



Aubergean

The Basics of Meditation

For the Getting It Together Series

Books 1 - 5

Meditation is a Spiritual Practice when you stop to think about it. As you get better at it, your mind quiets, you stop moving around, and your emotions and ego finally quiet so there isn't much left except to note your intersection with your spiritual side.

Cubby Hole Mind

Regard the functions of the mind as a closet with cubby holes. Those cubby hole compartments are the Conscious, Sub-conscious, Unconscious, Collective Unconscious, and Super Conscious.

The **Conscious Mind** is where you consider your everyday world - thinking about life, money, job, love, and the inevitable negative stuff that grows like mushrooms in the dark. Your mind typically rambles around free and uncontrolled. With **Book 1** Common Sense Doesn't Grow on Trees and the Law Lessons you learned to create interventions to affect how your life is working for you, so positive intentions propel your thoughts.

The Subconscious Mind records your experiences much like a computer or video camera. This mind is a storage library of your day and night time experiences. It has no power to discern or discriminate. It acts as your unbiased reporter and recorder accepting whatever images, sounds and experiences you encounter. Knowing this, consider who you hang out with – Where do your daily journeys take you – How about video games, movies and TV – What are you reading - What exactly is being recorded into that awesome subconscious mind of yours?

The **Unconscious Mind** is inaccessible through thought processes except by esoteric or advanced spiritual tools discussed in [Book 2](#) Five Senses of Perception - Higher Octave Equivalents. The Unconscious is a cubbyhole that connects you to the rest of creation, functioning at a deeper level than the Subconscious.

The **Collective Unconscious Mind** is fun to learn about. Imagine the Mind of all humanity as a huge pie! Your consciousness exists as a single slice and here humanity collectively lives, acts and experiences the current paradigm. To better understand, read the Hundredth Monkey story in [Book 1](#).

Various Meditation Forms Taught Worldwide

Society has come to accept the practice of meditation, a powerful sign that human consciousness is evolving. For instance, the military teaches meditation as a quick recovery means from extended periods of extreme exertion. A 5 minute power nap is a meditation form and proven to cause rapid regeneration. Self hypnosis and meditation is used by combat soldiers to manage serious pain or injuries too.

Contemplation Meditation provides insights into life's experiences to cause your basic thought process to increase in clarity and to deepen meaning. For instance, Contemplation Meditation might focus on the truth behind the telephone. You may think this is a fairly wild idea – The Telephone?

Given proper focus and deepened thought, you might understand a telephone as a device to communicate with others. Deeper thought might define its use as a convenience for social networking. But really deep thought reveals the phone as a compensation device replacing our natural spiritual ability to converse telepathically - a new point of view!

Meditation to Transcend uses a mantra or sound to focus attention. Transcendental Meditation is a popular mantra meditation, gaining repute in the Sixties when the Beatles explored nirvana. It was the sixties after all and one of the many evolutionary moments giving rise to the question, *Do you remember the Sixties?*

Buddhist Meditation offers techniques like open and closed eye practices. Aubergean learned the eyes part open technique in a Western Buddhist monastery. He says at first it was difficult to achieve a Meditative state.

Self Realization Fellowship Meditation was taught by Paramahansa Yogananda, the SRF founder. The SRF lineage of teachers began with the Master Jesus and truthfully an Avatar has been present during every period in human development with many assisting the human journey. Yogananda writes that Jesus taught a simple philosophy of faith, love, and forgiveness in his parables filled with timeless truths and values. To his closest disciples, he taught deeper truths with roots in the deepest metaphysical concepts of the more ancient yoga philosophy. In [The Nine Faces of Christ](#), by Dr. Eugene E. Whitworth and the most cherished mentor of Aubergean, this is described succinctly, including the missing years of Jesus' life from the age of 12 to his return at 33.

The **Ishaya Movement** is the highest form of meditation Aubergean learned. This mantra technique consists of a progression of short phrases used to transcend the mind, gradually reprogramming erroneous belief. It is not recommended as entry to Meditation because of its complexity.

Benefits of Meditation

All manner of improved performance in the business world, in sports, academia, and life in general has been proven scientifically. Here are but a few to consider:

Physiological Benefits

- Decreases respiratory rate.
- Increases blood flow and slows heart rate.
- Leads to a deeper level of physical relaxation.
- Good for people with high blood pressure.
- Reduces anxiety attacks by lowering levels of blood lactate.
- Decreases muscle tension
- Helps in chronic diseases like allergies, arthritis etc.
- Reduces Premenstrual Syndrome symptoms.
- Enhances immune system.
- Reduces activity of viruses and emotional distress
- Enhances energy, strength and vigour.
- Helps with weight loss
- Reduces free radicals, accelerates healing of damaged tissue
- Drop in cholesterol levels, lowers risk of cardiovascular disease.
- Improved flow of air to the lungs for easier breathing.
- Decreases the aging process
- Makes sweat lessen
- Cures headaches & migraines
- Normalizes to ideal weight
- Relaxes nervous system
- Helps with focus, concentration and will power
- Increases creativity
- Improves learning ability and memory
- Increases emotional stability, improved relationships
- Develops intuition
- Increased Productivity
- Purifies character
- Improves communication between the two brain hemispheres
- Higher intelligence growth rate
- Helps in quitting addictions
- Lessens need for sleep
- Decrease in restless thinking
- Increases listening skills and empathy
- Develops greater tolerance
- Develops emotional maturity

Spiritual Benefits

- Provides peace of mind, happiness
- Helps you discover your purpose
- Increased compassion
- Growing wisdom leads to forgiveness
- Brings body, mind, spirit into closer relationship with God
- Greater inner-directedness
- Living in the present
- Deepens capacity for love
- Increases synchronicity in your life

It's FREE!

What a special gift to receive something powerful for free! No special equipment is needed for meditation and it's uncomplicated to learn. Practice it anywhere, at any given moment, and it's not time consuming (15-20 min. per day is good). It has NO negative side effects. Only but positive effects will be gained! With such a huge list of benefits, be inspired to begin today!

Easy Meditation

Take a guess - You do it every day or second or so. Of course it is Breathe – don't do it and you notice right away.

Preparation

Unnecessary are mind fluff booby traps like candles, music, tinkling water, swimming goldfish – whatever. Just wear loose, comfortable clothing and remove your shoes. Until you are competent, isolate yourself from interruptions like telephones and people.

Find a quiet place for your practice. If you live with others, solicit their cooperation when a sign appears on the door - **MEDITATION IN PROGRESS – DO NOT DISTURB.** Unless the house is burning - No Interruptions – No Exceptions!

Your practice is sacred as you approach the Divine within you and truly, nothing is more important in your life than these moments. From this space springs forth all worthy endeavor and no one has achieved greatness in this world ever – without proceeding from and with this Divine connection.

Encounters during or after Meditation

Treat interruptions as simply another thought without paying attention to it. A backfiring car, shouting on the street, conversations close by - all are merely thoughts to be ignored in favour of observing the breathing process.

Meditation causes release of toxic energies lodged in your central nervous system. You may experience drowsiness, sleep, and fatigue until you are seasoned. Allow these experiences to occur without resisting. These events are known as *unstressing*. In time you will likely see colors, hear sounds and more during deep meditation sessions. Allow manifestations to come and go without attention. Do not seek meaning nor curiously follow these experiences. Allow and experience without attachment. Your awareness will increase on many Higher Octave levels - remember your wisdom learned in [Book 2](#).

If you fall asleep, resume your 20 minute meditation when you awaken.

A Word of Caution about Kundalini Experiences

Extensive meditation will awaken energies stored in various energy centers in your body. Investigate *chakra centers* to broaden your understanding. The lowest or root chakra is located at the base of the spine where Kundalini energies are stored. **Do not** artificially stimulate these energies by ingesting alchemical formulas to *storm the gates of Heaven!* The effect of awakening Kundalini prematurely is like giving a loaded gun to an infant. Most often, beginning initiates are unprepared to manage these energies so resist the temptation to experiment. Be wise and know that the awakening process through meditation is a natural process and no experience comes to you prematurely as you follow a natural path of Meditation.

Kundalini experiences range from mild to intense. If you have questions, professional help can be found at <http://www.life-enthusiast.com>. You will find quality alchemical preparations here, but **Do Not Ingest Until You are Well Advanced on the Path**. Please.

While all sorts of mystical adventures are possible, fear none. As you read in **Book 1**, this single emotion will cut you off from your inner guidance. Remember a soul purpose is to overcome tendencies towards fear.

Answers to your Meditation Questions

You'll love this one - All answers are already within you! Usually questions are simply mind tricks to distract you from attainment. Questions are what you see when you take your eye off the goal – This sums up ego's world of control through the intellect to retard your progress if you give it rein.

THREE SIMPLE RULES FOR PRACTICING MEDITATION

RULE ONE - During Meditation, all sorts of objections to remaining focused will come up – Pay No Heed!

RULE TWO - Remember Meditation is a Sacred Practice and should be approached with great Reverence.

RULE THREE - Any negative event that impacts you is referred to RULE ONE!

Meditation Instruction

- Remember to not eat before meditation so you don't become sleepy.
- Sit erect rather than lying down to best avoid sleep.
- Achieve a meditative state with breathing. You already know how to breathe, so it's a simple, natural experience.
- Treat your committed meditation time as sacred and dissolve into your Higher Being, your God Self from a sense of deep reverence.

- To gently guide your mind to zero point or the Source of all thought, imagine sitting on a beach watching a sunset. Slowly, deliberately, close your eyes gently as the setting sun. Now you are entering your sacred space. This slow and deliberate closing and opening of your eyes is very important.
- Take a deep breath, hold it for a moment and let it go – drop the breath as your body sinks into the chair by imagining yourself suddenly letting go of your held breath chest in a deep sigh. Repeat a few times until you sense yourself becoming calm and restful. Each time you let the breath go, let yourself settle comfortably into the chair.
- Know that your nervous system begins to purify as you *unstress* and draw closer to the Divine.
- Focus on your breath - *I breathe the Life of God. I breathe in the Grace of God and I exhale every aspect of stress and discomfort from my mind.*
- Release and surrender all thoughts. Let them dissolve away. As you continue to observe the breath, realize the body is breathing itself. No need for you to be in control of anything except the focus of your attention on the breath.
- As you withdraw your attention from the outside world and the thoughts that surface, remember it's as simple as just favoring your focus on the breath.
- There's a strange event that takes place for most meditators – that's the 20 minute thing. By simply setting your intention on your inner clock, that's how long you're inside – 20 minutes!

Time to Return – Allow your attention return to the room - to your body - Slowly, very slowly - Imagine the sun slowly rising as your eyes slowly open. Return to your body fully conscious. Observe your experience during the past few minutes. Were you light and floaty? That's a nice feeling. Were there thoughts - Fleeting thoughts? That's the way they should be. If you didn't entertain thoughts - that's wonderful.

Connecting to the God Self - Aubergean trusts that your journey was wondrous and that as you practice your connection to the Supreme Creator, your marvelous being continues to be even more so as you learn better to express your soul purpose.

Let your daily life unfold Miraculously!

Aubergean

P.S. The audio Guided Meditation available at <http://www.aubergean.com>