

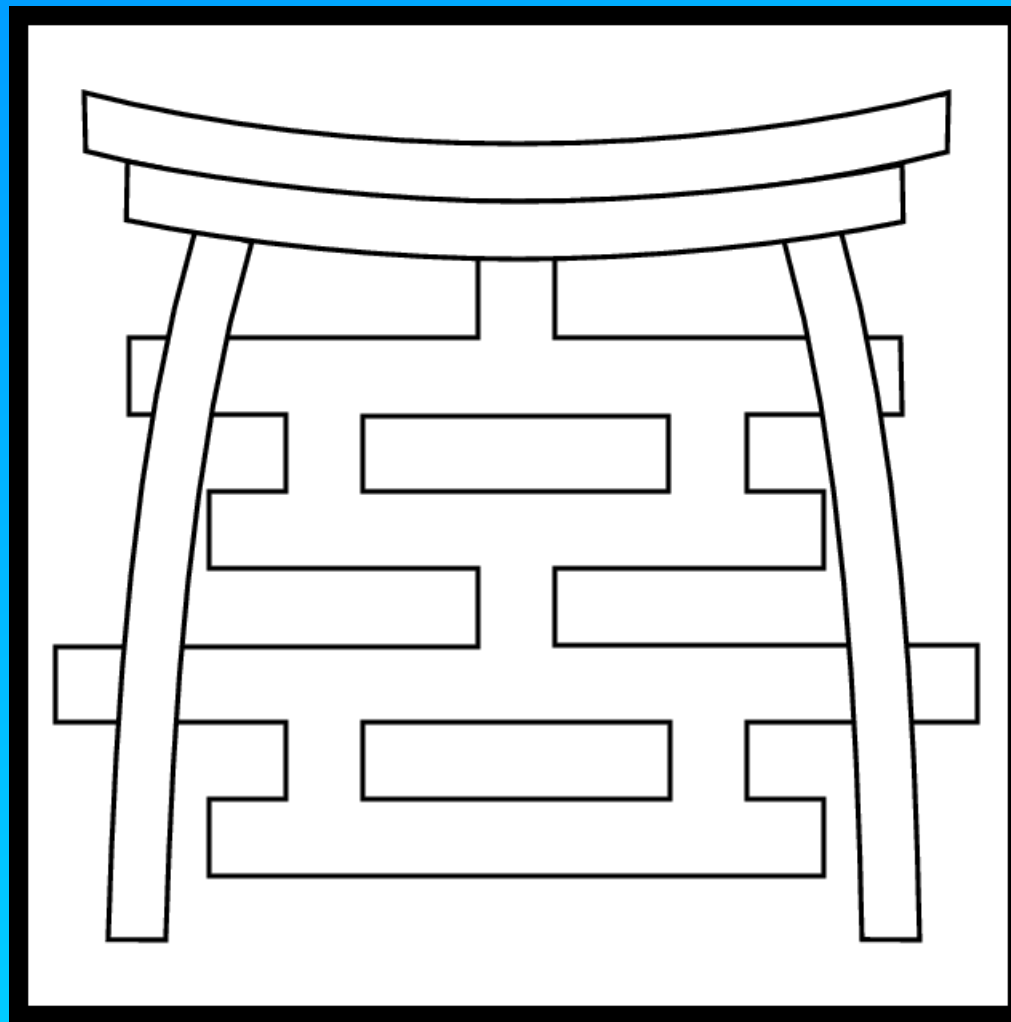
# Meditation

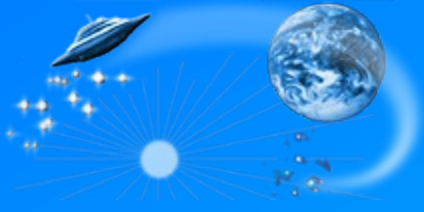
German (Meditation / Versenkung)

From the book “Introduction to the Meditation”  
 (“Einführung in die Meditation”)



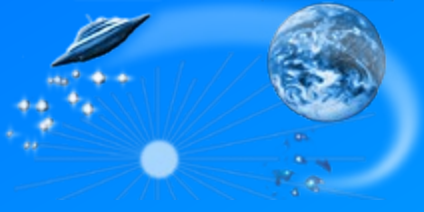
# Symbol Meditation/Versenkung





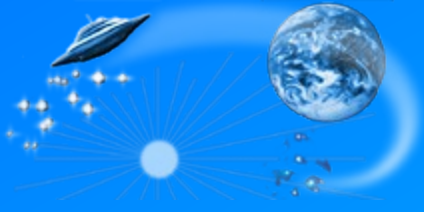
# Meditation

- Origin: comes from the old Lyran word “Meditatia” that means “contemplation discovery”, German (Versenkungs-Ergründung)
- Meditation is a contemplation, in which you are no more aware of yourself, but only aware of the meditation object.
- The precondition of the meditation is the concentration



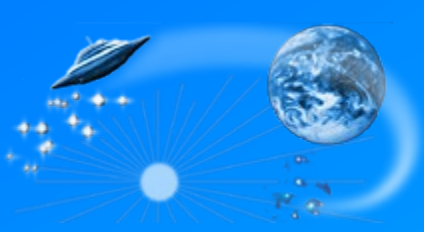
# Concentration

- Will and concentration
  - Will the ability to decide to do or not to do something.
  - It prevents from doing the concentration when used during the exercise.
  - The will is only necessary for deciding to do the meditation not more.
  - The will is also the cause of some prejudice.



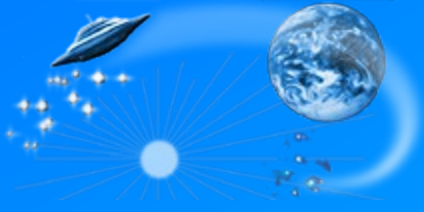
# Concentration

- Precondition of the concentration is passivity of the consciousness and the body.
- Using the will during the concentration prevents from continuing it, because of the thinking.
- Will and concentration have nothing to do with each other.



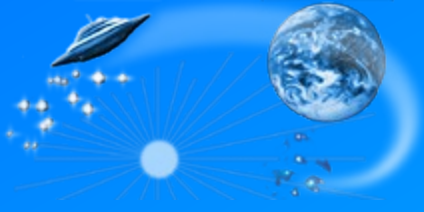
# Concentration Exercise

- The candle
  - Put a candle on a table one meter away from yourself.
  - Look at the under edge of the flame.
  - During the contemplation think of the word sun
  - The first day, do the exercise during 5 min and everyday increase the time of 1 min.
  - When you reach 12 min, you only concentrate during the 6 next days on the under edge of the flame without any thoughts.



# Concentration exercise

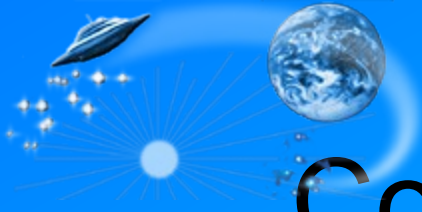
- The candle
  - After the 6 days you increase the time to 15 min and during the concentration on the under edge of the flame, you think of a red rose (or a golden one), that you contemplate in your imagination.
  - The exercise should also be done during 6 days.
  - After that you can do a “wish dream” during the 15 min.



# Concentration exercise

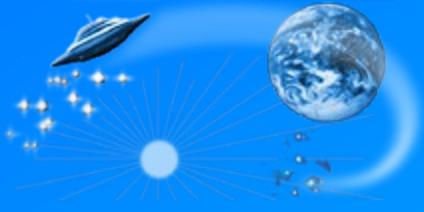
- The crystal
  - Same exercise like with the candle
- You can adapt the exercises to your own needs





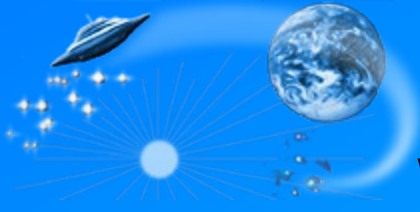
# Concentration and Meditation

- Through the concentration you can turn off the disturbing factors which prevent you for doing the meditation
- You can only reach the inner silence if you turn off the force of the material consciousness.
- You should not fight with the reason (mind) or do some consciousness exertion (using force).



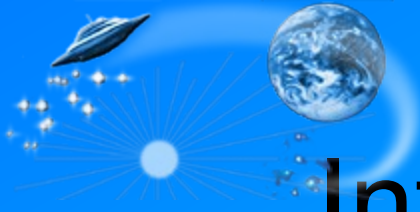
# Meditation

- Obstacles to the practice of the meditation
  - Prejudice
  - Resistance against new and unknown things
  - Impatience
  - Holding on outdated school knowledge
  - Indiscipline
  - Superficiality
  - Belief



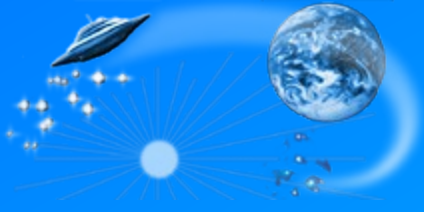
# Wrong Meditation Forms

- Suggestive meditation
  - Self-influence meditation
- Euphoria meditation
  - Self creating well-being state
- Coué Method
  - Only people with no psychic problem may use it
  - On psychic weak people, it can cause the psychic destruction of the person
  - The subconsciousness work extreme logicaly. The expressions like: “I feel better, better, better” or “away, away, away” are interpreted as “I feel bad, I am ill...”



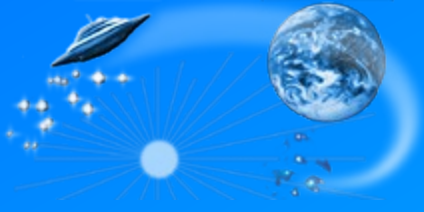
# Introduction to the Mediation

- Meditation is important for creating an equalized state in one self
- Through Mediation the human being can learn some ability:
  - Telepathie: the ability to send and receive thoughts
  - Telekinesis: The ability to move objects only through consciousness forces
  - The ability to send the consciousness sensors through space and time (consciousness time travel)



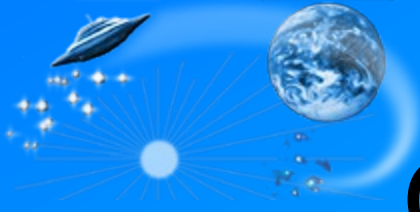
# Meditation

- The meditation is connected with some efforts
- It is important to learn the concentration-meditation first.
- The concentration-meditation creates a “clear sight” (german: Klarsicht).
- At the beginning it is unavoidable that some “Foreign thoughts” come.



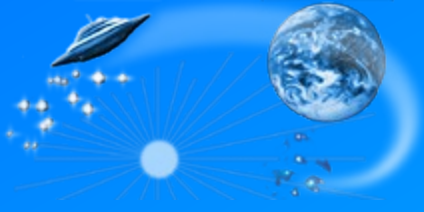
# “Foreign thoughts”

- “Foreign thoughts” are own thoughts that are not meditation-related.
- It is advised to not fight against “Foreign thoughts” .
- When you have foreign thoughts you can just turn back your attention on the meditation object.



# Concentration-Meditation

- Contemplation on the breathing
  - Concentrate on how the air flow through the nose
  - How it touch the side of the nose
  - Keep the attention on this process



**Thank you for your Attention!**

**Salome!**