



Meditation: *Accessing the Pilot Within*

RECLAIMING YOUR INNATE POWER

There are more distractions in your life now than there ever have been. It's as if our brains, our attention, our consciousness, has been hijacked — and it's up to YOU, and only you, to reclaim YOUR power. If not you, then who?

The distractions keep us subdued, caught in instant gratification, the rat race, the perpetual pleasure-pain-pleasure-pain cycle. When consciousness becomes hyper-focused or fixated upon an object — whether it be something physical, a thoughtform, or an emotion — it forgets its center: the seat of Awareness. It forgets its unlimited power, accessible to it at all times.

Emotions, thoughtforms, and alluring objects are all impermanent manifestations passing through consciousness, but we forget. When we forget the impermanence of these objects, we cling to them. Experiences we wish would last forever, never do. The only way “out” of this is through: through noticing & knowing their temporary nature & allowing them to come, to be, to leave, while remaining consciously centered.

This consciousness can be wielded, like a samurai's sword, to rise above distraction and reclaim the power that is innately yours. The power is always there, always accessible to you; you've simply been too distracted, too easily pulled in many directions, that you've lost your center. The best news is you can reclaim it — instantly, right now — when you take a seat behind thinking, behind the alluring objects of consciousness, and *watch*. Just watch, and love what you're watching — love what is unfolding before you.

THE ESSENCE OF MEDITATION

The essence, the goal, of any meditation is to rediscover that center, remembering who you are. To meditate is to know your highest self, your highest nature, your eternal connection with the Divine. And as it says in the Bible, from Jesus himself:

MATTHEW 6:33

“Seek first the Kingdom of God”

LUKE 17:21

“The Kingdom is within you”

WHY MEDITATE?

What happens when we meditate? We tune in with ourselves. We alter our frequency. We cease to identify with the ego mind. Our brainwaves slow down from beta — the day-to-day frequency of conversation and thinking — to alpha, to theta: slower, longer frequencies. The thinking, logical, masculine mind intercourses with the feminine spirit.

Genes are altered and improved. Cells are restored. The immune system is strengthened. Inflammation is hindered. The left side of the brain quiets while the right side envelops it in unconditional love. The heart enters coherence with the brain, and we get a glimpse of truth. We notice the impermanence and passage of thoughts, emotions, and sensations — like clouds in the sky. We merge with the Watcher within.

“BUT I’VE TRIED!”

I can hear you saying, “But I’ve tried! It doesn’t work for me!” “It’s not helpful!” “I don’t see any benefit or purpose to it.” Who is saying this, though? Is it your self, or your Self? Or is it the part of you that is resistant to trying new things, that fears commitment, or doubts that it will benefit?

If there’s one thing we must do if we are seeking change, clarity, and peace, it is meditate. If there’s one message to spread, it is meditate.

THE SINGLE EYE

Practice — and if your eye be single, your whole body will fill with light (Matthew 6:22 & Luke 11:34). Jesus said that over 2,000 years ago. Krsna said it four to seven thousand years before him. In the Bhagavad Gita, chapter 5, verse 28:

BHAGAVAD GITA 5:28

“Shutting out all external sense objects, fixing the gaze between the eyebrows, suspending the inward and outward breaths within the nostrils, and thus controlling the mind, intellect and senses, the sage becomes free from desire, fear and anger, and is liberated.”

It’s as if these ancient mystical texts have never been unlocked or understood, because they’ve been taken literally, or used for indoctrination and control. Or the religions, the clergymen, have gatekept this knowledge from the public as a means of control. But if we actually do what the texts — which we gather straight from the source — say to do, which is practice the single eye: focusing attention on the point between the eyebrows, with the eyes half open, half closed, taking no thought — we transcend the ego and remember our true position as the Master, the Pilot within.

Because if you discover your divinity, your wholeness, your nature within — what do you need any teaching, any religion, any guru for? That’s the beauty of meditation: you don’t need any money, any clothing, any belief system, any guru, any teacher. You are that teacher. All you need is the willingness and courage to watch, to observe, to witness — yourself!

MEDITATION: ANYWHERE, ANY TIME

Meditation is not limited to sitting cross-legged on a cushion. Meditation can be practiced anywhere, at any time — walking, driving (with caution), standing, or lying down. Just like surrendering, it can be a moment-to-moment practice, a joyful process of discovery.

YOUR ETERNAL NATURE

Meditation is not about having an experience, but rather becoming a vessel, a conduit for the Christ, the Krsna, the highest Self, so that we can all heal — for an imperishable goal. What could be more fulfilling, more rewarding than knowing your eternal nature?

MEDITATION METHODS

There are numerous ways to meditate. Some examples are transcendental, vipassana, and tiklé. Not all are included here — but the methods below give your mind a task to focus on, so it doesn't wander. You may find none of them beneficial for you, or you may jump between them. The essential, most critical part is that you start: that you do it, that you maintain it, and don't look back. If you make this commitment, there is no greater gift you can give yourself.

Below are some meditation methods. Find what works best for you. Again — what is most essential is that you commit to daily practice, and don't look back.

GETTING INTO POSITION

All of these can begin with assuming the lotus position, with or without a cushion:

1. Sit with knees crossed, criss-cross-applesauce, hands resting upon the knees, palms up or down.
2. Pull the crown of your head toward the sky, keeping the spine erect.
3. Keep the gaze fixed between the eyebrows, and rest the tongue on the roof of your mouth.
4. Gently smile if it feels right, and let the eyelids rest half-closed.

SAMADHI

Samadhi, in Sanskrit, means “fixed mind.” The development of samadhi is foundational to any meditation practice. When the mind is fixed upon understanding the self, it is said to be in samadhi. While there may be objects in awareness, coming and going, the mind in samadhi is never perturbed. Remaining in samadhi, one is at peace, at one with divinity, established in the Self.

Practicing samadhi is simple, but remaining in it requires patience, commitment, discipline, and concentration. It is just like a muscle: at first the muscle struggles, but with practice it becomes stronger and stronger.

Practicing samadhi is likened to training a dog to walk straight and be led — the trainer must pull the dog's leash when the dog is led astray by things the dog sees, smells, hears, touches, or tastes. The wise trainer does not harshly yank the leash, nor does he let the dog wander: a firm yet gentle pull is all that is needed. Similarly, if and when the mind runs astray, notice it, and gently return to the seat of awareness.

BASIC BREATH — NOSE

Assume the lotus position. Focus attention upon the tip of the nose and the upper lip. Notice any sensations. Follow the breath; do not force it.

TIKLÉ

Assume the lotus position. Focus attention upon the middle of the forehead, and picture a bright white sphere.

TRANSCENDENTAL

See the Pineal Gland / Chakra handout for the full practice.

SEA OF LIGHT

This one is perfect before bed. Lay on your back and be still. Notice the breath; take three 3–4 second inhales, and 6–9 second exhales. With each inhale, imagine you are swallowing a sea of light that you are immersed in. With each exhale, gently let go of any tension, stress, darkness, or fear. Continue to follow the breath, keeping the gaze focused on the tip of the nose or on the middle of the forehead. Notice any energy shifts. Close the practice with three long, slow exhales. You may feel a sense of weightlessness or deeply relaxed — both are normal.

THE INNER INFERNO

There's an inner electrical power, an inner inferno, that we cultivate and nurture through meditation, and it quite literally changes our consciousness. And because our consciousness is the consciousness of the universe, we are changing the world. Yet, ironically, we are *doing* nothing. How can this be? In John 5:30, Jesus says, "I can of my own self do nothing." His carnal consciousness does nothing, while the Father that has sent him works through him; thus he becomes spiritually conscious. This new spirit consciousness reverberates everywhere and changes everything you see, yet you have done nothing. By transcending the conditioning of the past, we now see with clarity, with the eye of Spirit. We see us everywhere.

WHAT ARE WE HERE FOR?

It's time we put religion aside for a moment and ask ourselves: what are we here for? As a child I asked everyone this question, but none could give me an answer — and understandably so, because the answer can only be found in the depths of no-thought, deep within consciousness.

But why even do it? On the surface, and from the perspective of the ego, it seems like a waste of time. The ego says, "Shouldn't we be planning our next vacation? Chasing after our goals, hopes, and dreams? Searching for our soul mate? Don't we have bills to pay? Aren't there more important things you should be doing?"

But *watch closely*. Sit atop the mountain of consciousness, and watch. You don't even have to be in meditation to watch. You can watch, here and now, the thinking mind thrash about, and remain as the one who's aware that it's aware.

THE VOICE IN YOUR HEAD

Have you ever stopped to listen to that voice in your head that is always commenting on experience? That tosses words, phrases, sentences, here and there and everywhere, regardless of where you are, what you're doing? Have you ever tried to turn down the volume or switch it off? The harder you try, the louder it gets.

There is a knob, however, that if you turn it with the right key, things become clear, for you tune in to a whole different frequency. The TV channel of your consciousness shifts to a whole new realm, but until the door is opened, your consciousness remains in static paralysis. Let the knob be turned on its own accord, but give it the opportunity to open with your discipline & consistent practice.

So notice that voice — what is it saying? Treat it like your most intimate friend, for what it says are the voices of the past: parents, teachers, peers, family members, clergy, etc.

OPENING TO THE KINGDOM

That's why we must meditate. When you meditate, you open yourself to the Kingdom of God, of Krsna, of Elohim, of Christ, of Allah, of YHWH, of Buddha. Just as a rose cannot be opened by human hands, the Kingdom will open to you when it is meant to, when it is time. Have patience, young astronaut. Remember: the most important, beneficial thing you can do is commit to a daily practice, to be consistent regardless of what is happening around you.

ACTS 17:24

"God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands..."

JOHN 14:20

"At that day you shall know that I am in my Father, and ye in me, and I in you."

REFLECTION

Why is it important that I commit to a meditation practice?

How does meditation benefit both myself and others?

Who am I?

SOURCES

Quantum Healing — Deepak Chopra

Bhagavad Gita As It Is

Holy Bible (KJV)

The Untethered Soul — Michael A. Singer

✧ *Your Life is Ready for Takeoff* ✧