

Introduction

What you are attempting to achieve by reading this book, is a state of inner peace and happiness.

Your journey is one of self discovery and self understanding.

However, you must realise that this is not something that you can achieve in a few short weeks. Each chapter should be read and reread until digested and there should be left at least seven days between each chapter, to allow the full integration of each process into your life.

This is very important to remember, as the real tasks for your self development comes with the implementation of what you have learned on the course.

Each chapter gives you a clear description of the steps you must go through to come into contact with your higher self, this type of exercise is a little counter intuitive. What you have come to understand and expect from your own experiences has shown you that once you fix a problem it is fixed.

This is not the case with your inner self, nor is it the case for your karma. The best illustration of the process you are going through is one of a spinning top that needs reshaping. In the physical world the first thing an engineer would do is stop the top from spinning, but if you couldn't do that, fixing it would become very hard indeed. So you are left with the problem of trying to climb inside the spinning top and fix it whilst it is still spinning.

Your life is like a field of vibrations, ebbing & flowing and constantly changing from one state to another. Your motivation to change can only become change if you apply your motivation to the areas of your life that you can and do have some control over, that is; your own thoughts and your own feelings.

Drive, is an idea. Motivation is also an idea, the manifestation of ideas is what makes us. You have an idea, and your idea is that you can or can't do something. Your ideas and the way your ideas create your feelings is the world you have created for yourself. Your opportunity now is to change the whole world. This sounds very strange, but the reality is that every moment is a new moment of creation, and within that moment of creation is the idea that the world in front of you is new and open. Your feelings and your desires and your dreams for the future can become real. They become real with the thoughts and feelings you choose to project.

Begin to create your life. Begin to project your own desires and your own dreams so that the world in front of you does not become the world behind you.

Whilst you are learning how to do this, you must remain focused on the part of yourself that has been watching over you your whole life; your high-consciousness.

By finding your true inner drive and your true inner motivation you can begin to create the life that you truly want and the life that will bring you the most happiness. This is the goal of life and the aim of your higher consciousness, to bring you closer to your own true path. Happiness is only happiness if you live within it. Without the belief that you are OK, and that you are on the right path, thoughts of failure and ideas of pointlessness become your focus. Remember, you are in control of the thoughts you choose to focus on, you are the giver of energy to your feelings.

Choose to change your thoughts

Your thoughts create your feelings and by giving focus to your negative thoughts you give space and growth to your negative feelings. By turning focus away from your negative thoughts and your ideas of a destructive nature, you can begin to give space for positive thoughts and positive feelings. Why do you think that your negative feelings are more real? Why do you choose to believe that the thoughts and feelings that make you unhappy are more real than the thoughts and feelings that make you happy? This is the illusion of the life that you have created for yourself. And this is why change is easy.

Choose to feel good and think good things

Your feelings create your thoughts, by giving your negative feelings focus you are allowing yourself to think negative thoughts. There is no beginning and there is no end. There is only focus, give focus to and create positive feelings and these in turn with give positive thoughts.

Meditations

This course consists of a number of objectives namely; meditation, self-reflection and contemplation.

There is no set way to guide people through their own self-reflection or contemplation, as each person is on a personal journey of self discovery. However, there is a very clear and defined structure to the process and form of each meditation. Understanding the process of the meditation is the first step, in coming to terms with the practice of each aspect of your self reflection though meditation.

This section of the book will allow you to check the progress of your development via the directions of each mediation as you encounter them. Remember that you are on a journey of self discovery and learning. Each mediation has to be practised again and again for many many years before it becomes a simple process of being at peace with yourself, but the journey of practising meditation is one of joy and of learning and of experiencing. The objective of each practice is to maintain the meditation process, within each meditation there will be moments where you are not really meditating, this is not important. You can only practice by doing, do and you will become.

Mediation 1

The “I AM”

The creation of the “I AM” meditation, requires that you dedicate both internal space and external space to the exercise. You need to find a calm place to perform this meditation practice, and you must plan how long you will take out of your daily routine to do it.

What you are looking to do, is to create a break in the space/time continuum created within your emotional field and around your body space position.

So, dedicate approximately 10 minutes of personal time, find a space that feels comfortable to you and sit down in your break of space/time.

Now that you have created space and time for “you” you now need to practice trying to find a place of internal calmness a place inside your spiritual being where you are at peace with yourself.

Don't worry, this takes a lot of time and practice.

You are looking for a feeling of nothingness, without thought or emotion.

Within this place of inner peace you have created the “I AM” meditation, the mediation is for a purpose and this is to communication with your “I AM” Presence, your higher-self or your High-consciousness.

You will find this meditation at the end of chapter one.

With the prayer or mantra that you should focus on whilst in your “I AM” meditation.

And you should practice this process at least 3 times a day from chapter one onwards.

Mediation 2

Zen Meditation or Mind Meditation

The Zen field of vibration meditation.

For this meditation you are trying to create a state of zero feeling.

This is a state of being in the moment without having any conscious feeling of the moment but just being in a complete state of thought.

If it helps you, you can imagine this meditation as “praying to God” in a state of peaceful calmness.

This meditation should take approximately 30-45 minutes.

Create your meditation field in the same way as for the “I AM” meditation, but this time you are not preparing to communicate with your higher-self, you are preparing to experience a moment of Zen.

The Zen meditation is your process of escaping all the unpleasant feelings and experiences that cloud your daily life.

You are looking to exist in a state of zero feeling, so unlike the “I AM” meditation don't try and empty your mind, try to focus on your thoughts and within your thoughts think, “I am at peace, my body feels nothingness, I am in the centre of calmness and tranquillity.

Remain focused, and if you begin to notice that your feeling are becoming part of the experience then let them evaporate out of your field of vibrate into nothingness.

You will find this meditation at the end of chapter three, as you begin to understand your true identity.

Mediation 3

Transcendental Meditation or Emotional Meditation

This is the transcendental meditation on pure calmness of thought.

i.e. The removal of the awareness of thought from the process of being within the moment.

For this mediation you are trying to create a state of zero thought.

This is the state of being in the moment without any conscious thoughts of the moment but just being in a complete state of feeling.

This meditation should also take about 30-45 minutes.

The process of creating a meditation field for the transcendental mediation is not created in the same manner as the "I AM" meditation or the Zen meditation.

This field of meditation is created by the turning off of the mind.

It is stated in the Bhagavad Gita, that transcendental meditation is **not** attainable within our present state of community. That the processes necessary for this form of meditation require us to completely detach ourselves from the world as a whole. To remove every connection to who we are and to what it is we think defines us.

How we came to this point, what this point is and where this point is in our understanding.

This is the exact opposite of the Zen meditation. Or you could say, a ZERO space/time moment.

The aspect of your personal identity that you are trying to access is the state of feeling within your own spacial field of existence without the consciousness of the thought processes that are normal included in the understanding of self awareness with space/time.

The only way to describe this meditation is like listening to the music of your soul. Let all your thoughts leave your body, make every definition of who you are evaporate.

Listen to your feelings, alone. Watch them move around your field of existence, follow them guide them.

Focus on them, and take ownership of them.

This is the meditation of pure feeling.

These are your feelings this is your creative force.

You will find this meditation at the end of chapter seven and must be completed before you attempt exercise 5

PART ONE

Chapter One Contact the Higher self

*The "I AM" meditation is the opening of the inner eye,
Or it could be said that the I AM meditation is great hearing.
The process of listening to the inner voice that is your higher self.*

This is the beginning of the process of connection between the physical identity and your high-consciousness.

There are three aspect to your being.

The physical body, the higher consciousness self, and the oneness consciousness of the universe.

If you are to begin to understand your own presence in the universe you have to first start with the meditation on the magical "I AM" presence.

We call this meditation the "I AM" mediation because it has been shown by many religious systems to be the easiest way to explain to an individual, not yet spiritual awakened, that the higher conscious self is a part of the creative process and is necessary for the understanding of life.

The human process has three parts (mind body spirit) , these parts have in turn seven aspects.

The aspects are known as chakra. How each aspect relates to each process is of nothing but academic interest and for the purpose of this course I have decided to focus on three of the higher chakra and their interaction with the mind/body/spirit.

For the purpose of spiritual awakening only these chakra are of any interest, and how the three human processes interact with them.

If you wish to understand more behind the history of the chakra and their Hindu names please feel free. The information is not necessary for this course.

Each of the spiritual aspects of the human being can be related to three physical aspects of the human body experience:

Thought Feeling Communication These three aspects translate very nicely onto the three chakra we will be focusing on. That is the Head (or third eye), the heart and the throat.

The 'I AM' mediation and how it functions

From now on we will refrain from regarding these as chakra and will call them points of spiritual contact.

Each point of spiritual contact has a relationship with both the human body and with the spiritual self. Thought represents the oneness of total consciousness, feeling represents the relationship with your higher self and communication represents the connection between your body your higher self and total consciousness.

Exercise 1

Draw a diagram to illustrate the relationship between your three conscious points of spiritual contact.

You can represent these in the traditional way using the images of chakra or you can draw a stick-person with circles to represent the spiritual contact points.

It may help to think of these as a straight line connecting your head, your heart and your throat respectively.

Now that you have done this, throw away the idea and imagine yourself as being inside a great big ball of white light. Imagine your body as being in the centre of the ball of white light, the white light itself as being your higher consciousness and the ball being oneness.

Now take this image you have in your mind and split it into the three aspects. With your body at the bottom, the white light above you and the ball of pure consciousness above the white light.

Remember that the oneness of pure consciousness is both you, the white light, the ball, plus everyone else in the whole worlds white light.

Now if you imagine a beam of life force, or a silver cord passing down from this ball of pure consciousness through your white light and into your mind. And you join this image with the picture you drew of your own relationship to your points of spiritual contact, then you are beginning to understand the mystery of our spiritual existence.

This process is called bring forth the light of consciousness into the world.

The magical "I AM" presence is the white light, it is the projection of oneness into your physical form. It is above you, inside of you and around you. It is your guardian angel, your higher consciousness and your true self.

The “I AM” meditation is your way of listening to your higher self. By creating a space in both time and physical space, and using this time to sit and focus on your own internal process of being. You can begin to become more in tune with yourself and with the purpose of your existence.

Refer to meditation one in the section of meditations

Take time to hear the inner voice of your higher consciousness as it begins to express itself. Begin to feel the relationship between the person you thought you were and the person you truly are.
Let this process become a joy and allow yourself to begin to feel at one with your true self.

The Pray/Mantra

When in this meditation you can say to yourself:

I AM the I that I AM.

I give myself up to the Magical I AM presence and I know that it is the true I that is.

I am myself and it is that I AM that is.

I trust myself and I know that I am on the right path.