

Meditation for Beginners

Lesson One

This course is designed for the person interested in learning how to think, observe, and see life and events from as many perspectives as possible. Every part of life has its physical-etheric counterpart as well as the emotional, mental, and many levels of spiritual. You can view life in its complexity depending on your own inner search and perseverance.

The course consists of five lessons. You can take one month, or more time if necessary, to complete each lesson. It is, however, important that you be meditate regularly to create a rhythm and to gain lasting benefit from it.

Each lesson has a series of seed thoughts for meditation. It is advised that you meditate on each seed thought. Do not pass over any of the seed thoughts. You will notice that the seed thoughts seem simple, but they are not. They begin with tangible seed thoughts in the first lesson and, change to less tangible by the last lesson.

A trained mind will be able to see and understand any seed thought from as many perspectives as possible. For example, you may meditate on the seed thought of table. Think of the physical table, spiritual table, mental table, and emotional table. Then think of all the different kinds of tables made in all parts of the world. Think of ordinary tables vs. religious tables. Think of tables for ritual and tables for work and so on. Then think of what table means in your life and your family life. Think of the way a table is made and designed and decorated. Think of how people treat their tables and why. Think of where we place tables and how their function depends on where we place them. So, the complexity of your approach is determined only by your searching mind.

You will notice that any seed thought, no matter how mundane it seems or how complex, has limitless ways of analyzing it and seeing it. Therefore, when you approach any of the seed thoughts contained in your lesson, do not brush it aside as inconsequential; rather see the deeper meaning of it no matter what it is. Additionally, whenever you are working with a seed thought and it seems you are not liking it, or are reacting against it, ask yourself: Why am I feeling this way and why is the seed thought affecting me this way? You will therefore find new ways to understand the Teaching contained in the seed thought not only in its various meanings, but also from its various functions. Look behind the scenes, behind the obvious part of the seed thought. Train yourself to see the causal level of any item or condition. This is the keynote of your training.

The more seriously you work to find the deeper meanings of the seed thoughts, the better able you will be to do more serious meditation in the following lessons.

The *Meditation For Beginners* course is designed for the beginner, but it is also an essential process that every spiritually aspiring person needs to develop: a sane and balanced approach to meditation. It helps you to establish a sound and balanced approach to spiritual striving. It is for

the student who wants a fresh start in practical meditation. It is for the student who wants to learn the fundamentals of meditation.

If you are currently studying other spiritual courses or doing other forms of meditation, please tell your instructor and clear it before starting this course. There are many meditation techniques, and they are not all compatible.

This course is based on the following books by Torkom Saraydarian:

1. *The Science of Meditation*

2. *The Psyche and Psychism*

The companion book for this course is *The Flame of Beauty, Culture, Love and Joy* by Torkom Saraydarian, which is provided for you in the first lesson package.

Each lesson will consist of the following:

1. Basic directions for meditation.
2. List of seed thoughts for the particular lesson.
3. Additional readings.
4. Specific pages to be read from the text of *The Flame, Beauty, Culture, Love and Joy*.

Basic Format

It is best to do meditation early in the morning when everything is quiet and you are alert. This is your own personal time and space so clean up and make a meditation area in your room or in a spare room. You can light a candle and burn incense to purify your room prior to each meditation.

Do the following:

1. Sit relaxed on the floor, or on a chair. Make your spine erect but not stiff. Close your eyes.
2. Take a deep breath. As you exhale, see your whole physical body relax. Let all your tensions go.
3. Take a second deep breath. As you exhale, let your whole emotional body relax. Throw out the door all your fears, worries, and anxieties. Let them go.

4. Take a third deep breath and, as you exhale, let your mind relax. Throw out all mental troubles, thoughts, and fears. Let them go out the door.
5. Visualize that you are sitting with a group of students out in nature – think of your favorite spot in the world. See a beautiful, blue five-pointed star over the group. Do not let your mind waver. Always bring it back to the group and the star.
6. All together, with solemnity and deliberation, say the Great Invocation.

The Great Invocation

*From the point of Light within the mind of God
Let Light stream forth into the minds of men
Let light descend on earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men
May Christ return to earth.*

*From the center where the will of God is known
Let purpose guide the little wills of men
The purpose which the masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on earth.

7. Sound one OM, visualizing the whole group saying it with you.

Reading from book: Chapters 1 & 2.

1. Read a few paragraphs from the book *The Flame of Beauty, Culture, Love and Joy*. Read slowly and with concentration. Think about what you are reading.
2. Take one word from the list of seed thoughts below and write several questions about it. Here are a few examples using the seed thought **rose**:
 - What is a rose?
 - What varieties of roses are there?
 - What is the purpose of a rose?
 - How does a rose come into being?

- What uses does a rose have?
- How are roses important?
- Are there deeper significances for a rose?
- If I look behind the scenes of a rose, what other meanings are there?

Seed Thoughts for Lesson One

- Rose
- Jewels
- Food
- Indoor Plants
- Birds
- Water
- Books
- Gardenias
- Homes
- Birds
- Fruits
- Fences
- Protection
- Swimming
- Light
- Trees
- Garden
- Forest

3. Write answers to as many of the questions as you can.

4. Say the Mantram of the Self:

*More radiant than the Sun
Purer than the snow
subtler than the ether
is the Self
the spirit within my heart
I am that Self.
That Self am I.*

5. Say one OM and bless the whole world.

You may read for as long as you wish but the meditation and recording part *should not be longer than 20 minutes*. Do not push yourself to meditate longer. It is better to start slowly, in short but steady intervals. You will naturally increase the length of your meditations as you are able.

You have just finished the meditation. You can take a new word every day, or use the same word until you feel you have sufficiently analyzed it.

Try to stay in your peaceful state throughout the day. See if you are observing things in a different way as time goes on.

Additional Reading

Basic Meditation Techniques

Take a seed thought. A seed thought is an object or subject upon which you are going to meditate or think. It may be almost anything, but you may choose it according to the line of your interest. Your line of interest may be politics, education, communication, art, science, religion or economics. Let us assume that you are interested in the arts, and you are asking the following sentence as a seed thought:

“Harmony aligns and relates. Rhythm changes the level or gives opportunity to change your level of consciousness.”

1. Take paper and pencil. Write the seed thought as a topic for writing.
2. Write down as many questions as you can, as if you were asking someone who has the answers.
3. Take the questions and answer them all as well as you can in writing.
4. Record on the list of questions any new questions coming while you were answering your questions. This will last only half an hour.

It may be that you are not satisfied with your answers. This does not matter. As soon as you do not have anything to write about, pass to the next question. You can even leave a question unanswered and go to the next question. When half an hour is over, stop and continue the next day.

You may work on one seed thought for a week, a month, or even a year.

Such a meditation organizes your mental body, rejects most of the astral interference and makes you creative. You may speak about your discoveries in your lectures or conversations. You may publish them as an article or a book.

Meditation makes you attractive and magnetic. Self-determination and self-actualization are direct results of meditation.

Your first efforts to attempt to answer your questions will depend on your memory. Then slowly as you continue, you will see that your answers are getting more original in form and in depth. Here starts your creativity.

In the depth of your being you have the answer to almost all of your questions. Eventually you will realize that questions are the echoes of the hidden answers in the depth of your being.

As you try to find the answers to your questions, you are transformed into your real Self.

Self-discovery is the discovery of the answers—the totality which is the light of your Self.

(Excerpted from Chapter. 53, [*The Psyche and the Psychism*, by Torkom Saraydarian, pp. 571 - 572](#), with permission from the copyright holder. All rights reserved.)

What is Meditation?

Meditation is the inevitable result of the process of evolution, of the urge to perfection. A human being cannot live and grow without breathing. Breathing is life for the body. Meditation is a kind of breathing, and it is impossible to live the Path of discipleship and initiation without meditation.

As the average man enters the Path he feels a great urge, a great drive to meditate; the human acorn feels the forces of Nature in him and he wants to destroy all limitations, become released, and find his way to the light, love, and power of the inner world.

Aspirants spiritually degenerate and die without proper meditation, but they bloom and radiate into more life as they meditate. Meditation is the answer to an inner call, the call of the future. Some great magnet releases and evokes the hidden light in you and calls you up, stage by stage, until you meet the first great magnet within you, your Soul.

We are told that the Solar Angel or the Soul within us is in continuous meditation and Its meditation is directed into both worlds: the objective world and the subjective world, or the world of personality and world of spirit. The Soul endeavors to penetrate into the mysteries of the Monad and, in the meantime, to call upward the pilgrim who may have lost his Path in the physical, emotional, and mental labyrinth.

As the call of the Soul, of the Future, is responded to, the evolving human being starts to ponder, to reflect, to aspire, and to meditate. First his meditation is very short, but gradually it becomes longer and longer until his whole life becomes a way of meditation.

Meditation is the process of awakening to the reality of the Inner Dweller. It is the science of contacting the Inner Thinker. In meditation we have three great tasks:

To increase the light of consciousness within the mental substance, focusing it toward the source of light. This is the process of *recognition*.

To absorb the incoming light, love, and power, assimilating them into our system. This is the process of spiritual *identification*.

To radiate and pour out these incoming energies through our mental, emotional, and etheric-physical worlds in creative living. This is the process of *radiation*.

When this is achieved, for a long time the man is a living example of beauty and a selfless server of the race.

(Excerpted from [*The Science of Meditation*, by Torkom Saraydarian, pp. 23 - 24](#) with permission from the copyright holder. All rights reserved.)

When you have completed this lesson, please fill out the questionnaire below. While waiting for the response from your teacher, please move onto the next lesson.

If you wish, you can include some insights that you found particularly moving regarding the seed thoughts used in this lesson. Or, if you wish, tell us how this lesson helps you in your daily life.

Meditation for Beginners - Lesson Two

Basic Format

1. Clean yourself. Go to your meditation spot and sit relaxed and joyful.
2. Read a part of the enclosed readings for lesson two and Chapters 3 & 4 (pp. 59-107) from the book *The Flame of Beauty, Culture, Love and Joy* by Torkom Saraydarian. Read only small amounts at each sitting. It is not important how much you read as to how focused you are when you are reading. You can read 2-3 paragraphs and just think about them.
If you find questions you need answered or items clarified, note these so you can send them to us at the end of your lesson.
3. Close your eyes. Take three deep breaths. With each exhalation, relax your physical, emotional, and mental bodies (as in Lesson One.)
4. Visualize your favorite spot in nature and sit with all the other students. Focus on a blue, five-pointed star.
5. Say the Great Invocation slowly and with focus.

The Great Invocation

*From the point of Light within the mind of God
Let Light stream forth into the minds of men
Let light descend on earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men
May Christ return to earth.*

*From the center where the will of God is known
Let purpose guide the little wills of men
The purpose which the masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on earth.

Whenever your mind wanders, pull it back to what you are saying.

6. Say one OM*giving equal time to the "O" and the "M".
7. Choose a seed thought from the attached list. Or, you may take a word or sentence from your reading.
8. Write several questions on the seed thought and try your best to answer them.
9. When your recording is finished, say the Mantram of the Self:

*More radiant than the Sun
Purer than the snow
subtler than the ether
is the Self
the spirit within my heart
I am that Self.
That Self am I.*

10. Say one OM. Bless all humanity.

Seed Thoughts, Lesson Two

- Lakes
- Rivers
- Mountains
- Pine Trees
- Rooms
- Kitchens
- Windows
- Gold
- Carpets
- Handles
- Faces
- Eyes
- Hands
- Nutrition
- Colors
- Rainbow
- Rain
- Wind
- Clouds
- Friends

Try to write new kinds of questions. Do not get into the same groove with each seed thought. Vary your approach and your analysis. Look at each seed thoughts from the physical angle, the emotional, and mental angles. See if you can find any symbolic meaning to any of these seed thoughts. Write down your ideas after each meditation. Having a journal is very important to the meditation process.

Additional Reading

Concentration

To concentrate means to focus your consciousness upon a subject or object without turning your attention anywhere else. If you are reading a book but at the same time are mentally occupied with other subjects, you will have a difficult time recalling what you read.

Concentration is attention; it is a process of mental awakesness and of control over the substance of the mind. Mental substance is like quicksilver; it slips from your fingers. It is difficult to polarize it and focus on an object because of the many, many thoughtforms in and around the mind which mechanically react to the stimuli coming from outside or inside worlds.

The mind sometimes resembles a wild horse with a little boy as rider. When the boy jumps on and tries to control it, the horse becomes more unruly and carries the boy wherever it likes, or throws him down. This means that the Solar Angel and the evolving human soul are not ruling it, and the mental body is left prey to the coming and going impressions, urges, and drives.

In the process of concentration, we are holding a thoughtform and not letting it change into another form or melt away. We are holding that thoughtform, which represents an object, and we study it as we would study a spectrum. If we are able to hold the thoughtform steady and at the same time try to study it, we are doing concentration. Concentration is as if your hand were holding an object in front of your eyes to allow you to study it carefully.

Once a man learns how to concentrate, he will control all his movements, all his manners. He will easily shift his attention from one subject to another, and he will be able to turn on or off various centers in his body by shifting the energy from one location to another.

In olden times concentration was practiced through handicrafts, and those who were able to concentrate their mind in the proper way produced great masterpieces in the arts. Any branch and any form of art is the result of great masterpieces in the arts. Any branch and any form of art is the result of great efforts of concentration. In olden temples the arts of dancing, music, and recitation were emphasized strongly. They were tools to prepare the aspirant for the art of concentration and meditation.

In the religious field the exercises of concentration were called the discipline of silence, the discipline of self-observation, detachment, fasting, and the various yogas. Through these exercises the aspirant was able to control his mind and to use it for meditation and contemplation.

Most men see and hear only five to ten percent. This means that they are using only a very small part of the mind, and the rest is not used at all or is engaged in mechanical, uncontrolled activities. All our success is the result of clear concentration and meditation. Great works are the result of a controlled mind.

At the time of concentration you are able to keep the thought image of your subject in form, insulating it against any disintegrating forces coming from your own mind, emotions, and physical body and polarizing the content of your mind toward the goal or idea that you are holding in your mind. This process can be compared to a dance. The orchestra plays music and hundreds and hundreds of dancers gradually are tuning in to the rhythm of the music. Eventually the music will dominate completely all the movements of the dancers and flow through them without the slightest friction.

Concentration is like an arrow flying straight to the target. It is like a steady whirlpool, pulling all its particles into one direction.

It is like a charming and great beauty which dominates all your thoughts, feelings, and actions.

When people talk about patience, endurance, steadfastness, loyalty, trustworthiness, clarity, adaptability, awakesness, and watchfulness, they are actually referring to the ability to concentrate, the ability to let the inner Presence rule despite conditions.

Concentration can be the result of the domination of the mind by any strong desire, strong emotion, strong thoughtforms or idea. But the higher concentration starts when the evolving human soul, focused in the heart of the Solar Angel, is able to rule the myriad lives forming his vehicles of expression, pulling them up the arc of evolution. The object of concentration is to help the evolving human soul to control his vehicles, especially the mental vehicle, and fuse them with the Indwelling Light.

True concentration is an unimpeded alignment, a clear tuning in, a great harmony which expels all foreign elements contrary to the spirit of beauty.

It is through concentration that the human soul is able to control his vehicles of expression and gradually detach himself from their ever-changing fluctuations.

Actually, in the practice of concentration it is the human soul that is trying to collect and focus the light of his intellect on the mental plane and from there to control his bodies, fusing himself with a thought, an idea, or with the light of the Soul. This is how a great aspiration, dedication, intention, and a goal-fitting life are created. When a person learns how to concentrate and focus himself in the Indwelling Light, he becomes radioactive; he becomes Soul-infused; he becomes holy, all-loving, all-sacrificing. He is like a pilgrim who is going toward a great beauty and on the way of ascent he is passing through obstacles and experiences of great pain, but he is continuing his path toward the peak in deep joy. On the way, gradually his whole nature is passing through a great process of transformation and transfiguration. Concentration is not only a mental focusing, but it is also a life-focus through a dangerous and thorny path. It is a life of great decision, a great promise, a great vow offered in deep ecstasy. All these stages of concentration start from the daily exercises of controlling and refining one's physical, emotional, and mental bodies.

The success of meditation depends on the degree of the concentration of your mind. If the mind is able to hold the seed thoughts and let the light penetrate into them, meditation is successful, for in such a concentration the man can easily look at the object in its greater relationships and associations through the form, quality, purpose, and the cause of the object. As your concentration grows clearer and more focused, gradually your physical, emotional, and lower mental worlds disappear for you, as their association with the outer world ceases. Noise does not bother you; negative emotions and uninvited thoughtforms cannot distract you.

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Meditation for Beginners - Lesson Three

Basic Format

1. Clean yourself. Go to your meditation spot and sit relaxed and joyful.
2. Read a part of chapters five and six (pp. 109-148) from the book *The Flame of Beauty, Culture, Love and Joy* by Torkom Saraydarian. Read only small amounts at each sitting. It is not important how much you read as to how focused you are when you are reading. You can read 2-3 paragraphs and just think about them. If you find questions you need answered or items clarified, note these so you can send them to us at the end of your lesson.

3. Close your eyes. Take three deep breaths. With each exhalation, relax your physical, emotional, and mental bodies (as in Lesson One.)
4. Visualize your favorite spot in nature and sit with all the other students. Focus on a blue, five-pointed star.
5. Say the Great Invocation slowly and with focus.

The Great Invocation

*From the point of Light within the mind of God
Let Light stream forth into the minds of men
Let light descend on earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men
May Christ return to earth.*

*From the center where the will of God is known
Let purpose guide the little wills of men
The purpose which the masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on earth.

Whenever your mind wanders, pull it back to what you are saying.

6. Say one "OM" giving equal time to the "O" and the "M".
7. Choose a seed thought from the attached list or, you may take a word or sentence from your reading.
8. Write several questions on the seed thought and try your best to answer them.
9. When your recording is finished, say the Mantram of the Self:

*More radiant than the Sun
Purer than the snow
subtler than the ether
is the Self
the spirit within my heart
I am that Self.
That Self am I.*

10. Say one OM. Bless all humanity.

Seed Thoughts, Lesson Three

- Beauty
- Singing
- Goodness
- Labor
- Righteousness
- Writing
- Striving
- Service
- Reading
- Sacrifice
- Love
- Perfection
- Discrimination
- Balance
- Right
- Speech

(You can use one idea for several days consecutively or come back to a seed thought and see how you can analyze it. Try to go deeper every time.)

Questions To Ponder From Your Readings:

Think about these questions. Answer them if you can. Write a small paragraph on them. These are like a study guide for you.

1. How can I increase my experiences of love in my family, with my friends, in my workplace?
2. Daily, where do I see true experiences of love?
3. How can I relate with my loved ones as a soul?
4. In what ways can I give more?

5. What do I understand as the Will of God?
6. What are some cherished moments of love in my life?
7. How do I increase these cherished moments of love?

Additional Reading

What Meditation Does

1. *Meditation produces a server of the race.*

- a) Through meditation the mind and its physical counterpart, the brain, are brought under the control of the Inner Man. Thus meditation creates harmony and communication in the three vehicles of man. They act as one unit under the command of the inner inspiration.
- b) The server touches the Plan and sees his little part in the Plan. Also, he admits that others have parts in the Plan, and he cooperates in the utmost humility and freedom.
- c) He becomes enlightened, touching the Inner Dweller. In other words, the man in the personality has a Soul contact. This Soul contact expands his consciousness and unveils the nature of the personality and its motives.
- d) He gradually becomes a sensitive instrument, which picks up new, creative ideas projected from advanced Souls or Centers.
- e) He becomes daring yet cautious. He uses time wisely in relation to the Plan and the need.
- f) He uses energy with great care and refrains from criticism.
 - g) Due to the radiation of the Inner Thinker, the thoughtforms in the mental realms of an illusionary nature swiftly fade away, and the life current circulates through the tiny lives of the mental body and flows down to the etheric body, creating there a protective wall of fire around the body.
 - h) Meditation reveals the synthesis, which lies behind the apparent incoherence of the form. Once this is revealed, man becomes a healer on all levels of the

personality. He radiates healing energy, love, wisdom, and life. This synthesis is revealed when the clouds and mists of his glamors and illusions have disappeared, and true communication is established between the vehicles and the source of synthesis. Such a communication is the secret of all cures.

i) Through meditation man contacts great ideas, great energies, and great plans existing beyond the realms of mind. Great prototypes gradually are seen, communicated with, and brought down to the mental plane. There they are appropriated and formulated to be used to meet the need of the time.

j) Thus the bridging of the subjective and the objective worlds takes place, and man consciously enters into the treasure-house of the inner realms and brings back the richness of light, love, and power to the world of men to nourish, to guide, and to uplift them to a higher dimension of understanding and living.

2. Meditation purifies space.

Space is full of floating thoughtforms ranging between light and darkness, love and hate, beauty and ugliness.

In our atmosphere we have not only mist, fog, dust, smog and clouds of various kinds, but also we have obscuring accumulations projected by aberrant brains which poison the atmosphere and condition the minds of the people and their relationships. These thoughtforms, like an epidemic, spread their influence at any time, in any place, if they meet proper conditions and proper mechanisms of expression. These thoughtforms are mostly built of low-level mental substance and are the source of many illusions. They control the behavior of mobs, and once they find access they grow into a flood and cause destruction and social upheaval.

True meditation sheds light into these thought accumulations and causes disintegration within them. If the meditation is continuous and of a high frequency, it dissipates them and cleanses the atmosphere, thus rendering a stupendous service to humanity.

This is done in two ways: by invoking higher energies from abstract realms and directing them toward these accumulated, poisonous thoughtforms, or by focusing the individual or, preferably, the group light of pure reason upon these illusions and glamors.

Many empires and nations are destroyed by these dark accumulations of thought energies. There is a clever story in the Bible which allegorically points out this fact. It says that there were two cities, called Sodom and Gomorrah, the inhabitants of which were very corrupt; hence the Lord decided to clean the infected place with fire. The will of the Lord was made known to Abraham who pleaded with the Lord to save the city if fifty righteous men were found there. The Lord agreed, and Abraham pleaded again and again until it was decided that the two cities would not be destroyed if they found ten righteous men in them. But there was only one family — Lot, his wife, and two daughters — which was allowed to escape the fire.^[1]

This story clearly shows that the Ancients knew about the power of thought and emotions, and that it was possible that people could destroy themselves by wrong thinking. Negative and destructive energy causes disturbances in the electromagnetic field in which the earth rotates, causing earthquakes, floods, volcanic eruptions, aberrations, insanity, and many kinds of physical ills within mankind.

You have seen kitchens, bedrooms, or living rooms where one may lose his mind due to disorganized conditions and polluted air. Often such conditions exist within our mental body, and their effects are most of our psychosomatic illnesses and social maladjustments. Bring beauty and order into the mind and you will have beauty, health, and better communication in your vehicles, in your environment, as well as better conditions on the planet.

3. Meditation builds bridges and lays communication lines between various points.

Through meditation you start to build a broadcasting and receiving station in your higher mind. You take from above and give below. You may receive impressions from your Soul, from your Master, from the Hierarchy, and even from "the center where the Will of God is known."

Then you broadcast great love, great harmony, great beauty and understanding to the world of men. This brings alignment within your bodies and within your environment.

This can be like the conductor who was a little late in coming to the orchestra. Three hundred fifty musicians were gathered, and a monkey jumped on the stage and tried to conduct the orchestra. The musicians were so amused by the monkey that they started to play as the monkey conducted them. Of course he conducted in a very odd way, and instead of music there was much noise. After a while the conductor came and said to the

monkey, "Sit down here, you monkey!" The conductor then led the orchestra, and immediately everything became harmonious and the great symphony was released in its beauty.

This is what happens in meditation. One of the monkeys within us, a thought, an illusion, a glamor, an urge, tries to run the show. Everything is in a mess, in disorder, but eventually the true conductor arrives and becomes a point of agreement, a point of translation between a great source and the human beings, aligning and harmonizing them with the inner beauty. This is communication.

Meditation establishes lines of communication between planes, centers, constructive and progressive thoughtforms, conditioning the circulation of energy between these various points and imposing a higher rhythm upon them.

4. Meditation is a great help in building bodies of a higher order and of higher substances so that they are able to contain and express the incoming fiery energies without burning, cracking, or being destroyed.

Meditation is the only means through which these high voltage energies are assimilated by the bodies and appropriated and expressed in creative living.

It is the tool for transmutation, transformation, and transfiguration.

5. Meditation makes it possible to touch universal or Cosmic ideas and to formulate great laws which may bring a new flood of energies to humanity for upliftment and expansion of consciousness.

The mind translates these ideas according to its development and constitution. An electronic engineer translates these ideas "electronically." A political leader translates them as social and military rules or laws, an artist as art work, and so on. It depends on your instrument. If you have a primitive television set, the impressions will not be translated correctly on the screen. If you have a better television set, you will have better pictures.

Meditation refines your mind, makes it rich, sensitive, pure, organized, and ready to obey the call of the Thinker.

6. *Meditation enables you to come in contact first with your Inner Master, the Inner Lord, and then to come in conscious contact with the Teachers of the subjective world.* Thus you enter into the life of discipleship and become a server of humanity.

7. *In the process of meditation we learn how to formulate energies or impressions coming from the higher realms and to use them as our thoughts, guides, and rules.* In doing this we learn to mold our mental substance, as the potter gives shape to the clay. Consciously formulated thoughtforms have a very magnetic and powerful influence when they are written or spoken. You also learn the technique of how to project your thoughts and reach other minds to guide, to protect, and to inspire them.

8. *Meditation leads to self-actualization and self-determination.*

Gradually all mechanical activities of the mind cease, and crystallized habits are melted away. The bodies become obedient and sensitive tools of communication and creativity as they stop responding mechanically to the stimuli coming from the outside world. The mind learns to select from incoming thoughts and immediately reject the ones that are not in tune with the light of the Soul.

Meditation enables you to confront your reactions to mass opinion and mass emotion. Mass opinions and mass emotions built on glamors and illusions influence you and create reactions from you, if you are controlled by pushbuttons and are acting mechanically. As meditation puts an end to your automation and makes you your own Lord, you reject any impression, any influence that does not agree with the Divine Plan.

You also notice that you cannot be hypnotized by any form of advertisement or pushed by any force as your mind penetrates through things and sees them clearly as they are.

9. *Through meditation we refine the etheric body of the planet.*

We are told that the etheric body of the planet is formed of etheric lines, which form squares, but that this is changing as more people start to meditate. The squares are rapidly changing into triangles, and eventually they will change into circles. At that time our planet will be a sacred planet and peace, health, joy, and brotherhood will be facts.

10. *Meditation generates energy.*

Mostly we feel energy as it stimulates or charges our physical body. Actually, we are living in an ocean of energy, but most of the time we are not in contact with this energy because of some formations around our bodies which prevent unimpeded communication. These formations can be called rejecting films which isolate certain parts of the body from the ocean of energy and prevent the growth of that particular body or a part of it. These rejecting films are formed mostly by our fears, illusions, desires, and glamors. They stand within the aura and reject or distort the incoming energies via the mind or etheric body.

Most of these formations are in the lower mental body, and they block the energies flowing from the Soul, or Chalice. The body is deprived of energy. You feed it and give it vitamins, but you do not have energy. This causes many complications in the body because, due to over nourishment, the equilibrium of the body's metabolism is disturbed and the etheric body is forced to overact and over stimulate some parts of the body, creating growths or congestion there.

True energy in the human being is experienced when the released energy of our food, air, and sun is mixed with the incoming Soul energy and life energy. If these energies are flowing down into the bodies without obstacles and rejecters, the man needs very little food.

Such cases are seen occasionally, and they present puzzles for the medical profession. Christ referred to this fact when He said that "man does not live by bread alone, but by the words of God."

The words of God represent energies of ideas and of higher light, love, and power coming from the Soul to nourish and vitalize the physical body.

Meditation releases energy because it purifies the mental plane of all obstructive formations and opens a channel to highly charged planes.

We know that all the seven planes of the Cosmic Physical Plane are nothing but energy and force on a gradient scale. Meditation refines and cleanses our mental body and makes it ready to touch, to register, to absorb, and to pass on the higher energies which may appear as ideas, intuitive plans, pure love, clear thinking, altruism, right human relations, goodwill, and the radioactive energies of joy and dynamism.^[2]

Our meditations are mostly a process of contact with ideas found on the intuitional level. Ideas are highly charged waves of energy. Through meditation they descend into the mental atmosphere and charge it, and then radiate to the emotional, etheric, and physical bodies.

Through meditation we not only charge our mechanism, but we radiate a great quantity of energy toward the people with whom we communicate. All great meditators are powerhouses of energy, and when they speak or write, people are caught up by them as if by a whirlwind.

Thus the great meditators are charged with energy and enabled to see the vision and destroy the chains binding them to the lower worlds. No obstacle can stop them. Thus were charged all disciples of Great Ones, and they became sources of so much progress and beauty in the world.

Sometimes people load you with their glamors and illusions and lead you to strenuous activities, but such activities do not last long as these formations of forces have no true principle, seed, or kernel within them. Sooner or later they disintegrate, and you experience painful disillusionment and disappointment.

11. *Meditation leads to service*, and a life of service opens your etheric centers and makes you a man of power, light, and love.

There is a false technique or means which is used to open the etheric centers. It uses special kinds of meditation, drugs, breathing exercises, and mantrams which mechanically stimulate the etheric centers. The man begins to have unusual experiences, hear voices, see visions, feel different sensations in his body, and so on, but eventually he loses his health, his sanity, and he falls into a miserable way of life.

The best method to open the centers is a life of dedicated service, which is the result of meditation. A man starts to serve when he comes in contact with his Soul. Meditation is the science through which man eventually comes in contact with the Inner Lord and becomes radioactive. This radioactivity is expressed as service. When the life of service continues and the qualities of the Soul thus express themselves, the centers begin to open and unfold and flood the mechanism with powerful energies.

Meditation prepares the bodies, removes the inertia of the physical body, the glamors of the emotional body, the illusions of the mental body, and then the energy of the Inner Lord

passes through them without any friction. Your etheric centers bloom as a tree blooms, naturally and spontaneously.

Those who teach techniques to release the Kundalini fire and to open the etheric centers are doing great damage to their adherents, damage that cannot be repaired easily and which may extend into many lives.

12. *Meditation makes you magnetic, attractive, one who evokes love and dedication.* People are attracted to you for guidance, for light, for love and energy. People trust you, have faith in you. Thus you attract people whom you can serve, and this occurs not only on the objective but also on the subjective plane. Your aura becomes highly magnetic and radioactive. It attracts those who are ready for help and repels those who have nothing to do with the Plan. It also repels unwanted thoughtforms and various other forces.

People try to create artificial magnetism with their make-up, hairdo, special clothes, special manners, but when you approach them, you are left dissatisfied because their Soul magnetism is lacking. They do not have real magnetism. Real magnetism begins when the Soul energy circulates in the etheric body.

13. *Meditation opens the gates of Wisdom.*

Wisdom is the ability to use your developed intellect and your pure love to meet the need of the time, invoking creativity and unfoldment in your contacts, in accordance with the Divine Plan.

Through the process of meditation your intellect unfolds, your love deepens, and your skill harmonizes with the rhythm of evolution, of the *future*.

You communicate with great clouds of knowledge, with ageless accumulations of experience, and you use them for the service of others.

14. *Meditation develops the eye that sees the reasons of the opposing viewpoints, of the opposing groups, that sees the principle and the cause behind them and the way in which an understanding may be established between them.*

You see the cycles, the rays, the bodies, the laws controlling them, and the age of the soul operating in them. You see when and where they can come to an agreement. Thus you save energy, further permanent understanding, and aid in the work of conscious evolution.

15. *Meditation keeps your intellect clear and sound until the last day of your life.* You do not lose your reasoning power or your creative abilities as your aging continues.

As age advances people often lose their mental interests, but a mind trained in meditation penetrates deeper and deeper in its interests and becomes a station of light and experience for others. Thus is guaranteed a joyous life for one's old age when others have lost the sense of reality and the joy of creativity.

16. *Meditation awakens in you the sense of responsibility.* As your meditation proceeds and slowly your vehicles integrate and align with the higher planes, your group consciousness increases and your sense of unity deepens. With these unfoldments your sense of responsibility enters into a higher dimension. You realize that

- a) You are responsible to the Plan and to the Hierarchy
- b) Life is one
- c) Not by a single act do you want to be a barrier, an impediment to the progress and unfoldment of your brothers and the Plan
- d) You must understand the needs of others and intelligently try to meet them

A sense of responsibility, we are told, is the first indication that man has awakened into the consciousness of his Soul.

Throughout centuries man has been enslaved by his physical, emotional, and mental worlds and has used them for his own personal enjoyment and pleasure. But when he starts to do occult meditation, he enters into a new level of consciousness. It gradually dawns on him that he is a part of everything, that the effect of his actions on three levels not only conditions his life but the lives of others too, that every move to transcend himself helps the upliftment of others, and every unintelligent move creates long chains of obstacles for him and for others. Later he finds out that the greatest law is the Law of Synthesis. Once he realizes these facts, the sense of responsibility awakens and unfolds in him. Actually, the

sense of responsibility comes into existence when the unfolding human soul slowly enters into the consciousness of the Solar Angel and becomes enlightened with the intellect, with the love, and with the will of that Inner Master. In that stage he is no longer the slave of the centripetal forces of his nature, but he becomes radioactive and a centrifugal, outgoing energy.

A sense of responsibility is the ability to feel one with the Inner Dweller, and the ability to renounce the lower interests for that Reality in him.

The Soul within the man is the storehouse of age long experiences and the storehouse of the light garnered through these experiences. Any true experience is a revelation of a divine law. Meditation leads toward this storehouse of wisdom within each individual and, through the light of that wisdom, to the unveiling of the path of synthesis.

17. Meditation opens in you a permanent fountain of joy.

As you continue to do your meditation in sincerity and in aspiration, the petals of the Inner Lotus gradually unfold and radiate their fragrance, filling all your being and environment. This is pure joy. Once this joy spreads itself into your vehicles, it purifies them of negative, destructive, hindering vibrations, and as a consequence your personality becomes a radioactive fire of joy.^[3]

Meditation is a way to cooperate in Cosmic construction. It does not produce inertia, happiness, relaxation, and satisfaction.

The whole Cosmos (and our system is an atom in it) is in the process of building, objectively and subjectively. A great creative activity is going on toward a Cosmic goal. Meditation is a goal to use in this great work of building, and it may create conflict, efforts, labor, need for self-exertion, and expansion of consciousness, discipline, and communication — through a great battle. The source of joy is found in such a way of life. Thus, meditation is a process of becoming, in which man gradually transforms himself into his essential being and becomes his Real Self.

(Excerpted from *The Science of Meditation*, by Torkom Saraydarian, pp. 24-36 with permission from the copyright holder. All rights reserved.)

^[1]Read *Genesis* 18, 19

^[2]See Ch. XIV in *The Science of Becoming Oneself* by Torkom Saraydarian.

^[3]See Ch. XXVIII in *The Science of Becoming Oneself* by Torkom Saraydarian.

Meditation for Beginners - Lesson Four

Basic Format

1. Clean yourself. Go to your meditation spot and sit relaxed and joyful.
2. Read a part of the enclosed readings for lesson four and chapters seven and eight (pp. 133-165) from the book *The Flame of Beauty, Culture, Love and Joy* by Torkom Saraydarian. Read only small amounts at each sitting. It is not important how much you read as to how focused you are when you are reading. You can read 2-3 paragraphs and just think about them. If you find questions you need answered or items clarified, note these so you can send them to us at the end of your lesson.
3. Close your eyes. Take three deep breaths. With each exhalation, relax your physical, emotional, and mental bodies (as in Lesson One.)
4. Visualize your favorite spot in nature and sit with all the other students. Focus on a blue, five-pointed star.
5. Say the Great Invocation slowly and with focus.

The Great Invocation

*From the point of Light within the mind of God
Let Light stream forth into the minds of men
Let light descend on earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men
May Christ return to earth.*

*From the center where the will of God is known
Let purpose guide the little wills of men
The purpose which the masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on earth.

Whenever your mind wanders, pull it back to what you are saying.

6. Say one "OM" giving equal time to the "O" and the "M".
7. Choose a seed thought from the attached list, and meditate on it from as many angles as you can. Write several questions on the seed thought and try your best to answer them. Try to look at each seed thought from the physical, emotional, and mental perspectives.
8. When you read the assigned readings in the book, find specially striking passages and ponder on them.
9. Record your answers and thoughts. When your recording is finished, say the Mantram of the Self:

*More radiant than the Sun
Purer than the snow
subtler than the ether
is the Self
the spirit within my heart
I am that Self.
That Self am I.*

10. Say one OM. Bless all humanity.

Seed Thoughts, Lesson Four

- Perseverance
- Forgiveness

- Cooperation
- Group Consciousness
- Humanity
- Patience
- Simplicity
- Labor
- Tolerance
- Spirituality & Practicality
- Compassion
- Wisdom
- Sacrifice
- Gratitude
- Identification

(You can use one idea for several days consecutively or come back to a seed thought and see how you can analyze it. Try to go deeper every time.)

Additional Reading

The Great Invocation

This is a mantram, a word of power.

When you have climbed the first great peak of your being and have entered into communication with your Solar Angel, on that mountain top you will sound the Great Invocation with clear attention, with fiery aspiration, and with creative visualization.

Mantrams or invocations are more effective when they are sounded on the highest mental levels, and this takes preparation, alignment, and Soul-infusion. This is the first music that the Soul-infused personality will play, or sound, and through it the lower vehicles will be charged with great energies of light, love, and power.

Actually, the act of sounding the invocation is an act of extending the alignment toward the centers of light, love, and power.

Esotericists assume that there are three great Lords Who represent these three great centers of energy and that They form a triangle at the center of which Christ stands. These Lords are

- The Avatar of Synthesis, a Cosmic Being Who represents the Center of Power
- The Spirit of Peace, Who represents the Center of Love
- The Lord Buddha, Who represents the Center of Light

At the time we sound this holy mantram, we invoke these three great Lords, from Whom stream forth light, love, and power. Here we can use our visualization to deepen our alignment with these three great centers and evoke the needed energies to “restore the Plan on earth.”

We are in one-pointed focus. The alignment has been achieved between the Soul and its vehicles. Now we use our visualization to see how light is descending and spreading itself, as in response to our invocation, and clearing away the illusions, the darkness found within men and within the Universe. What a great change is occurring in our social, economic, and political fields as this light is descending and spreading itself!

With the next verse we are visualizing the Heart of God, the great Lord of Love. What great preparations He is undergoing to return to earth! See how the energy of Love is streaming forth into the hearts of men and creating fundamental changes within humanity as a whole and establishing right human relations all over the planet. See how love is meting all mountains of hatred, of exploitations, all mountains of war materials and war machines in all nations all over the world; the people of the world are becoming really human, and the New Age of Brotherhood is on its way.

Then you see how the Purpose of God is guiding the little wills of men and creating a new world in which men are consciously entering into the mysteries of initiations and becoming co-workers of that Purpose.

At the fourth verse you visualize humanity as one center in which the Plan of the Hierarchy is working and sealing the door where evil dwells evils of hatred, separation, evils of totalitarianism, evils of materialism, evils of war, and evils of ignorance.

You may extend your vision and invoke the light, love, and power but without creating specific, limited thoughtforms. Your visualization will be general, not particular, as we do

not know really what kind of world we will have in detail. If we created details and particular thoughtforms according to our level of sensitivity and understanding, we may build obstacles to the manifestation of the Plan.

Sounding the Invocation

Sometimes it will be very effective if you imagine that someone, a higher being, a great initiate, is sounding the Great Invocation, and you are repeating it after him, verse by verse.

To make it more potent, you listen to the whole verse and repeat it in one breath, but without haste. Pause for three counts after the first verse, seven counts after the second verse, nine counts after the third verse, and twelve counts after the fourth verse. In these silent periods, mentally concentrate and visualize the effect of the verse sounded.

The effect of our speech, or invocation, depends on the level from which we are speaking or sounding it.

If a man's consciousness is focused on the physical level only, the vocal effect of his invocation will be very weak and will not create permanent results.

If his consciousness is focused on the emotional plane, his invocation or speech will carry more force and evoke higher responses.

If his focus is in the higher mental and Intuitional Planes, he is naturally a white magician. His invocation and speech are charged with very high voltage energy, and he is able to be very creative in line with the Plan. That is why the alignment is so necessary. If the alignment is done properly and the consciousness is lifted up to the higher mental planes, then the pilgrim has more energy at his command and his invocation is able to reach the great Centers and bring in light, love, and power for the upliftment of humanity and for the fulfillment of the Plan.

It will greatly help us if in our leisure time we take the Great Invocation and reflect on each sentence, each verse, to deepen our understanding of its esoteric meaning. Words spoken or sounded in understanding create greater effects and extend our focus of consciousness into the higher planes of our being.

(Excerpted from Chapter XI, *The Science of Meditation*, by Torkom Saraydarian, pp. 104-106, with permission from the copyright holder. All rights reserved.)

Meditation for Beginners - Lesson Five

Basic Format

1. Clean yourself. Go to your meditation spot and sit relaxed and joyful.
2. Read a part of the enclosed readings for lesson five and chapters nine, ten and eleven (pp. 167-207) from the book *The Flame of Beauty, Culture, Love and Joy* by Torkom Saraydarian.
Read only small amounts at each sitting. It is not important how much you read as to how focused you are when you are reading. You can read 2-3 paragraphs and just think about them.
If you find questions you need answered or items clarified, note these so you can send them to us at the end of your lesson.
3. Close your eyes. Take three deep breaths. With each exhalation, relax your physical, emotional, and mental bodies (as in Lesson One.)
4. Visualize your favorite spot in nature and sit with all the other students. Focus on a blue, five-pointed star.
5. Say the Great Invocation slowly and with focus.

The Great Invocation

*From the point of Light within the mind of God
Let Light stream forth into the minds of men
Let light descend on earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men
May Christ return to earth.*

*From the center where the will of God is known
Let purpose guide the little wills of men
The purpose which the masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
and may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on earth.

Whenever your mind wanders, pull it back to what you are saying.

6. Say one "OM" giving equal time to the "O" and the "M".
7. Choose a seed thought from the attached list Or, you may take a word or sentence from your reading.
8. Write several questions on the seed thought and try your best to answer them.
9. When your recording is finished, say the Mantram of the Self:

*More radiant than the Sun
Purer than the snow
subtler than the ether
is the Self
the spirit within my heart
I am that Self.
That Self am I.*

10. Say one OM. Bless all humanity.

Seed Thoughts, Lesson Five

- Freedom
- Clarity
- Creativity
- Evolution
- Higher Principles
- Love
- Cooperation
- Detachment

- Discernment
- Health Conscious Living
- Communication
- Respect
- Joy
- Harmony

(You can use one idea for several days consecutively or come back to a seed thought and see how you can analyze it. Try to go deeper every time.)

Meditate on the above seed thoughts by answering the following questions for each one:

1. How do I define this word? (Define it from the physical, emotional, and mental perspectives.)
2. When is this word in manifestation in my life?
3. When it is in manifestation, what is the quality of my life?
4. What is the purpose of this item?
5. What are the conditions that give rise to this item?
6. What are the results in life when this item is in manifestation?
7. What are the conditions that prevent this item from manifesting itself?
8. How do I increase this in my life?

Questions to Ponder on the Chapters in this lesson:

1. What does true freedom mean to me?
2. How will I change as I become more free?
3. What is needed for true freedom?
4. How have I evolved in the last months while working on this course?
5. What are some glamors that I am working through to eliminate?
6. What illusions do I have in my life and what can I do to get rid of them?
7. What are moments of joy in my life?

8. How can I increase my love?
9. How can I put love and joy together in my life?
10. How can I increase my joy?
11. What are some specific changes and transformations that I noticed in my life lately?

This completes your final course meditation for beginners. We hope you enjoyed the course and the readings. We offer wonderful meditation courses for your continuous growth and expansion. Please let us know how you wish to continue your meditation work.

Thank you. We look forward to hearing from you.

Very truly yours,

Gita Saraydarian