



# Whare Atua Temple

New Zealand Order of the Golden Dawn®



## Thoughts on Attentive Meditation

By Frank Salt (Admitted Whare Ra 1936)

### The first meditation

"Let the Neophyte meditate upon "THE POINT" as defined in mathematics. The Point has position but no surface. The word surface is intended three dimensionally; in short, the Point has position only - no magnitude.

Alert attention is the attitude of mind used in meditation for our purpose. Therefore sit erect in a comfortable chair. Do not lounge or slump. These positions would be evident in your work. The old style 'carving chair' or dining chair with arms at elbow level when seated erect, with the base of the spine pressed against the back and the arms relaxed but supported is a good mental poise yet allowing physical relaxation.

Arrange a period, so you will not be disturbed by domestic affairs, so that you can relax emotionally as well as physically. With practice you will be able to continue good meditation even though the daily family life goes on in the rest of the house. You will become absorbed in the given topic and able to disregard external activity. Thus neither do others interfere with you nor you with them. There is no need to demand that others alter their lives to suit you.

The actual time spent on the given topic should be about 20 minutes, but some simple preparation, even dedication may lengthen the period by a few more minutes. Rhythmic breathing for a minute or two while relaxing and withdrawing from personal problems is a help. Discuss this matter with your mentor, the assisting officer, as people and their problems vary greatly and rigid guidelines cannot apply to all.

Take the topic assigned as a focus, and you will find various ideas will come to mind and should be noted down. Keep an orderly mind and make notes to be sent in for the guidance of the officer in charge who may give a few hints. To lead you in the direction known to be in line with the overall system of the Order.

Topics given follow a definite and carefully chosen sequence in line with known tendencies of the Soul and should be carefully followed if the aim of the Soul is to be fulfilled, and this is the object of the whole system of the Order. To work with the Soul rather than with the personality.

Be simple and natural in your work and avoid strain. The Soul is the most 'natural' part of us. Not some weird and supernatural spook. She is symbolised by the Hegemon who guided you through the O=O ceremony as the Soul will guide you to your ultimate purpose and has already brought you thus far.

Remember that the time spent on each topic initiates a process which will continue long after the allotted time for that topic. It may be years before you realise why the that topic was given.

## Part two

The proliferation of books on the subject of meditation has done more to confuse this activity than to clarify and simplify the issue.

This problem hardly existed when the Order was founded 100 years ago, but now it is necessary to clear away the numerous misconceptions on the matter most of which tend to make the activity appear complex and are based on romantic ideas of bliss, of getting messages, having visions - a forced vision is often a hallucination and the last thing we want.

Meditation is essential in the Order's work and unless a regular pattern is established from the start the forces initiated in the 0=0 grade are frustrated in their work and merely leave the aspirant confused and possibly disillusioned. This condition is usually precipitated by wrong expectations, preconceptions, about the 'practice and function of meditation - which is really very simple.

The series of topics given is carefully selected by people who know the overall course of Initiation and it may be a long time before this sequence is seen as valid. The time spent on each topic merely, initiates a process which will continue in the subconscious for years and provide you with means of recognising certain signs when the time comes.

Perhaps a little insight into the working of the subconscious will shed some light on the various methods now being peddled by self styled experts. Symbolically the subconscious is portrayed by water or by a woman. It is the passive and receptive aspect of the mind. The part that tends to fulfil our needs and desires; it controls your pulse, your digestion, your temperature and reflex's. It heals wounds, adjusts the pupil of the eyes, wards off infection. It contains our memory, often to the point of making us forget painful events of unsavoury appointments, it is our self-defence system, doing far more to ensure our survival than any aspect of the conscious mind - yet we prize our intellect giving scant thanks to our 'wives', which we take for granted but it acts only instinctively and to suggestion. (Suggestion - that is the key word to the popular system of books.)

Under hypnosis the conscious mind is lulled and the subject hands over control to the hypnotist, who can then penetrate beyond the personal doubts and limitations we each have. If the hypnotist tells the subject that a cigarette butt is to touch his skin, but touches it with a pencil, the spot is liable to fester and all the reflexes associated with burning appear. If told his foot is stuck to the floor, the subject will not be able to move it. All this happens on the stage or in our homes as tricks of the hypnotist. In fact lasting impressions can be left altering the life of the subject. This is partly why, in our obligation we swear "not to submit ourselves to any person or power" We must always be our own master, and never prostitute our subconscious, 'wife' to another.

But you too can use this subconscious power wrongly. You direct it and it will always strive to oblige you. We trade on it when we look at an old photograph, by this image we stir memories, and advertising preys on imagery, stimulating our desires, memories, emotions by using names and images. Sex urges are an example of what is easily aroused by imaginary pictures. In fact we can easily sell our subconscious stimulations via imagination. If you are convinced that certain activities produce certain results then it works. People can get blind drunk on aerated grape juice if they think it is wine.

Now to the point; if, after reading a book on meditation you feel that by doing certain things you will attain 'bliss', then you will. If you imagine that you know that some 'higher state' can be attained by a given process, then you well may attain your preconception of that state. But it is pure imagination, even though convincing, because

as yet you do not know any other state than your-normal one. You can only imagine it - especially if you add a little sensuous music, some incense and a whiff of marijuana.

The point is that you selected the state of mind, and 'got there'. The 'wife' is gullible. You direct her, she follows. If you want to go to another town, you buy a bus ticket, marked with your chosen destination, and you get there.

By the same token it is possible to want to get to another state of consciousness or lust to another mood, do the plausible thing and get there in the imagination.

We are not interested in mood changing. We all have our ups and downs. But if we try to get a high, we must expect a low to follow. The pendulum always swings both ways. Always learn to know and to love your subconscious never abuse her, and she will ever be your faithful ally.

A technical description of the way of the soul could be written but that would defeat our purpose, to lead you to this Higher Knowledge by your own efforts. That is the Purpose of Life, not a whim. Technicalities satisfy only the intellect, the very factor we are now to transcend. The soul demands that we live beyond it.

We have evolved in sequence a body, emotions, intellect, now we must under the drive of Nature, move on once more, to an unknown sphere and fear of the unknown is deep in our nature. So we pause, we gather strength to overcome this fear "Be thou without fear" says the Hieres, we must extend the Lamp of the Kerux, the reasoning mind by using it to the utmost. And recall that in the 0=0 Grade the Hegemon, the Holy Guardian Angel never leaves your side. You are not alone, though you see nothing. Thus it is in the Path of Initiation.

So be simple in your meditation. Have no preconceptions as to what ought to happen. We take our assigned topic, or seed thought and holding it steadily in the mind, allow any and only associated ideas to flow through, noting these ideas. For instance we easily associate with 'match' ideas of fire, heat, cooking etc., or again it may give rise to contest, rugby etc or again to wedding or to colour combinations. They are all associated ideas. So the allotted symbols have connected ideas, as have each point in the Rituals, and even the 0=0 has a vast range of stimulating points of contact with the soul. Each Ritual is a highly concentrated epitome of Reality which, by virtue of Ceremonial, enters easily into the subconscious and is used by the soul.

Nothing spectacular is going to happen. It is a very gradual process. Don't pull yourself up by the roots to see if you are growing. Great expectations produce great disappointments. Yet the soul, also pictured as of the opposite sex, is romantic. She precipitates poetry, music, romance in the World and marriage is a true reflection of the blending of Soul and body, Psyche and Eros. So let your romantic aspect have some play, don't hold back. We each must find our midpoint between fact and fantasy, also symbolised by the seat of the Hegemon, at the point of equilibrium, between the Mystic Pillars, where she finally "removes the Rope, last remaining symbol of darkness" - under the direction of the Hierophant.