

MEDITATION ESSENTIALS 09:

# Imagination



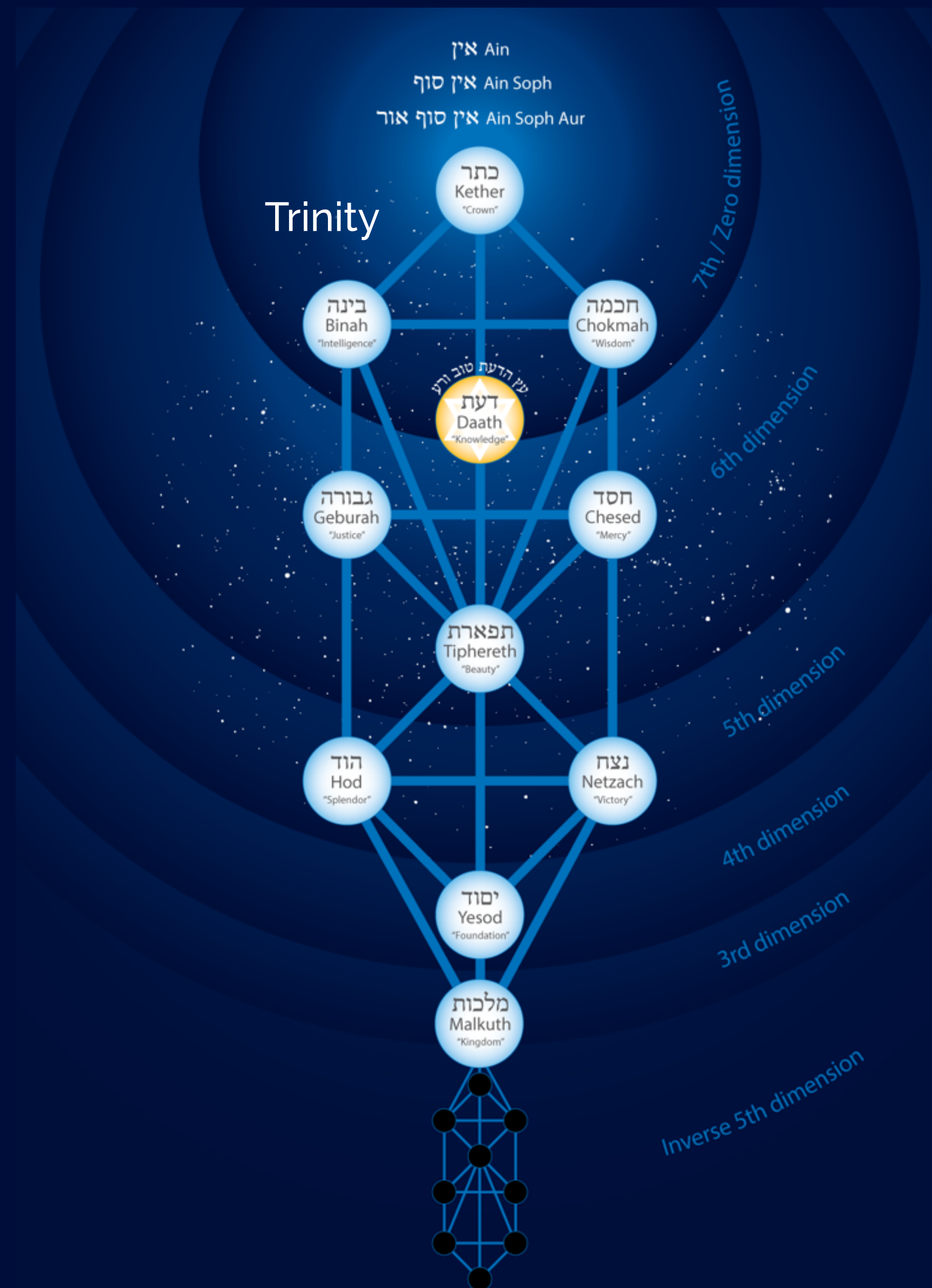
---

# Consciousness

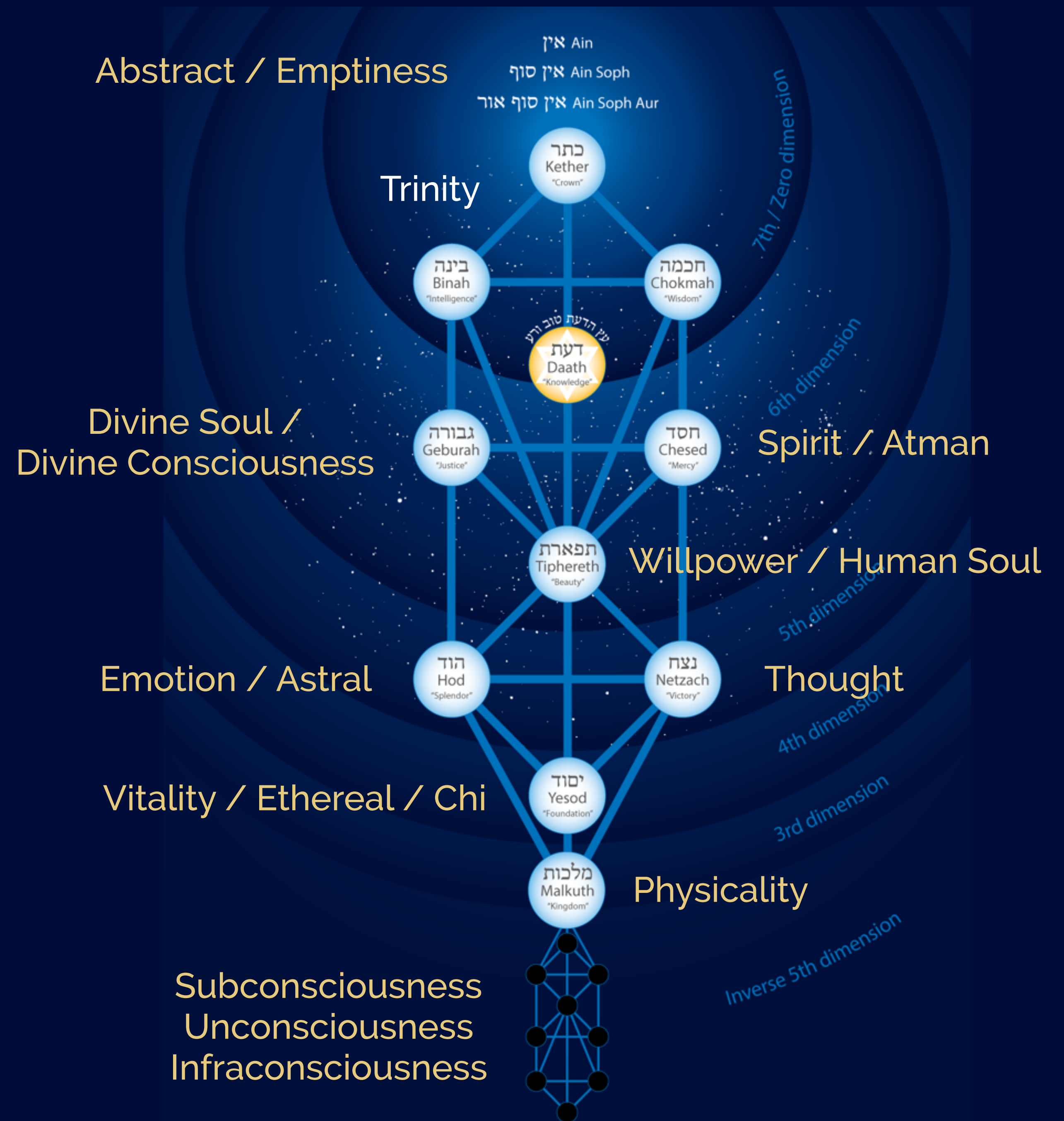
---

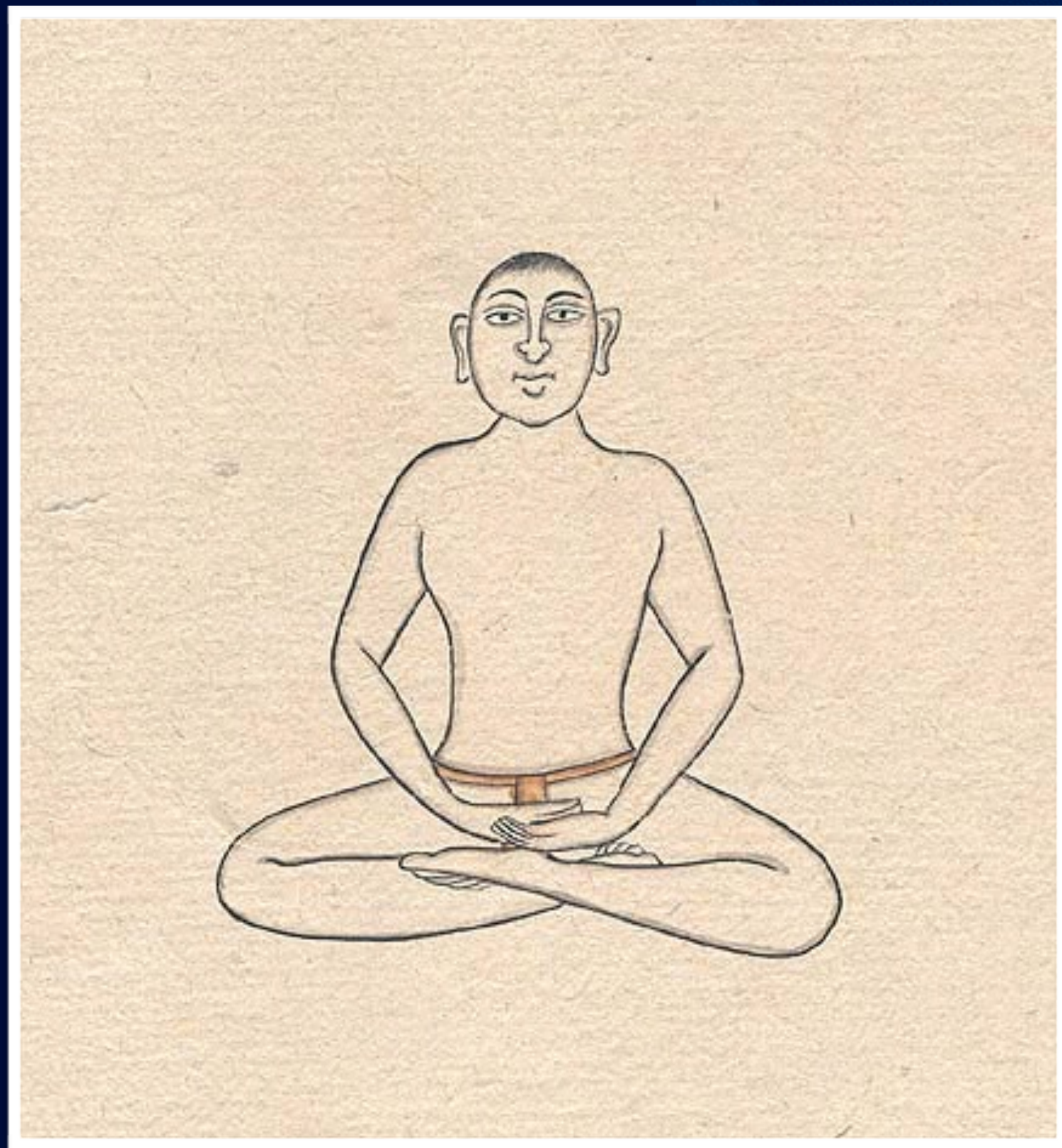
1. The **state of being** conscious; knowledge of one's own existence, condition, sensations, mental operations, acts, etc.
2. Immediate knowledge or **perception** of the presence of any object, state, or sensation.
3. An **alert cognitive state** in which you are aware of yourself and your situation.

# The Tree of Life



# The Tree of Life





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"

3rd dimension

4th dimension

5th dimension

6th dimension



# Concentration / Serenity

## Distinguishing features:

1. vivid intensity, intense mental clarity
2. stability, one-pointedness

Concentration + Imagination = Meditation

## Positive Imagination

Insight

Vipashyana

Clairvoyance

Conscious Dreaming

VS.

## Negative Imagination

“Spaced out”

Daydreaming

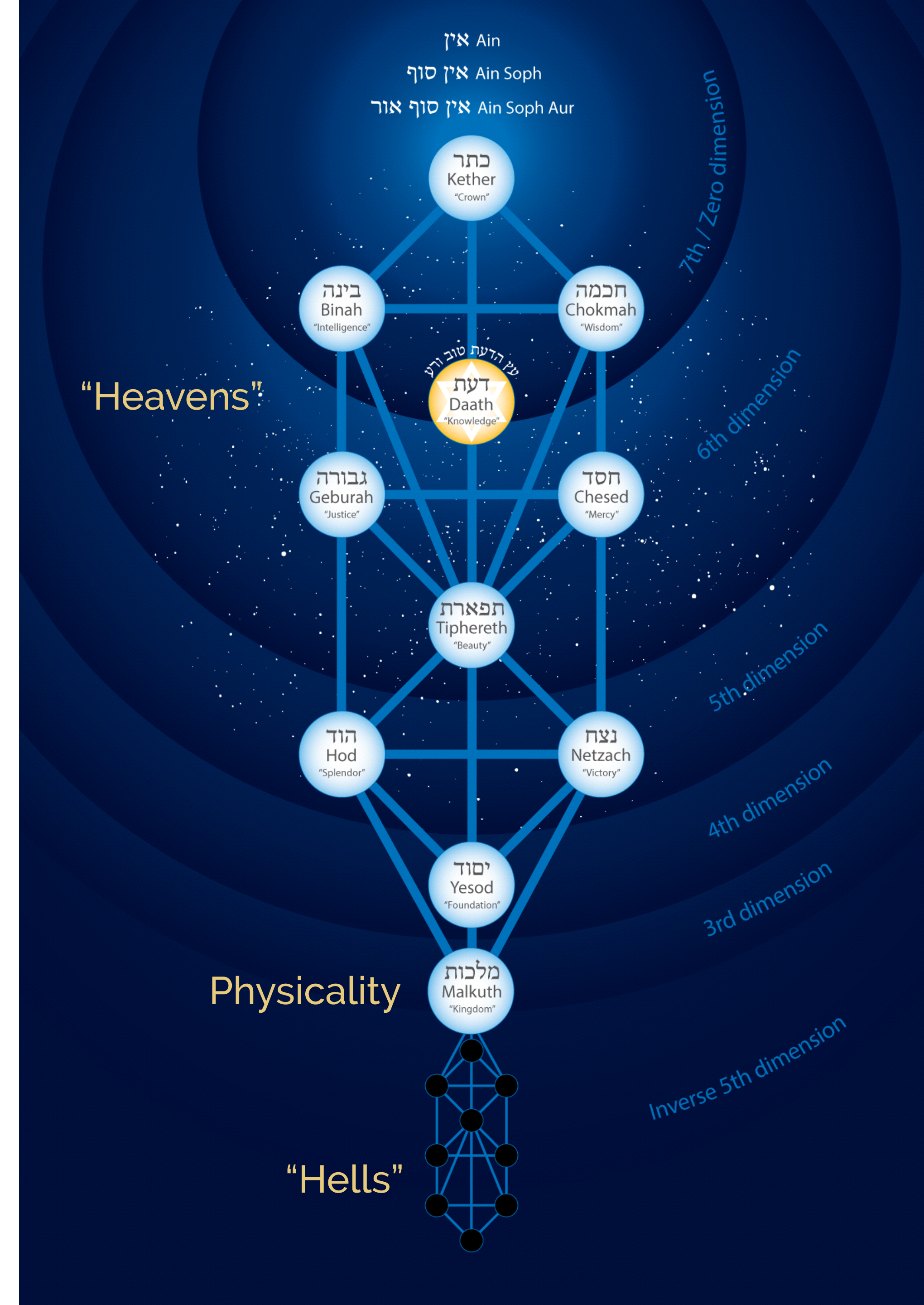
Hypnosis

Unconscious Dreaming

Nightmares

Positive  
Supraconscious  
Conscious

Negative  
Subconscious  
Unconscious  
Infraconscious



# Subconscious Imagination

Related with memories of past experience;  
form patterns in personality.



# Unconscious Imagination

Develops through frustration of desires.

# Infraconscious Imagination

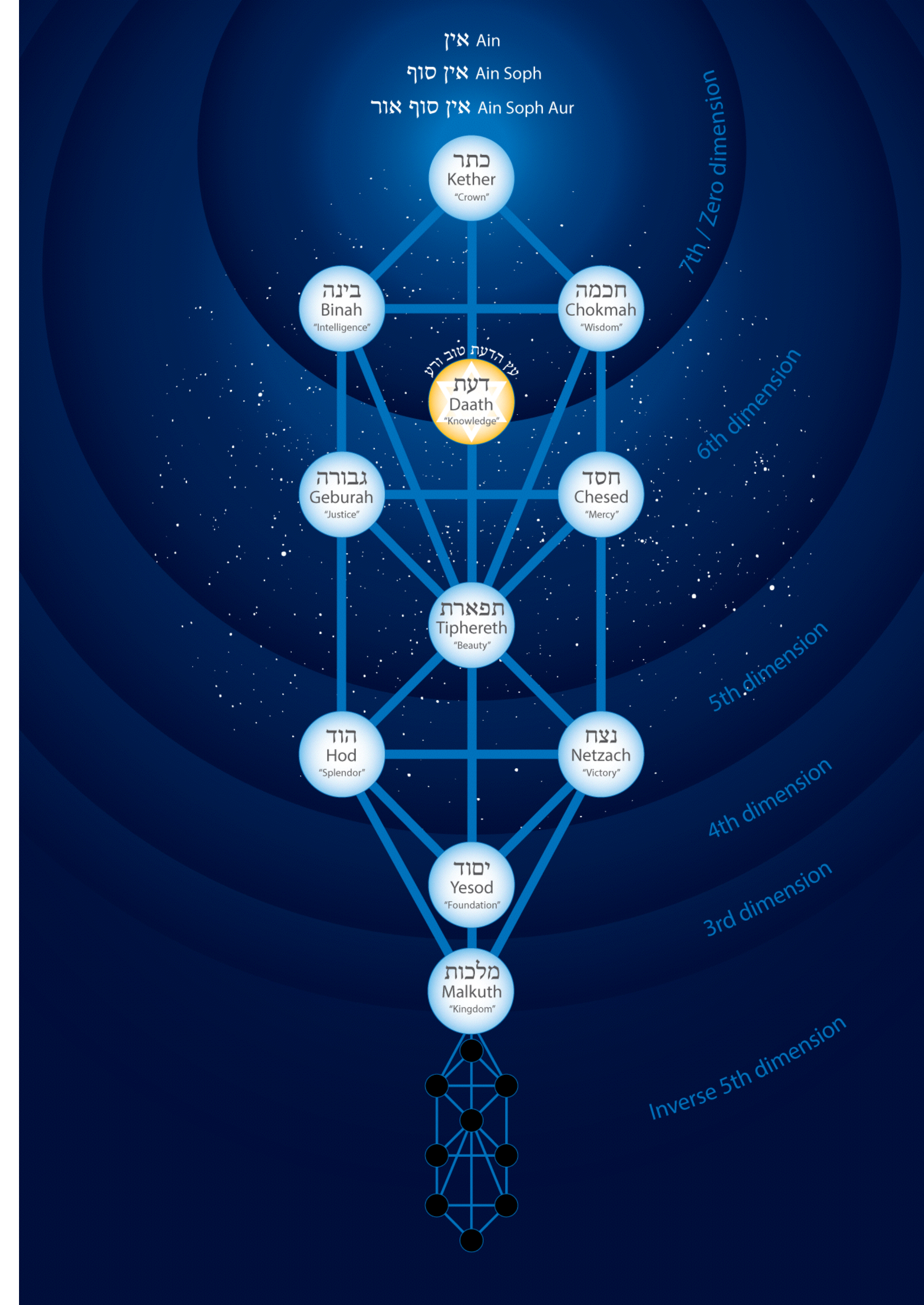
Deepest desires, traumas, and terrors of the psyche.

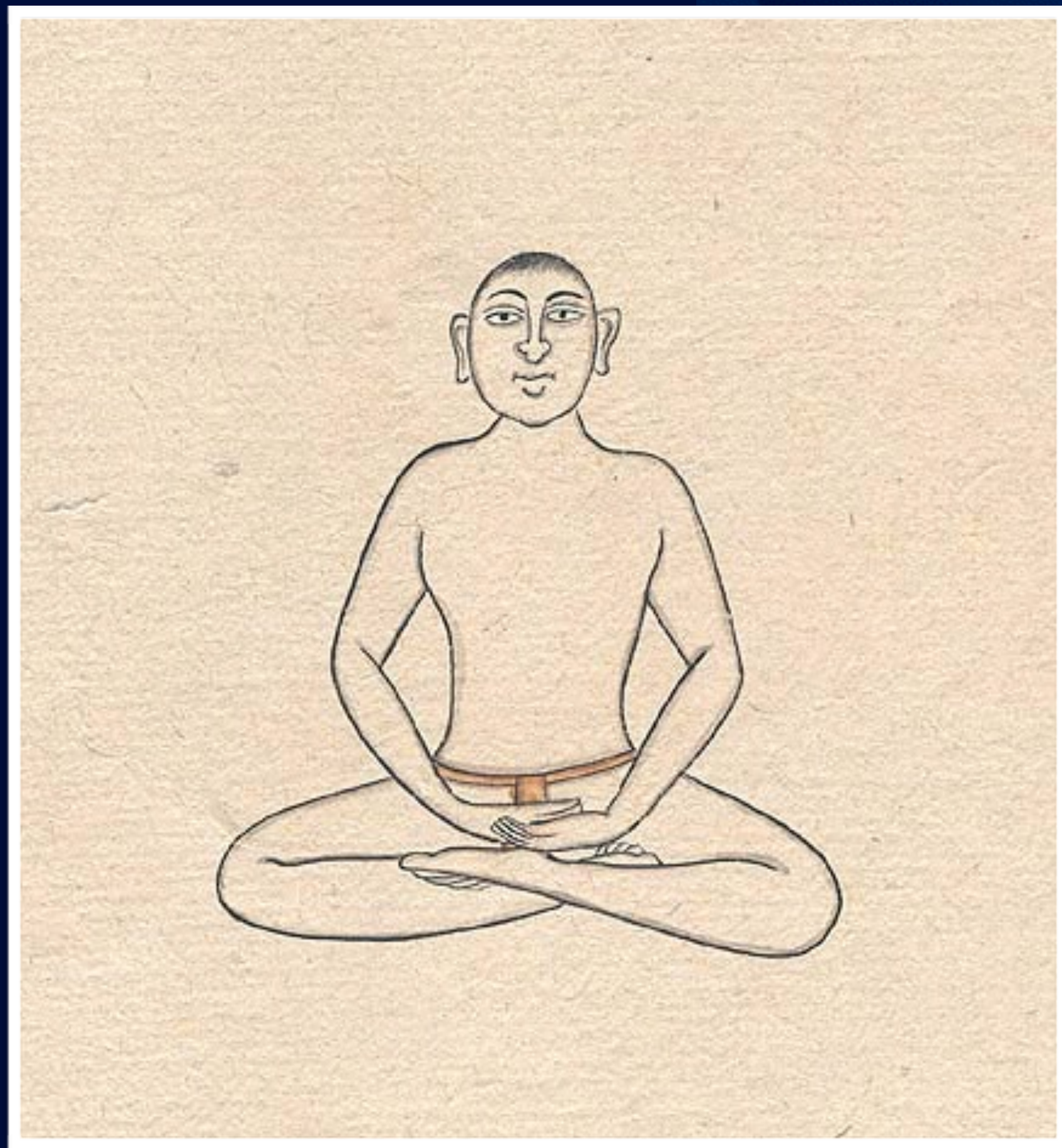
# Conscious Imagination

Perception of how something really is.

# Supraconscious Imagination

Perception of how something  
really is, in all of its causes and  
multiple dimensions.





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

# Exercises

1. Every day, as part of your **self-observation** from moment to moment, become aware of your use of imagination.
2. Every day, develop your **meditative visualization**. Adopt a meditation posture, relax completely, then focus 100% attention on your visualized object.
3. Write the facts of your day in your spiritual diary.