

MEDITATION

THE WAY TO

ATTAINMENT

FLOWER A. NEWHOUSE

MEDITATION: THE WAY TO ATTAINMENT

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By

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FOREWORD

We have entered the territory of a *new year*! It shall repeat the cyclic seasons with their major Holy Days; but, on the whole, most of the country into which this new year leads will be quite different and absorbingly interesting. The new year shall again prove that "destiny is always at work."* In it we shall possibly meet some karmic payments which are due; likewise some surprising bonuses from the Ever-Watchful Provider. Most of its hours, however, shall be *potential hours*, filled with many eventualities and many opportunities for growth and self-conquest. To react wisely, willingly and instantly to apparent opportunities requires the living of all the Truth we have accepted, as well as a good foundation in self-discipline. For lack of these two active qualities, we may have lost priceless blessings. However, through alertness, it is possible to change so completely in this regard that through preparedness and appreciation of opportunities we may invite countless gains as well as a new disposition in the days ahead.

Keynotes, or certain qualities of force, flow through each new year. At the very start of each fresh cycle, the Planetary Logos of earth releases the special theme for the year which He introduces. Last year's keynote was *Receptivity*. This year we are to work for *Self-Control*.

We must learn to greet the new year as a friend! When you are told you are to meet a person who is a

*Paul Brunton

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stranger to you, do you always decide beforehand that you will like him? We try to, for there is, as the Masters have told us, a golden kernel in every person, a shining jewel we must discover. Symbolically, some may have amethysts; others may have emeralds, rubies, or diamonds, denoting different qualities. But they are there, and we must have the patience to search inside the husks of the superficial personality sheaths to find that glowing quality. We shall be all the richer for having discovered it because some of the luster of the jewel in someone else is added to our own soul, making our own jewel all the brighter. We want to greet this wonderful new year as a friend!

A few of last year's events inspire a healthy curiosity regarding the new unfoldments which may be experienced in the new year. Outstanding among all of its treasures was the coming of the Masters who were sent by our Lord Christ. All my life I have known Them but not in just the same way that they have made Themselves known to many in the group during this past year. With their deep, penetrating nobility, They have seen our weaknesses and strengths. They have spoken to us about these things. But They have also seen our possibilities and with Their infinite patience They have helped us prepare ourselves for the unfoldment of new traits and the development of new strengths by which we can achieve deeper inward growth.

During this new year we should remember that events like these can happen at any time when we are prepared for such life-changing experiences.

FOREWORD

Through the Masters' kindly and gracious assistance, we have witnessed souls emerge from their chrysalis of ordinary living to the wonder of re-evaluated living. Truly have the Masters opened to us skyways into higher citadels of learning. Individually most of us have uprooted habits which have been troublesome for a long period—overindulgence, impulsiveness, extravagance, or strong self-will.

These events, changes and improvements prompt us to be anticipant towards the new year's opportunities. How shall we ready ourselves to receive them? To keep resolved, to remain in tune with invisible potentials, those qualities most vital to such fulfillments are:

Staying Power

Positive, Vertical Faith

Active Self-Conquest

Development along New Lines which opportunities suggest.

The Master Gamaliel encouraged an elimination of the most serious destructive habit in our bodies, our emotions, and our minds during the coming year. For those inclined toward physical excesses in self-indulgence, the formed habit of indulging obsessive instincts should be brought to self-control. For all excesses the Lord Christ said, "This kind goeth out not save by fasting." The Great One suggested that for every unwholesome habit we strive to eliminate, we should cultivate an opposite constructive tendency. To replace over-eating, for instance, one might con-

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concentrate upon health and apply himself to a study of healthful diet and better body exercise and care.

Similarly we frequently waste energy and time in entertainments or actions that are not edifying—like excessive talkativeness or purposeless activities. Let us give energy to those interests which will help to increase our knowledge, self-expression, and social ease.

Among emotional detriments are impatience, restlessness, excitement, irritability and self-pity. We can train ourselves to detect instinctive adverse emotions when they arise. They can be uprooted through the cultivation of higher emotions of love, sympathy, understanding, unselfishness, and poise.

CONSCIOUS REMEMBRANCE

MANY seem to believe that Life's goal is achievement of happiness. But one could achieve all earth's prized objectives—love, fame, and success—and though he were surfeited with worldly pleasures, yet his inner nature might remain completely *empty*. When crises arrive, does the self-satisfied individual meet them valiantly, or do such events inundate his objectivity? What good, then, is outward happiness if it does not develop wisdom and strength to meet life's variable issues?

Earthly existence's actual purpose is *Growth*, not pleasure. If a man conditions himself to strive for daily improvement and continuous inner development the variables of outward life are met with control and patience. He affirms with Muriel Ströde, "I may not conquer the inevitable, but O, it is mine to see that the inevitable does not overcome me!"

We are pilgrims from Eternity on a temporary journey into earth life. Our best hope for fulfilling the purpose of this earthly pilgrimage *is to relate ourselves as best we can to the Divine Cause which projected us into human life*. As we do this it gradually is clarified that our outward mission is that of *impressing upon earth the reality of Eternity*.

A strong relationship with Eternity can only be laid through Conscious Remembrance. The bridge we build through communion grows stronger with use. Conscious Remembrance, another term for med-

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itation, establishes our spiritual identity in the realm of Unceasing Reality.

Those who are momentarily lost in the outer life's worldliness, move from one desire and pleasure to another merely to discover an emptiness and destitution in outward things. Through the challenge of this emptiness they begin to seek for Spiritual Realities, and to establish an inward attunement with these Realities. Contacts are first made fitfully whenever an urging need points toward God. Slowly, however, the vital necessity for consistency and regularity becomes increasingly apparent. Thus, souls are led by their own inner discoveries away from worldliness, away from the borderline "grey" of being neither a worldling nor a spiritually identified individual. At last the soul recognizes in full that his only need is God. This awareness enables him to move beyond self-centeredness and then worldly-centeredness, to God-centeredness. As E. Stanley Jones has stated in *The Way to Power and Poise*, the "off-centered" person is "ec-centric," and will remain so until he chooses to be theocentric, or God-centered.

What, then, will enable us to attain our earthly objective—Growth? Spiritual identity with the Divine Creativity which made us leads directly to unceasing unfoldment—to unending progress!

Stated times for regular attunement with Divinity through Conscious Remembrance empower us not only with strengthened self-control and growth in spiritual-mindedness, but they put us in alignment with Wholeness—all the elements of being that con-

CONSCIOUS REMEMBRANCE

stitute our Completeness. Psychologists assert that we use, on the average, only one-tenth of our total consciousness. Nine-tenths of our consciousness exists unknown to us within the areas of our subconscious and our superconscious natures. One of meditation's numerous abilities is that of extending and expanding our active consciousness. Another of its powers is to train us to exercise conscious control over our submerged unconscious forces, and to give us access to the illimitable powers of our inherent supra-consciousness. Persistent training, and regularity of our times of Conscious Remembrance, are small payment for such far-reaching magnitudes of unfoldment.

Let the Conscious Man in you make himself worthy of his high Goal by proficiency and even by a heroic discipline in fidelity! Regularity permits not only a wholesome program of gradual acquaintanceship with his own Spiritual Identity but it affords him continuous soulic strengthenings, and astral cleansings, and liberations through the tides of Eternity that course through his receptive channelship. Regularity provides rhythm; and it widens the inlet for the inflow from the surrounding Ocean of Infinity.

Granted that almost everyone perceives the need for rhythmic contact with the Eternal, our Nativity, we nevertheless encounter difficulties that are sometimes very trying. We might find our minds as restless as monkeys when we endeavor to practice Conscious Remembrance. Or, a subterranean leakage of instinctive forces such as laziness, indifference, dis-

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like of spiritual endeavors might annoy us. Such interferences arise from our shadow self who very much opposes anything of a genuinely spiritual nature because of the possibility that his tyranny will come to a conclusive end.

The unknown and unfamiliar Eternity seems uninviting only to the weak or the fearful. It might be necessary for them to learn through disillusionments more lessons from worldliness ere they can willingly give themselves to a life program of Spiritual Discoveries. Unconquered instincts such as excessive self-indulgence in food, sensuality, indolence, extravagance, or irritability do exert themselves when we strive to establish a bridge or alignment to the finer forces we inherently contain.

Understanding that Conscious Remembrance will develop *controlled power* in place of self-indulgence, the consecrated soul meets his battles with instinctive forces patiently and determinedly. He has had enough experiences in worldly consciousness to know how momentarily pleasurable are the fleeting instinctive enjoyments of that realm. He realizes that he will need to face battles with his own indulged forces until they are vanquished by his greater determination to discover and unfold the other potentials within the unexplored continents of his own selfhood. Slowly instinctive forces and habits recede as their Master convinces them they will be indulged no longer but shall instead be brought to a constructive usefulness in his service.

The worldling sacrifices himself, his Purpose, his

CONSCIOUS REMEMBRANCE

integrity, his health, and his peace upon the altars of the world. He who chooses to become a Watchman for Eternity, stationed temporarily in the dimension of time, consciously and willingly surrenders only those forces which exerted an exaggerated influence over him. He does not consider as losses his conquest of appetite, sensuality, selfishness or pride, but as gains in a greater inner freedom which the full use of his spiritual potentialities merit. He appreciates that good attunement depends, in part, upon good discipline and able self-control.

"Blessed are those servants whom the Lord, when He cometh shall find *watching*."

LEVELS OF CONSCIOUSNESS

5. *Mastery Level* — "I Am" (Individuality); self-government, maturity, unity, inclusive love.
4. *Inspirational Level* — "I Receive"; self-control, creativity, positiveness, cheerfulness, unselfish love, intuition.
3. *Reasoning Level* — "I Reason" (Personality) clear perception, judgment, deduction, analysis.
2. *Ordinary Level* — "I Exist" (Self-Consciousness) self-centeredness, pride, ambition, impatience.
1. *Instinctive Level* — "I Desire"; reactions, moods, desires, instincts, appetites.

On what level of consciousness do I live most of the time? Through Conscious Remembrance, I aspire to climb to higher levels of steadfast attunement with the Real Individuality within me!

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OUR purpose in meditating is to achieve *footholds on Reality*. The stronger these footholds, the sooner will we be enabled to walk the *well-traveled paths of meditation* into those Regions of our conscious spiritual citizenship.

These footholds on Reality give us glimpses of higher ranges of consciousness. At first in our moments of Conscious Remembrance we may *hold* them very fleetingly, but like mountain peaks suddenly and briefly visible, we discover that the peaks are actualities and our efforts are stimulated and encouraged by their revelations. Before ascending a peak, a mountain climber may need to travel a circuitous trail. He might even have occasion to return temporarily to the valley below for supplies, but in the background of his thoughts, a remembrance of the sun-lighted, majestic peak spurs all his endeavors towards a Return.

Meditation is a safe and proven means for lifting the level of our consciousness. It provides not only momentary footholds upon these higher elevations of perception, but a known Way for gaining new thresholds and of finally living from their range. When a very material person relaxes, his consciousness may drift into the instinctive threshold of awareness. A mental type of individual, after a day's work, frequently falls back to the ordinary level of consciousness. An advanced spiritual person, unless he is very wise and self-disciplined, may descend to the reason-

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ing level when unoccupied with more urgent tasks. In all these types, freedom from routine work, or the inspiration of interesting events, idles their consciousness and this in turn invites a lowering of the state of consciousness.

In entering into higher mental and spiritual frequencies during meditation, we slowly develop more conscious control over our consciousness, and these "descents" into lower states are checked. An individual who has had illumination strives, when freed from outward duties, to direct his consciousness to the level just above his usual range of attention. As proficiency in the art of meditation grows, one of the gladdening encouragements which follows these exercises is the recognition that when the attention is relaxed from outward duties, it rises to a higher Threshold to contemplate, study, or pray from this foothold on Reality.

Regularity in this inner work brings a fresh circulation of energies throughout our inward faculties and auras. Another means of keeping our meditative practices stimulating and free from staleness comes with changes of our forms. Periodicity and a variety of techniques empowers our times of Conscious Remembrance with wholesome inner aliveness, as well as perceptible strengthening in self-control. Those who are using too much of the same form in meditating not only suffer from anemic spirituality, but from a staleness or lack of basic character changes.

If man ate the same food over and over again, however good it might be, he would suffer certain

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physical complications because, to be well, he needs a *variety* of good, wholesome edibles. There are few foods or spiritual forms which are complete in themselves. Completeness may be striven for through expert blending of a variety of helpful means.

A novice passes through three stages ere he has mastered the art and science of meditation—apprenticeship, craftsmanship, and creatorship. That which determines his progress from the first to the third stage arises from his earnestness, his eagerness, and his *intelligent persistence*. An apprentice has not only to learn his art, but also how to use it faithfully. His problems spring not from the art itself, but from subterranean areas within his own nature. If he diligently persists he will advance to the work of the craftsman. One who could be said to be a craftsman in meditating has achieved perseverance in the pursuit of bringing his Vision from the subjective realm into that of the objective world. He possesses skill, ease in execution, and his works denote experience in his art. His obstacles will be those of being called upon to execute ever greater tasks which will likewise require that he realize deeper recourse to the Living Streams of Inspiration which feed him at the Center of himself. A craftsman is busier and more responsible than are his fellow aspirants who are at the apprentice stage of development. For that reason his times for Remembrance are more likely to be commandeered by outward calls to service. His only hope for progress lies in achieving an equal command over his stewardship of time and energies. The first and best of his time

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allotment belongs to his practice of Remembrance.

From faithful and able craftsmanship one graduates finally to creatorship. The ordeal of freeing himself from rigorous demands causes all too few craftsmen to become creators. In the spiritual life, a creator can be likened to the mature spiritual genius whose works are mainly original.

The nutriment we receive from spiritual energies is required constantly. Just as our digestive faculties benefit from rests given them between the taking of nourishment, so do we thrive on regularity of meditations with rest periods of two days a week, spaced according to our own choosing.

The first Remembrance Period of the day should be the longest of our attunements. Twenty minutes to a half-hour of inner work is sufficient if there are two or more Remembrance times coming later in the day. *Never meditate more than thirty minutes at any one time.* Never attempt these attunements when ill. Never meditate for the healing of other persons if your own energies are at an extremely low ebb.

A daily consideration of the Preliminaries to Meditation quickens our powers for achievement. A student who halfheartedly tells himself before he tries, "I'll make an effort," is employing only surface interest. The one who, in examining himself, finds only partial interest can emerge successfully from his period of Remembrance if he girds his will and resolve with a sustaining, *"I'll do it well all the way"* type of attitude.

Keep these "preliminaries" in mind as you adven-

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ture forward in the amazing laboratory of meditation:

PRELIMINARY NUMBER ONE

Be prepared for a battle to ensue when you ready yourself for meditation. The usually submerged subconscious forces exert their dragging tendencies. Until you have learned to subdue and control these subterranean instincts, they are apt to make every effort to defeat you and prevent you from tuning in to the Eternal. They try to prevent your attunement by persuading you to be lazy. Sometimes they urge you to procrastinate because of not being "in the mood" for such inner exercises. Other times, material distractions will intrude, or anxieties over annoying problems will demand attention.

Learn to identify your own upsurging drifts. Turn upon them your intelligent, mature, and calm attention so that they can no longer distract and disturb you. If such drifts from the subconscious nature persist, they limit and finally prevent consistent unfoldment.

Whenever you attempt to ready yourself for meditation, *silence* these subterranean energies at the very outset. Tell yourself, "For too long have instinctive forces held me captive. I ask the Spirit of God Indwelling to empower me to meet all their enticements in such a manner that I become their master. I direct you, forces of my subconsciousness, to be at peace and to give me peace. I have important work to do. I want to grow, to improve, and to progress spiritually. I aspire to lift my level of consciousness. I reverently

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endeavor through meditation to come into access of those higher potentials that live in me at the Center of my being. For all these needs and purposes, I require peace, alertness of mind, receptivity of spirit throughout the total period of this time of attunement. Through Christ's encouraging Spirit, so let it be."

PRELIMINARY NUMBER TWO

After the silencing and commanding of the lower nature, your next procedure is that of gaining *self-emptying*. To be infilled with fresh, vital energies it is needful to empty ourselves of any remnants of tension, nervousness, weariness, fretfulness, or boredom that may be in us. We express our wishes for the achievement of purposeful emptying with such words as, "Through Thy stirring in me, Indwelling God, I seek to be emptied . . . released . . . and cleansed from all which obstructs Thy Presence. I let go of the old; I invite the New and the strengthened frequencies of Light and Life. Through Christ Indwelling, so it is."

PRELIMINARY NUMBER THREE

Whenever you *Remember*, no matter how frequently in a single day that might be, stir up and develop your eagerness and enthusiasm for That in God which is in your field of the Known or the Unknown you are to touch, in this period at hand, with the antennae of your reverent attunement. You shall confront Wonders, Powers, Realities, Presences, and Truths which, even though you may not see them, will nevertheless exert a tremendous purifying and instructive influence. Keen, reverent anticipation enables

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you to sense more, and to tune in more readily than you would without this preparatory conditioning.

PRELIMINARY NUMBER FOUR

That we might be aligned completely, through to our Inmost God Center, we preface every first meditation of the day with the *Alignment Technique*. In a recent booklet, *The Drama of Incarnation* (now out-of-print), readers were given the following suggestions relative to this spiritualizing treatment:

One morning in meditation I found myself guided along a new and untried path which led to the strongest and most intimate realization of the God Spirit Within that I have ever encountered. It proved to be a technique of alignment with the Indwelling Adonai. Since this discovery was made, contact with that inner Divine Spirit has unfolded a comprehension of God's immediate Presence that has blessed many who have used it with spiritual peace and joy in ever-increasing measure.

This alignment begins with the physical self and strives upward to man's Divine Spirit. The whole procedure sets into motion the spiritual forces, bodies, and abilities of the Indwelling Eternal Self. The steps we take in this preparatory exercise may be likened to our turning on the electricity to heat the tubes of a radio receiving set, or the apparatus of an electric organ. When the current has performed its needful work and continues its empowering flow, a radio or an organ can give us the message or music we desire.

Using this technique of alignment, we begin with the thought, "My physical body, unitedly with its in-

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visible sheath of vitality (the etheric body of energy), is the *Servant* of Lord God Indwelling."

For a moment we try to realize the body and its energies as obedient and responsive to the Central Will within us.

We continue, "My outer body is attuned to the astral body (emotions) which is the *Disciple* of Lord God Indwelling."

A disciple is a person of devotion who possesses a certain degree of spiritual understanding and self-discipline. We briefly dedicate our astral body to the duties of a disciple of Christ, for thus can we depend upon it to remain constructively motivated and controlled.

"My astral body is attuned to the mental body which is the *Pupil* of the Indwelling Lord."

A dedicated mind has power bestowed upon it similar to the power invested in Initiates of the Word. Thus, we now endeavor to know that our mind will have the purity, integrity, range, and responsiveness which is necessary for its use as the channel for our reception of Reality.

"My mind is attuned to my causal body, the soul, which is my 'Angel Self.'"

Now we try to lift our thoughts and aspirations to the soul consciousness level which is ordinarily the highest consciousness we can achieve. At this point we appreciate the beauty, holiness, and pure nature of our soul-being; and we try to view life from its lofty God-awareness.

"Through my soul being, I am aligned with the

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Adonai, or I-Am-of-God Self. My Adonai is at-one with the God Flame within, or Holy God Indwelling."

Not through straining, but through reverent and attuned thought, we aspire to know at-one-ment with this perfect and immortal God Spirit. To heighten our composite attentiveness to this transcendent moment, we repeat, "The Lord is in his holy temple: let all the earth keep silence before him." (*Habakkuk 2:20*) After a moment we continue, "And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was." (*John 17:5*) Our realizations at this time express themselves in prayer, "*O holy Lord God within, Thou dwellest in the Kingdom of Heaven! Thou art in God, so I am in God. Thou art one with the Christ Spirit, so I am one with It. Thou art at-one with the Spirit of Truth, therefore I am at-one with It. Send Thou Thy peace, wholeness, power, love, and realization into every phase of Thy lower bodies. May this energy of the Perfecting Light pass through the channels of alignment into my Adonai and soul, bringing spiritual cleansing and renewal to the entire atomic structure of my mind, emotions, energies and physical body, and attuning these vehicles to the perfect harmony of Unity with Thee. So it is through Thy activity and benediction. Amen.*"

When your reverence and expectation are deep enough to give you an *awareness* of spiritual attunement, you are ready to enter the Threshold of Eternity. For a few moments you confront Silence which,

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however still, emanates frequencies of great acceleration. Thoughtfully you sacredly survey this Immensity—this Territory of vast Presence and Power.

“If thou wouldst hear the Nameless and
wilt dive

Into the temple cave of thine own self,
There, brooding by the central altar thou
Mayst haply learn the Nameless hath a voice
By which thou wilt abide, if thou be wise.”

Silence is that state of inward awareness we enter to achieve active God-attention. As our consciousness is occupied with a positive observation of the Kingdom of Silence, all the members of our Being (Spirit, soul, mind, emotions, energies, and body) are rested and harmonized by the wave lengths of Divinity.

After we have attained a feeling of depth attunement with Silence, we should make mental note of the type of radiation to which we have been aligned. We should try to determine whether those frequencies entering and acting upon us are thermal (warm), magnetic (cool), luminous (bright), or electric (vibrant). Silence is charged with color frequencies as well as movements of spiritual tides. It is essential that we make inward note of all the variations of energies that impress us.

BLUEPRINTS FOR MEDITATION

A CERTAIN spontaneous change occurs which alters our attention from one of *observation* of the Threshold of Silence, to that of *meditation within Silence* upon special Realities whose clarity and Light we may need on this day. Unless we already possess some knowledge of helpful procedures, we could easily drift during this period from one interest to another without any guided purpose. For that reason, we should have decided even before we began our Conscious Remembrance what trail or highway we choose to travel, at this time, to our particular destination of Strengthened Attunement. Our physical, environmental, or inward needs may point our choice. If our bodies require an acceleration of energy, or our lives need more positive redirection, the pathway we voluntarily select might well deal with thorough treatment work. Should we find instead that we need a balanced form of meditation which relates the highly spiritual values with concrete daily use, the method well known as *Planned Meditation* would be vitally helpful. Or, we might have dealt for many successive days upon concrete and basic procedures, and feel a desire for deeper resources of inspirational powers. If this should be our realization we would choose an especially *Devotional* method that would add resurgence and extension to the whole of our inward efforts. One morning we might not desire to follow outlined pathways, but prefer, rath-

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er, *Creative Meditation* which forms its own unusual diagram through the means of revelation.

After twenty-five years of meditative research and experimentation, we believe that spiritual novitiates attain their most consistent inward growth through wise use of a variety of balanced meditation procedures. The more procedures they learn to master, the more widely exercised become their mental and spiritual faculties, which not only trains their consciousness to be well-developed, but likewise later inspires their own creative meditative trails. If they are first trained in safe and sane procedures, their own later endeavors will be founded upon the basis of keen discrimination and spiritual wisdom.

In whatever form we choose to work, during our first meditation of the day, *we need to put all of our consciousness to work*. If the body is trained to be reposeful, the energies constructively employed, our feelings directed Godward, our thoughts engrossed in vital endeavor, and our souls governing our entire meditation, we shall accomplish one-pointed alignment and united endeavor of the highest order.

One meditation a day seldom keeps our consciousness attuned unbrokenly to the Highest. Our minimum requirements would consist of morning, high noon, and retirement Remembrances. Our maximum and best means of consistent attunement has proved to be intervals of Remembrance every two hours (of the day's even or odd hours) beginning at eight in the morning and ending at six o'clock in the early evening. In addition to these two-hour alignments, a Re-

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membrance at retirement consisting of a brief review of the day is especially helpful. Those who are employed can derive much help and inspiration by cultivating the habit of briefly remembering the Eternal God Presence every two hours. On their Sunday's they could observe the two-hour Watches more fully should they wish to more adequately ready themselves for improved and heightened living.

Whenever in the early mornings, or in any of our times of Remembrance, we find it difficult to desire good attunement, let us remind ourselves that effective meditation bestows these benefits:

1. It enables us to become conscious creators, as well as able artisans of living.
2. It causes us to contact higher frequencies of Light than we could ever reach by ordinary, unregenerate existence.
3. It cleanses our auras, opening the channels for the reception of higher thought currents.
4. It affords us communion with our own conscious immortality.
5. It brings us closer, step by step, to the achievement of the Spirit Indwelling's wise and loving command of our entire being.

We find it helpful to write out before meditation, or during the inspired Silence Watch, a summary of the Procedures we should like to utilize in the first attunement period of our day. This directs our attention, includes Essentials we need to recall and practice, and it speeds and keeps one-pointed our endeavors. Frequently when we begin to meditate, the mar-

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gins of our outline are expanded with added thoughts or ideals.

Thus, in a basic form such as that of *Planned Meditation*, our outline before Conscious Remembrance might read:

1. Meditation upon an achievement of greater Enlightenment.
2. Meditation upon Health of body, emotions and mind.
3. Meditation upon Archetypes (the ideals toward which we aspire).
4. Meditation upon New Habits necessary for more well-rounded development.
5. Meditation upon Persistent Self-Conquest.

After a highly absorbing twenty minutes of attunement and practice of our noted objectives, our recorded impressions of this summary might have expanded to an outline of this size:

PLANNED MEDITATION

I. Enlightenment:

At this period, illumination emphasizes to me:

1. Complete unfoldment of spiritual maturity.
2. Attainment of extra-sensory perception.
3. Realization of underlying Purpose of Life.

II. Health:

1. Integration of Being; 2. Wholeness of Being;
3. Physical well-being; 4. Emotional stability and control; 5. Mentality unfoldments; 6. Spiritual radiance.

III. Archetypes:

1. Sincere and unselfish service to Christ Cause;

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2. Maturity of understanding; self-command;
 3. Expressed creative talents; 4. Success in individual endeavors; 5. Wholesome happiness;
 6. Practical attainments (these should be listed).
- IV. Development of New Habits:

Each new week (or every new month) I will successively strive to cultivate more expressiveness in healthful body building, in social ease, artistic interests, stewardship adventures, and spiritual disciplines.

- V. Self-Conquest achieved through weekly special development in 1. Reverence; 2. Self-Control; 3. Poised Living; 4. Impersonality; 5. Industriousness; 6. Mastery of Compulsions.

The value of the preceding meditation is that it accords attention to a unified means of contacting certain aspects of our unfolding natures. Whenever we use this form we impress upon our inner natures true recognitions of our inherent requirements. To impress upon our Higher Consciousness our desire for wider awareness, better health, and achievement of certain objectives, is acting upon the Lord's advice: "Knock and it shall be opened unto you." We impress causal, electric energies with blueprints of our aspirations. The more attentively and thoroughly our necessities are impressed upon the living elements of the causative world, the more readily will the blueprint be translated into objective and manifested reality. Truly, the meditator discovers that "out of his heart (consciousness) shall flow rivers of living water." (*John 7:38*)

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DEVOTIONAL MEDITATION

A very uplifting form to use on great holidays, our birthdays, on the Sabbath, or during a Retreat into a sanctuary of Nature, is that of Devotional Meditation. For this form, rhythmic attunements at two-hour intervals is supremely important. Rhythmic alignments strengthen us with an improved ability to maintain our contact with higher levels of consciousness. Variety in their use tends to definitely widen *the arc of our spiritual awareness*. They activate our use of cohesive, reflective, and subjective states of consciousness.

The following plans will give you two devotional meditation outlines—one very simple, and one that involves more inward work:

FIRST METHOD

Beginning with the initial Silence of the day at eight o'clock, it is wise to take inward steps that you will not need to repeat during the remainder of the day.

1. *Watchword Attunement*. Use a phrase of power, a Bible verse of beauty, or lines of poetry you particularly enjoy, to harmonize your whole being. We find Marie Rasmussen's words good tuning forks: "I rest in God, as the earth rests in space." Repeat the statement slowly, enjoying the mental picture which opens as you act on this relaxing, harmonizing idea.

2. *Practice of the Alignment Technique*. See how much spontaneity and original creative aspiration you can inject into your practice of the suggested Alignment Technique outlined on pages 22 to 24.

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3. *Prayer of Dedication to the Highest.* "To Thee, Eternally Omnipresent God, I dedicate this day. I pray that these hours of conscious striving shall keep me attuned to Thee, remindful of Thee, and receptive to Thee. May all the areas of my being receive cleansing and acceleration through the hours of this day. Let me be opened through the influence of the Christ, to every baptism of Spirit, to every thought and energy which comes to me through Thee and Thy Resources. This day is Thine. Channel and direct it towards Holy Purposes. Amen."

During such an ideal day, the meditator will spend several hours in the great out-of-doors, occupying his mind with a welcoming reception of Divine Blessings through Nature. He will practice striving to *behold* the beauty through which God speaks around him. He will walk in reverent quietness and receive in peace revelations from Nature's Mysteries. (Either on your walk, or when you return to your quarters, try to record in your Meditation Notebook of Spiritual Data your gathered impressions of disclosures—regarding Nature or yourself—and insights which your walk provided.)

Ten o'clock, a.m.—Wherever you are, the time has come for the strengthening of your attunement with Eternity. Repeat your Watchword of the morning, or any other you may wish to use, such as "The Lord is in his holy temple; let all the earth keep silence before him." For the next period (five minutes at least but not more than fifteen minutes) devote yourself to trying to appreciate more deeply the *Immensity*

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Consciousness of God. Your attention should include a realization of the vast nature of Divinity which is still unknown. Recognize, too, something of the Omnipotence, Wonder, and Power of a Creator so wise that numberless galaxies lie within the scope of His creation and watchfulness. Try to feel the peace of immensity—the challenge of it. “What lives in thee lives in outer nature too.” The infinitudes of outer creations remind us of the glories and spacious wonders which are active in the Center of ourselves.

Twelve o'clock, noon. An attunement to a Reality about which we have learned brings us renewal from its Center. On the inner planes of consciousness are three Pools through which souls pass after death. Instead of these places being filled with water, they are reservoirs of specific elements which are essential for the healing of man's astral body. The first of these pools serves to cleanse the aura; the second to give peace, and the third to endow the “returned” individual with renewal.

Thus at high noon, on days of devotional meditation, we derive much benefit from visioning ourselves in our astral vehicles as entering, one by one, these pools to receive their blessing.

Two o'clock, p.m. Active throughout the higher dimensions are vibrant, colorful rays imparting their vitality to whatever they touch. It is helpful to recall the activity of the Blue Beam of Christ Healing powers, the Green Beam of Energy, the Orange Beam of Initiative and Courage, the Yellow Beam of Mental Energy, and the White Beam of Cleansing. One

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by one, as we turn deep and sincere attention upon them, the selectivity of our attention will endow us with their special chargings.

Four o'clock, p.m. Meditate upon the Altar of the Highest within man. In taking steps of alignment, uniting all of our bodies, we end our work on the seventh and highest step wherein we contemplate the existence of the Flame of God in us which we have never seen. We take time to recollect that this flaming Spirit is God in us—"our hope of glory."

Six o'clock, p.m. This hour should always be a signal to us for the Remembrance of our Eternity. We tune in to those frequencies which belong to the Shores of our own Eternal God Presence. We affirm during this period that we shall endeavor to live in this temporal body and time cycle with more conscious awareness of the Eternal which permeates our outward world and individual living. We resolve to do better and more consecratedly the life work which still confronts us.

Retirement Meditation. It is very helpful for the sake of our quickened growth, to reflect at bedtime upon the day which we have enjoyed. We begin with the morning hours and attempt to re-examine our moods, actions, inner endeavors, and reactions to ascertain whether or not we succeeded even fairly well in our aspiration to maintain a consecutively higher-than-average state of consciousness. How many falls from Remembrance did we experience? Was our afternoon's work as attentive as our morning's efforts? A good average for one who is completely in earnest

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spiritually is that of six good periods out of the eight for the day. Our "breaks" and "falls" in consciousness, our poor performance and ineffectual alignments furnish us with renewed determination to improve tomorrow's attunements over today's.

SECOND FORM

On another day when we wish to practice the devotional form of meditation, our inner work can be planned as follows:

1. *Watchword Remembrance* to be used as a challenge at the opening of every two-hour Watch: "Behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength and hast kept my word, and hast not denied my name." (Rev. 3:7-13)

2. *Practice slowly and thoroughly the Alignment Technique.*

3. *Prayer of Consecration to the Highest.*

4. *Contemplation of God, the Creative Parent; God, the Son; and God, the Holy Spirit.*

Ten o'clock, a.m. Contemplation of the Divine Spirit of Grace, and the Cloud of Silent Witnesses before the Throne (the Archi of Highest Orders).

Twelve o'clock, noon. Contemplation of the "Just Men made Perfect" or the reality of Perfected Souls whose unified efforts form the Spiritual Hierarchy of this world. Include in this Remembrance an inner salute to the Logi (especially the Logi in control of our galactic system, solar system, and earth). Try to recall the names of the Lords earth has received, especially the Lord of the World, Lord Christ, Lord

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Buddha, the Maha Chohan, and the Great Manu. Then, one by one, repeat the names of any Great Ones whom you believe to be of an adeptship degree.

Two o'clock, p.m. Consider the Angel Archi (Seraphim, Cherubim, Thrones, Dominions, Powers, and other highly evolved Beings of this Angelic Order.)

Four o'clock, p.m. Contemplate the shining Angel Kingdom. Try to conceive of the pure, selfless state of consciousness through which Angels function. Recall various Angel Orders and send forth appreciation to Them with each recollection.

Six o'clock, p.m. Remembrance of the Eternity from which you have come. Realize it as containing not only Perfected Souls from our own humanity, and not only the radiant Angelic Hosts, but also other constructive Lines of Life evolving towards God. Let love, gratitude and reverence purify and bless your Recollections.

Retirement Meditation. After your reflection upon the way you lived the hours of this day, strive to prepare yourself for sleep by lifting up your consciousness towards Those who have achieved purity, greatness, and completeness.

Nearly everyone finds that frequent Remembrances at two-hour intervals develop them more efficiently than meditations practiced but once, twice, or three times daily. In a class we taught last August, in the high mountains, my husband and I were delighted with the resourcefulness of some meditators who strove to keep their consciousness as consistently at-

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tuned as possible that week. One student noted that the high noon hour was one she found difficult to do well. She decided, after an experiment, that if she played good musical recordings during that Remembrance she was able to do her inner work more effectively.

Another student who devoted the whole series of devotional meditation attunements to Remembrance of the Lord Christ, visioned Christ at her table, at the foot of her bed, near her always in the rooms she occupied. Gradually she received fresh inspiration whenever she thought of the *Lord of All the Religions of the World*. In a note to us she said, "Later in the afternoon I looked at the place at the table I had consecrated to Him and my heart leaped when I saw what I believe was a glowing thought form of Himself, there in my room!"

One woman who was especially inspired by consistent Remembrance of the Angel Orders said that efforts along this line seemed to stir her mental powers to a remembrance of some experience in the Past wherein she had "known Them before."

INCREASING CREATIVE RECEPTION

F all the meditation paths, the *creative* form is the most difficult to perform successfully. In other procedures you aspire to give persistent interest to each objective or Reality you bring before the scrutiny of your attention. Creative Remembrance requires a high state of receptivity and teachableness, as well as the facility of keeping the mind emptied of one's own mental intruders.

On a morning when you feel a great need for newness and for quiet inspired attunement, you will find Creative Meditation suited to your nature of the day.

Open your meditation notebook, date the page, and insert a pencil conveniently for a later recording of received impressions. Then take these steps:

1. *Silence Watchword.* "My soul, wait thou in silence for God only, for my expectation is from Him."

2. *Practice of the Alignment Technique.*

3. *Creative Receptivity to God.* For most of your meditation you will be practicing: (a) Positive expectancy of consciousness; (b) Controlled stillness; (c) Alerted inward watchfulness, listening, sensing, and receiving; (d) At the start of each meditation endeavor to realize Light, Power, Beauty, and Peace flows from the Spirit of Truth into and around you.

4. *Prayer.* "I aspire to be re-created—newly reformed by and through the living, active Christ Spirit. Through Christ, His watchfulness and helpfulness, let me be quickened in the reception of every

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word, lesson, experience, and unfoldment I require for the full maturing of my spiritual being."

Are you conscious of Presences, Powers, Beams, Inflowing Ideas, or simply an awareness of Immensity, Peace, and inward happiness?

From the subjective levels of consciousness, Realities are noted. To translate them into understandable and remembered terms, we consider them in reflective consciousness. Frequently we will take these more highly received observations into the objectivity of our cohesive consciousness where they are reformulated into workable and usable ideas and incentives.

Whenever an interesting mental or spiritual observation crosses the path of your attention, write into your opened notebook a phrase, or keynote sentence that will later help you to recall the idea for more fully noting on the waiting page.

Creative meditations sensitize us to the Eternal more than our other forms of attunement. Their unique gifts are those of perception and responsiveness. When we complete this kind of Remembrance Period we may feel that we did random thinking, and that our recorded symbols and descriptions of impressions we received are so insignificant that our notes belong in the wastebasket. It is wise, however, to preserve all our written insights or receptions from levels beyond our average consciousness. In time we discover that the "random thoughts" reveal keynotes of mental waves which contain unsuspected sequence.

By carefully noting impressions, however feebly or poorly at first, you gain in the exercise of your re-

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ception of frequencies from the subjective (or causal) level of consciousness. The time arrives when Creative Meditation is as well filled with positive unfoldments and as well spent as the other reflective and cohesive developments in the meditative arts.

Finally through this form of Remembrance worthy instructions are inwardly received. In a meditation notebook, on a page dated March 10, 1947, I wrote the following lines which are an example of the result of impressions gleaned from inspired receptivity:

"In this morning's Creative Meditation my mind was led into an inner consideration of Lent. While thus engaged, there opened before my inward sight golden rays shining from vast heights down to earth. Ascending through the earth's murky aura appeared white beams stretching towards the heights. Sometimes these golden and white paths mingled and then I knew that individuals or groups were receiving baptisms of spiritual renewals."

On March 17, 1947, the following entry was made in my meditation notebook:

"It was shown this morning that man's prayers make openings in the earth's heavy aura through which the Light Rays from Perfected Minds may enter.

"Our Lord Christ's beam is distinguished from all others by its penetrating potency. In the same manner that His thought paths reach our shores of consciousness, so do those of other Great Minds, and thus we are constantly surrounded and penetrated by Their suggestions and encouragements."

HEALING AND ATOMIC TREATMENTS

ONCE a day, either at the conclusion of your first meditation of the morning, or in a period devoted to treatment work, you join the ranks of the Silent Servers of mankind. In this type of meditation you take *needs* (your own, those of others, or the world's) and give them Remembrance. To be proficient in this form of spiritual service you require depth of reverence, a sincere and active love for mankind, a positive faith in the availability of spiritual powers, and vital control and direction of constructive spiritual and mental powers. Since we all must graduate from receivership to doership, the time for our advance is Now, when definite instruction of this kind is entrusted to us.

Prior to treatment meditations we need to quicken the energies of reverence within us. Halfheartedness and surface thinking will never channel Light to a desperate world. We always employ a "tuning up" exercise before we do treatment work.

1. Repeat such reminders as: "I shall momentarily *Remember* that there is Everything Here for the touch of reverence."

"They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary, they shall walk and not faint."

2. Then you would say, "Lord Christ, into your radiant, pure, and healing Presence I bring Mary

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Smith. Cleanse her inwardly and bodily. Inspire her to new and worthier living. Repel all evil from within or around her forever and let the Light of Peace take possession of her house of being."

Check yourself before and during your prayer work to note whether, as you pray, your consciousness is upward and Christward looking; and whether you are completely aligned as you treat, so that effective power is released from you on every level of your awakened consciousness.

3. Treatment work necessitates that your spiritual faith gives life to the archetype of Health that all prayers for Mary Smith are creating. Think slowly now and create as clearly as you can a vision of what Mary Smith will be like in body, disposition, ability, and achievement when she is re-created. Feel spiritual love for Mary Smith; *think* love to her.

4. Before you turn from Mary Smith to treat for John Brown you address the soul of your friend with words of this nature, "Mary, you are now enfolded by the Healing Radiations of the Christ. Strong, active, and constant Light frequencies are focused upon you, elevating, purifying, and renewing your consciousness in all of its vehicles of expression. Receive your healing in peace. Rejoice in your re-creation and so live a new life that you are a vessel of the Lord, and a blessing to your world."

We must learn to pray as integrated *knowers*. Often when we pray best we use short, *living* sentences and we wield our words as lariats of Light.

Invocations to Christ become important when the

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need is very urgent. Calls to the Divinely Wise and Strong do convey Their Power to the pray-er and the one prayed for. Their Light beams first channel the pray-er and then ray out from his heart center to the one in need.

Good prayer work is done wholly on the causal level. When you are at-one with your soul's consciousness, apply the Master's advice, "Turn your thoughts to the Infinitudes of Spirit and release your prayers upon its oceans of Light!"

ATOMIC TREATMENT WORK

From one of the Elder Brothers of mankind we received a form of treatment meditation which has proved of priceless value to the many of us that use it.

It is advisable to practice this form once a day for five days a week, or to do it at intervals during the brief Remembrance Times every two hours. To do it effectively we should give it our wholehearted attention for at least fifteen to thirty minutes.

1. Silent Watchword: "Know ye not that ye are the Temple of God and that the Spirit of God dwelleth within you?"

2. Practice the Alignment Technique very slowly and thoughtfully.

3. The alignment steps attuned you to God Indwelling. *From Its level* you endeavor to say, "I am at-one with God the Whole."

4. "Infinite God, in Thee is All that I seek, need, and will become. From Thy many attributes, send forth a stream of energizing force into me that will

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empower me with the manifestation of Thy Life, Thy Light, Thy Will, and Thy Wisdom. May these God elements be released unitedly into Thy Flame of Spirit within me."

5. Then, addressing the "gates" (chakras) and the "doors" (all of the vehicles of being), say, "Lift up your heads, O ye gates, and be ye lifted up ye everlasting doors and the King of Glory shall come in."

6. "Through the King of Glory Indwelling may the stream of God Elements, as Light, enter my Adonai, the I-Am aspect of my being."

(Note that our two loftiest vehicles of consciousness do not require a directing of their atomic structure.)

7. "Through my Adonai, may the Light of God enter my Soul. . . . Be awake, my Soul! Let your atoms express at all times Receptions to true, helpful, essential Revelations. Let the whole atomic form of my Soul radiate the Beauty of Spirituality, Accurate Intuition, and Creativity of the highest order I can now enjoy."

8. "Through the gates of my Soul, may God's Light flow into my entire mental body, awakening, purifying, reviving, and expanding my mentality. . . . Atoms of my mental body, become awake and alive with intelligence! Give to me at all times the full quota of the powers of memory, good judgment, keen discrimination, improved reasoning power, and responsiveness to Intuition's perceptions which originate in my Soul."

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9. "Through the gates of my mind, let God's Light enter the whole of my emotional body. . . Awake, my astral body, and be cleansed, renewed, improved, and lifted in radiations! Atoms constituting my feeling nature, through God Indwelling in me, you are directed to express through me at all times and in all places, right feeling, right desire, and good self-control."

10. "Through my astral body, may God's Light enter my etheric vehicle. . . Etheric body, your atoms are directed to radiate unbrokenly an abundance of vitality and a strong shield of magnetic insulation."

11. "Through the gates of my etheric body, the Light of God now enters my physical form. Slowly this Light circulates from the head region, into the throat area, into the chest, and on down until every member of my body, every circuit of the blood and nervous system is charged by Its renewing, healing, and Life-Improving currents.

"Atoms composing my physical body, through God Indwelling, I direct you to keep me at all times in health! Permeate me with the Powers of the Spirit which are ageless, gracious, and beautiful."

12. And now comes one of the most noteworthy aspects of this atomic treatment work. The Master taught us that around every atom on every plane of being, three electrical bands of energy encircle the atom. The outermost electric band is called the *Orium* field and its endeavor is that of distributing fresh energy into the center of the atom. When its energy cannot reach the heart of the atom because of the clog-

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ging of the other two bands, we become depleted and ill.

The intermediate circle of energy around the atom is called the *Poreas* band. The third and innermost ring is named the *Edam* band. The Master revealed that inheritance factors, which we have received from our ancestors physically, emotionally, or mentally, circulate throughout the *Poreas* band. Our karmic inheritance is active in the *Edam* band. Our work necessitates our clearing these electrical bands of their clogging and negative factors, thereby permitting a better circulation of their constructive energies.

Thus, at the last of our treatment we say, "Let the Light of God flow into the *Edam* bands around the atoms in every body of which my Being consists. Through God Indwelling I direct the Light to eliminate whatever of darkness clogs my *Edam* bands in every vehicle. May Light enter and stimulate every *Orium* band within me, and may it circulate Light through the *Orium* field into every *Poreas* band, and through the *Poreas* rings into every *Edam* band, and through the *Edam* rings into the very center of each atom until every atom is a flaming sun."

CONCLUSION

Make good meditation this year's and this life-time's special goal. The most important realization you can achieve is the one which enables you to penetrate the higher dimensions, while at the same time it qualifies you for better living in this dimension of the earth.

Your notes on the highlights of each day's medi-

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tations will possess great value for you with the passage of time. They will be a very graphic testament of your inward endeavors and the consecration of your days. These records should include:

1. Your nightly analysis of the hours just completed (the high points and the low points of your days).
2. A notation of intuitions you received.
3. Insights into your own unfinished Life Work.

There may be times when you will desire to declare a vacation from meditating. Do not allow such a vacation to be indefinite. Decide to declare a day or a week free of spiritual labors of this kind, but set a date for your Return.

Our "free days" invariably reveal an emptiness, a purposelessness, and strains we never experience on days of attunement. "If a man purge himself from these (laziness and indifference), he shall be a vessel unto honor, sanctified and meet for the Master's use and prepared unto every good work." (*II Tim. 2:21*)

Spiritual experiences and disclosures of basic inner growth cause us to desire to be ever more appreciative of the blessings and harvests of meditations. In time each meditator will devise new thought trails of his own. He will be inspired in learning through creative meditations of Realities and Spiritual Relationships which touch and enfold his own life.

Whenever we prepare ourselves for Conscious Remembrance, we need to remind ourselves that we shall be recipients of God Energies which need to be bridged through to our outward world. Through regular-

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ity of contact with Holiness (Wholeness), we shall observe:

1. A greater degree of thought-control.
2. A deeper sensitivity.
3. A wider range of spiritual horizons.
4. An alignment with instructive and re-creative God Forces that activate our higher sensibilities.
5. A stronger awareness of the Eternity which supports man.



“Ours the task sublime to build Eternity in Time.”

—*Edwin Markham*

