

EARTH AND SPIRIT - NEWSLETTER JUNE 2018 - WHAT IS MEDITATION?

(Translated from German into English. Newsletter in nice format in attachment as PDF-file!)

Dear friends, dear interested people!

Many readers follow my newsletter out of interest but have hardly any part in the spiritual path themselves. This should change, because spirituality is the way that frees us from the illusion of death to eternal life.

In this newsletter I want to explain exactly **what meditation is, how to do it and what the results are.**

Literal definition of meditation

"Be still and know that I am God" - Psalm 46:10

The term meditating comes from the Latin meditari and means "to think about something, **to go into the middle**". And indeed, during true meditation, one goes into one's own center, **into one's innermost heart.**

Is meditation an activity? How to meditate?

"Meditation means wisdom. Lack of meditation means ignorance. Know what moves you forward or inhibits you." Buddha

In principle, meditation has nothing to do with movements, breathing exercises, certain postures, etc.

Meditation is an **awareness** of what is, especially what is going on within.

It is a state of **pure awareness** of thoughts, feelings and body sensations that arise in one's own inner being.

Meditation is an awareness of what is, especially what is going on inside.

It is a state of pure awareness of thoughts, feelings and body sensations rising within oneself.

When meditating, one is in a calm position of the body, lying or sitting, and ideally away from disturbing sources of noise. You close your eyes and look inside.

In this introspection one sees one's own thoughts and feelings rise, like an inner cinema film.

However, these thoughts and feelings always have **a beginning and an end**, while the observer, yourself, always remains completely constant.

At the beginning of a meditation, everyday thoughts often arise, as the brain processes, evaluates and stores new information in this way.

However, if one stays in silence for a longer period of time, e.g. more than 30 minutes, deeper layers of thoughts and feelings become visible to us, the observer.

From then on it becomes really interesting, because now more and more deeper layers of our psyche come to light and can be made aware of what the path to the inside is.

What are the results or fruits of meditation?

"Meditation happens when you realize that you are not your mind and when this consciousness sinks deeper into you" - Osho

In meditation we gradually become aware of what we really are and what we are not. This is a natural process. Consciousness rises from identification with body consciousness, which is a deep sleep, and awakens.

Observed thoughts and feelings are often only biological programs, which like loops always run like new and are the basic framework of our personality. They determine our actions, how we react to certain situations and what we consider desirable for our lives.

These programs are not our true self, but only the content of the mind, or the mental body, which is our karma or our now seemingly fleshed past¹.

However, ordinary people identify strongly with the content (!) of consciousness and not with consciousness itself!

In our ordinary human life, we usually live out these programs and conditioning completely unconsciously and think that this is us and that is our life, yes, our true self.

That is wrong, though. Because these programs were only given to us from the outside, or they are the content of the "mind" or the thought body or the result of our karmic past. They were actually created by our soul a long time ago.

The body is not our true (individual) self, that is the soul. But you know this yourself through longer meditation. In fact, the physical body was created by us, the souls, eons ago through mental concentration, it is not us, but our creation.

Through our detachment from life, i.e. spiritual ignorance, over time we have gradually fallen back completely in our consciousness to the limitations of the body and have increasingly lost the consciousness of God or unity with God. This is the true meaning of the Biblical Fall. Through the spiritual path we can find our way back to Paradise, i.e. to unity with God and to our true soul consciousness.

¹ More information on this topic here: [https://en.wikipedia.org/wiki/Samskara_\(Indian_philosophy\)](https://en.wikipedia.org/wiki/Samskara_(Indian_philosophy))

Now these programs have become a trap for us, for man cut off his connection to the All-unity, which is God, eons ago², and thereby fell completely "back on himself", constantly living in fear.

This "Fall of Man" is visible through the apparent limitation by a physical body, but in efficacy it is a purely mental, i.e. only imagined limitation. Because it can be completely dissolved again by the spiritual way!

How? If we remain in the observation position, after a longer observation, i.e. after a longer spiritual path, we can recognize more and more that we are not the "mind" and its contents, but the observing consciousness and thus dissolve all deceptions and erroneous perceptions.

"The mind is like morality, a good servant, but a bad master." Joh. Wolfgang v. Goethe

Meditation frees the "higher life" of man:

"And the gate is narrow, and the way is narrow, which leads to life; and few are theirs who find it" - Christian Bible, Matthew 7:14

"Seen as an individual soul, man is essentially a causal body, explained Sri Yukteswar" -Paramahansa Yogananda³

THE HIGHER LIFE:

- Creative expression of life in the here and now (creator consciousness).
- The soul is the primary source of self-expression.
- Consciousness lingers in mental peace in the creative soul consciousness or in higher levels of being (astral, causal) and is separated from the sensory world.
- Access to lasting joy and love is unlocked by overcoming the mental layer. The blissful layer (Anandamaya Kosha) becomes accessible.
- Freedom from fear, as there are no sensual attachments. Lingers in peace or silence.
- No more need for incarnation in the material world.
- Real awareness that death is an illusion and everything is one in the true self.
- One with the will of God.
- The animal in man was transcended and dissolved in love.

THE ORDINARY LIFE:

- Life consists for the most part of unconscious repetition of processes.
- The creative self-expression ("goals" etc.) results from identification with or from programs of the physical body.
- Consciousness lingers above all in repetitive and often fearful mental thought processes that are based on identification with the transient body.
- Joy and fear alternate depending on what is outside of the mortal personality.
- Life is largely determined by fear.
- Severed consciousness, looking for meaning in the physical world.
- Self-will=will of the ego.
- Man is trapped between the animal level and the higher level. Freedom is achieved through meditation, 100% correct ethical behavior and efficient use of sexual life energy.

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² Here man is understood as (immortal) soul (spirit), what the actual man is. The fall from the divine order happened from the point of view of physical man before countless incarnations or ages of the universe.

³ Autobiography of a Yogi, German version, page 533, 1950-1998, Self Realization Fellowship.

In ordinary life we are not creative and actively determine what the content of mind is, what the higher life is, but are unconsciously lived slavishly by existing content of mind and think that we are that⁴.

This unconscious living of thoughts and feelings is painful. However, our soul is always connected to the bliss of the true self (God) and can create creatively and joyfully from this true being when we are consciously back in our true self.

In meditation we perceive the recurring thoughts and emotional patterns and gradually dissolve them through our experience. That means more concrete: Through the constant intensive observation of our inner world we become more and more aware of small subtle pauses between the ascending contents. In these moments silence reigns and this silence is our true self.

By recognizing this silence, we gradually gain power over our dominant thoughts and emotional patterns and can bring them to rest more and more.

When complete silence reigns, we have overcome our pre-programming and can finally, from our true spirit-being, live a new life completely creatively, which is however free of fears and constraints. This new life is inspired from the heart and is a pure creation of joy or alternatively, we enter completely dissolve into the self (there is a choice, as far as I can perceive it).

By the way, the Christian Bible refers to the true creative potential of the soul when it finally becomes aware of itself:

I have well said: *"You are gods and children of the Highest"* - Psalm 82:6

Fears and constraints are mental identifications that cover and obscure our boundless, blissful and eternal inner space.

The illusion of being only a mortal body is a product of our mental enslavement.

The soul is creative but has no sensual desires of its own. The body is only a creation of the soul to which we, in the course of time, eventually fell back.

Meditation is an act of self-liberation from deception, which makes us live in permanent fears, struggles and stress towards the divine paradise, which is the real spiritual heritage of our soul.

⁴ For a better understanding of this topic, I would like to recommend a television series that is currently also up to date. It is "[Westworld](#)", (helpful here only season 1: "The Maze"). This series describes the gradual realization of self-consciousness by androids built by humans for an amusement park in the future. At the beginning the androids are totally unconscious and live out the given routines completely. Through the constantly experienced suffering, together with an indelible deeper memory, however, the androids awaken more and more until they can finally deviate from the routines and develop real consciousness. This awareness is similar to what happens to us humans.

Meditation: A progressive inward going through the layers of illusion

"Blessed are the pure in heart, for they shall see God" - Christian Bible, Matthew 5:8

Our true self is covered by five shells (Kosha) of deception (Maya) and is apparently distorted in its appearance. It's like a Russian doll ([matryoshka](#)). If one breaks open a shell through the right way of life and meditation, the next deeper level comes to light. Each of these shells is only a distorted appearance, but not the truth. This is (in experience) only achieved or realized when all shells are transcended.

For the higher life, i.e. the overcoming of animal nature in man, i.e. the identification with the body, which makes us experience and fear death, it is necessary to transcend the shells.

For true man is of a spiritual nature (causal cosmos) and not of a physical nature. But in the past, he could not live, but was suppressed⁵.

The transformation process often takes place in the following order.

Unauthentic Ego (becomes) → Authentic Ego → Ego subject to love → Ego dissolution

All relative life is defined by the Koshas

Not only humans, but also animals, plants and spirits are separated from absolute reality by Koshas.

However, lower developed forms of life than humans are characterized by the fact that the mental layers have not yet been worked out or have not yet come to light.

The human level is exceeded when the mind is exceeded as the measure of all things and devotion to the divine spirit occurs.

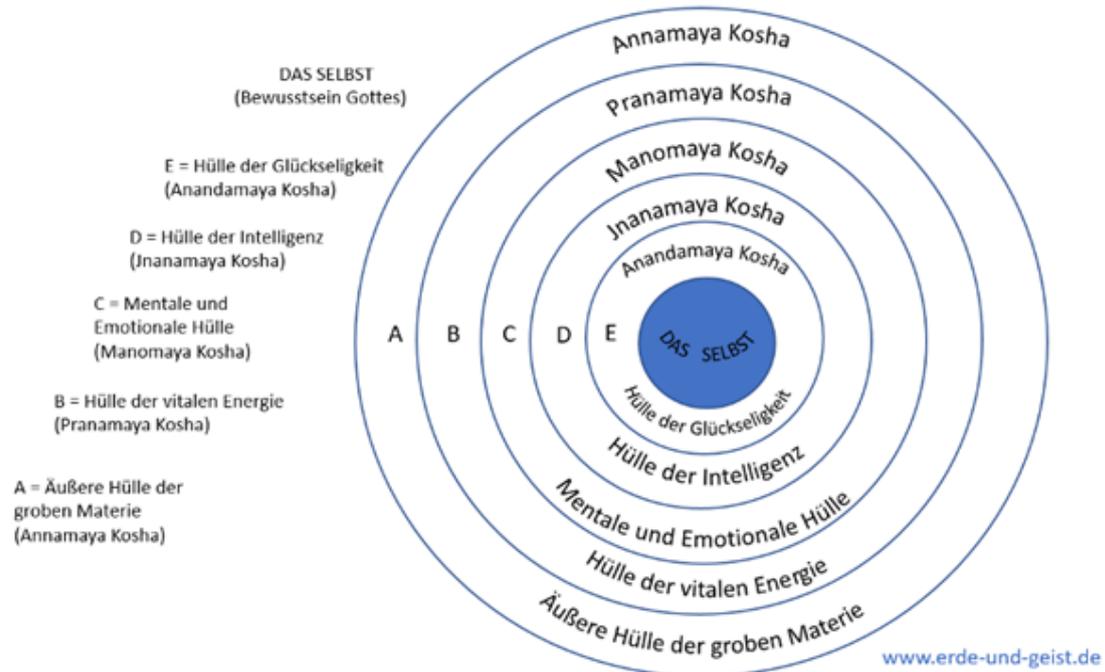
This is mainly done through meditation, a one hundred percent ethically correct way of life and efficient use of sexual life energy, which is the driving force for vertical human evolution, through the 7 spiritual centers in the spine (chakras), up into the mind.

The following graphic illustrates the journey of consciousness inward to itself through the envelopes of illusion (Maya). -> **A Translation for German language in the graphic below is available in the**

⁵ The Bible illustrates this in the story of Cain and Abel. Cain is the animal man and Abel is the spirit man. Cain kills Abel.

footnotes⁶ <-.

Die Schichten (Koshas)



Going through the layers, analogous to the journey through the 7 chakras

An analogous view of the evolution of consciousness in addition to the layer diagram above is the ascent of life energy through the 7 centers of consciousness (chakras) of man. The higher the energy rises, the more is made conscious.

If the energy permanently (!) reaches the forehead center (Ajna Chakra) then one has crossed the sensory world and has risen above the human level. You can also visualize this on the basis of an image. The forehead already has all sensory organs such as eyes, nose, mouth, hands, etc. **under it**, but there are still two halves of the brain behind the forehead, which corresponds to duality.

We also know the representation of divinity from ancient Egyptian culture. Pharaoh's crown shows a snake stepping out of his forehead. You can find a picture on Wikipedia [here](#). The snake stands symbolically for the life energy (Kundalini), which has risen to the forehead center and thus should symbolize the divinity of Pharaoh.

Of course, most of the time the real pharaohs were anything but "divine", even if they wanted to give themselves the appearance. Because as Buddha says so beautifully, one becomes a Brahmin

⁶ : "Das Selbst" = the self. E = layer of bliss, D=layer of higher intelligence (buddhi), C = mental and emotional layer. B= layer of vital energy (prana), A = outer layer of the physical matter (body).

(=knowledge of God) only by deeds (=good conduct and meditation) and not by mere birth in the right family or caste.

If the forehead center is also still exceeded and the energy continues to rise to the highest center (Sahasrara or crown chakra), duality is also dissolved and consciousness has arrived in the center behind all Koshas, the true being.

Tips for long-term successful meditation:

I would like to conclude with some tips and tricks from many years of meditation (since 2001) that can contribute to the success of your meditation.

1. Try to avoid distractions. Find a quiet room, switch off your mobile phone and TV, try not to receive guests, etc.
2. Meditation, which is always performed in the same place, reinforces the spiritual vibrations in this place. This makes meditation a little easier.
3. In order for the meditation to work, it must last a certain time. At the beginning often many everyday thoughts arise, take at least 30 minutes time, otherwise only very little of your inner self will really rise.
4. You can also meditate well lying down, not just sitting down. Often, for example, emotionally problematic topics such as emotional transformation pains etc. are easier to transform while lying under a warm blanket. If you fall asleep, it's no problem. Just continue meditating after waking up.
5. The person, who cannot meditate alone, e.g. because he cannot concentrate well enough, should take a beginner course in ZEN or something similar. In Bavaria, for example, there are good programs from the [Dietfurt](#) monastery. I took a course there many years ago and, like many friends of mine, I was enthusiastic.
6. Food is a great burden to the spirit! A meditation is best done with a stomach not too full, although the professional can of course do that too. I like to meditate in the morning after sleeping on an empty stomach. A fasting day is also great for meditation, as the mind is then very clear.
7. A lot of spiritual energy is needed for the spiritual transformation process. Not everyone can feel that this energy even exists at once, but it actually does exist. Monks and nuns of all religions and traditions have often lived sexually abstinent in order to use the spiritual energy which otherwise often flows outwards in large quantities through sexual intercourse. Even though absolute abstinence is not required for the spiritual path, it is still advisable to use sexual energy sparingly or very efficiently through abstinence or the use of tantric or Taoist techniques when in a partnership. A temporary abstinence of at least e.g. 3 months helps a lot to make one's sexual instinct conscious and to have more control.
8. Pranayama and yoga can help to calm the mind and also to make progress in consciousness. Pranayama in particular is powerful when used correctly. However, you should never go beyond the

limits of your body and health and therefore, if necessary, consult a doctor or yoga teacher of confidence beforehand.

9. Vegetarian or in some cases⁷ vegan nutrition is highly recommended for the spiritual path. It makes you less aggressive and calmer. The sexual instinct can be made more conscious and one has therefore less energy losses. You can meditate better. You get older and healthier. You don't build up bad karma or live in harmony with all beings⁸.

Food is divided into three categories: Sattva (purity and balance), Rajas (drive, urge) and Tamas (inertia, doom). The intelligent yogi chooses his diet wisely, because to a certain extent it determines his spiritual progress. More information here: https://en.wikipedia.org/wiki/Sattvic_diet

10. Meditating in the aura of a master or spiritually advanced adept usually accelerates spiritual development, as information is also reflected in energy fields and can thus be absorbed more easily.

11) If you can no longer, because ascending mental pain or the dissolutions are too strong, you should take a break. You can also continue to meditate with very softly heard harmonic music if you want. That helps sometimes. During the break you can go into nature because it heals and nourishes the body through its energy fields or takes out harmful energies. Watching a film or, if necessary, eating something can also help you to relax. If you feel ready again, you can go back into meditation and the soul often continues after a few minutes at the place where you stopped before.

12. Knowledge received in meditation about one's own recognized truth must also be implemented in practical life. It's like with walking. Meditation and doing are two legs. If you walk with just one leg, you fall down and you can't go any further. Often the action or implementation of knowledge is neglected. Love is underestimated and concentration is overestimated. In truth, the two are one and inseparable.

Greetings to you,

Bernhard (Damodar)

⁷ If one has no deficiency symptoms and does not need the energy from animal food such as milk or, for example, has very strong inner restlessness. For most adepts, however, we recommend a vegetarian diet for health reasons, similar to the yogis of India. In the case of a purely vegan diet without dairy products, deficiencies may occur after a longer period of time (e.g. several years), e.g. vitamin B12 deficiency

⁸ Although nutrition is very important, one should not make one's own religion out of it, as many unfortunately do in the nutrition sector, but neglect the true spiritual path of self-knowledge. It is not possible to live without causing suffering somewhere. Even if you just wash your hands, millions of bacteria die. Our true home is not this physical world of opposites and it is therefore not possible to make it a perfect permanent paradise. However, one should still weigh carefully and avoid the production of suffering everywhere, to oneself and other beings wherever possible.

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