

CHAPTER 5 to *ENGINEERING YOUR SPIRITUALITY*
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MEDITATIONS

And so, we have progressed to a topic that, by many, is thought of as too deep, too hard to accomplish, too time-consuming and primarily Eastern: Meditation. Not so, to these and all other objections and rationales for not becoming more involved in meditations, can be seen from Chapter 4, on "Energy Techniques."

First, what is a meditation? It is simply a tool for attempting to get in touch with our inner beingness, God, the universe, or whatever else of the "unseen world" we might want to receive messages from, or interact with. It is also a very powerful tool for self-improvement and spiritual development. Prayer, on the other hand, is generally used to ask for something from those same sources, but primarily God, without an expectation of an immediate answer (not including many who ask for a "sign" as a response of their prayers). Many people pray, but not so many attempt meditations, often because of the "reasons" mentioned previously. However, those that have already practiced some of the techniques mentioned in the previous Chapter on energy, have, in fact, been practicing a short and very powerful form of meditation. In this Chapter, I simply address the more conventional forms (including TM), attempt to dispel some illusions of this approach to spiritual development and then provide a very powerful meditation that I have found to be extremely effective. Above all, I want to stress that there are no set rules for meditation (reference our Universal Introduction/Background for Books 2 through 11 at Buddha-consciousness.org).

GENERAL

First, every religion and philosophy has its own "form" of meditation, whether Buddhist, Christian, Hindu, Jewish or Muslim. Also, there are a large number of very good and detailed published works discussing both "how" to meditate and the benefits, such as Goldsmith(1). One quotation is very worthy note from this work: "There are many forms of meditation leading to the awakening of the sleeping Christ within. There is no one way suitable to all people. Each person must ultimately find a way which appeals to his particular consciousness."

Another very good such resource was Hittleman's "Guide to Yoga Meditation(2)." Although this book strongly encourages the meditator to assume a yoga cross-legged position for the stronger meditations (which may be somewhat helpful, but not really necessary, as mentioned in Goldsmith's work, as well as our "Universal Introduction/Background"), short three-minute meditations are also addressed as in the previous Chapter.

These short meditations are done initially with the goal of improving the practitioner's concentration, but then move into the now-traditional life-force/prana/breath control. Additionally, however, there are very good discussions on what the nature of Reality is, with similar conclusions being independently presented in previous Chapters to this book.

A third such notable resource is "The Joy of Meditation," by Jack & Cornelia Addington(3). One of their strong contributions are some generalized categories for meditations, such as cleansing, creative, contemplative, healing, deep and guided. Unfortunately, the average person most probably has the mistaken belief that all meditations have to be DEEP, which can scare many away from the meditative path entirely. Hopefully a review of the last chapter can allay that misconception.

The Addingtons also discuss various effective mantra meditations (one of which was just discovered as this material was being written as being the same as had been independently presented to this author and his wife years ago as being a particularly effective approach: "Peace, Be Still," as later presented) as well as presenting the "revolutionary" concept that a meditation can be accomplished even while waiting for traffic lights to change!

The reason the word revolutionary, above, is in quotes, is because I had independently found that this was quite possible, yet effective, about ten years after their book copyright. The main difference was that I was using light meditations for this purpose as presented in Chapter 4, rather than a mantra. Understand, however, that this is NOT a recommendation to use traffic lights for such a purpose, just because someone MIGHT have been done it at another time! :-) Now, where can such meditation ultimately lead?

One of the best and most authoritative set of books I have found in Western culture on the process and the results were written by Bernadette Roberts, entitled "What is Self?(4)" and "The Path to No-Self(5)." Although these are relatively "deep" works to get through, I can attest that the experiences that

Roberts describe are definitely on the mark. However, one key quote from her Preface to her second book sums up much: " ...I have discovered that those who can identify with certain experiences do so regardless of the terms used. When it comes to communicating experience, semantics is not a true barrier, the true barrier is never having had the experience."

In general, with these book discussions, I simply want to emphasize that meditating is not all that difficult, yet the benefits can be downright fantastic and life changing. In addition, the approaches or techniques being used can be extremely flexible, and can even be limited to viewing personal color, as presented in the last Chapter. Also, if someone is having trouble getting started in meditations, the previous Chapter's exercises on centering or chakra alignment can be very good starting points.

TRANSCENDENTAL MEDITATION™ or TM

It is difficult, today, to address meditation techniques without also mentioning TM. TM, introduced by Maharishi Mahesh Yogi in 1957, is now actually composed of more than just the Transcendental Meditation™, but includes both the Advanced Techniques of the Transcendental Meditation™ and The TM-Sidhi™ Programs.

There are, of course, a few detractors and "debunkers" of this technique, some of whom were also TM participants and even instructors. Claims of this technique in popular books(6)(7), along with claims of scientific supporting evidence, include increased happiness, reduced stress, increased intelligence, increased creativity, improved memory, improved health, reduced high blood pressure, improved relationships, increased energy, reduced insomnia, reversal of biological aging, reduced crime and improved quality of life in society.

Now, I have yet to see the raw data and questionnaires that constitute the scientific supporting evidence and, from my engineering experiences, as well as widely advertised concerns about questions for subjective data acquisition, I would be somewhat cautious about the objectivity of that evidence.

Also, it has been my experience, as well as testimony from a preponderance of the literature, that the benefits attributable to TM, and more (including considerably expanded insight or intuition, which, as Roberts notes in her 2nd book, is very hard for the working world to accept), are quite common for many forms of meditation when regularly accomplished. Additionally, however, there

have been claims on their website, as of July 2003, that are now, in my experience and opinion, bordering on both questionable and false areas.

What the TM movement has done right, however, is to (1) require that their meditations are taught with a tutorial oversight to ensure the technique is accomplished properly, (2) to bring an organizational concept to their movement and (3) to strongly encourage regular practice.

Now, I have been and will probably be a TM user and a supporter of the benefits. However, TM was and is designed primarily as a healing meditation and is quite expensive to initially learn or was when I "bought into" the technique :-). Additionally, in the long run, a regularly-applied spiritual meditation as I have included in this book (following), as well as those mantras highlighted in the Addington book will also, when applied on a regular basis, produce similar health results in addition to the strong spiritual development for which they were designed.

Was it worth it to invest in the TM process? At the time and for the reduced expense (this was provided by a "renegade teacher" that had some problems charging the full amount for the process) it was very much worth it. Would I do it again, knowing what I know now? That would be quite questionable. I was also not too well informed about meditation as I had passively participated primarily in guided meditations. At that time, my ideas about meditation were very much along the lines of the common Westerner and not very knowledgeable in this area. Today, the availability of knowledgeable meditation instruction is much greater and far lower in cost. From a personal reading by The Physicians (another set of guides coming through my late wife, Diane), on February 18, '95: "TM is specifically designed for stress release, but, because of deep inner beliefs, this effect may not be effective. The Peace Be Still meditation (below) arrives at stress release through a build-up of positive energy."

PEACE BE STILL MEDITATION

The peace that passes all understanding occurs in the stillness of your meditations, in the stillness of your heart and in your willingness to listen to the voice of intuition and Spirit.

What most of you miss is that peace always flows through you. Peace is within you, without you and is the center of your being. It is peace that is at the core of your soul and your heart. It is that which restores you, revives you and attunes you.

When you meditate on your personal color, when you see your personal vibratory rate (reference Chapter 4), you are receiving the message of peace and grace. For that moment you are living in infinity, in eternity, and you are living as a spiritual being. This is the broad framework that all spiritual concepts rest upon. Where there is that peace, there is order, continuity and the orderly flow of energy through all galaxies, through all beings and through all aspects of the Universe.

When we speak of setting aside that which troubles you, we are speaking of setting aside ego and mind, and knowing that the voice which constantly chatters at you is the voice of the mind. That is the voice of limitation, of living in your humanhood, which all of you must experience from time to time. To touch that part of yourself which is truth is to touch your deepest element... and that is peace. Peace is the basic truth of the Universe. God is not only love, God is peace.

Peace creates the void that the Universe fills. Not chaos. Not disarray. Peace creates the void that allows intuition, goodness and divinity to flow through you. Create that void in your meditation, knowing that you are not emptying or giving yourselves up, but that you are creating a space for beauty, peace and order to come into your lives.

Our (The Buddha Consciousness) choice would that, as you arise rather than as you retire for the evening, you meditate on peace in your lives and in the lives of others. In this manner, the most good can be done while you are moving about in your day. You can do this simply by closing your eyes and saying, "Peace, Be Still."

That is all that is needed and you have created a void, a space, you have opened your heart by this very simple technique. "Peace, Be Still" is, perhaps, your most powerful tool, for it is the fundamental basis that the Universe is hung upon. Scientists look for that answer, but they will not find it until they look within their own hearts, until they understand that light and energy are aspects of God and that peace is a living thing.

Understand this about peace: It is a living thing. As you create the void for peace, a spiritual understanding flows through you and emanates from you to benefit and bless every soul you touch. When you say "Peace, Be Still," you are activating a very powerful tool. You are saying "Peace, Be Still" to every fear you have and to every concept you hold dear. You are saying, "Peace, Be Still" to

every prejudice, to every anxiety, to every thought that is not spiritual. You are saying, "Peace, Be Still," and allowing the grace of spirit to flow through you, to bless you, to benefit you. This, then, becomes an extremely powerful tool. In that little sentence you have overcome many things.

If you can live in the moment and say "Peace, Be Still," you have achieved the greater advancement of spiritual growth that many struggle for. This can be yours simply by continuing to live in the moment and to give up your need to have expectations.

To live in the moment, to live in peace, to let the stillness of your soul, the beauty, truth and the exquisite order of the Universe flow through you, offering its peace, is a great benefit to yourself and every soul on the earth. Peace comes to you as an offering and as a living thing. It will permeate you, bring you above your present circumstances and allow you to act, not only as an instrument of grace, but as a benefactor to all whom you are touching each day.

And yes, 'Peace, Be Still' can also be used as a very powerful meditation (similar to the mantra technique taught in TM). One of the most important spiritual tools available to humankind is meditation. It serves many purposes and its value cannot be stressed enough. Meditation opens the pathways to spiritual evolvment and it increases your level of awareness, which, in turn, begins to lift you out of limitation. Truth is imparted during meditation and beauty in your life is greatly expanded. Above all, it teaches you to live in the moment as an expression of the God within.

This meditation is a very powerful, delightful and simple tool to use... and one that, used consistently, provides another shortcut to accelerated spiritual growth. This is not to negate other meditations, for there are many forms which, consistently used, opens your heart to your true nature. However, it has been our observation of those that have used this particular meditation, that it seems to pick up where others leave off and provides even deeper growth.

Since meditation is such an important aspect of your daily life, be certain of your technique. Learn to meditate from someone who can provide you with the initial experience of deep meditation and at the same time check your technique while you meditate. This ensures that you will be truly meditating, rather than merely being caught in thought.

Meditation should be practiced twice a day for at least twenty (20) minutes each time. Its consistent use brings about change in your life on every level and its benefits cannot be emphasized enough! So, live in peace, live from your heart and know that, as you say "Peace, Be Still," you are in the moment, you are in Spirit and you are in eternity. Pray for peace on your planet and good will to all.

Cautionary Note: From personal experience, the practitioner should be cautioned that this is an extremely powerful tool and is best combined with personal color, prayer or light and energy, since it is all designed to function as a unifying whole. Other meditations used with "Peace, Be Still," such as TM, may not provide the maximum benefit and sometimes even results, as in my case, in physical discomfort or disorientation. Therefore, my recommendation is that you use the tools in this book in flexible combination with one another and be careful of any "mix-and-match" attempts from different sources.

And so, from a mechanical standpoint, how do we do a meditation? Simply sit back, keep our feet flat on the floor, close our eyes and slowly keep repeating to ourself, "Peace, Be Still" (or another mantra of our choosing). As we keep repeating this phrase, we begin to "look inward," imagining that our eyes are looking in at ourselves. Why look inward? Because the answers we are after are really inside of us and have been all along.

When we are ready to "come out of it," we simply visualize an apricot grounding light (reference Chapter Four) and slowly open our eyes. Preferably, we don't worry about how long we have been meditating, because, as we and our bodies get use to it, many of the meditations will probably lengthen of their own accord. On the other hand, if we really are time-limited, we can keep one eye on the clock and bring ourselves around when "its time." Although this is generally not as effective an approach, this is an individual practice and we all have to work with what we have.

Also, remember the adage, "When two or more are gathered in my name..." If two or more are practicing (again, potentially with either the same technique or mantra), the process becomes even more powerful. While there is no way to scientifically prove this, we have been told by Spirit that the effects of such a group meditation may be exponential (in this case $n \times n$, or n^2 , where n is the number of people participating... and they don't have to be in the same place!)

MANIFESTING

As we had promised in Chapter Three, there is also a way to use both meditation and quantum theory for manifesting. Keeping the Chapter Three tips in mind for manifesting, i.e., positivity, clarity, intent, purposefulness, no contradicting beliefs (next Chapter), and energy/feeling, then we can also work on time projection. Taking a short break from living in the moment, we settle down, close our eyes and visualize our future selves in that situation we would like to create. We really see it, feel it, hear it and smell it, yet try not to define the details. The more of our senses that can witness this situation, the better. Stay in that future for as long as it takes to get a complete feeling of success.

Now let us bring that experience back to the present with us! In this way, we are forging a link between that future realization and the present, and, with repetition, we are establishing a strong bond with that experience, yet asking God to fill in the details.

WRAP

Is meditation absolutely necessary? Absolutely not. Meditating is not an absolute necessity. I have had the good fortune to know various quite spiritual people who, to the best of my knowledge, do not meditate on a regular basis, but they do ACTIVELY practice a NUMBER of the techniques pointed out in Chapter Three, sometimes without being aware of the fact.

However, meditation, at one level or another, is still close to being a requirement for spiritual development for most of us, including myself, at least until attaining Unity Conscious when Diane's guides, The Buddha Consciousness, said it was no longer necessary(8). And, when you throw in the potential for self-healing with energy and manifesting, WHY NOT meditate? Also, with the tips and techniques provided in these last two Chapters (Four & Five), the process is nowhere near as "involved" as in the past. As with anything else, it is our individual decision.

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