

The Krst—The Christ—Candidate-You Choose To Be The One

The Autumn Semester Course facilitated by Sn Sba Baba Lalji Selassie

Presented at Krst Unity Center of Afrakan Spiritual Science: Starts Sunday, September 19, 2021—Sunday, October 3, 2021

Introduction by Sn Sba Baba Lalji Selassie came forth presented to the Krst Class of Afrakan Spiritual Science on Saturday, September 11, 2021

THE KRST—THE CHRIST—CLASS MEDITATION EXERCISE WITH BABA SWAMI MUKTANANDA & SAINT GERMAIN

Sunday, October 3, 2021



Meditation

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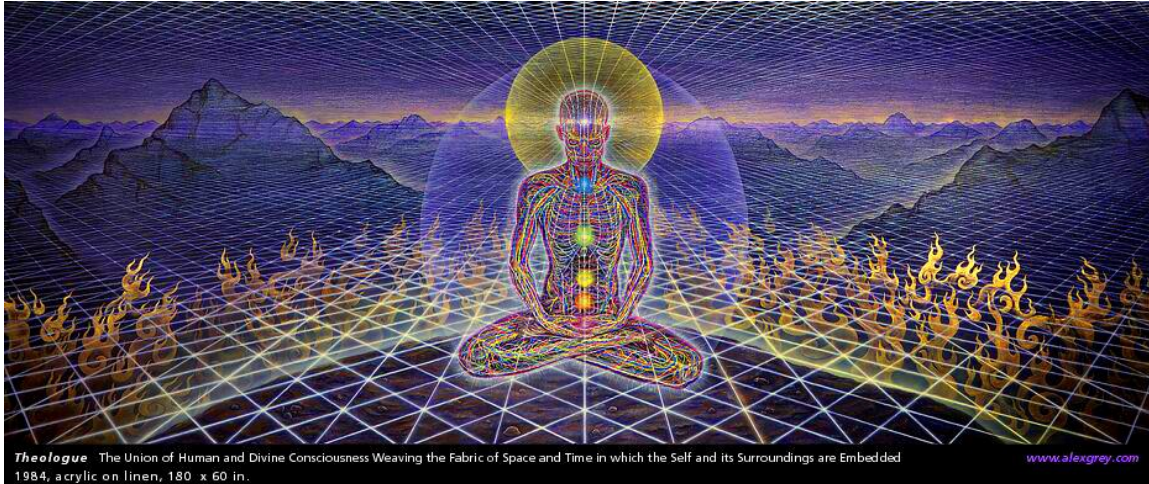
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Theologue The Union of Human and Divine Consciousness Weaving the Fabric of Space and Time in which the Self and its Surroundings are Embedded
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Meditation is the steady holding of the conscious light within the Self. The reason the seeker studies meditation is to realize the God-self within. The great master Swami Muktananda has said, "when virtues of many lifetimes have accumulated, there arises a strong desire to know the Supreme Self within." Only one person in a thousand has a desire to know the Supreme principle, the Self within. If you were to take a hundred thousand people with this desire, one, maybe two will attain the Supreme reality or Full Realization. It is a rare person who can achieve this higher state of consciousness. And so that we keep this concept in perspective, we will consider the birth process.

Every human being in the form of spermatozoa struggled to reach the ovum and fertilize the egg. That human being was one in five hundred million other spermatozoa. This means every human is an infrequent person if they so desire and are strong enough.

Leading a virtuous life is the foundation upon which spiritual progress is made.

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Virtue prepares the mind for deep meditation. Meditation is essential in attaining the Supreme. Meditation is the royal road to the absolute. One clears all worldly thoughts from the mind, shuts out all sounds and outside influences, and focuses the mind on the Self. When a seeker practices meditation, they will see how their character plays into their meditation practices.

In the same way as a bodybuilder incorporates diet into *their* exercise program. If we are to make any progress, we must incorporate character development into our meditation and other spiritual practices. All spiritual practices are mental exercises, and all these exercises are developed to bring us to the point where we separate ourselves from the delusion of our ego. When this is done, we see we are Love. We who chose to be the drop now fully realize we are the Ocean! Then we reunite with our Real Self: *This Self-Conscious Self Within is The God-Self of OneSelf!*

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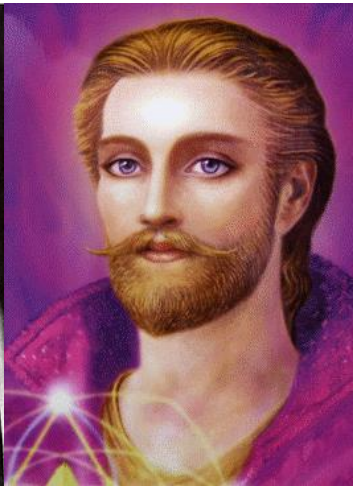
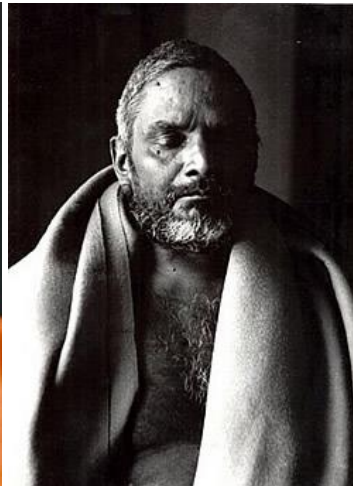
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Benefits of Meditation

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Tremendous benefits are derived from meditation. The mind becomes calm and stress-free. The meditation process unleashes divine rays within, which saturates all the cells in the body that purify and heal diseases. Mental clarity increases, anxiety decreases, health improves, and increased energy and blood flow benefits. Meditation helps lower blood pressure in people who suffer from hypertension. It relieves cardiovascular disease, enriches alpha rhythms. Long-term meditation promotes theta brainwave patterns, which meditators report peaceful, pleasant experiences with intact self-awareness. Meditation enables hemispheric synchronization, allowing the brain's left and right, anterior, and posterior sides to function together to create neural ordering that produces more incredible brain functions. Meditation increases serotonin levels in the blood. It also decreases cholesterol levels in the blood. Sensory, perceptual, and cognitive abilities are enhanced by reflection. It significantly increases empathy, intelligence, and memory and reduces the ego. Most meditators report divine and supernatural experiences after meditating. They say visions, astral projection, after years of practice magical powers, and finally oneness with God.

How to Practice Meditation

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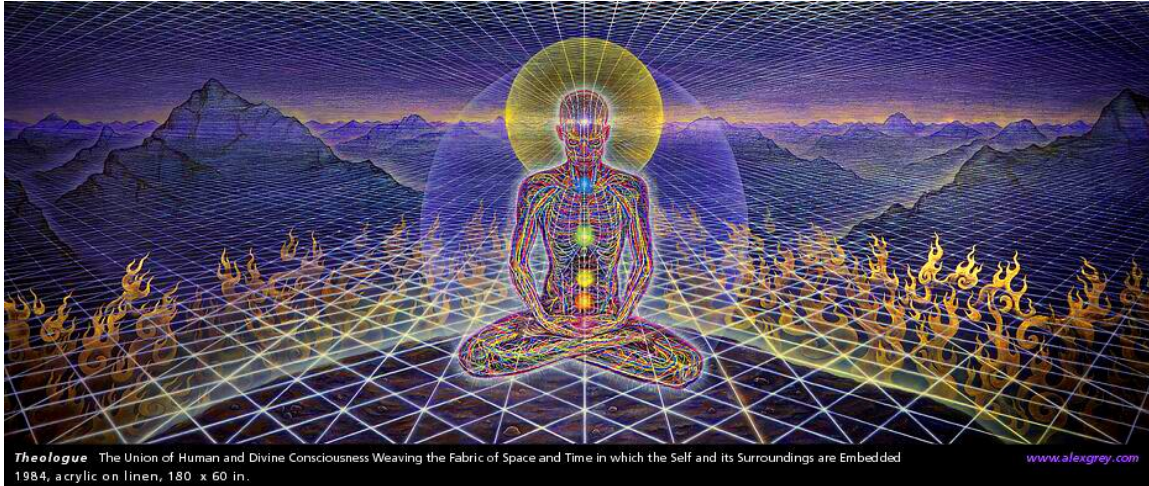
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The best time for meditation is early morning, between 3:00 am, and 6:00 am. If you cannot meditate, pick a time you can be regular with, and stick to it. Sit-in a quiet place in a relaxed position where you will not be disturbed. Free your mind of all worldly thoughts, repeat the mantra OM or Om Namah Shivaya, or So-Ham, or a short phrase repeatedly like *In my heart there is only Love*, do this on the in-breath and out-breath. The mind will jump around at first but do not try to fight with it. Keep repeating the mantra or phrase with the inflow and outflow of the breath. Try and study the space between the in-breath and out-breath. In this space is a great mystery that the meditator can only discover. If you have a picture of your chosen deity or spiritual master, you can also use that to focus on. Look at the picture for about five minutes, then close your eyes, all the while repeating the mantra. After practicing this technique a little time, the image will come to you automatically. Practice meditation for one hour a day; if that is too difficult, try forty-five minutes or a half an hour. It would help if you had an asana or seat made of wool. This will hold the spiritual energy you release while meditating. The power will become saturate within the asana and make meditation easier as you continually practice. You should also have a set of loose-fitting clothing that you use only

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for contemplation.

No one can predict what kind of experience a person will have in meditation at first. We are all at different levels of spiritual development and growth. However, we can tell you what kind of spiritual experience you will have when you approach the final stages of meditation which may still last for years. These experiences act as a road map to let the seeker know they are on the right path.

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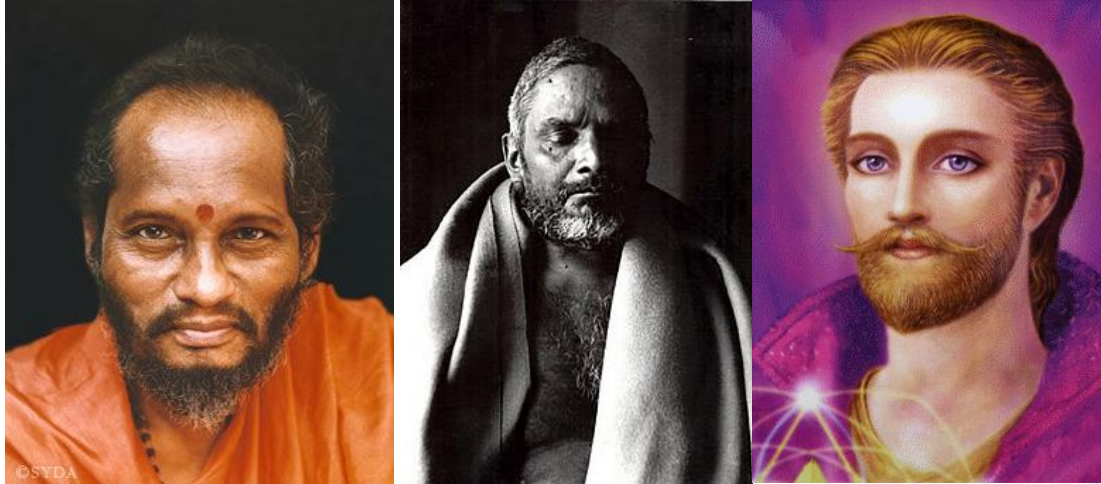
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Experience on the Path

The great spiritual Master Swami Muktananda Paramahansa describes his experiences in his world-renowned book: *The Play of Consciousness*, the only spiritual account detailing the higher spiritual adventures. He describes the vision of four lights. The first light represents the gross body. Its color is red, and it is the size of the human body, about five to six feet tall. The second light represents the subtle body in which we experience dreams; it is white and the size of the thumb. The third light signifies the causal body. It was the size of the fingertip and black in color. The fourth denotes the supra-causal body; it is as tiny as a sesame seed, and its color is blue and uncommonly brilliant. It is the essence of the spiritual path and the highest inner vision. Inside all these lights, he had different experiences. He saw Gods and Goddesses and went to other worlds. At

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each level, he acquired more extraordinary supernatural abilities. He heard various sounds called Nada or sacred sounds. At one stage, he saw his form appear to him. This experience indicated that the body had become completely purified. In the final stage of his meditation, he saw the Blue Person, the Supreme person within every human being. The Blue Person is extremely beautiful. A vision of the Blue Person is the highest reality; it is the culmination of your spiritual journey, the Full Realization of the Self within. What you realized is: you are the Supreme Reality: What the God is Within!

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Questions:

- (1). – What is meditation?
- (2). – How many spermatozoa are trying to impregnate the egg in the ovum?

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- (3). – What is the relationship between virtue and meditation?
- (4). – What is the purpose of meditation?
- (5). – What are the five benefits of meditation?
- (6). – What is the best time for meditation?
- (7). – Describe the process of meditation
- (8). – What is hemispheric synchronization?
- (9). – What does the seeker see in his last stages of meditation?
- (10). – What are the four lights a meditator sees? Describe them?
- (11). – Who is the Blue Person?
- (12). – How long should a person meditate?
- (13). – Why do we study meditation?