seek to increase your ability to receive ideas and direction from your Higher Self. This will enable better use of your own creative energies as they are put to work on physical and mental levels.

By holding to your inspirations and using positive thinking you can manifest these thoughts into existence to benefit yourself and all mankind. Having something come into your life is much more satisfying than just thinking about it and wishing it was so.

This is one of the major reasons that you are learning about your spiritual nature: to aid in bringing enlightenment and physical changes upon Earth in a spiritual manner. This is an important function of all who seek awareness. You are learning to become your High Self. Then and only then you will know and accomplish your purpose for being on this planet in this critical time of great need.

#### **How do you meditate?**

That is not an easy question to answer, for there is no one way or technique that is better than others. Each individual develops a way of his own - best suited for oneself. It merely requires practice to determine that way. You need to be serious in your search and ready to put in the required effort. The results will be equal to your application.

The 4 steps are a starting point, an aid, to help you find your own way. A given technique is to be used as a guide only, and is not to be leaned upon completely. The basic points that apply to everyone are explained later on page 3.

#### **When?**

Anytime of day or night is good, but it is worthwhile to establish fixed times, so your body and mind gets accustomed to regular checking with your High Self. Good times of the day to meditate are the first thing in the morning while the mind is still calm and rested, and just before retiring at night when the day's activities have ended and one can relax.

The length of time for which you sit in mediation is optional. When you first begin to practice, ten minutes can seem an eternity. When you become accomplished at tuning in, an hour can be too short. Fifteen minutes when you get up each day can be very beneficial. It gives time for rededication to the High Self, to project love to all and to receive energy and ideas to enhance and guide the day's activities.

Each individual will come to his or her own ideal length of meditation period; this will vary at different times, according to need, degree of development and general circumstances.

Every day at 9.00am and 24.00am many people join to meditate and project love and peace outwardly to the entire world. You can join in to spread this energy in your own time zone, this way we can ensure it will be available all the time.

### Experiment

Seeing is believing. Although other people can offer helpful directions it is good to try and find your own way. There are many areas in which one may experiment and prove the value of meditation.

For example, suppose that you select a tree or plant as the object of meditation. By concentrating on this single object you will begin to see your thoughts expand and become illuminated.

Try to realise that each individual part of a tree or plant - the leaves, the roots, the branches etc - is an integral part of the whole, and that each part is dependent on all other parts for its very life. Further meditation will show that, like a tree, all kinds of life are linked together and are interdependent in one way or another.

Two people meditating on the same object are unlikely to experience the same illumination.

You may select more abstract subjects and gain understanding of things in a different manner. If you select a line from a letter that you received, you may gain intuitive knowledge of the inner thoughts of the author... If you meditate on understanding the positive and negative points of others, you could determine how to develop the good and overcome the bad within yourself.

Through these meditations on any subject you can gain new insights and expand your conscious awareness to a far greater degree. This is the reward for your efforts. Through meditation you will find that self-realisation, understanding and comprehension are achieved. It is as if a floodgate has suddenly opened. At this point you become more firmly anchored in your High Self, and will grow in many wonderful ways.

### The 4 steps for meditation

#### 1. RELAXATION

You must be comfortable and learn how to relax your mind and body. Take few deep breaths and do some simple stretching exercises.

Take a sitting position, with the spine straight up and down. This can be done sitting either on the floor or on a chair. It is preferable to use a chair in order to avoid crossing the legs or ankles, and so that the soles of the feet can be grounded on the floor.

Rest the hands on the legs with open palms facing upwards. It is important that all fingers are extended, not closed. With your eyes closed you can continue to relax with a short breathing technique. Inhale slowly to the count of nine, and then exhale to the count of nine. To help yourself exhale slowly, make a hissing sound through your teeth. Repeat a few times.

You can further relax by checking over each part of the body and, if tensed, relaxing it. Simply by directing your awareness to that part you will notice there a slight relaxing vibration, or another kind of soothing sensation. You can visualise the part of the body as relaxed, or actually speak to it, telling it to relax.

To relax the mind, concentrate on an imaginary screen just inside the forehead, or focus on a single word or concept such as kindness. This will help to eliminate the passing parade of thoughts.

Often you will suddenly realise that you are busy thinking about outside things, and you must redirect your thoughts to a single effort. You must guard your thoughts carefully at first. Many people find calming the mind to be difficult but, as with all things, discipline, practice and determination bring success.

## 2. INTENTION

When relaxed, quiet and comfortable, direct your mind and heart to the proper intention for meditation. Affirm your personal connection with the universe. Begin to identify yourself with all of creation.

Then feel yourself joining in this oneness. You might experience feelings of love, empathy, or a flowing sense of selfless giving and receiving.

## 3. PROTECTION

Visualise yourself in a cocoon of brilliant, white light. See yourself wrapping or spinning it counter clockwise about you, closed at the bottom but with a small opening at the top. This opening provides direct contact with your High Self.

You might use the white light anytime during your daily activities when you feel the need for protection. You also might project white light to another, for his or her protection. It is good to do this for yourself everyday upon rising in the morning and before retiring at night.

## 4. MEDITATION

Mediation should be made up of two sections, each equally important: projection outward and receiving inward. Giving and receiving are always joined; they are two views of the same truth.

### **Projection outward**

See yourself as a transmitter of Creative Intelligence, sending out vibrations of peace, love and healing energies to those in need.

Thoughts are energies. You must be careful not to send out thoughts of what you personally think should be done. You must ask for the situation to be held for the good of all connected. Only by letting go of your personal thoughts, and by opening yourself to receive from the greater Intelligence, will generate the proper vibrations.

### **Receiving inward**

When you have finished the projection, you might ask in your thoughts: "If there is something my High Self would have me know at this time which will aid in my development, I passively await that idea."

Then you must learn to still all thoughts and to sit quietly and receptively. Enjoy the peace that follows. Keep a calm but highly expectant attitude. Be ready to receive.

After a period of practice you might receive sights and sounds that are common to beginning students. You might hear your name called, which is one way the high Self tries to get your attention and interest. Faces might appear, which is a good introduction to receiving from another plane or dimension, or you could be making mental contact with another individual on this plane.

Vivid colours are often seen in the form of rays or balls. This is the seeing of energy being directed onwards towards you as stimulating or helpful vibrations. Another vision is that of seeing an eye. This is generally the third eye, seen by some as a tunnel. Someone in meditation can merge with the third eye, or can travel through the tunnel to other planes and levels.

Some things seen or heard may have no apparent meaning. These should be filed for future reference; additional information at a later date might help explain the puzzle. It is advisable to keep a small notebook handy and make a record. Things may be more meaningful when you can look back with greater understanding.

It is important to know that not everyone hears voices or sees some sort of vision when meditating. Many get their answers by just knowing. They have thoughts and ideas that suddenly come into consciousness, and they accept and act upon them.

A calm, peaceful meditation is rewarding in itself; it brings to one much good, whether or not one is aware of this. Most mankind still is unconscious of the love and energies being sent to us from higher levels. It is in each one's best interest to meditate often and deeply for spiritual awakening and unfoldment.

## Review

### 1. Relaxation

- sit in a proper position
- stretch the body
- take deep, slow breaths
- become aware of each part of the body
- mentally relax all areas of tension

### 2. Intention

- mentally affirm your connection with the oneness of creation
- feel yourself join in that oneness

### 3. Protection

- visualise yourself filled with and surrounded by white light

### 4. Meditation

project outward

- transmit vibrations of peace, love and healing energies to those in need
- receive inward
- open yourself to receive
  - maintain an attitude that is passive but expectant