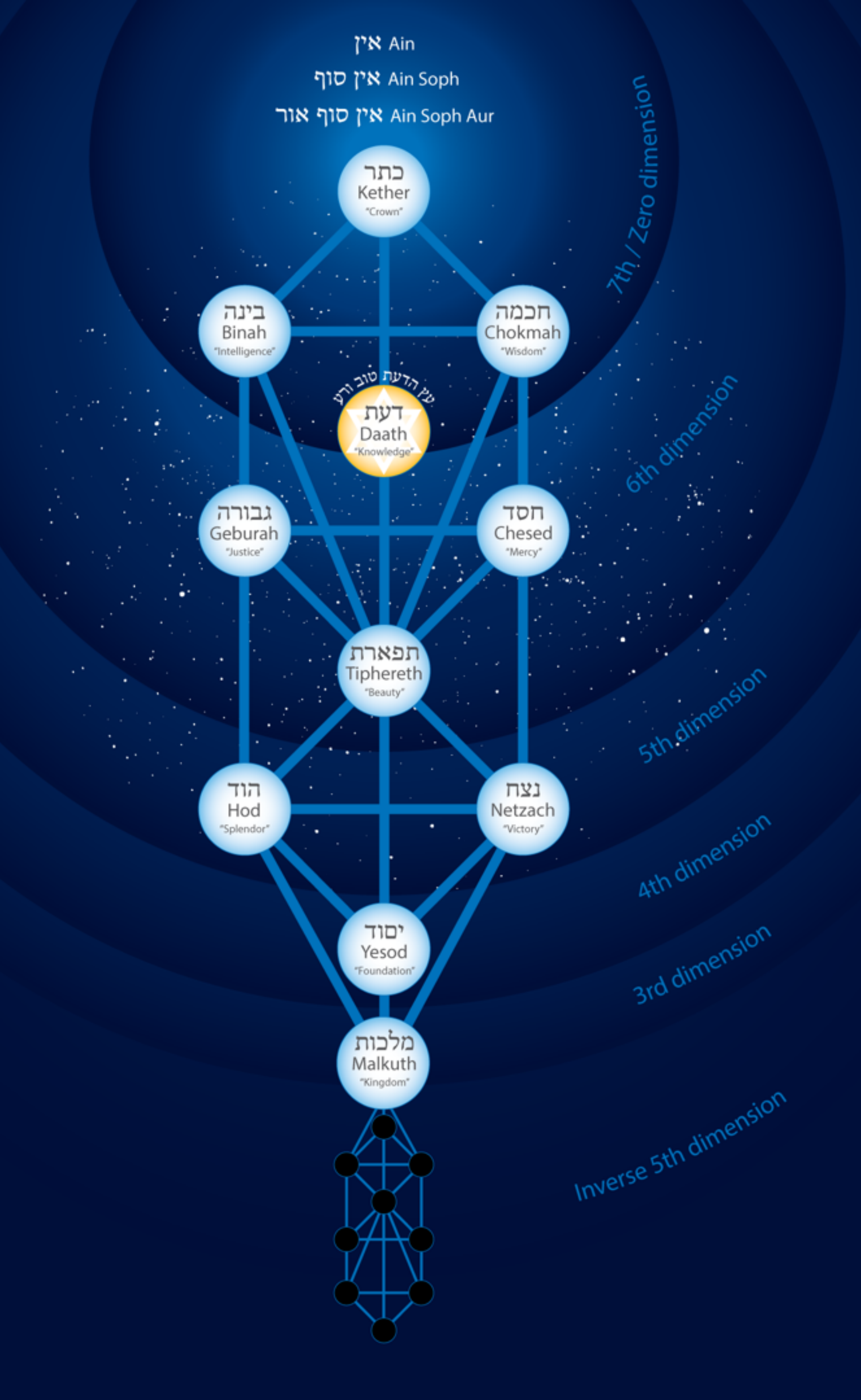


MEDITATION ESSENTIALS 03:

Energy



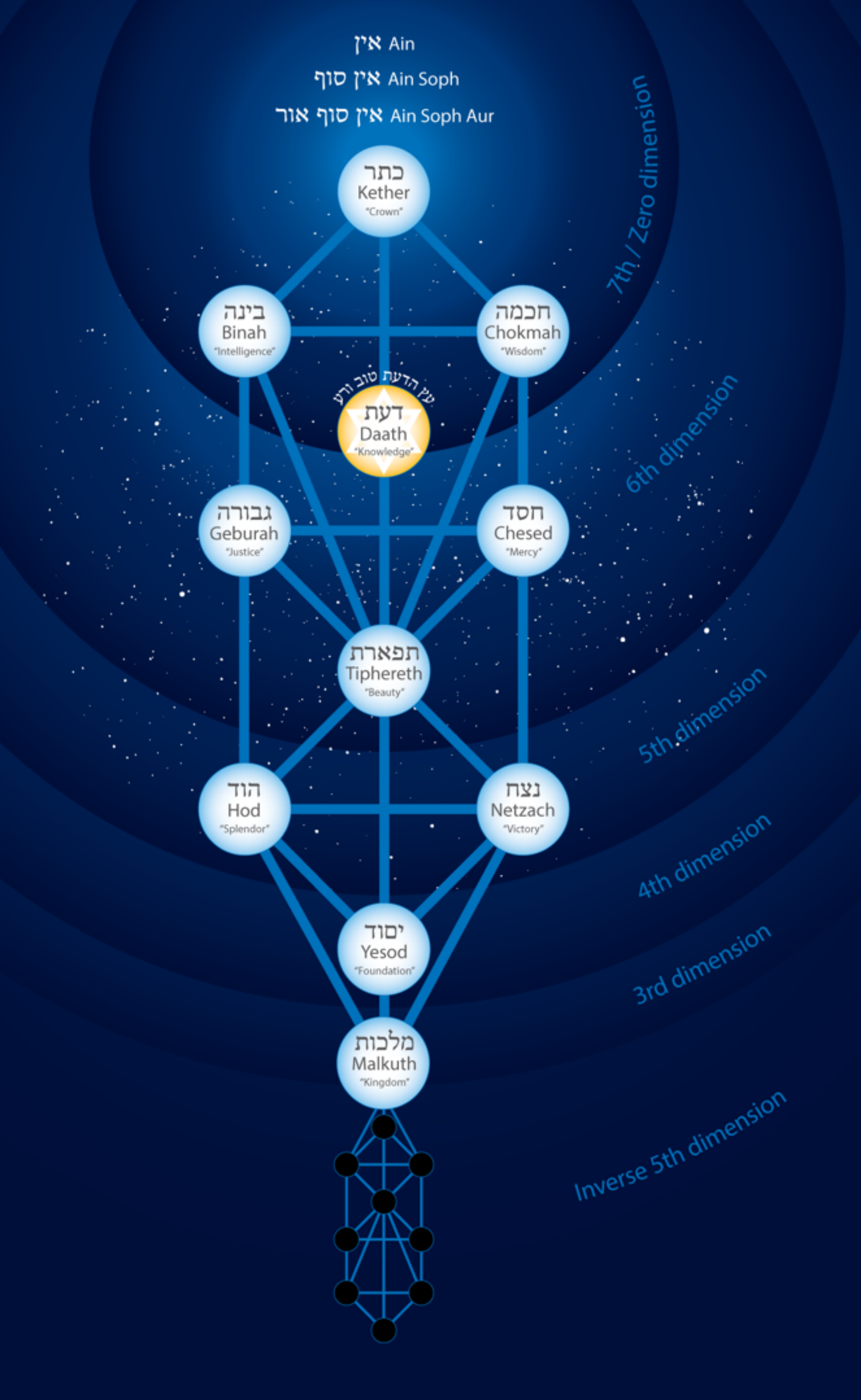


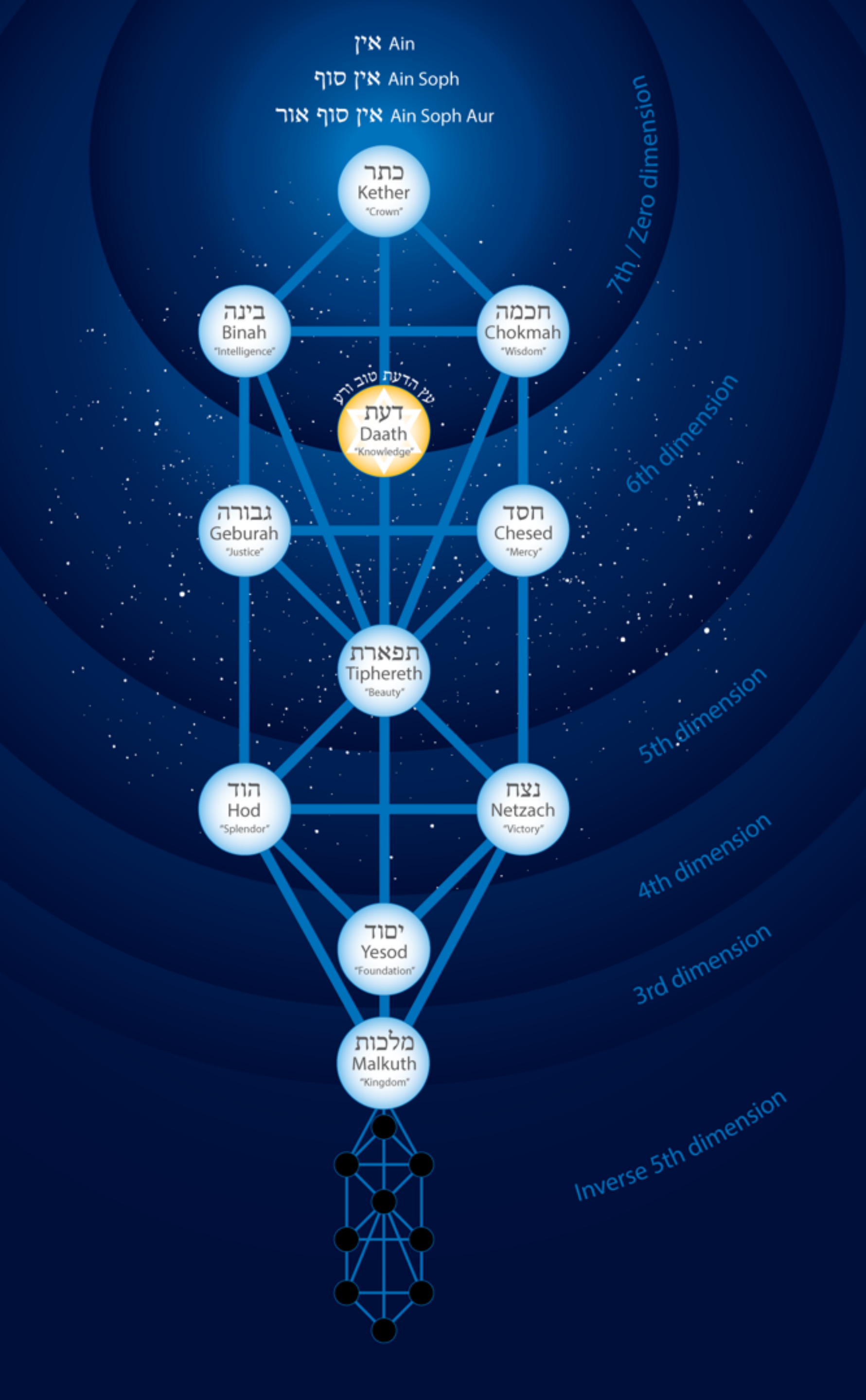
Consciousness

1. The **state of being** conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc.
2. Immediate knowledge or **perception** of the presence of any object, state, or sensation.
3. An **alert cognitive state** in which you are aware of yourself and your situation.

What is Energy?

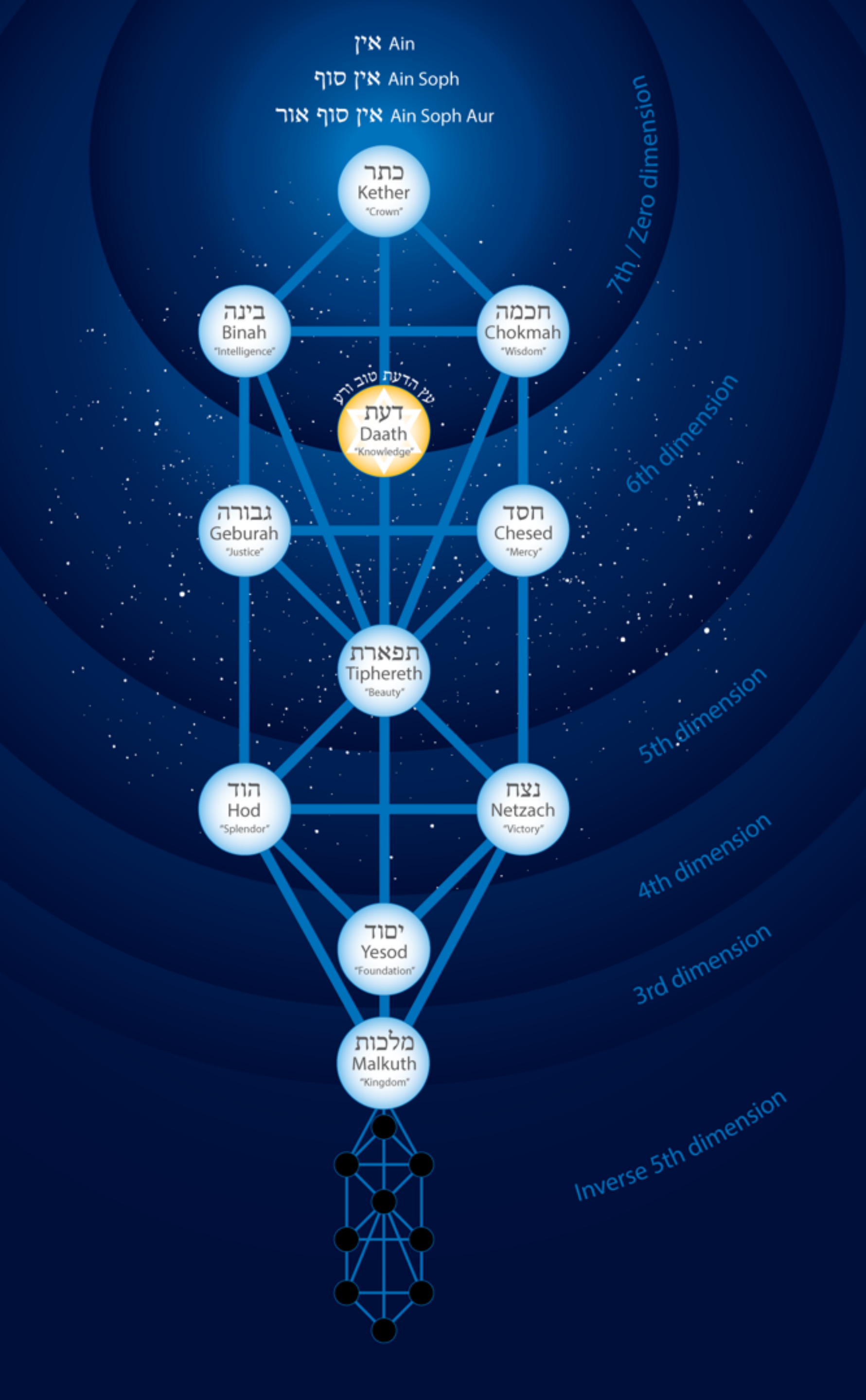
- ❖ Greek *energeia* "activity, action, operation," from *energos* "active, working," from *en* "at" + *ergon* "work, that which is wrought; business; action"
- ❖ Used by Aristotle with a sense of "actuality, reality, existence"

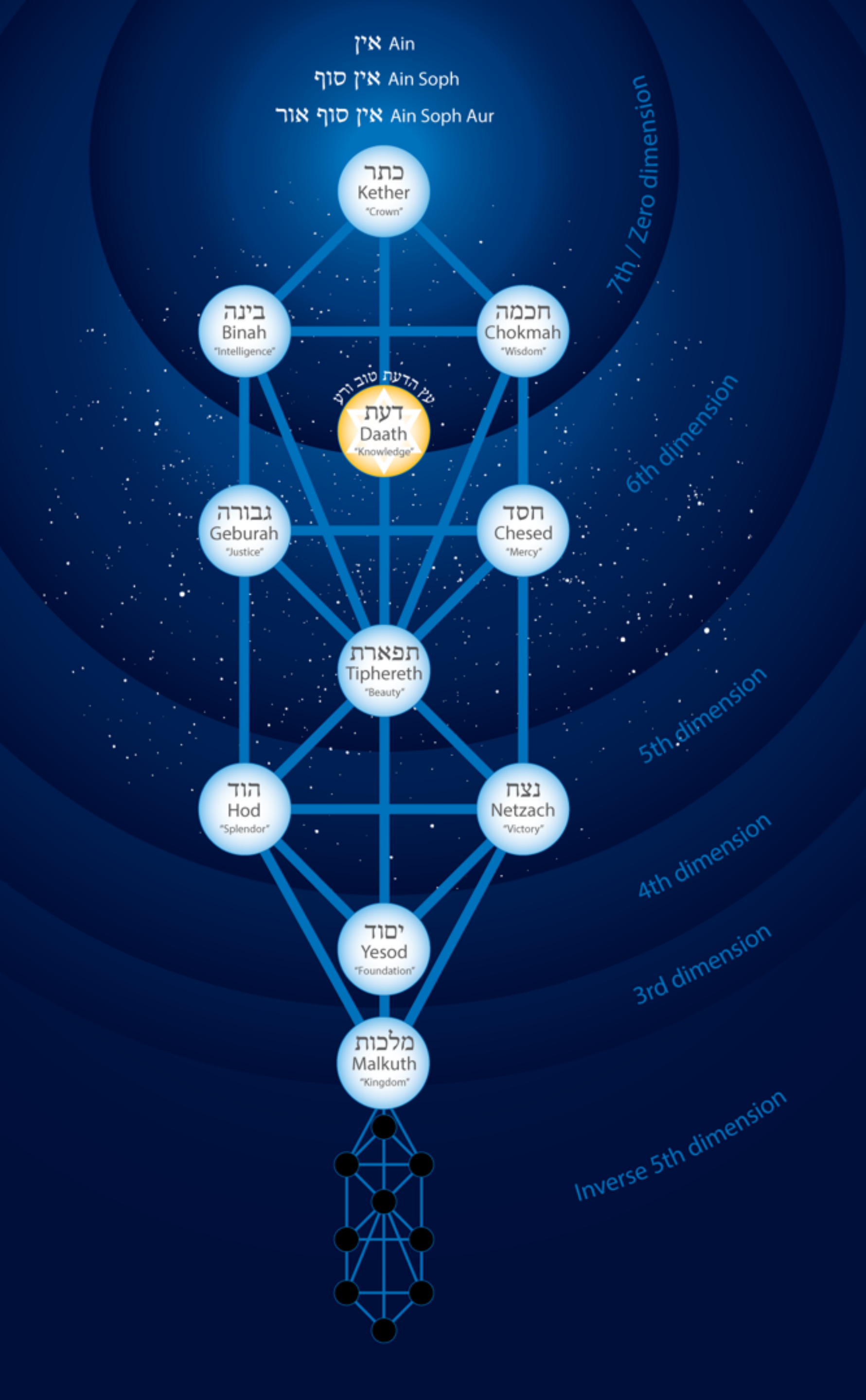




Degrees of Consciousness

- ❖ Awake vs. Asleep
- ❖ Conditioned vs. Unconditioned





Basic Senses

PHYSICAL

Touch

Taste

Smell

Hear

See

PSYCHOLOGICAL

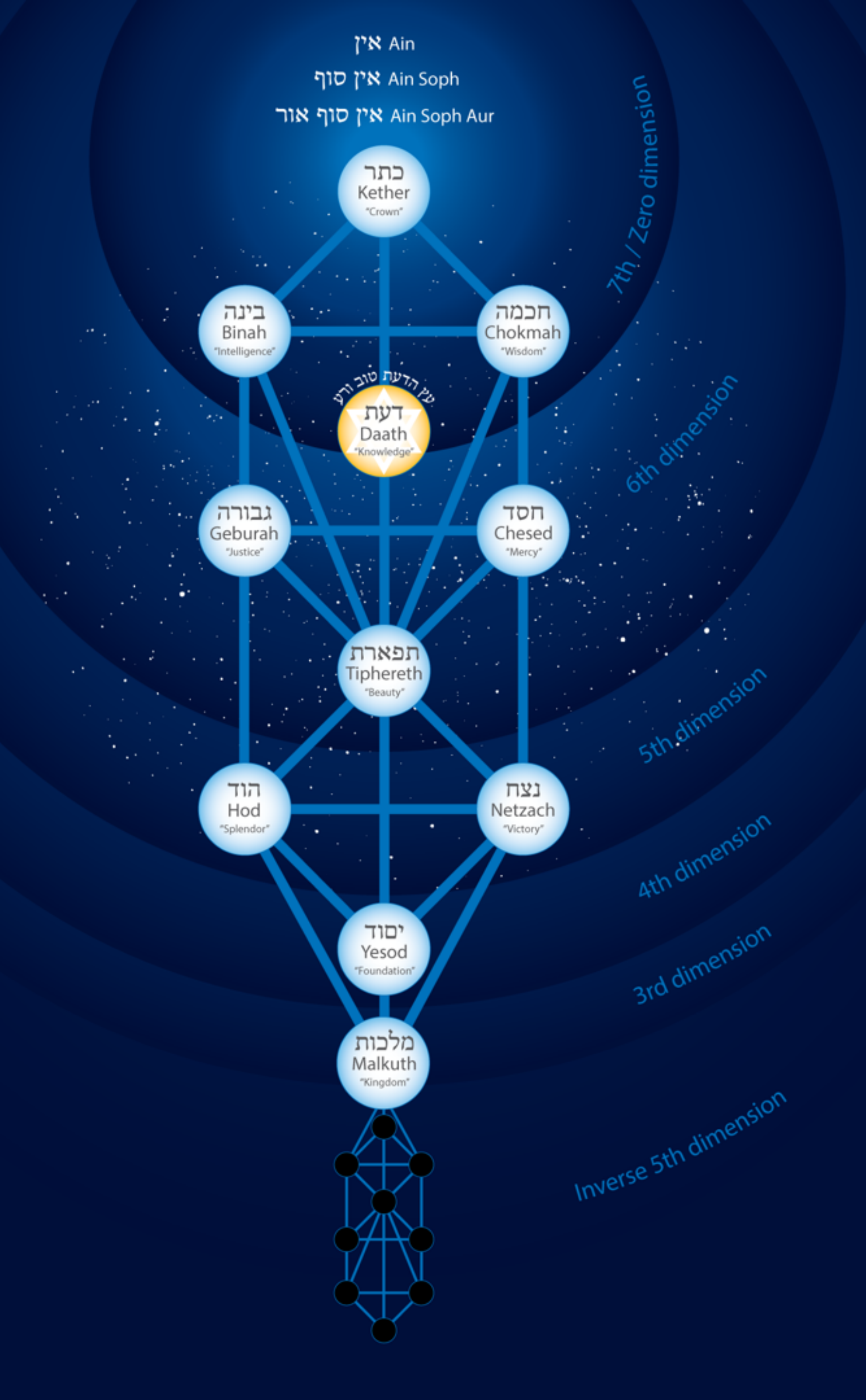
"Mind" —thought, emotion, visualization,

Memory

Thoughts and feelings of others

Intuition

Polyvoyance



Basic Types of Energy

Cosmic (Logoic)

Spiritual (Atmic)

Conscious (Buddhic)

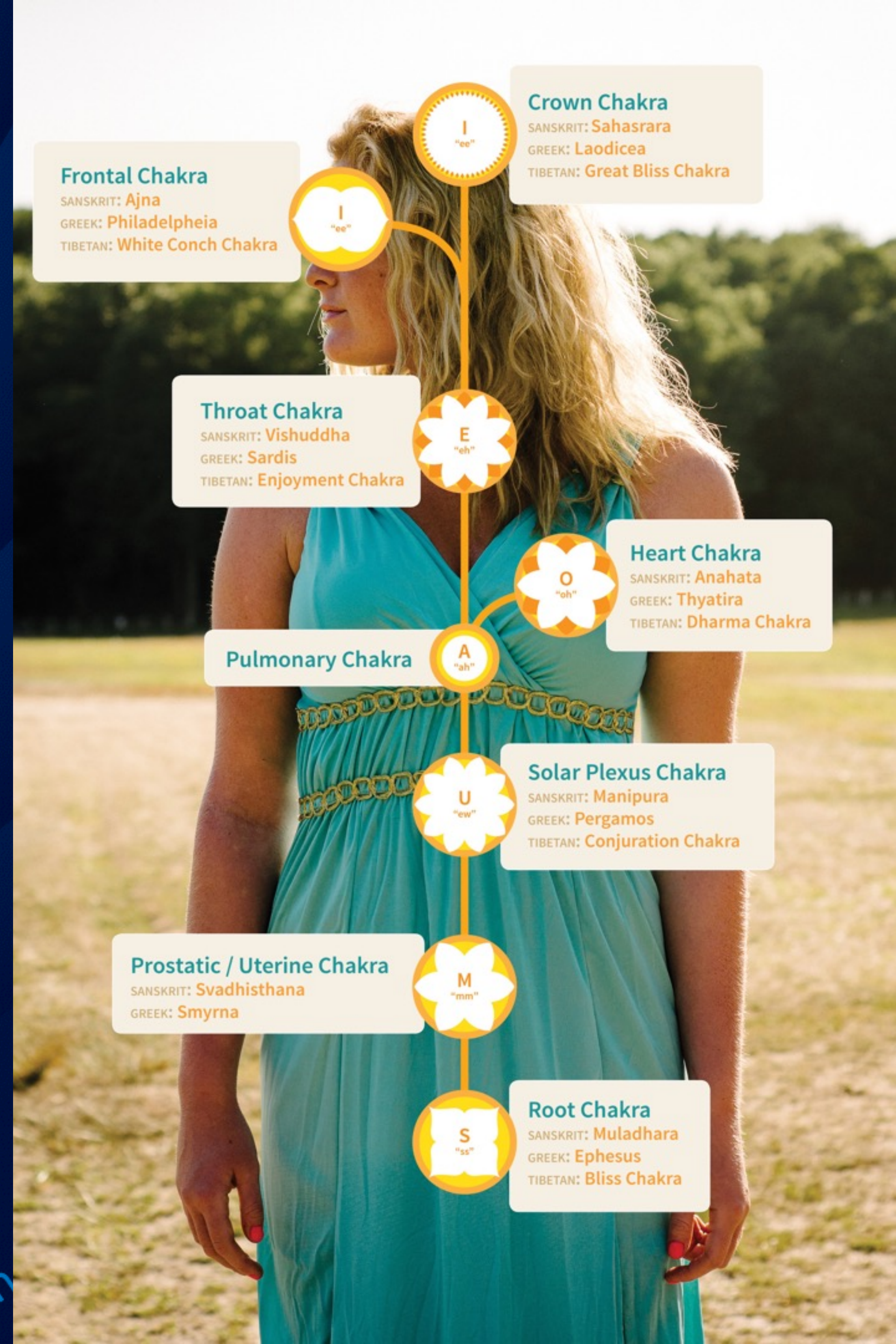
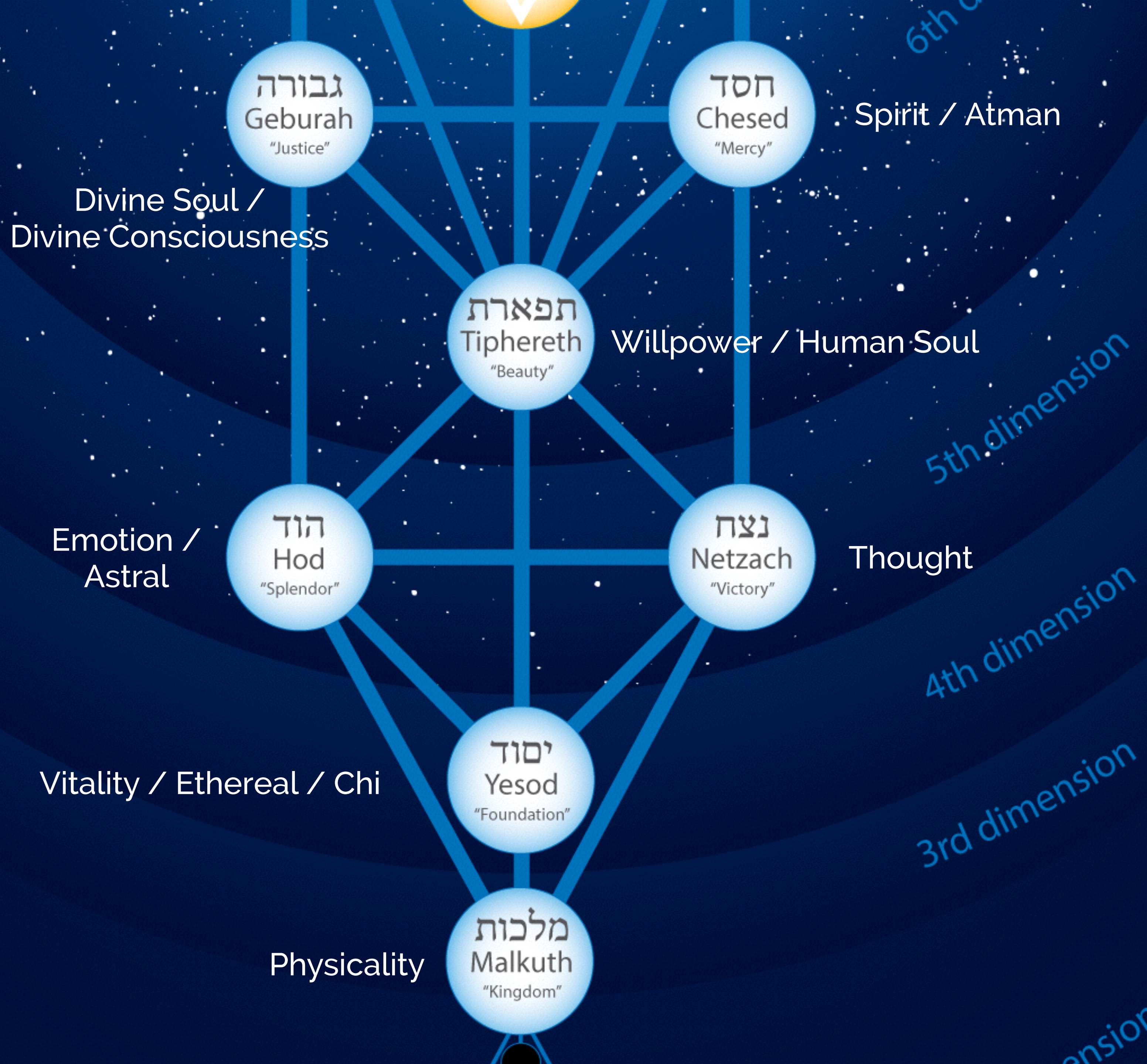
Willpower (Causal)

Intellectual (Mental)

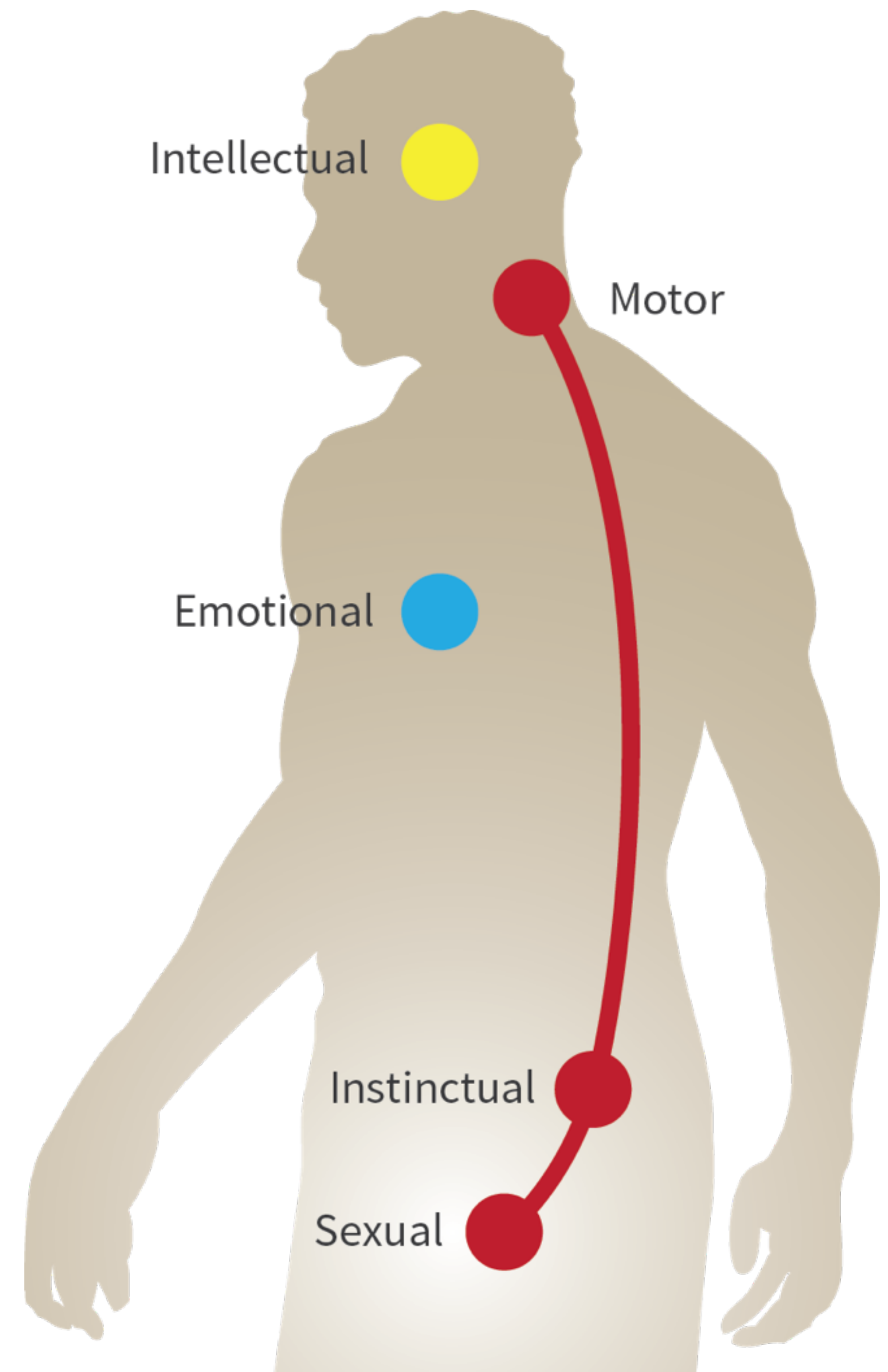
Emotional (Astral)

Vital (Ethereal)

Mechanical (Physical)



Five Centers



Basic Senses

PHYSICAL

Touch

Taste

Smell

Hear

See

PSYCHOLOGICAL

“Mind” —thought,
emotion, visualization,

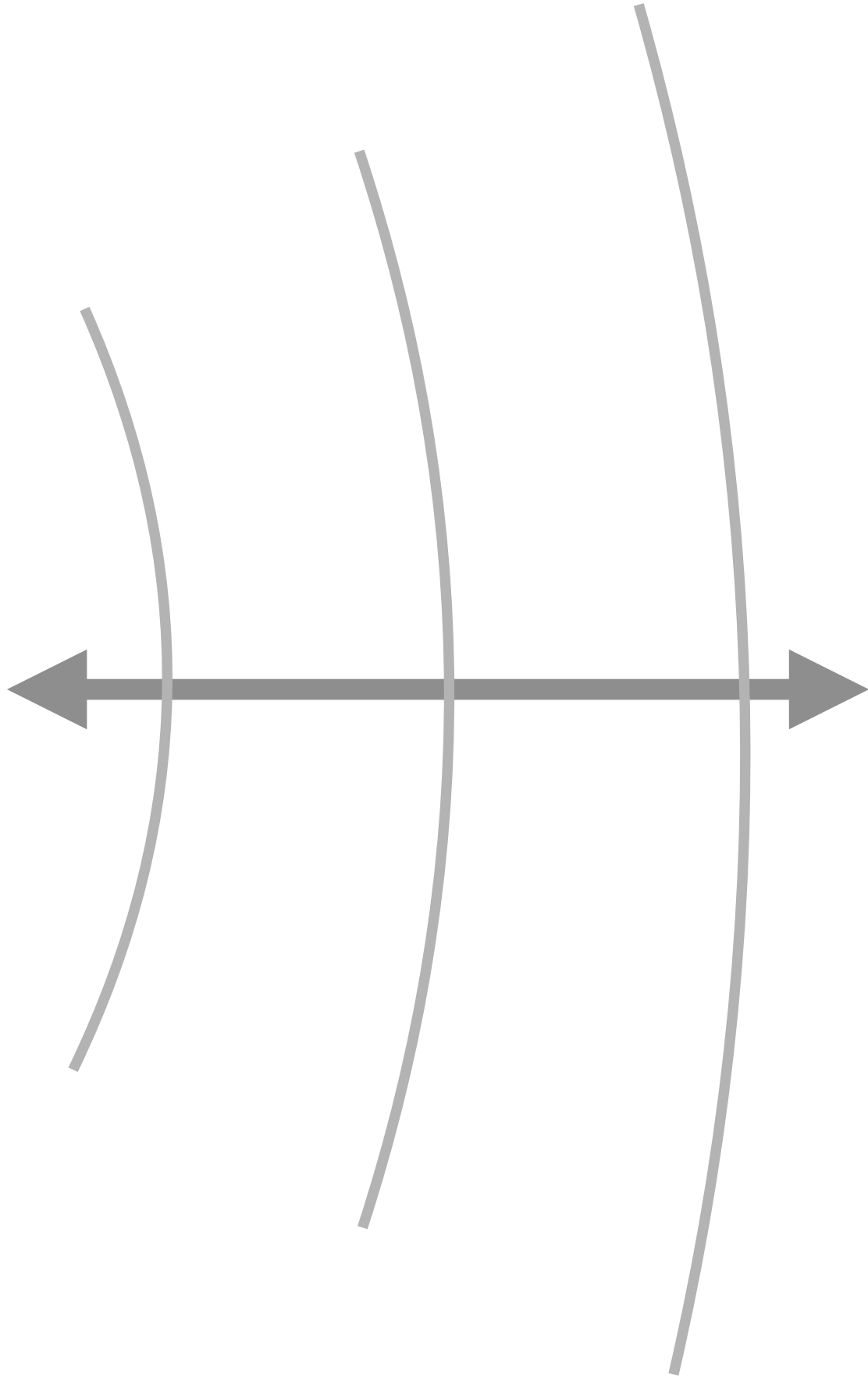
Memory

Thoughts and feelings
of others

Intuition

Polyvoyance

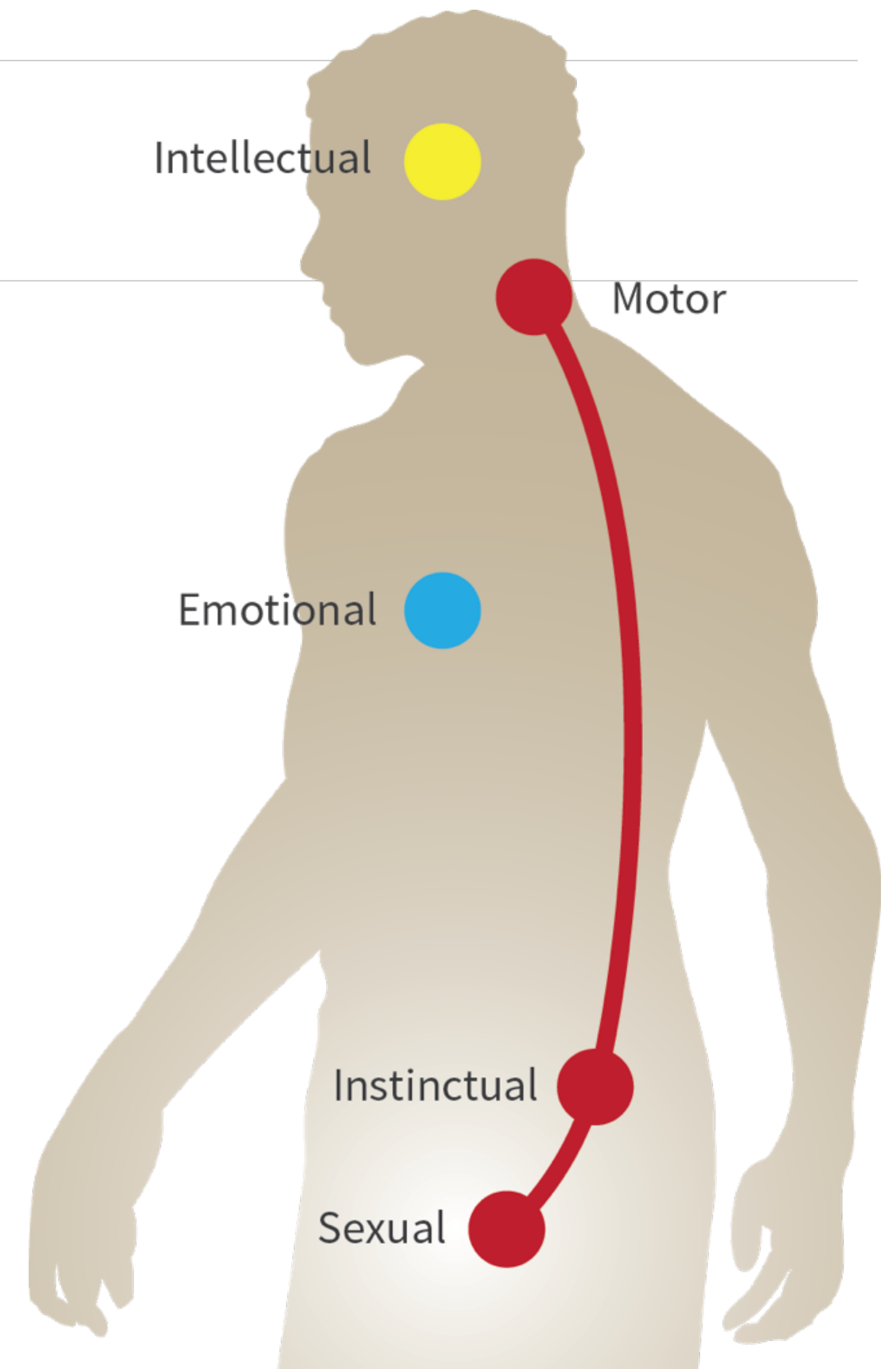
Consciousness



Phenomena

Begin a New Spiritual Life

- ❖ Self-observation: Work with consciousness from moment to moment
- ❖ Save energy in every way possible
- ❖ Ingest the best quality energy
- ❖ Transform energy in a superior way



Accumulate Energy

- ❖ Sexual purity (Brahmacharya)
- ❖ Sacred sounds (Mantras)
- ❖ Breathing exercises (Pranayama)
- ❖ Ritually blessed food (Eucharist / Tsok)
- ❖ Movement exercises (Runes, Rites of Rejuvenation)

Exercises

1. Every day, develop your Self-observation from moment to moment. Observe the energy it takes to pay attention. At the end of each day, reflect on how conscious you were that day.
2. Every day, do this preliminary meditation exercise. Lie on your back with your knees bent. Carefully relax all three brains (body, heart, intellect) and become perfectly still. Then imagine that the energy of the Sun enters through your solar plexus, making it vibrate and rotate from left to right, like the needles of a clock when we look at it from the front. Chant aloud or mentally the extended sound "U" (as in "you"). No matter what distracts you, return to concentrating on the visualization. Do this for 30-60 minutes every day.