**Meditation**

**Going Within**

The best way to reach the inner world and the deepest layer of the psyche is through meditation. The information about the existential inquiries can be accessed through the psych and feelings associated with them could be invoked by placing ourselves in a state of relaxation where a connection with the source of knowledge could be made. There are so many ways to meditate and those who have been practicing meditation are well aware of what and how to do it, so here we just review some fundamental elements of meditation that may be a review for the experts and a starting guide for those who are just beginning the practice.

* **Space- the most important step to be taken is to arrange a place to sit and meditate.** This place ideally is quiet, serene, and inviting to the senses. Please keep in mind that we are talking about a physical space that positive energies from love and light can flow through, therefore it is important to make the building of this space a meditation with its own rights. The size of the space does not matter as much as the comfort and the feeling of the place do.
* **Comfort-** meditation should not be limited by time as the ideal situation is that we start to meditate and continue until we “feel” we are done, but in reality we are all scrambling for time to do the many tasks that we are obligated to get done, so we may start with a limited time, say about 15 minutes at a time, and increase the time as we get better at sitting and meditating. **No matter the length of the meditation we need to be comfortably sitting with a relaxed posture for the duration of the practice.** The level of comfort and the manner of sitting varies from individual to individual, find your level of ease and what you like to use for support on your own. There are meditation cushions that may help keeping you settled in place so you would not get distracted by numbness and discomfort of your limbs and joints.
* **Intention-** knowing why we are meditating matters and is important to establish before starting any sort of meditation. Many people use meditation to learn how to relax, control unhelpful thoughts, and in general deal with the emotional and mental difficulties. There are others who use meditation to improve their will power and prepare their minds to become strong enough to deal with difficult tasks of building a career and becoming successful in an ever-challenging material world. There are other groups that have seen the movie “Secret” and are fascinated by the idea of manifestation and use meditation to materialize a desired outcome, a new home, or a new car perhaps. These are all examples of intention for sitting and meditating and since the universe listens and provides there shall not be any surprises to see in most cases these types of meditation work. **Here in our particular journey to reach Spiritual Individuation we must set our intentions accordingly. The reason why we meditate is to quiet the mind, enter a state of trans, and communicate with our higher self and spirit guides. We sit under the umbrella of an energetic field where insight and guidance are flowing and we want to be on a certain frequency to get the most out of what is entering our field of consciousness.**
* **Clearing The Space-** after setting our intention we must clear the space and close the portals where negative energies may come in and interfere with the practice. This may sound complicated, but if we remember that most our understandings and efforts takes place on energetic levels, then it would become about simply wishing for what you like to happen. You have your intentions at the right direction and now you simply imagine having your own personal vortex and activating it to go around in your space and pick up all the negative and dark energies that may be hovering around. Then you direct your vortex to leave and go into the depths of the earth and release these energies for the purpose of purification and transformation into divine light. Next, in your own words, you ask for all the portals around you to be closed to negative energies for the duration of your meditation. Recall the expression, “be careful what you wish for,” and this will be easier to perform as you are wishing things to be done with good intentions.
* **Connection-** now you are ready to connect to your guides and higher self for support and guidance, but you need to ask for that too. Again, this is all done on an energetic level, so do not try and analyze it with your rational mind, just do it with an open heart and with simple words of your own. Just ask for the communication from them and make sure you are adding this sentence at the end of your request to connect, “for my highest good and the highest good of all.” We really want to fully embody the fact that what ever we think, say, and do affects the entire ecosystem and as we work on ourselves we need to keep the hope alive that our progress will lead to the advancement of our local society as well.
* **Breathing-** now that we are all ready to start the quiet time and meditation we need to get into a relaxed state where the frequency we emanate from our body and soul matches the frequencies of those we are trying to communicate with. This is accomplished by few deep breathes in a particular manner, five counts of five threes. Each count has three steps, first we inhale on a count of 5, slowly through our nostrils, then we hold the air in our stomach for five seconds, and third, we release the air through our mouth on a count of five. We do this tree-step process five times and we should be good to go after that, where we need to be, at a state of relaxation where symbols, signs, images, and even words can reach our senses.
* **Mindfulness-** from the very beginning what ties everything together and make meditation successful is the quality of “mindfulness” at every step of the way. Become completely aware of your space, feel its serenity, focus on every object around you, not only visually, but energetically as well. As you observe see if you can tap into “gratefulness” that you must feel for having this space to sit and contemplate about you. Notice how comfortable you are as you cherish your good and positive intentions at this moment. How wonderful it is when you notice that your space is cleared out and protected by forces that you cannot see, and how much of blessing it is to be able to connect to the spirit world for guidance and support. And is there more of a blessing that being able to breathe and to be alive because of it?

Meditation that we have in mind throughout our work is no more than the intervals of time during our busy days that allow for introspection of one’s true nature by way of connection to the sources of higher consciousness. Although our Higher Self, Spirit Guides, and Guardians are always there and communicating with us, but the channels of communication, namely our crown chakra, become small in size, almost closed, to receive what is being send our way. This is due to the fact that our minds in a fast-paced society is completely exhausted by the external affairs of life that after a long day of running around the only desire left is to seek relief by watching TV or read trivial reports shared through corporate social media.

The practice of “going within” is nothing new, any one can research and read about men and women who have gone there and reported back. This going within is another way of describing what we actually do when we meditate, we close our eyes to what is out there, focus on the crown chakra to feel the divine energy come through, and open our third eye and ears to see and hear what runs through us. The mystics describe the world within as heaven and hell combined where the good and the evil are in a constant battle. They have seen how thoughts arise and bring with them the feelings of love and compassion, or the discomfort of anxiety and fear. We would never experience both the positive and the negative at the same time, so we must learn through meditation to “choose” our thoughts and to manage our emotions effectively. **This is what the going within is all about and meditation is simply the instrument that assists with mediating between the immortal divine nature within us and the mortal mondain world on the outside.**

With some practice it will become more and more clear that which thoughts take us to the feelings of “love and light,” and which ones drag us to the dark side of the spectrum and bring us face to face with the evil that is out there, and at times, to the devil we carry inside. Here, we must remember that we are talking in terms of energies that have the potential of becoming personified in the physical world as an enlightened person, or as an evildoer. With this in mind, we will also realize the psychic powers that we have within us, namely, the will power and the power to choose. Once the energies within our psyche have been regulated and balanced, the identification with one way of being as opposed to its opposite becomes clearer. Meditation indeed must lead to great realizations about the self, others, physical world, and the world of spirits and with such wealth of knowledge it will gradually become part of daily living. Waking up, getting ready for work, the work itself, eating, drinking, and breathing they will all become “meditation” as you see clearly what precious role you play in everything that you do, and what great influence you have in the well-being of all sentient beings.