

Introduction to Gnostic Meditation – Notes 3 (Supplement)

<http://www.GnosticStudies.org/Meditation>

The Benefits of Concentration & Meditation according to Sivananda

The practice of concentration and the practice of Pranayama are inter-dependent. If you practice Pranayama you will get concentration. Pranayama or control of breath removes the veil of *Rajas* (Desire; passion) and *Tamas* (Inertia; laziness; infatuation) that envelop *Sattva* (Purity). It purifies the nerves (*Nadis*). It makes the mind firm & steady and thereby renders it fit for concentration. The dross of the mind is cleansed by Pranayama just as the dross of gold is got rid of by melting. A goldsmith converts 10 karat gold into pure gold by adding acids and burning it several times in the crucible. Likewise, you will have to purify your sensuous mind through concentration, reflection on the words of the Masters or meditation, and repetition of a Mantram or the name of the Lord.

Algebra, the science of abstract numbers cannot be understood without a preliminary practice and knowledge of arithmetic, the science of concrete numbers. Likewise, meditation on abstract concepts is impossible without a preliminary practice of concentration on a concrete form (in the beginning). The approach to the Invisible & the Unknown is to be made through the visible & the known.

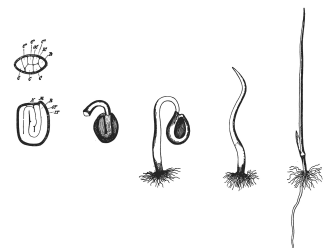
When you study a book with profound interest, you do not hear if someone shouts and calls you by your name. You do not see a person when they stand in front of you. You do not smell the sweet fragrance of flowers that are placed on the table by your side. This is concentration or one-pointedness of mind. The mind is fixed firmly on one thing. You must have such a deep concentration when you think of God or the *Atman* (the Supreme Self, the Inner Being or Intimus). It is easy to concentrate the mind on a worldly object, because the mind takes interest in it naturally through force of habit. The grooves are already cut in the brain. **You will have to train the mind gradually by daily practice of meditation on God, or on the Supreme Self within (*Atman*).** Thus, the mind will not move to external objects as it experiences immense joy from the practice of concentration.

Meditation is the continuous flow of one thought from God or *Atman*, like the continuous flow of oil from one vessel to another. Meditation follows concentration. The best time for the practice of meditation is early in the morning from 4am to 6am. Keep the head, neck & the trunk in a straight line, and (with closed eyes) concentrate either on the *Trikuti*, on the heart, or on your 'gaze'.

Meditation helps the aspirant to soar high in the realms of eternal bliss and everlasting peace. It is a mysterious ladder that connects earth & heaven and takes the aspirant to the immortal abode of Brahman. The more is the mind fixed on God, the more strength you will acquire. More concentration means more energy. Concentration opens the inner chambers of love or the realm of eternity. Concentration is the sole key for opening this chamber of knowledge.

Concentration & Meditation according to Huiracocha

The disciple should fall asleep after having concentrated on something that relates to our studies, such as: an eagerness to see our Temple, concentrating on a Master, or on the Tree of Life... For the exercise of meditation the Turks advise their Apprentice Masons to take a grain or a seed and to meditate upon it, on the potentiality which is locked up inside of it, and the faculty to be developed, which will become a flower, plant and tree, thanks to the impulse of the Great Architect of the Universe.



The path of the Initiate has three steps, namely: IMAGINATION, INSPIRATION and INTUITION. The first step that one should take is to ensure that the Mind is trained to imagine something specific, for example, a geometric figure. The Jesuits do not make use of geometrical figures, but instead use the Image of the Virgin Mary... Our disciples should practice these exercises, as we have said, with geometric figures and even better with the star of five points ★.

One must try to see this figure and to objectify it as little as possible. Then, at bedtime, bring it back up in the mind in the same particular way. This can be difficult, if you have not done preliminary exercises (such as those offered in our esoteric course), because they are absolutely necessary for the imagination to be properly trained and to be able to form an image.

Subsequently, this image is directed to the mind and there it is retained until it is really expressively sensed... Once something is fixed in the mind, it is then voluntarily translated to the neck and so on, successively passing through all the Brains. If this training is attained then the image stops in every suitable place, acting intrinsically in a formidable way and will imperceptibly awaken all our internal forces.

In short, any concentration or exercise of the imagination, making the five respirations through the nose, opening the arms and the legs, then expelling the air through your mouth while closing the legs and arms. These practices can be done in bed or sitting comfortably. It is also very effective to meditate on the phenomenon of birth, because, let's remember, that now something is going to be born within us.

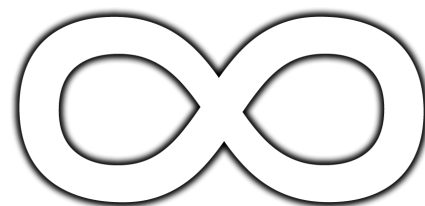
Concentration & Meditation according to Samael Aun Weor

Meditation is the esoteric discipline of the Gnostics and it has three steps:

1. Concentration,
2. Meditation, and
3. Samadhi.

Concentration means to fix the mind on only one object. Meditation means to reflect upon the substantial contents of that one object. Samadhi is ecstasy, mystical joy.

The Holy Eight is the sacred symbol of the infinite. This sign encompasses, defines and joins the magnetic currents of the Superior Mind (consciousness in sleep) with the currents of the Inferior Mind (vigil consciousness). If it is traced with the middle finger, index finger and the thumb over the cardiac plexus, then this sign joins or separates all of the elements ruled by the atomic energy.



PRACTICE. In accordance with the aforesaid description, the following exercise is suggested:

- a. Withdraw from your mind all types of thoughts, now imagine the “Holy Eight” as it is represented in the graphic on the right (above).
- b. And allow the figure to submerge itself within your consciousness and go to sleep.
- c. Then, place the mind in a blank state, without thinking of anything.
- d. Thus after a while, you will Awaken your Consciousness in the Astral Body.

In order to do this practice, moments before going to bed, the disciple must invoke (with all of their heart and with all their soul) the Great Regent of the Sacred Order of Tibet, whose name is “Bhagavan Aklaiva”. Now, in order to protect these resources from the inherent risks of every astral experience and to obtain a quick and, at the same time, perfect projection it is sufficient reason, for the Sacred Order of Tibet to affirm its motto: "Nothing can Resist Our Power".

