

Meditation

Meditation enables you to withdraw your mind and thoughts from the noisy and restless external world and focus within on the peaceful, blissful world of the intellectual frame, on Truth, on Light, on God, on Wisdom.

Just as you have a corporal body and do not have to do anything to destroy it, because it marches automatically toward its goal of self-destruction, similarly, you have an indestructible karmic body, your intellectual frame, your body of thought, which houses all your samskaras, the reactions of all your actions done in the past.



Yogi Gupta in meditation.

These reactions are your karmas, the desires of the past. The intellectual frame does not die with the fall of the body. With the fall of the corporal body, the intellectual frame manifests in a new body, with all your same likes and dislikes, thoughts of love, hate and jealousy, desires, habits and personality. The intellectual frame is your true individuality, made up of mind, intellect, emotions, memories and senses, which travels from life to life and is part of the eternal spirit.

There is nothing in common between your corporal body and the intellectual frame. Just as a stone cannot mix with air, the body cannot experience the Spirit, but air can mix with air, ether can mix with ether, and similarly, the intellectual frame can experience unity with the spirit. Matter and spirit have

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nothing to do with each other. As long as you remain aware of the material, external world, you cannot enjoy and experience the knowledge of the soul, the True Self, the intellectual frame.

As long as you continue to live in the awareness of the corporal, truth continues to appear false and false continues to appear true. (The truth will continue to evade your grasp.) To know the truth that you are not the body, you must get out of the train of body awareness. Like a person sitting in a train thinks that the mountains, trees and scenery are moving and not the train, until that person gets out of the train and realizes that it is the train that is moving and not the mountains and scenery, similarly, in order to know the truth that your personality lies in the body of consciousness, the intellectual frame, you must get out of the train of body awareness.

Once you know the truth, you know it forever.

How do you do this? By continuous practice of meditation, step by step. But this is not easy to do. Due to the strong desires of the past, the ego, the mind and the senses, due to love for the objects of sense pleasure, love to remain always in the awareness of the body, which is their only instrument for the enjoyment of sense pleasure. Still, by regular practice of meditation, gradually, gradually you will be able to withdraw awareness from the corporeal and attach it to the intellectual frame. Meditation will unite you with the Holy Spirit within.

The first step in meditation is to slow down the thoughts. The greater the number of thoughts, the greater and bigger and heavier is your world that you are (mentally) carrying on top of you all the time, and the more you are tired, stressed and fatigued, and the more there is a feeling of emptiness and lack of peace. Every thought of the external represents a loss of energy.

As soon as you start to meditate, the leakage of energy stops. The more you

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slow down your thoughts, the more that energy is saved and stored within for your spiritual progress. In meditation you feel more together, enjoy more peace of mind and have more inner strength. Problems of the mundane world get solved because problems shrink as your world shrinks.

Every outgoing thought is pregnant with objects. Things exist in your thoughts just like the waves and surf exist in the ocean. You don't see the ocean anywhere, you only see the waves and surf emerging and merging, but you cannot separate them from the ocean. You don't see the gold in the ornaments and jewelry, but the ornaments and jewelry cannot be separated from the gold. You don't see the stone in the statue, but the statue cannot be separated from the stone. Similarly, the world emerges from your body of thought and then merges back. You cannot separate the world from your thoughts. When there is no intellection, in deep sleep, there is no world. As soon as you wake up, the world is there again. In samadhi there is no intellection and no world.

The world is the wall that separates you from God and the Holy Spirit within. God is there, the Light is there, the Holy Spirit is there, but you cannot be aware of it and the world at the same time. You have to withdraw your awareness from the corporal, and then you are face to face with God. When the world fades away through meditation, then you are face to face with the Truth.

The first step toward slowing down the mind is to listen to the words of Truth, which automatically calms down the mind.

Here listen to the Words of Truth

By listening to the words of Truth, the mind automatically has become still and calm. Now we move to the next step, slowing down the thoughts. Please watch your thoughts as a detached witness until thoughts fade away and do not return.

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Watching thoughts fade away...

Watch your thoughts. If any thought arises on the horizon of the mind, do not feed the thought with your interest. Simply watch the thought as a detached witness, do not get involved with the thought, simply watch it until it fades away and does not return. Watch your thoughts.

Watching thoughts fade away...

As you continue to watch your thoughts, the thoughts automatically slow down. As your thoughts slow down, your breathing automatically slows down and becomes deep, regular and calm. As your breath slows down, naturally all the physiological processes of the body start to slow down, blood pressure becomes normal, your heart pulsation and blood circulation slow down. Every cell in your body shares in the rest and peace as you move closer and closer to a state of suspended animation.

Please watch your thoughts.

Watching thoughts fade away...

Now the mind has become still and calm and we go to the next step. The final step is to focus your attention on the Third Eye, or Christ Mark, between the two eyebrows, to change the vibration of the mind from body consciousness to consciousness of the Intellectual Frame.

Focus your concentration on the space between the two eyebrows. This is the Third Eye, the Christ Mark, the seat of Cosmic Consciousness. As you concentrate on the Third Eye, powerful thought waves get generated. These thought waves stir and stimulate tiny particles of sand within the pituitary gland deep within the brain. These particles of sand get rearranged into specific geometric patterns and are set into motion, thereby changing the mind from conscious

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to unconscious, and finally, to super-conscious. The super-conscious state is everlasting and transcends time and space. It is the consciousness of the Intellectual Frame.

Concentrate between the eyebrows.

Concentrating between the eyebrows...

Hari Om...Om Shanti, Shanti, Shanti.

Please be receptive to the Grace of God, bestowing on each one of you, radiant health, long life, prosperity material and prosperity spiritual, Pushti, Tushti and Divine Bliss!

From meditation notes of disciples of Yogi Gupta