

# Meditation Defined

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## Quotes from The Nature of the Soul

### Definition

“Meditation is a technical process whereby Soul contact is realized and Soul infusion achieved.”

p. 44

### Purpose

“Meditation, when rightly carried out, brings the aspirant into contact with the illumining aspect of the Soul. It makes possible the recognition and the eventual embodiment of the Quality of the Soul.

“The activity of aspiration puts the student in tune, so to speak, with the Soul, while mediation expands the consciousness of the personality to touch the periphery of, and to finally merge with the consciousness of the Soul.

“I should like to take this opportunity to point out that those of you for whom meditation seems dull and unrewarding in its importance, not only to your own individual development, but as a service activity as well.

“First, as regards your individual development, meditation is the open door into initiation. It is the way into Light which is tread by all disciples of The Christ. It is via initiation. It is the way into Light which is tread by all disciples of The Christ. It is via this activity that the inner Kingdom of God, the world of meaning, and the “Secret Place of the Most High” is entered and known. Every activity of the accepted disciple has been first contemplated and worked out in cooperation with the Divine Plan via meditation. There comes a time in the life of every individual when further spiritual progress is dependent upon this activity, for it is literally the footpath of the Gods.

“Meditation, to be fruitful, must be entered into by the occultist who is also the mystic, for the whole being, the entire focus of consciousness, is centered in the mind in order to focus upon Truth. Do not, then, enter into mediation in a half-hearted attempt to comply with instruction. Let the whole being be flooded with love of the activity in order to accomplish the most by it.

“As a service activity, which each one of you can initiate here and now, mediation is one of the most important. Via this activity the disciple is enabled to focus within himself not only the Divine Plan or Hierarchical intent, but the precipitating energy of the Divine Plan as well. He becomes an instrumentality through which the Christ focuses His effort to guide, instruct and uplift the mass consciousness.

“Every disciple who offers himself in this way serves a much greater cause than he can possibly realize. For as he experiences the realization of a Truth, the strength of his realization broadcasts that Truth into the mass mind where other members of humanity may pick it up as their own through. In this way those Divine ideas which spring forth from the Hierarchy to the disciple, from the Spiritual Soul to the man in the brain, are again transmitted into the metal body of humanity as a whole, where many members of humanity can both be influenced by them, and in turn, become an influence in the activity of the Divine Plan. Realize this importance, and consider the service which you render each time you contemplate in

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mediation a concept of Truth, each time you contact, focus within yourself, and transmit a Divine energy which underlies a concept of Truth.”

pp. 142-143

## Technique

The beginner often has difficulty with this concept of himself as Consciousness, for what is it? It is, insofar as he is concerned, an intangible something he cannot see, hear, taste, smell, or touch. Consciousness to him is formless, and yet out of it emerges all of the forms that are. He cannot confine it, limit it, or pin it down to a specific; therefore, comprehension of himself as a consciousness seems impossible.

To further confuse the issue, a teacher cannot limit it to a specific, but can only explain what it is not. It is not the body, the emotions, nor the mind; it is that which creates and uses them. The teacher can only say, “You are a consciousness. You were before the form of your body, you are now within that form, and you will be long after it is gone.”

Here is the old problem of identity, which characterizes the occultist, beginner and adept.

The beginner can help himself to begin to know, by following a very simple mediation exercise as follows:

Turn attention to the physical body and realize that you are not your body.

Turn attention to the emotional nature and realize that you are not your emotions.

Turn attention to the mind and realize that you are not your thoughts.

Focus the attention in the ajna and meditate for three minutes on the following seed-thought:

“Having pervaded this body, emotions and mind with a fragment of myself, I remain.”

pp. 77-78

## Motivation

“The motivating purpose for entering into the activity must always be the aspiration to serve. Perhaps this is why mediation is so difficult for beginners. Those who are not motivated out of a somewhat selfless (Soul-impulsed) aspiration to be of service to humanity, seldom persevere past the point where meditation is no longer a discipline. In the beginning the activity bears so little apparent fruit that the persona, who is not well-oriented to the Soul, is unlikely to exercise this discipline over his form nature. He does not realize that interior adjustments have to be made before his meditations can produce outer results. If he is well-oriented, and if he truly aspires to take his place on the Path as a disciple (a world server), this is one of the areas in which he will demonstrate the Will of the Soul rather than the little will of the persona.”

p. 161