

MEDITATION ESSENTIALS 04:

Action

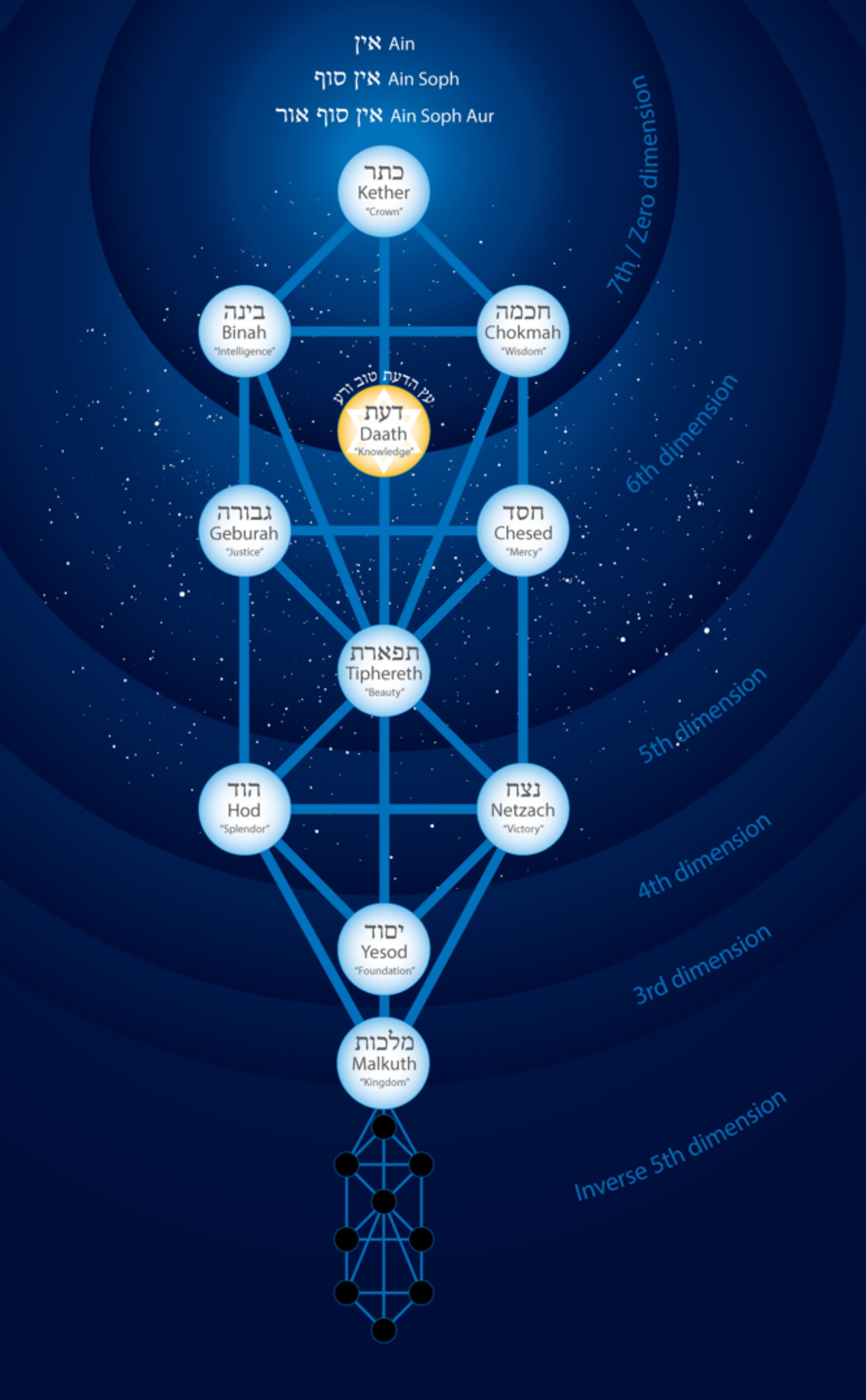




3. **Prajna**: Profound Wisdom
2. **Samadhi**: Ecstasy
1. **Sila**: Ethics

Action and Consequence

1. Law of cause and effect
2. Effects are greater than the cause
3. You cannot receive the consequence without committing its corresponding action
4. Once an action is performed, the consequence cannot be erased
5. A superior law always overcomes an inferior one



The Line of Life



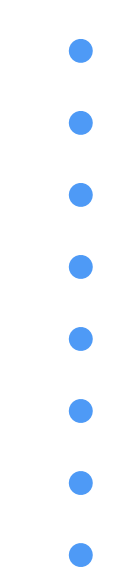
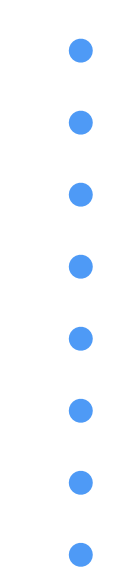
The Line of Being

Superior Levels

Birth



Death



Inferior Levels

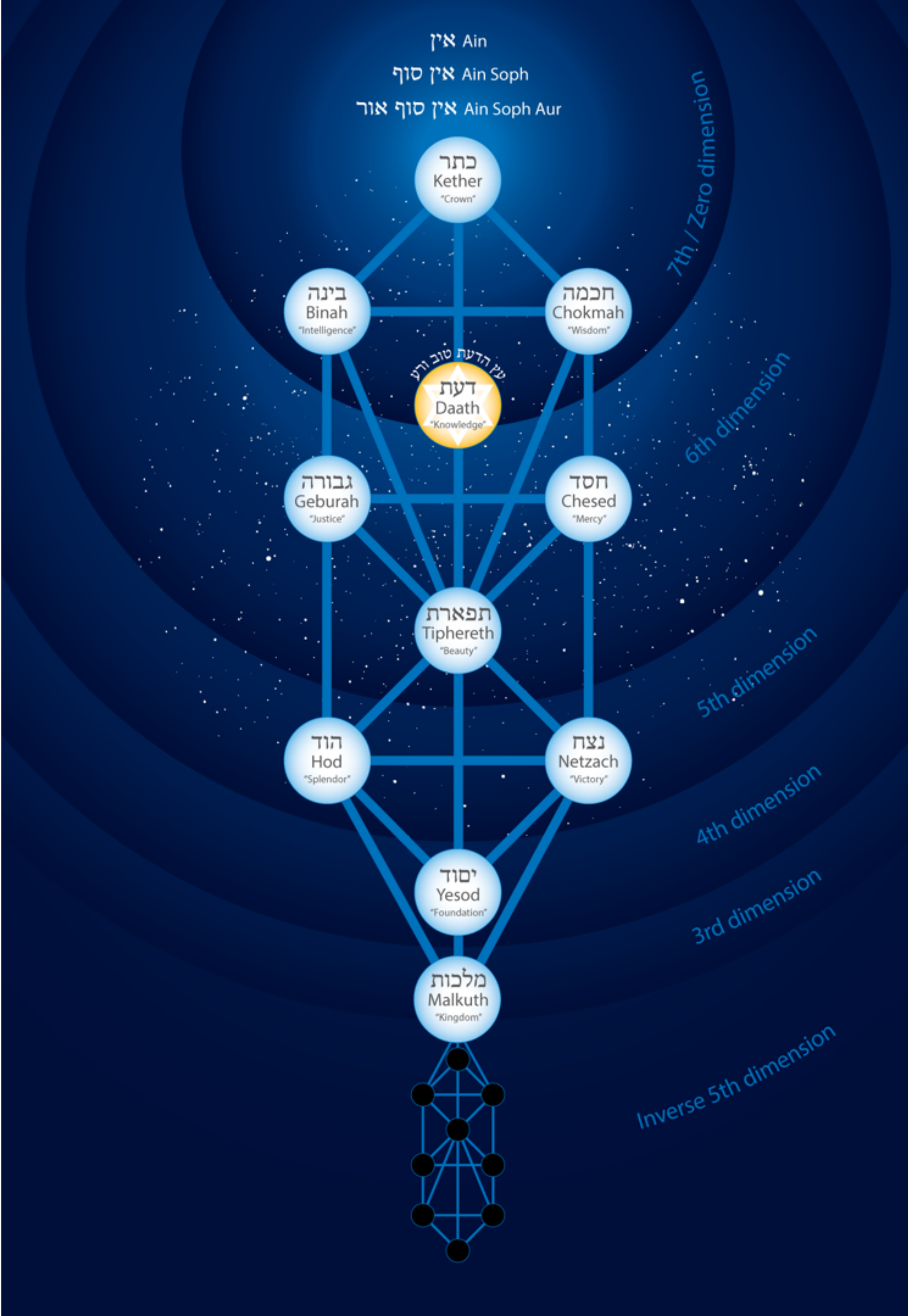
The Line of Being

Superior Levels

Birth



Inferior Levels



Divine Soul /
Divine Consciousness

גבורה
Geburah
"Justice"

חסד
Chesed
"Mercy"

Spirit / Atman

תפארת
Tiphereth
"Beauty"

Willpower / Human Soul

Emotion /
Astral

הוד
Hod
"Splendor"

נצח
Netzach
"Victory"

Thought

Vitality / Ethereal / Chi

יסוד
Yesod
"Foundation"

Physicality

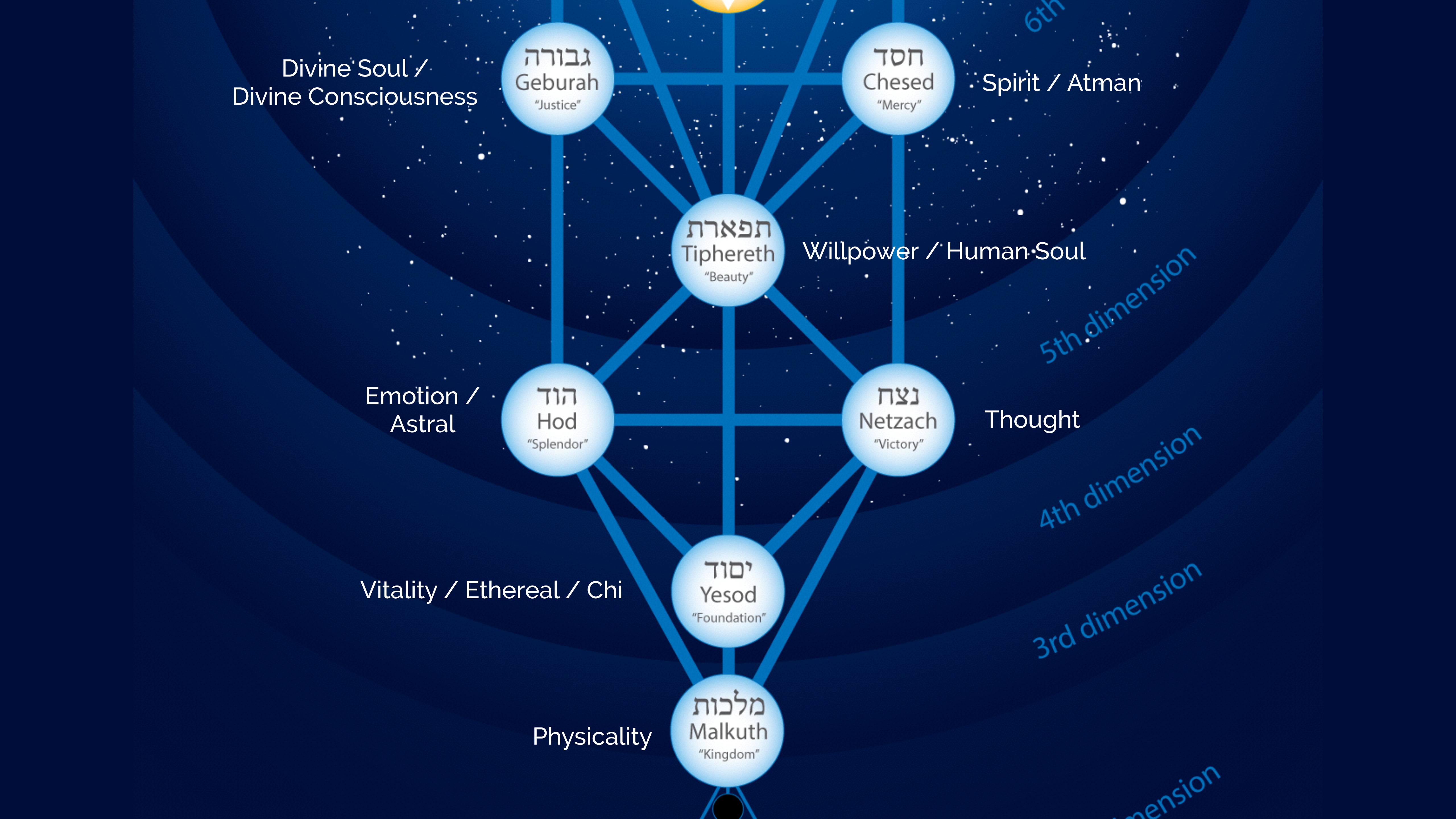
מלכות
Malkuth
"Kingdom"

5th dimension

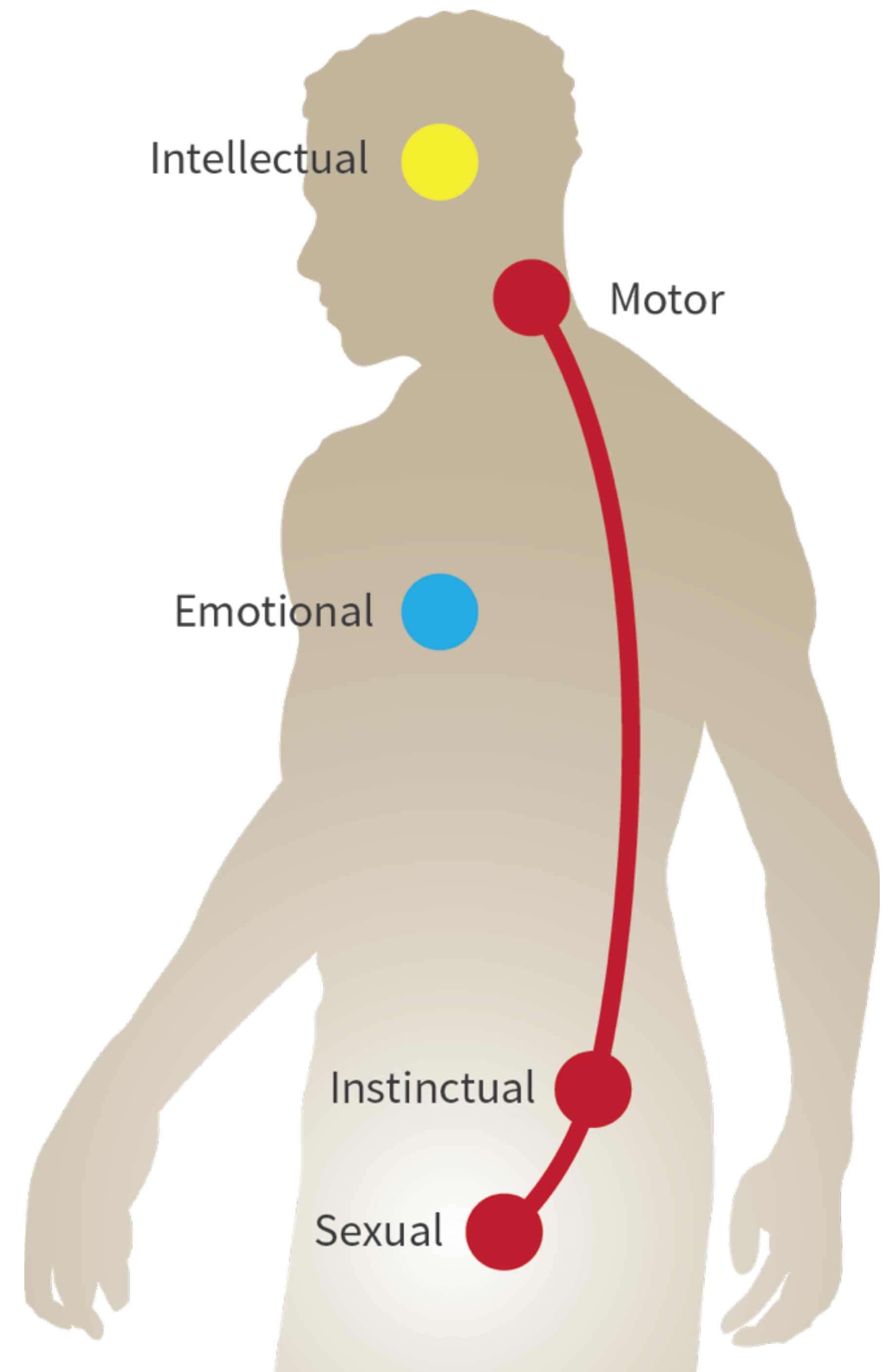
4th dimension

3rd dimension

2nd dimension

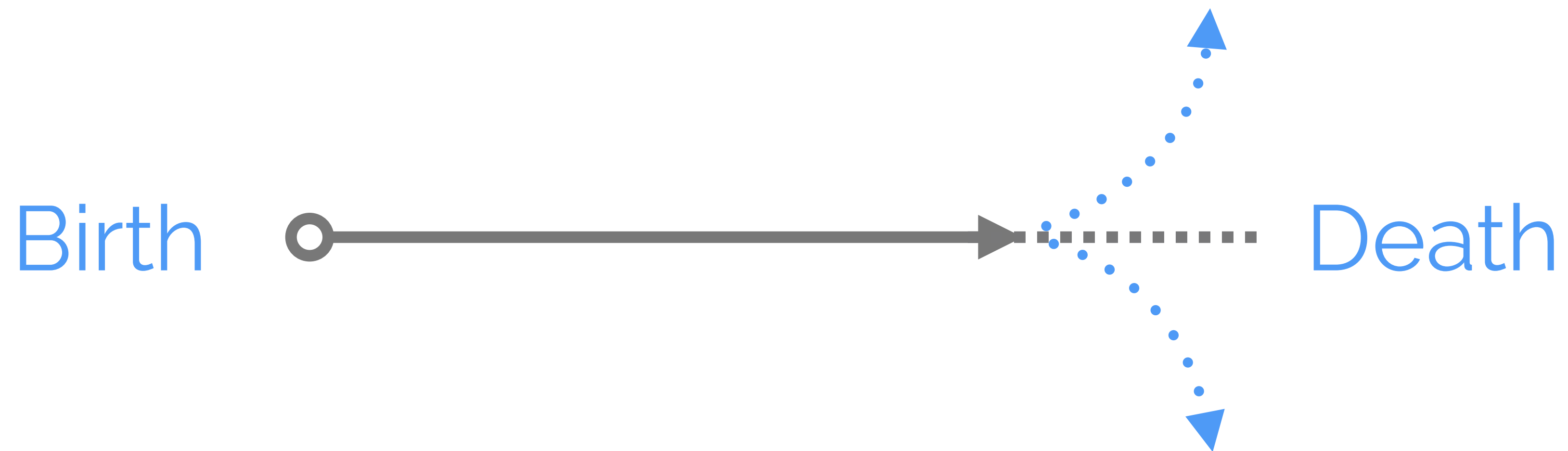


Five Centers



The Line of Being

Superior Levels



Inferior Levels

Exercises

1. Every day, develop your **self-observation** from moment to moment.
2. At the end of each day, adopt a meditation attitude, and as if watching a movie, **review everything** you observed, both inside of you and outside of you. DO not change the facts of what happened: simply remember the facts of everything you can.
3. Write the facts of your day in your spiritual diary.