



## direct meditation foundation

### *Introduction*

Inherent in all human beings is an essential spirituality, which by and large is dormant.

People in general are not aware of this. When awakened, this spirituality gives rise to absolute personal conviction that within our own self, there is a certain 'greatness' or light.

Indeed, since time immemorial, many words have been written about the interconnectedness between the Human Being and the Universe – *and our essential 'Greater Self'*.

When taken in context, this awareness may not only dispel our fears and insecurities, but also provide meaning and purpose in our day-to-day worldly activities.

### *What personal evidence can be found to validate the above?*

Without proof, we can only believe, and/or have faith, in what has been written. Yet for many people in the modern world, 'proof is in the tasting'. There are many spiritual, self-help and self-development techniques. Some paths can yield great benefit, some may *promise* a great deal, yet ultimately lead to disappointment – if not disillusionment.

Yet, to actually experience something profound spiritually for *ourselves* has, by and large, essentially been outside our grasp – that is, experience a state that is convincingly real and *not* based on our imagination.

### *What then is this particular path – and is it similar to 'traditional meditation'?*

Some meditation techniques involve contemplation; some use the imagination, some deep breathing etc etc.

This techniques in not a traditional form of mediation. It is an awakening of the Universal Energy innate within every human being. It is a form of spiritual training, where the teacher essentially lies *whin* each person.

### *It is an inner awakening process...*

People can spend a lifetime searching for inner knowledge, perhaps observing stringent disciplines, yogic practices and the like.

Albeit they may gain considerable benefit, they may also reach the end of their journey not entirely convinced that true progression has been made, not their goal attained – at least without a great deal of sacrifice.

For this particular path, there is not a prerequisite belief system. There is no ritual, rigour, faith, religion, dogma, teaching or creed.

To attain higher levels of consciousness, you do not need to sacrifice anything or need to go and 'live on a mountaintop'.

## ***What is required?***

### ***Openness***

A preparedness to accept that there are greater things beyond our normal material world, and current levels of consciousness. It is hence of little value approaching this with either cynicism or doubt.

### ***Sincerity***

Once on this path and receiving the benefit of this inner awakening, an attitude of commitment and value of what has been given should be maintained.

### ***Patience***

Progression is made step by step. Also, it is of little value comparing your own inner progression to someone else, as this inner awakening provides what is specifically right for the individual at a particular point of time.

This is a process of initiation, and merely requires that you meditate with a person experienced in this path. All that is required is that you stand or sit quietly, and as best you can, quieten your mind.

Once you have quietened yourself a little, the meditation begins and the initiation process naturally occurs. It is an experience beyond our mind, because it is beyond the mind – it is beyond our normal level of comprehension.

All you need to do is to surrender to this inner light, and let it work within you.

You will feel that this is a very natural process, and truly comes from within your very own 'inner self' – in fact, it is a deeper part of you that has merely been awakened.

## ***The proof***

Initially people generally feel a great sense of peace, stillness, expansiveness and a certain 'light'.

A sense of unity, safety, warmth, well being and love often envelop participants as well.

Once the meditation session is complete, people quite often feel 'high' and clear.

Over time, people begin to feel a light or energy working within them. This energy appears to have an intelligence all of its own, working away internally, clearing, purifying, and opening one up inside. It moves deeper and deeper over time.

As they continue with this practice, people may have many interesting and profound experiences.

### ***How long does it take?***

The inner development process simply continues. We can use the idiom 'this is a journey not a destination'. The more one progresses, the more one finds the inner light glowing stronger and stronger.

### ***Is this for everyone?***

Everyone is on his or her own path. We are evolving creatures> It is up to every individual to decide whether this path is the one for them. However, it is best to decide this early on. One 'knows' if this is the chosen path for them. The meditation then becomes a commitment – not merely a recreational pastime.

### ***Is there a downside?***

As a result of this form of meditation, one may find that the clearing process can lead to the manifestations of certain undesirable traits eg. there may be mood swings. This generally occurs in the early stages and will pass in time.

This is a spiritual evolutionary process, and from time to time certain 'tests' may be presented. In such situations, it is best to observe or witness' these comings and goings. Again they do pass, and afterwards one feels an increased sense of freedom and strength – it is though something has been lifted away, or been cleared, from our psyche.

### ***Do I change?***

Although ones' personality essentially stays the same, marked changes in ones attitudes, behaviours, and standards become evident. In fact you become 'clearer', purer and hopefully, in the grander scheme of things, more of an example of what being 'human' really means.

### ***Frequency***

It is best to practice this form of meditation with a person experienced in this technique, at least once a week for an hour.

The reason for this is that the spiritual light will be by far stronger in the presence of such a person,

More sessions should occur if all possible eg. two – three times a week.

## ***Further information***

The Direct Meditation website at [www.directmeditation.com](http://www.directmeditation.com) provides more information on programs.

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