



Where Atua Temple Order

MEDITATION 111.  
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The papers on this topic may appear repetitive in some respects, but this is necessary to assist people in "getting the knack" of our particular requirements, which are different from those of published forms of meditation. The writer of a book has no way of knowing just what goes on in the mind of a reader, while our system of regular study of the notes you make daily gives an opportunity to sense and to guide the progress.

In your O=O Degree, the Hegemon took you by the arm and watched every step, silently indicating 'The Way while the hoodwink was yet in place. Repeatedly the Kerux, the Reasoning Mind, barred the way, it was not a straight walk to the Hierophant. This is true of all spiritual progress. There are times when we cannot follow the logic of the system, when some factor in our experience of life, our personal conditioning of the subconscious, feels uneasy at the direction the Hegemon leads us. These are perfectly normal and rational doubts and must be expected. The "Purification & Consecration" of the Stolistes and of the Dadouchos, the reassurance of something is needed and supplied, only then can we see beyond this local and personal conditioning and progress on the path.

In order to guide well the Hegemon, the Soul, using the agency of the Order, needs to be aware of just where guidance is needed, and the daily notes provide the indications needed. Only as these notes reflect your progress can we give guidance, and that reflection is in behind the written words.

Let us illustrate the problem of indicating what we mean by experiencing meditation rather than being taught, try writing a definition of joy to one who has never experienced it, and you will see what we mean.

A dictionary definition of "meditate" reads "To dwell on anything in thought; to cogitate; to turn or revolve any subject in the mind." This is quite adequate for our purpose. It indicates definite and positive activity of the mind. Note those three words - DEFINITE POSITIVE ACTIVITY - . At the risk of apparent absurdity we should add one more word, EFFORTLESS.

Concentration is a prime essential to our dictionary definition, because we must limit the activity to one subject only. Any others that enter the mind detract from our original definition, they are trespassing, and the Office of the Sentinel is to prevent such intrusions. Otherwise our ideas are like the clothes in a washing machine. All churned up. But many people regard concentration as a strain, a major effort, and the result is a mental block. We are, in fact, concentrating on concentration, instead of the subject. In very young children concentration is brief but intense. Watch a toddler with his first butterfly or a new toy and you will see how his mind is fully occupied, to the exclusion of all else for a brief time. Yet he has not been conscious of the effort, only the object. Thus we become absorbed in the subject, much as we should be in studying the Rituals. We may see the Rituals as a guided meditation while the daily meditation is set for a hidden purpose. Nothing spectacular may emerge from any one day of work, but the long term effect is there, it means to an end, a vital part of the process of Realisation (REAL-isation). What you realise for your self has true value, what you borrow from books is no more than a stimulus to work. You are working to Realise something which no one can tell you.



**RESULTS:** The result of any meditation is not to be assessed in terms of any learned treatise, or in terms of revelations or visions, so much as the fact that you have done the exercise. Many people feel discouraged after the first few months, others may become elated at some new discovery. Both reactions indicate a very natural tendency to look for results in a relatively short time.

However, in terms of evolution the mind or intellect is a relatively recent acquisition, and it may take years to bring it to the stage of registering true insight. By keeping your meditation notes dated and sending them in regularly you will establish a systematic habit and retain a valuable record of the process of attuning the mind to the whole man, of whom the conscious mind is but a small part. In reading your notes the Demonstrator is able to follow this process and offer occasional suggestions or special subjects as a help. He will not, as a rule, discuss your ideas with you, even if he does not personally agree with them. He trusts that you treat your work as a response to the call of your own higher Soul, and he treats it with the respect due to Divinity.

**MENTAL & ASTRAL FUNCTIONS:** You will recall that at the outset we mentioned that meditation is a mental activity. Contrast this with "sitting for development" as practised in some quarters, and which is astral passivity. In the terms of the Obligation, we must never allow ourselves "to be placed in such a state of passivity that any uninitiated person or power may gain control of us". You must be alert. To see a vision or receive a "message" is Not part of meditation. There are some forms of "clairvoyance which have some value, but they are not to be confused with mental activity, meditation.

At times we may find our selves lapsing into mood or a daydream, or unable to get started on a subject, due to the occasional "off" period. This is to be expected for a while but not to be encouraged. On such a day be content to focus your attention on the symbol in use as clearly as possible then close the meditation and stand up and go firmly about the days work.

The mental plane is above the astral and any work done on the astral must be done from above, looking down from the mental. The "I" must always be awake and alert, not the subject of events. An astral figure appearing in the course of a meditation, no matter how exalted his appearance, is intruding between you and your true Self, and it is most unlikely that any true spiritual Being would do this, for he would know that your goal is Self-Realization, which only you can attain. It cannot be bestowed. You, a cell in the Cosmic Being, aid in the cosmic process of Self-expression by attaining Self-realization. This will sound vague as yet, but the more you realize the more you will see in this idea of non-intervention.

**DAILY NOTES:** It is neither expected nor desirable that a treatise be expected. Brier notes indicating the flow or trend of your ideas as they occur to you are all that is required. It takes a long time to "get the knack" of the system, and each follows a different course and needs different assistance. Some work best by writing down an idea then reconsidering it adding further notes as ideas occur. Others may allow ideas to run quickly through the mind, summarising the sequence at the completion of the actual meditation period. We do need to be able to follow the trend to guide, as does the Hegemon, where necessary. You may like to make your own general summary say once a month and even extend your ideas, but it is the daily notes, just as they come, that provide the best help to the Demonstrator. The essay is a help for you to balance the twin powers of impression and expression.

Systematic notes are also of great value in your study of the Rituals. Every now and then a new concept of the meaning of some phrase or movement will occur to you, and it is well to make a note of it as these brier snatches soon fade. What 'lights up' one day may



reappear on a different level later on as the Soul finds fresh openings in your mind. Do not make marginal notes in the Ritual as these can be confusing to others, pop a blank page in the back for notes.

The essence or spirit of the system is couched in the Rituals once one feels free enough to formulate ideas. These are purely private notes for your use. Unfortunately some such private speculation have been published posthumously by writers as Order Teaching.

As previously mentioned, it is well to start each days work from a fresh beginning rather than to develop on yesterdays possibly wrong or ill formed idea. Again, it is the application, NOT the result that counts. As time goes on more and more will be left to your own discretion, and the time will come when you must work entirely alone, symbolised be the removal of the hoodwink, and later still by the removal - by the Hegemon - of the rope. It is therefore necessary to recognise the value of reticence in discussing ideas with others. Either party may well trample on a tiny seedling in the other's garden. In this respect, perhaps the best suggestion we can offer is that you learn to discriminate between the central and the diversionary ideas you may hear or hold. Discrimination is vital in occultism. Ask yourself whether you are following an interesting bypath or the narrow way which leads to the Centre. Are your thoughts radial or tangential to the Goal. What is the Goal?

Some may like a set form of meditation, a little ritual, we can talk this over. Many find it helpful to visualise yourself as seated in the West of the Temple, using its symbolism to prepare the personality for the work. Deep, regular breathing, so long as there is no strain helps coordinate the outer person. Then, taking the given topic in mind consider it quietly, noting what ideas associate with it. Be alert and attentive; the consciousness should never flag. The symbol will evoke from your own and the Universal unconscious mind that to which it is attuned. "Association of ideas", but you must be ready to perceive and assess what comes.

At the conclusion, drop the Seed Thought, and for a moment ONLY experience pure, unmodified consciousness. Then use some such expression as "Glory be the Thee, Father of, the Undying, for Thy Glory flows out rejoicing to the ends of the Earth."

Make your notes. Date them, then go cheerfully about the daily round of being YOU.

If we remain alert, positive and attentive this system will, in your own good time, grow in vitality and purpose in a way we cannot put into mere words.

We deal with the Tree of Life, and by definition, that must be alive, virile, vital, self-luminous, and, in the end Self Expressed.

We use but one form of the Tree of Life, based on the numbers 7 and 2. We do not modify the Tree to suit our theories, if the two do not agree, modify the theory, never the Tree. It expresses the One Life just the way it is. Theories are steps on the Road to Reality, but Truth is ONE.



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