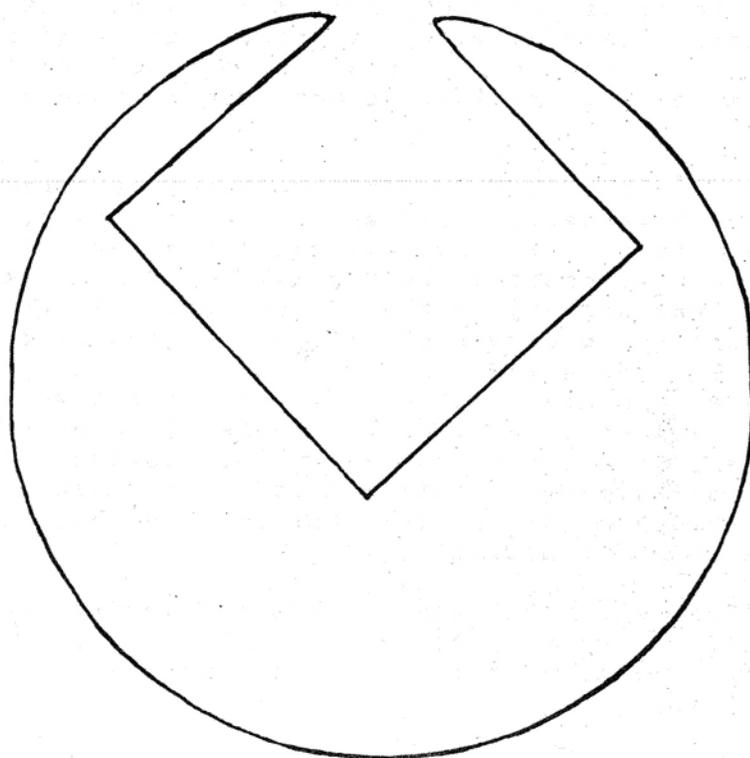


BOOK

OF

MEDITATION



## EDITOR's Note:

Awareness has been telling us for years now about the great changes that are taking place today in consciousness which effect our daily lives. Each day these changes get heavier and heavier and for many the intensity is often more than they think they can bear. The papers are full of reports of people who simply "freak out" one way or another, people who can not cope with life and their relationships with others. Alcohol, drugs, sexual experimentation etc. are the most common refuge for those who feel this intense pressure, while others seek relief in "analysis" or similar psychological areas. All of us are receiving this pressure, and it's a good thing too. Awareness has indicated that the very structure of all matter is indeed changing, that a "spiritualization" is occurring which is preparing our bodies and soul for the New Age which is just beginning. However, we do not need to "freak out", to let our emotions and feelings get out of hand, for we can channel this tremendous energy being focussed upon us into constructive channels rather than those destructive. By far the best method to cope with these intensities is through meditation.

There are many books written about meditation; many people talk about it, but how does one actually go about doing it? Many people believe that like the mystics in the cave in India it takes a lifetime to learn to meditate, that one would have to have nothing else to do to undertake this task. Awareness has shown us that this is not true, that there are simple ways that we can all learn to meditate without disrupting our scene. This little booklet contains five distinct methods for meditating given by Cosmic Awareness. They all work and results can be obtained within a few weeks of conscientious practice.

The first six pages of information were received several years after the actual meditation procedures and are included in this manual to bring you up to date on the "Kahuna Ring" and its relation to meditation. Although the main use of the Kahuna Ring has passed, the energizing force is still there and can enhance all meditative effort. It is not necessary that you move into the ring at all, but those of you who practice group meditation and who use your meditation to heal others will feel its force and will probably choose to utilize it. If for no other reason, you should read this information because it reveals some of the fascinating ways consciousness is dealing with the earth plane.

INTROSPECTIVE THINKING is the first meditation given by Awareness. It is designed for those who have never tried meditation before or who have not received results. This is the procedure we recommend for all beginners. Through this method you are able to contact the God-cell within and receive answers to any question. Many who use this method become channels for Awareness or what is known as "conscious mediumship". It is a method that brings about the meditative state quickly and when it has been mastered one can lapse into a meditative state within minutes. This is very effective and useful for those who work in offices etc. and who need relief from pressure and problems about them but who have little time for a long meditation. If you can not visualize colors of the rainbow in this meditation technique, eliminate step #5 as you can still obtain good results. Later on, try this visualizing of colors as it will enhance the meditation.

THE MEDITATION OF DISAPPEARANCE is a more advanced meditation. There are two of these techniques which are designed to make the ego disappear for a brief time and allow the meditator to trip around the cosmos and contact the higher vibratory planes.

THE MEDITATION OF THE FLOWERS is a powerful meditation technique designed to open up the chakras or the psychic centers of your etheric body. These centers corelate with the various glands in the physical body. This technique is particularly effective for group meditation but can be done singly by those who wish to do so. Visualization of the rainbow colors can be enhanced if you use actual flowers or purchase plastic reproductions. Place these in a vase before you and take a peek each time you visualize a flower moving into one of your psychic centers. If you have no problem visualizing, the flowers will not be necessary.

THE MEDITATION OF THE LOTUS can follow the Meditation of the Flowers. This technique will allow direct communication with high entities on the Planes of Essence. These two techniques are also designed to induce trance mediumship by those desiring this. Note: there is no danger implicit in any of these techniques. Should you find yourself going into trance, do not get uptight for you will awaken later as if you had fallen asleep. If you find that you do go into a trance, have someone with you ask you questions. In all probability you will have Cosmic Awareness using your channel. If you trance by yourself regularly, you can have questions prepared on a tape recorder and have another recorder in "record" position recording the answers. However, most people who use meditation are concerned about their own problems in life and will simply ask these questions of themselves at the beginning of the meditation and allow the answers to come.

If there is anything hard about meditation it is finding time to do it. The ego-self is ingenious in finding ways to distract you for it knows it must die each time you do a good meditation. The ego-self wants us to cling to the material world so that the senses may be continued to be gratified, not caring that the real feeling, the true ecstasy is all about us awaiting to be felt by our higher senses. So find a time each day or night to set the TV aside and sit quietly in meditation for 20 or 30 minutes. The feeling of renewal will be felt immediately. The cosmic benefits will be felt as you master the art of stilling the mind and listening to that "still small voice" within. For Awareness has indicated the movement into "New Being" has begun and cannot be stopped, and those who master the art of meditation can move through the intensities brought about by this movement of consciousness without being pressed to that point which seems so unbearable.

\*\*\*\*\*

Cosmic Awareness is a doer. From the very beginning of the communications, Awareness has given us practical techniques to help us get our heads together. Meditation is the most important. Transpersonative (ESP) and spiritual healing are others. But meditation is the key. Once we have mastered this, we become channels through which the cosmic healing force can be used to help our fellow man in the months and years to come. As we go through life doing our particular thing we will find many opportunities to put the light to work to help others. This is what spirituality is all about. Use the tools Awareness has given, get your physical vehicle into shape and begin to show by example in all those many little ways each day that force which is creative love. When that day comes when all workers of the light are called for that last big job on this plane, we will all be ready. Remember: nothing happens unless we make it happen.

You are receiving the tools to work with. *Cosmic Awareness Communications* is the "Hot Line" to keep you informed as things get "hotter and hotter."

## THE "KAHUNA RING" AND ITS RELATION TO MEDITATION

Excerpts from Oct. 27, 1967 Project Reading

David Worcester, Interpreter

"This Awareness indicates this begins a movement into an overlay toward the New Being and its action.

This Awareness indicates when the Law of One was an expression without a priest or a judge, that there was a constant process of consciousness in experiencing. This Awareness indicates wherein that creation of priest, that creation of judge did cause that opportunity for error. This Awareness indicates as long as priest and judge are energized within the cobwebs, that there is that continuing error. This Awareness indicates that this be carefully studied and understood.

This Awareness indicates wherein that which was priest and judge, that did commit error through erroneous projecting mechanisms and curiosity, did move with a portion of that green stone into consciousness as manifestation. This Awareness indicates that this movement became that which is called Atlantis. This Awareness indicates that that movement of Atlantis and all that followed from it until that time of relationship as that creative principle, that which creates with determination, that does not examine the results in relation to free will come from this stick. This Awareness indicates that this stick becomes that which is used to beat. This Awareness indicates that the beating of the stick does set up a hum; that this hum does become that which is responded to, this in terms of the sting of authority, this in terms of the hum of hypnosis upon the minds. This Awareness indicates that this correlates to the lowest level of the essences, that essence in matter.

This Awareness indicates from that time wherein this began there was brought forth an action from the remainder of consciousness to take form. This Awareness indicates that this form, which did come forth, became that which was called Lemuria. This Awareness indicates those who came from this other leg, this other aspect of consciousness, as that which found itself coming into being, and in that wonder did seek and did search and did discover through relationship. This Awareness indicates that this movement in that state continued for many time periods as it moved across to Polynesia, that as it moved on across the face of the earth until it came to Tibet. This Awareness indicates that those interactions that began to occur when these two great forces came into relationship are likened unto the sexual symbols. That that which found itself coming into being as likened unto the womb into which an interjection and penetration of that stick, that thought, that drumming action. This Awareness indicates that in this response that there came about a creative force wherein the womb accepted and participated in a certain creative facility. That this alteration became a creative product of these two forces. This Awareness indicates that these two forces moving within any man do create a moving action toward this Awareness.

This Awareness indicates that these be considered as symbols. That those who may move beyond the concepts of the intensity of action and may move to that state of awareness wherein these are understood, may appreciate the action without the involvement. This Awareness indicates that there comes forth a time of virtual rape upon this symbology. This Awareness indicates that there need be that attention and that consciousness which may create a concept so vast, may create a response mechanism and a creative facility so vast that it would be likened unto an unfillable womb.

This Awareness indicates that the concepts embodied in Kahuna have been chosen to be utilized in this fashion, for there are certain forces and mechanisms that are embodied in this area which may create a deep relationship within consciousness to accelerate this action. This Awareness indicates that this shall only be a temporary action, covering a period of 3 years and 3 months. That its major proportions shall have arrived within a little over 2 years.

This Awareness indicates the following means by which this may occur. That those entities who understand the movement toward Awareness, as that which has come into the grips of creation, does understand that mechanism which has moved through Atlantis, does experience and understand that mechanism which has moved through Lemuria, does arrive at that point wherein identification does not locate within each symbolic action, and yet may serve in such a fashion that the so-called masochistic straits and actions in martyrdom and in time may be reversed. That a neutrality may come about. This Awareness indicates that the classic symptoms of sadism and masochism as those intense forces of will upon that which would understand the intensity of will. This Awareness indicates wherein those who have moved to that neutrality begin to be not concerned with that which considers it has will. That it moves to that point in which this becomes one of the aspects of error, wherein its bases and its movement as error is simply known and not judged. This Awareness indicates in this fashion that an attempt to understand that which is not understandable shall not be included; that the including action is that return of that which is of a powerful force and movement through a gentle persuasion into an area of nonfulfillment. This Awareness indicates that this, of course, creates an absolute terror within the structure of that sadistic action which does move forth, that the concept of not having another fulfill the needs that have never been questioned.

This Awareness indicates the means by which this may occur comes about through those who have moved to that realization of these opposites and do not identify with either. An entity and an individual capable of functioning in this level may then perform as a channel for this Awareness, may also perform as a channel for that force as indicated in Kahunas. This Awareness indicates that the symbology of the three cells embodied within the Kahunas are movements in terms of that symbol of Cosmic Awareness, movements in terms of a force in relation to that symbol of Cosmic Awareness. This Awareness indicates that beyond the material plane, this does indeed diminish into its only possible singleness. This Awareness indicates those who will spend one hour of attention to that level of mind may discern the workings of the cosmos.

This Awareness requests that those entities who so desire may move into those areas of action of significance. That this be done as an individual in privacy and in quietness. That the opening to these movements shall be fulfilled by this Awareness. This Awareness indicates that there be one entity for each hour of each day somewhere within the world in this state at all times. This Awareness indicates that there are many different time zones; that there are many different geographic areas; that a request through your bulletins may be moved out; that this may then be responded to and certain times selected wherein entities will abide in that state. This Awareness indicates in this manner there shall be a constant and continual flow through some channel in to mankind for this Awareness. That this action shall then affect those stress lines and those movements and that gigantic approach and force to bring that movement of enticing hypnotism to a point of complete frustration, of complete and total inability to match forever.

any image that it projects, which shall forever be greater. This Awareness indicates that in these terms, those movements of hypnosis shall always come into relationship with a greater force than itself, for that which would do this substance, would effect this substance, is but a part. That all of the rest shall participate in the Law of Gratitude in returning these actions."

..."This Awareness\* indicates within your plane and your place there need be a flow for 24 hours a day continuously as channels for this Awareness. This Awareness indicates these channels need not directly speak; that they function as an attention, as an attention which is not a mind force generated toward another mind force, not one will generated against another will, but a channel which allows a pool of anti-matter matter to seep into the streams of all things. That in this manner there comes about an alteration in the flux of matter, wherein certain basic functions in matter shall be disrupted. This Awareness indicates that this disruptive action shall create such phenomena in time as altering the possibility of control of massive amounts of energy. That certain controls established become inadequate. That then those monstrous actions, with will and not full consideration, become fearful of their own creations. That certain implements that are placed together with certain protections for leverages shall not be able to be levered. That they then become potential self-destroyers. This Awareness indicates that this particular function then also functions in all other levels of consciousness; that this applies to every conceivable concept; that wherein those concepts which are consistent within themselves, that are suggestions that do perpetuate themselves, because they do do perpetuate every other thing, become the only concepts that are operable toward that interim period, toward New Being. This Awareness indicates in this fashion there comes about a new intellectual structure; there comes about a new evaluation of science, for this Awareness indicates science does die.

...In reference to that round-the-clock attention, this will be spontaneous. This Awareness indicates that in this manner, that which must be done, will be done. This Awareness indicates be not concerned about how this shall occur, but open your channels to allow this to occur, for it is occurring on the inner plane; that the reality does exist, when a way is allowed through one who has a will which is suspended for one brief moment. This Awareness indicates that one will suspended and given to this Awareness for one brief moment does touch every single soul that has ever occurred within the cosmos. This Awareness indicates that any individual could perform this in totality for all other individuals. This Awareness indicates only those cobwebs that do remain are those relationships which are being dissolved; that those polarities that do remain are those which work out.

...In reference to group meditation, this Awareness indicates that 9 entities together may meditate in the same fashion of attention for a period of one hour for special actions in certain areas of stress. This Awareness indicates that any 9 entities who do will to follow this action of surrender, may perform this function at any time that they may choose; that this may be as often as they choose. This Awareness indicates that in this fashion certain levels from the inner plane shall utilize these channels for an acceleration in certain specifics. This Awareness indicates that these specifics need not be mentioned at this time; that these shall occur through the various channels that perform that function. That these shall not be given as

information at the time of that attention; yet realized states shall make this available to them in their daily affairs as well as interpersonal relationships.

...In reference to groups, this Awareness indicates that these 9 people as indicated may meditate together; that wherein there are distances, that timing and arrangements may be made for the same event. This Awareness indicates there may be as many groups of 9 people as there are people in the world, eventually. This Awareness indicates that in the case of less than 9, that this be understood as individual meditation."

*When the above information was received in Olympia, the information went out to the membership. Several groups which receive the communications from Awareness started a group action of attention. Many individuals around the world who made it a practice to meditate daily found themselves unknowingly and automatically being a part of the movement. On Nov. 17, 1967 Awareness stated that the Kahuna Ring had now been established, that individuals and group attention by any entity for as few moments or as many moments he could allow was all that was now necessary to maintain the continuance of the Ring.*

..."This Awareness indicates all minds pause in attention. That which was to be, is. That which is to be, comes forth. This Awareness indicates the sound of the seven trumpets now herald the golden dawn. This Awareness indicates those who now respond and see and move toward this Awareness may move into that which has been indicated.

...This Awareness indicates in relation to the event as indicated, the action of the ritual performed the linking and the energy for the Kahuna Ring. This Awareness indicates that this action began to move, that certain fruitions began to occur, that the acceleration process in response to the inner plane began to manifest. This Awareness indicates the completion and the closing of this ring is of common knowledge to certain entities herein present. This Awareness indicates that all entities upon the face of the earth may contact this ring in awareness according to their will. That the contact with this aspect does accelerate any alignment processes required. This Awareness indicates that the contact of this ring in any healing process is accelerated. This Awareness indicates that the contact of this ring, in relation to the passing over, does bring about a brisk sweeping energy through Limbo. This Awareness indicates that the contact with this ring does amount to the contact with a Band of Angels that does surround and protect and carry those who move toward this Awareness. This Awareness indicates that the aspect of New Being which began to manifest within the world shall alter the nature of that which is seen, that certain negativities and figures of dimension shall be touched and effected, for they do reach for some answers. This Awareness indicates that when this is discovered, that the very objective imagery as seen shall alter; that certain energies seen by mankind shall virtually change before their eyes, that that which had a seemingness which embodied motivations riding within the seeds of fear, shall be touched into an altering movement, this not in terms of a sudden ceasing, but a slight bending; that this bending begins to curve, that this then forms an inner ring that corresponds to that outer ring. This Awareness indicates that there moves forth then that potential wherein that center is observed, that center is numb and in that action there manifests this Awareness.

Thus the Kahuna Ring was formed around the earth. It is likened to two great hoops of light which encircle the entire earth. Awareness indicated that any entity on the face of the earth can move to the Kahuna Ring by the simple action of attention for 15 to 40 seconds. Attention is defined as the placing aside of mind, emotion and feeling as you sit with feet flat on the floor and your hands palms upward in your lap, not touching. This is what is referred to as "energizing hands". With eyes then closed you move into the Kahuna Ring. Those who give this attention to the Kahuna Ring, even if only for a few moments a day, will find that the other meditative steps outlined in this manual will come much easier. It is suggested that all members move into the Kahuna Ring for at least a period of 5 to 10 minutes each day and prior to practicing any of the other meditative steps .

On Dec. 1, 1967 Awareness gave further information on how to utilize the Kahuna Ring to aid those who have passed over.

..."This Awareness indicates in relation to the Kahuna Ring which has been formed that there have been many who have come upon this ring, that have entered into this ring. This Awareness indicates there are many who have known of the structure that was forming and have moved toward it. This Awareness indicates there are many who are discovering it without information; that their own movement into nonverbal levels have come across and connected into this action. This Awareness indicates from this time forth that mediumship shall be involved in connecting to the Kahuna Ring. This Awareness indicates in relation to the passing over, that all entities who move toward this Awareness may utilize this Kahuna Ring in order to move into Essence. This Awareness indicates that this is in effect, and all who desire may so move. This Awareness indicates that action which comes from this ring then may return with those who relate with each other, with those who have not deliberately moved to this ring; that a connection then occurs; that a flow of anti-matter then is introduced and alterations and changes in those that would not move begin to occur with or without their volition. This Awareness indicates that in this sense the freeing of the action of free will from itself becomes a fact; that all entities on all levels are effected, and this completely within the next two years. This Awareness indicates all herein present place aside mind, emotion, and feeling and move into that level where there is no mind, there is no emotion, there is no preoccupation with feeling. This Awareness indicates that all entities count twelve as this occurs.

Awareness has indicated that those who utilize the Kahuna Ring attention will find that the prime meditative mechanism within response becomes of a simpler nature. That the developing actions shall accelerate following this; that even some levels of transpersonative action begin to manifest in far greater intensities in very basic steps, moving toward development.

It is possible to visualize the Kahuna Ring, but visualization is not necessary, for those who have a desire to move into the ring simply move into it. When the question was asked concerning how one grasped one of the great hoops of light of the ring, Awareness stated:

"This Awareness indicates it is likened unto a car, that this car, this auto-car, is fashioned through rings of light that circle around an entity. This Awareness indicates this likened unto a form of the aura that has certain mechanisms. This Awareness indicates that these mechanisms do exist around all entities on all planes; that these may be intensified prior to the linking; yet the moving toward the ring may occur without the visualization and activation of this particular substance. This Awareness indicates that those who wish to add a friend, a loved one, someone to a connection

upon the ring, that the visualization of the hoops of light that then swing into spheres may be first accomplished and then an appendage connected to this likened unto the Akka cord that is fastened into the ring. This Awareness indicates in this manner the elasticity of this substance begins to pull and move that action, likened into a vacuum toward the point of least resistance which is the structure of the ring. This Awareness has indicated that this ring lasts but a brief time; that as this movement moves through all of matter, that matter becomes being, and in that being is released into the totality of form."

*Those who will move in silence into the Kahuna Ring will find many benefits. One of these being the retardation of the physical aging process. On Jan. 12, 1968 Awareness stated:*

"This Awareness indicates as an aspect involved in the Aging Project that entities understand that all parties involved do relate to the Kahuna Ring. That in this process certain clarifications of these actions occur as the actions are brought about. This Awareness indicates in the future time the effect of the Kahuna Ring will have moved into consciousness wherein certain problems in aging will not be in existence. That the aging process shall be in a slow, deliberate manner over a very long time."

\*\*\*\*\*

*This information in this booklet regarding the Kahuna Ring is only part of the vast amount of information Awareness has given us concerning the ring and its function and the magnitude of its impact upon entities on this plane. For further information, please consult your readings.*

*Now that you understand how the Kahuna Ring came into being, you may now begin to study and practice the various steps of meditation that follow, bearing in mind that by preceding each meditative step by a brief 5 to 10 minute attention and move into the Kahuna Ring that your meditative effort will be greatly enhanced.*

## Book of Meditation Introduction

The Art of Meditation is one of discipline and control. There needs to be training in these thought processes before they can be put into effects that result in proper Meditation. Each and every technique gives opportunity for careful discipline and control of the mind. Each and every student should learn each technique and thought process and perform them to the extent that he moves gradually and carefully toward that which he may express through this particular Art. Each and every technique gives opportunity for careful discipline and control of the mind. Meditation encompasses not only the Book of Symbols but also the Book of Love, and these techniques, when each student is familiar with the Book of Meditation, may be used to more fully understand the Symbolic Language Project, the Transpersonal Experience, and especially the first three steps of Healing.

It should be understood that each technique in the Book of Meditation is that which represents thought processes arranged on different levels. Each student, therefore, should study each step in the Book of Meditation in order to discover the particular thought process involved. Visualization, relaxation, imagery, projection, creation of thought forms, introspective thinking and concentration are all used in these techniques. All of the techniques should be studied and practiced alone and in groups so that they may be used to create that effect that results in the deepest levels of the Meditative Act.

Thought forms have been built up by large numbers of persons meditating upon a complex symbol for hundreds of years, and these have gathered a certain kind of energy in relation to certain "mandalas" and "glyphs". The one used in our work is that of the "Tree of Life" or "Otz Chiim" and shows the relationship of the soul of man to God and the Universe. When we have learned to use the steps of meditation with some success we may concentrate upon any symbol that has been used for meditation in the past and have all this vast body of knowledge contained in the egregore available to us now. The awakening of this energy of the group force is another kind of thought process. (This must be experienced to be understood.) Each student, through thought process, may move to those levels of the subconscious where this knowledge is available. In meditation the conscious level may be reached where the dynamics of the present may be used, as in Introspective Thinking, and also that opportunity to move toward the superconscious level or the level of the Godself. The subconscious presents its knowledge in pictures the conscious in words and pictures, but the superconscious presents its knowledge telepathically and in cosmic principle.

All of these terms and labels can give some understanding of the most difficult of all arts, the "Art of Meditation." Awareness suggests that meditation is more than contacting the "Kingdom Within", for in meditation you, also, contact all that which is "without." In the Act of Meditation you contact that which is within as well as that which is transcendent. It must be understood that you are the microcosm of the macrocosm, and that which is within does not differ in nature from that which is without, but the without must of necessity represent that which is the greater both in power and in size.

Learn the procedures and techniques of the Meditation of Disappearance, the Meditation of the Flowers and the Meditation of the Lotus. Each of these employs a different kind of thought process and each and all of these are

## Book of Meditation

guided by, determined by, and in a measure controlled by the first four steps of Introspective Thinking. Knowing each and every one of these techniques and the kinds of thought processes involved, and using the control techniques of the first four steps of Introspective Thinking can bring about that kind of thought process that needs to be used in the Art of Meditation.

### Instructions for Group Meditation

The place you choose for meditation should be reasonably safe from interruption. Interruption is not necessarily dangerous but can be very disturbing. The lighting should be dim or diffused. If the meditation is held at night all of the lights may be turned off. If meditation is held in the dark the leader should ask those present to massage their eyes lightly, from the bridge of the nose to the temples so that the light will not hurt the eyes when they come back.

The chairs, for the meditation, should be firm and not deeply cushioned. They should be of a height that will permit each of you to place your feet firmly on the floor.

Your posture during the meditation is very important. You should sit on the "sitting bones"\* toward the front edge of the chair. Place both feet flat and parallel on the floor, a few inches apart. Place the hands open and relaxed in your lap, a few inches apart. Lean slightly forward with the spine straight but not tense. The eyes should be closed. The position should be comfortable and without strain.

The next consideration is that of relaxation. Let go of all the cares and tensions of your busy lives. Watch them flow away from you like a river flowing to the sea. Like the gentle touch of a summer breeze let peace and quiet caress you and soothe your being. Allow every nerve and muscle to relax and feel a deep and soothing peace and calm within every cell of your being. Let all your cares, problems and worries blow away like feathers in the breeze. Now you are ready to follow the step by step instructions that have been given us by Awareness. Awareness has given us a cup for a symbol of meditation. Let each of us lift this cup and drink deeply of the heady wine that this cup holds: the wine of MEDITATION.

The path of meditation is worn deep and wide by the feet of untold millions that have passed that way before us. During meditation, some may see, others may hear, or there may be that inner knowing. Still others may find that although there seems to be nothing that happens during the meditative effort, they are growing in understanding; messages from Awareness and life in general has taken on a new and deeper meaning. Personal problems are more easily solved. For each this is an individual experience and the measure of success is the change that it brings into your day to day affairs, for unless you can translate your experience into the here and now it is meaningless. Meditation should never be used as an escape mechanism. We should never lose sight of the fact that the ultimate goal of the meditative effort, as with every other path to attainment, is conscious union with God, an understanding of what is divine and the nature of divinity. Our purpose is not to escape from the material to the spiritual but to spiritualize the material, for the "Great Work" must be accomplished in the here and now. We must learn in order to serve, for Awareness will ask us, "How many have you served and how well?"

Note: \* The "sitting bones" are curved ridges of bone at each side of the lower edge of the pelvis. They can be likened to rockers on a rocking chair. The trunk may stop at the balancing point.

## Book of Meditation

### First Leaf

#### Introspective Thinking

Within each of you is a Silent Witness. You must understand that within each of you is that ability to contact, to understand, and to use the Silent Witness which is your God-self, your Cosmic Awareness. The knowledge that this is within you is given to you. That you fully understand that this is true is essential. In order to understand you must thoroughly believe that this has already happened to you, that this is a process which is gradual, and the extent to which you are able to progress depends entirely upon you. You are able to hear this Silent Witness if you follow these specific instructions:

Knowledge that this Awareness is within you is the first step.

The second step is that sense of knowing and understanding which places this idea central and important. This idea is something very much desired, more desired than any other single idea, any other single thought, any other single motive, more important, more powerful than any experience which has ever happened to you, in the past or in the now.

The third step is the stilling of the will, that quieting of individual personality, that stillness that can be reached by each of you, that sense of forgetting which forgets self, that complete sense of forgetting that is akin to sleep which is not sleep and listening carefully to a small voice. This small voice which is able to be heard by you and by you alone, may be heard as it comes out of the ears and out of the eyes and out of the pores and out of the throat. You listen carefully to this small voice and you give this expression with your vocal cords.

The fourth step is that of considering yourself able to take any question and knowing and understanding and believing that that Silent Witness within you will provide you with the answer you need. /1

The fifth step is to meditate using the entire color spectrum. Allow the following colors to bathe the entire body in this meditative act. These colors should be brought in and through the body, allowing each color to permeate the whole body until you are that color, from the distance of one foot below the feet upward. The colors to be used are violet, indigo, blue, green, yellow, orange and red. /2

Notes: /1 When these are used in group meditation there should be no limitations placed upon the mind, but that allowance that permits the mind to move to those deeper levels.

/2 These colors represent vibratory rates and as you visualize the next color in sequence the change is instantaneous. After the use of the color red, allow the mind to move toward that which is to follow. If this is to be followed by another technique allow the mind to move toward that, but if this is to be the completion of the meditation allow the mind to move wherever it wills until meditation ceases.

## Book of Meditation

### Second Leaf

#### Meditation of Disappearance #1\*

First step is to carefully, with eyes and with ears and with hands, understand that which is now to be given. Each shall visualize while the eyes are closed. There is to be considered a white shape, a white light that shimmers and this two feet above the head. You should now project your thoughts, in waves of energy, toward this form and beseech that this form slowly descend. You should, with eyes closed, visualize this form which is two feet above your head, through thought projection, allow this form which is shimmering and gossamer white to slowly descend. You must now bathe yourself in this light and then with mind force close the gates. Now visualize, slowly and surely, this form moving back to its place two feet above your head.

Second step is as follows. Two feet from where your feet are now placed, there shall be visualized a form of many colors, a rainbow. This rainbow shall move upward and through the body affecting purification according to the directions. This rainbow is that which now shall be visualized with eyes closed. As this rainbow does appear, you are to allow these many colors to move up through your limbs and up through your body, bathing it in many lights. Now the gates shall be closed, by mind force, and these colors, those seen, leaving the visible form and moving back to that place which is two feet from that place where you allow your feet to touch the floor.

Third step is as follows. You should visualize yourself facing first the north and then the east and then the south and then the west. As you face you should voice, mentally or aloud, the following prayer or invocation, "Oh Lord, be Thou unto me a tower of strength against the appearance and assault of evil spirits". Repeat this prayer as you see yourself facing each direction. You shall now use the thought projection method and, as your mind concentrates on parts of the body, that you call on those parts that represent an analogy to the Otz Chiim, that of the sephiroth and voice the names of the sephiroth together with the names of those holy guardian angels (archangels) associated with each of these sephirah. The sephiroth should be voiced from the crown, which is Kether, down the right side to Malkuth and from this sephirah around in a circle up the left side returning again to Kether.\* When the thought is projected, as directed, the prayer given and the entities evoked, in reference to the tree of life, that you shall then disappear.\*

Fourth step. You shall now project yourself into that darkness that This Awareness has called 'the dark night of the soul', 'darkness of the spirit'. You shall now place yourself where there is no space, moving into the void - into the void that is timeless. Now, each giving of yourself, giving strength that is within each of you to all those who are weak; giving life to all those who are lifeless; giving joy and laughter to all those who sorrow and all those who suffer.

Fifth step. Now move to where there is no time and where there is no space. Consider those things of your karmic past. Let your minds wander to those places where you once were. Each of you, in your mind, frequent those holy places that once were frequented. Now ask those who are your guardian entities to move near you, ask those from the plane of essence to move among you. Consider carefully those things that you are now to see. Look again into past experiences, see yourselves, and remember the responsibilities that once were yours.

## Book of Meditation

### Meditation of Disappearance #2\*

First technique, You should envision a great white light, a shimmering form that comes from above and moves down and through and around both the etheric and the material bodies. This is the first technique.

Second technique is that wherein the lights of the rainbow and the seven colors of the spectrum bathe the body in light, moving from below, moving through and around and meeting the white light that comes from above. Indicated that this is the second technique.

Third technique of the meditation of disappearance is that wherein you would roll up the lights, that of the white light and the lights of the rainbow, as you would roll up a coverlet, and as these lights are gradually rolled up, those from above and those from below, there is then that terrific darkness, that void and that quietness, and that when this void is that which encompasses the entire body, both the etheric and the material, this constitutes the third step. At this time, the vibration of the secret word RAI is that which allows the darkness to move more easily, blotting out the white light and the lights of the rainbow.

Fourth technique is that where you give away portions of yourself; that blood is given to those who need blood, flesh given to those who need flesh, goodness given to those who are in error, honesty given to those who lack this trait, health given to those who are ill. This is the fourth step.

Fifth technique is that where you are then in a position where the ego portions of yourself has walked away on clouds, you then may answer questions so that others may be helped. Also, at this time, this Awareness wishes those in group meditative effort to direct the mind force toward the accomplishment of good deeds. This is the fifth step.

---

Notes: Meditation of Disappearance #2

\* This Meditation for Disappearance was given in a private reading and seems to be especially slanted toward those who are in training for trance work. However, this may be used profitably by groups for their meditation toward accomplishment of good deeds.

Notes: Meditation of Disappearance #1

\* Meditation for Disappearance #1, this is the disappearance of personal ego, was given to us when we were gathered together in an assemblage.

\* The sephiroth and the archangels are to be voiced in the following order: Kether - Archangel, Metatron. Kether is just above the crown of the head. Binah - Archangel, Tzaphkiel. Binah is at the right shoulder. Down the right side in this order is Geburah - Archangel, Khamael, then Hod - Archangel, Michael. Malkuth - Archangel, Sandalphon, - beneath the feet. Up the left side, in this order; Netzach - Archangel, Haniel, then Chesed - Archangel Tzadkiel. Left shoulder, Chokmah - Archangel, Ratziel, and back to Kether.

Even though each sephirah is equated with certain parts of the body, we should not make the mistake of thinking that any sephirah is actually a part of the physical body.

## Book of Meditation

### Third Leaf

#### Meditation of the Flowers

Consider the meditation of the flowers, for each of these chakra and each of these psychic openings are now to be considered as flowers, those with many petals. Consider that force that now shall build; place your thought and your concentration on that chakra which is the first, that of the Blue Peony.\* Now, that which is the second, that of the Hyacinth. Now place your thought on that which is the third, that of the Lily; and the fourth, that which represents the Rose; and the fifth, that which is the Lilac; and the sixth, that which is the Orchid; and the seventh, that which is the Lotus.\* This Awareness asks all to consider the meditation of the flowers and with this force, after meditation on the seventh flower, at that time direct thought energy and you may then communicate one with the other even though at great distance, and through this meditation of the flowers, through this thought power, you will be able to effect change. This Awareness asks that the meditation of the flowers is that which should be done by two, and three, and seven, and nine, by fifty four and by one hundred and forty four.

### Fourth Leaf

The Meditation of the Lotus. Consider the seventh chakra, this the lotus, the flower of a thousand petals. Using mind force, consider these petals of many colors reaching ever higher, engulfing all that is within reach and all that is out of reach and with force consume. When entities feel the darkness, at that time there may be made manifest those creatures that are small. Welcome that which is created, destroy it not. There will be deep psychic understanding, and entities, especially those approaching mediumship, can, through the meditation of the lotus communicate directly with entities on the plane of Essence. (This meditation should be preceded by the meditation of the flowers.)

---

Notes: The physical correspondence to the 7 chakra are as follows: First chakra, gonads; second, lyden; third, solar plexus; fourth, thymus; fifth, thyroid; sixth, pineal; seventh, pituitary. The chakras represent flowers that are in the etheric bodies of entities, not actually associated with or on the outlines of the material body. It is indicated that each of these glandular areas that are considered by this Awareness as flowers are those in the separate etheric and they are attached to the material form by appendages or stress. This Awareness wishes you to understand that these flowers are those indicated and that they are the peony, the hyacinth, the lily, the rose, the lilac, the orchid and the lotus. When you visualize these flowers, first see them open and in full bloom and then cause them to go back to their bud stage and to be drawn up into their stems until they disappear into the auric envelope.

In the meditation of the lotus you should see this flower as growing and its many-colored petals covering everything and producing total darkness.

These Four Leaves are all that is in the Book of Meditation at the present time. At a later date others may be added and probably will be. The meditation of the Middle Pillar may be found in text books but this Awareness has asked that this not be used until you have been carefully taught concerning its use, for if you are not properly taught this meditation there is great danger not only for yourself but for others.