

# The Healing Power of Meditation

## INTRODUCTION

### What means Meditation for you?

*Before I start to explain more accurate what meditation is, I ask you to first announce me by a few key words, what signifies meditation for you, so I can get a view of your ideas and experiences: .....*

*THANK YOU VERY MUCH! And please check at the end of the lecture, if I could enhance your understanding of meditation and if you are motivated by the new findings to learn this form of meditation!*

**»EXERCISE 1«:** Now I want to ask you to face your neighbor spontaneously and directly «WITHOUT THINKING ANYTHING» from face to face ...

*You might discover that it is not so easy to think of NOTHING. If you nevertheless succeeded, your neighbor could have shown himself as a completely unknown being of its real side. And that's all about the "MIRROR STORIES": If you look in the mirror and look at yourself, then you do not see yourself, but what you "THINK" about yourself.*

**»EXERCISE 2«:** Now, please try TO SEE YOUR OWN HEAD by looking straight ahead ...

*IT IS IMPOSSIBLE! – Why are we so much worried about what we look like? Because we make in our minds a picture of ourselves and constantly compare ourselves with this role.*

*As you can see, we only are able to see the face of our neighbors, in this approach we never physically can perceive with our own eyes never ourselves in this way. If we want to meet ourselves face to face, we must pursue the index finger pointing at us and look inside ourselves. THIS IS MEDITATION!*

*«Meditation is becoming aware of the obvious behind the filters of our mental assessment of what we perceive.» But as long as the spiritual mirror is fully covered with our thoughts, we can not see ourselves clearly, only when we have resolved all performances, we are back at unprejudiced way of perception.*

**(headless.org)**

*In the «Golden Flower Meditation» we concentrate during the first exercise, the «Backward Flowing Method» on the REAR BODY HALF with the spine. To use the mirror model again: It is impossible to see ourselves in the mirror without any other help, from any other side frontal, then as seen from the frontside of your body.*

*If you look in a horizontal and straight forward way you do not even see your body. You are so to say "NOBODY" (no body) as long as you do not look down at your own front and exactly this is the way you meet your fellow human beings in general, unless you do not look your counterpart in the eye.*

*But what you will not succeed without contortion, is to see the back half of your body as an other person can see it. Your rear half of your body is at best invisible and perceptible as a power source. Nevertheless, most people pack their backs full of worries and hardships and perceive it painfully loaded as a dark back half.*

*However, if you have learned to remain "SELF-AWARE WITHIN YOURSELF" your UPRIGHT BACK will give you SUPPORT IN YOUR SELF. In the rear half of our bodies, our backs, the original creative energy of the universe is resting and only when we use this energy, it will be possible to achieve the true goals of meditation and to become one with this power. I will come back to this point.*

*Now you have at least an ENERGETIC AND PERSONAL REFERENCE to the topic I want to convey to you with my lecture and I come back to the question:*

### I) What is meditation?

**«Medicine is Healing for the Body, Meditation is Healing for the Soul.»** *Meditation is the royal discipline of all body, heart and mind techniques and the most effective of all therapies. Meditation heals body, mind and spirit sustainable and forever and leads us into higher dimensions of existence.*

**«Meditation is the classical path of the mystics to God»** and the base of a better and freer society, as I will explain later. Meditation is a *method to clarify the mind and strengthen the vital energy*. Meditation is a *«Spiritual Self-Healing Process of body, mind and spirit»* and thus the most powerful healing tool at all.

**«Meditation is an age-old system for resolving the essential spiritual challenges of living a life in a human body.»** Meditation has been used for thousands of years by every religious tradition to create life-sustaining rhythms and give people a way of finding peace, balance, compassion and a sense of morality.

**«Ancient Taoists had a unique perspective on meditation.»** From the Taoist perspective, our age's spiritual dissonance is a result of a profound disconnection between our bodies, hearts and souls. The Taoist solution is to reconnect and integrate ourselves, both internally and with our environment. – **Bruce Frantzis**

**Today's materialism is also a springboard to spirituality.** People who no longer have to fight for their survival will have enough time to think about themselves and begin to feel their spiritual poverty. If you have become aware of this shortcoming, there are only two possibilities: either you go through an internal transformation or you resign and life loses his motivation. *Meditation causes this transformation:*

**«Meditation is Transformation of Materialism into Spirituality.»**

*«Ego is another name for desire, the attachment to the material world.»* As long as our ego, our small "I am" is present, there is darkness. 'Darkness and Ego' - 'Light and Non-Ego' are synonymous. The moment in which we dissolve our ego, is the moment of great bliss, because:

**"If you're not - God will be present, the great "I", the Universal Energy, GOD I AM! "**

Drop the ego. The ego is never right. Drop everything you do - thinking is also doing! If one is empty, when our ego is gone, *«light without source, light without cause»* will appear.

**«If thou art not, then thou art!»**  
**«TO BE, JUST BEING! THAT IS MEDITATION!»**  
**«Meditation is unclouded consciousness,**  
**Consciousness without thought process, silence of thoughts.»**

True meditation allows the awakening to *«undifferentiated consciousness, conscious awareness, awake awareness, intentionless presence.»* This can only happen if we free ourselves from bondage to materiality. *Becoming aware is the secret of meditation*, one becomes the becoming-aware. *This awareness, this wideawakeness should remain absolutely unclouded and undisturbed.*

**Being should remain unmoved.**  
**«Just be a witness - That is meditation.»**

## II) Meditation and Consciousness

**The «Golden Flower Meditation» which I will present you today,**  
**is the «quintessence of all meditation methods».**

This technique is easy to learn and very direct, objective and efficient for clarifying the mind and simultaneously cultivating life energy in all areas.

### **Preceding Clarification:**

**The «Higher Form of Consciousness» in the East they call it «original prenatal consciousness» which is «free of thoughts» and enables thereby «direct perception and absolute knowledge».** Our **«consciousness as a thinking principle»** how we generally understand consciousness in the West, is considered in the much more developed differentiation of Eastern meditation techniques as **«intellectual consciousness» «of minor significance»!**

**In the Western context the «primordial mind» is called «Higher Self» or referred as «soul» but «not distinguished from the awareness of our mind».** We only are able to develop our **«own western method of meditation»** if we include a clear **«definition and classification of this higher form of consciousness»** into our scientific view, because the relevant knowledge remains hidden to us without this insight. I want to contribute to this development with my own work.

*The Importance of the «**distinction between the various forms of consciousness**» and the «**definition of the primordial consciousness**» can not be emphasized enough, because a deeper meditation practice is possible only by comprehension of this «**prenatal and thought free spirit**».*

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**Paramhansa Yogananda**, author of the spiritual bestseller "**Autobiography of a Yogi**" writes:  
**«The word "yoga" means "union of the individual consciousness (soul) with the universal consciousness (spirit)"»**

*By this statement, you can comprehend, that we in the West have a wrong understanding of yoga in general: **Yoga is preparation for and practice of meditation in one, all forms of physical yoga serve as preparation for meditation.***  
 (Patanjali)

*The «**application of meditation techniques which act directly on the energy and consciousness**» are the quickest and most effective way to achieve the goal of yoga. «**Kriya Yoga**» is such a «**direct meditation technique**» which as a special form of «**Raja Yoga**» brings together the different paths of yoga in harmony and combines them into one unit.*

*(The ancient Taoists have further refined and simplified this techniques later on. Out of this techniques of Kriya Yoga in the passing from India to China originated the «**Golden Flower Meditation**», an even more efficient and more directly on the primordial mind focused meditation method.)*

**"Yoga is a simple method, which reverses the usually «outward flowing stream of consciousness (inside)», through which the mind becomes a «dynamic center of direct perception», it is then «no longer dependent on the deceptive senses» but «experiences truth directly»."**

*(The "**Golden Flower Method**" based in the same tradition and insights and corresponding to this ancient knowledge was called «**Reversal of Light**» or «**Turning of the Light**».)*

*My Kriya Yoga teacher "**Yogacharya**" **Marshall Govindan Satchidananda** discusses in a publication of historically researched records of Kriya Yogis he initiated, «**a direct line connecting the tradition of Kriya Yoga from India with the teachings of Taoist meditation in China**».*

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**Paramhansa Yogananda** (his Autobiography is regarded as groundbreaking yoga literature) shows in his last work, **«The Second Coming of Christ» / The Yoga of Jesus**, (Insight into the hidden teachings of the Gospels), based on the bible, that **Jesus knew the techniques of yoga, this "all-encompassing science of God-realization" and followed its rules for a spiritual life.**

*At the 'Hemis Monastery' in Tibet credible records have been presented which prove that **Jesus, was visited at his birth by great sages of India, who recognized his divine sonship and had come to prove honor to his incarnation.** Jesus remained associated with them.*

*Even his sojourn with the great masters of yoga, the 'Rishis' in India and the Himalayan regions is reported, where he also proclaimed its own message of brotherhood in this area, before returning to his homeland. This would explain Jesus' lifetime between 14 und 30 about whom nothing is written in the Bible.*

**«Christianity knew the techniques of meditation.»** Even if the documents mentioned above cannot be historically verified, I know from my own sources and from personal reports, that the Christian Gnostics in Europe knew these techniques and have shared them in their tradition. – *In his publication, "Jesus and the Yoga Siddhas" my Kriya Yoga Teacher Marshall Govindan Satchidananda verifies this statement also on the basis of scientific text comparisons.*

*During the Inquisition, and overall in the past two thousand years in Europe, it was dangerous to to stand publicly for spiritual and alchemical knowledge, which were written for these reasons in symbolic language. Church and State also feel threatened still today of freethinking people and fight them openly or covertly.*

*The Psychoanalyst **Carl Gustav Jung**, developed a keen interest in alchemy and the spiritual wisdom of yoga and Taoism, as he found in the Taoist Meditation Instruction «**The Secret of the Golden Flower**» hidden alchemical techniques to correspond to his psychoanalytic theories.*

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*C.G. Jung held four lectures on «**The Psychology of Kundalini Yoga**». He understands chakras as "symbols of human levels of consciousness in general" and divides them into three stages:*

*1 Level: **Muladhara / Svadhisthana (Chakra 1/2)** - The psychology of these centres he called unconscious, instinctive. Will and action is not conscious. Acting happens in the 3rd person.*

*2 Level: **Manipura / Anahata (Chakra 3/4)** - In **Manipura** the emotional human being is always flooded by his emotions and thus the victim of his passions. Only in **Anahata** it means: I will. Here we learn the first idea of the self, the absolute center.*

*3 Level: **Vishuddha / Ajna (Chakra 5/6)** - **Vishuddha** is the Word, the spiritual center. Here is the "Gate of the Great Liberation" by which man leaves the world of error and opposite pairs and becomes aware of the eternal things.*

In **Ajna** (knowledge, comprehension, command) the "subtle body", the diamond body, the 'Goldkeim' or the "Great Self" evolves. Here is taking place the transition out of time and space, to Nirvana.

For C.G. Jung, the interest in yoga was psychological. Quote: "Yoga was originally a natural introversion process. Such introversions lead to peculiar, brainwashing internal processes." So he associate yoga with the path of individuation, the path to become our true self. However, Jung questioned the use of yoga for the Western People due to the lack of spiritual development, which he try to explain historically also on the base of the different faith habits. "Yoga is the liberation of consciousness of all object and subject arrest." However, in the Western man still slumbers too much in the unconscious, of which he is just not aware and which in turn, makes it difficult for exemption of. Jung is clear, however, that especially the rich symbolism of Kundalini Yoga (Tantra Yoga) gave him valuable reference material for interpretation of the collective unconscious."

<http://wearekalia.blogspot.ch/2012/07/personlicheentfaltung-durch-kundalini.html>

According to **Paramhansa Yogananda** Christ consciousness means «Oneness with the Infinite Intelligence and Bliss, from which the whole creation has been created.» The highest teaching of Jesus was «the doctrine how to become Christ». To do so, «the soul has to be freed from the body consciousness» and «united with the Christ intelligence» that pervades the whole of creation.»

«Who wants to know Christ «must close his eyes, expand his consciousness and so deeply concentrate, that by the inner light of spiritual intuition he obtains the same state of consciousness that Jesus embodied».

Yogananda's opus magnum «**The Second Coming of Christ**» suggests that "The return of Christ", will be fulfilled when «All which constantly meditate, will receive Christ in their own consciousness on the altar of Silence». The «Awakening of Spiritual Intuition in all of us" with the sole aim of "Immediate Experience of God", the only reality, this "second birth" Yogananda understood as the «Second Coming of Christ».

**Jesus Good News of Christ, the «Spirit of Christ-love and brotherhood», is the only effective way to save the world from self-destruction, that threatens her if the people's persist on the various forms of truth with respect to their disagreements. True spirituality always goes hand in hand with true science. «Truth is the highest religion.»**

**«Religion without science is lame, and science without religion is blind.» – Albert Einstein**

«**Autobiography of a Yogi**», the world's famous spiritual classic written by **Paramhansa Yogananda**, serves as Ambassador of India's traditional Science of Yoga, while he has made countless readers acquainted with the methods by which one can attain God-realization. These methods are India's unique, long-term contribution to world civilization.

"The "**Universal Science of Religion**" shows the truths that are common to all religions and form the basis of any religion. It also teaches you how to «live your life according to the divine plan of creation» through practical application of these truths."

"All spiritual traditions were in association in any way with the philosophy and religion of India and were inspired by it. Those who study this matter, will find that India's holy venerable writings are much older than all the other Holy Scriptures, and that they have not only influenced the Egyptian Book of the Dead, but also the Old and New Testaments of the Bible and all other religions."

"The essence of truth, the eternal principles of righteousness obtaining man and universe alive were conveyed the world thousands of years before the Christian era from this source and «have been kept alive with a spiritual intensity in India, which declares the search for God as single life goal.»

"Due to the precise «**Science of Meditation**», which is known to yogis and sages of India for thousands of years and also Jesus knew, can any seeker of God expand his consciousness into omniscience in order to receive the «**Universal Intelligence of God**» inside himself. India has specialized in religion from time immemorial as a science. Yoga, «**The Science of Reunion with God**» is more than 5000 years old."

**Paramhansa Yogananda – The Yoga of Jesus**

"The main significance of the meditation techniques of our time lies in the fact that they have accumulated an overwhelming amount of proof in favor of the existence of a specific state of being, a state of identity with the self, with the transcendent "consciousness of being", which in our own spiritual past only a few mystics has concretized and which modern science knows nothing about.

We should therefore be careful with sweeping judgments about yogic states, beliefs and practices, unless we would have even considered without bias. The religious scholar Mircea Eliade, formulated in his seminal work on Yoga admonishing: "The denial of yogic experience and the criticism of certain aspects of it are to anyone who by their practice has no direct knowledge, because yogic states go beyond those conditions when, someone is when he criticized them."

**Georg Feuerstein – The Yoga Tradition**

"Yoga, the age-old Indian philosophy forms the basis of the Yoga Sutras of Patanjali, the Ayurvedic Medicine and the teachings of Siddhartha Gautama the Buddha. Its central point is the **"Self-Realization"**, their doctrine of creation is a **"Philosophy of Liberation"**.

*This philosophy offers a psychological-spiritual model as a comprehensive concept of the human psyche. Only when we discover who we are not, we can discover our innermost being and achieve freedom."*

**Ralph Skuban** – *The Psychology of Yoga*

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The «*Eastern Science of the Soul*» is superior to orthodox religions, because it emphasizes regardless of religious or national affiliation, «*THE SYSTEMATIC TRAINING METHODS*», which are «*of all-embracing importance for every person who wants to be perfect*».

«**There is an urgent need to recombine Science with Religion.**» «*Outer science*» has to be combined with the «*Spirit of Intuition*», the «*Inner Science of Yoga*» and «*the Practical Methods of Meditation and Mental Clarification*» that lead to a «*real inner Experience of God*».

### III) Why should we meditate?

#### Why should we meditate at the present time in the West?

Answers to this question, there are many, even for those who belong to no religion or rely solely on scientific facts or call themselves atheists.

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GOD - CHRIST PRINCIPLE - GOD FATHER - I AM THAT I AM are synonymous to THE INHERENT INTELLIGENCE OF CREATION, or the UNIVERSAL CONSCIOUSNESS,

as SON OF MAN is equivalent to BODY and SON OF GOD to SPIRIT or SOUL.

All other faiths can equate THEIR GOD'S NAME or her CREDO. Taoists call the Universal Mind, the «TAO» (DAO) or the «PATH(WAY) / CHANGE»

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There is a dimension of human existence which can not be achieved without meditation. Mystics of all times bear witness to the basics of this method to train the mind to realize higher dimensions of reality and experience. They explain this state as the highest and most desirable destination for everyone.

This is the reason why the practice of meditation for all practitioners make a substantial difference in their lives. In the silence we hear the transcendent reality of being and our true self. Silence is the main access to our essence, the "presence of our original mind".

The "*Golden Flower*" at the beginning cites the *first sentence* from "*Tao Te Ching*" of "*Lao Tse*":

**"Tao has no name or form, it is only the essence, it is only being, only the original spirit. "**

Now I would like to emphasize the Importance of Meditation by some citations:

#### QUOTES OF WELL KNOWN PERSONALITIES

**Augustine**, early Christian theologian and philosopher, describes "*human spirit*" as the "*eye of the soul*": «*Capable of Understanding the eternal Truths*» by the "*unchanging light of the Divine Spirit, which enlightens the human mind and what he encounters*". "*This light is «the Innermost of man»*. The «*return of man to this innermost heart of self*» for Augustine is «*self-realization of spirit*» and means "*return to the real origin*".

*(The teachings of the "Golden Flower" make completely to Augustine matching statements.)*

**Mihály Csikszentmihályi**, American psychologist, explains in his book "*Flow*" - *The Psychology of Optimal Experience*, the "*state of happiness of flow*" and says about *Meditation*: «*Compared with the big Far Eastern cultures, we are still in their infancy when it comes to learn to gain "control of the body and its experiences."* What the West succeeded in exploiting material energy corresponds in many respects to what is reached in India and the Far East with the "*direct control of consciousness*"!»

**Peter Sloterdijk**, German philosopher, writes in his anthropological essay "*You have to change your life*", that there would be *no more return to religion* after the Age of Reason in postmodernism, but *only systems of spiritual practice*.

The old opposition between faith and superstition out of his sight will be omitted, as well as the distinction between believers and nonbelievers. It will be *only* the distinction between *practitioners* and *inexperienced practitioners* or *otherwise exercising practitioners*.

**Edda Gottschaldt**, Specialist in Pediatrics and Psychosomatic Medicine, co-founder of the Congresses "*Meditation and Science*" in Berlin says: «*In the past Meditation was very much tied to religions. Meditative practices were anchored almost exclusively in this context.*

*To look into an inner world out of overstimulation and not to rely on beliefs, is a new development. Dealing with the outcropping individual processes can, however, lead to exaggerate personal experiences or to superimposed ideas.*

Therefore, it is important to have *traceable reference points to create objectivity on a new layer. Ultimately, it's about freedom from ideological assertions.*»

**Willigis Jäger**, Benedictine monk and Zen master: "The psychology has so long struggled with acknowledging the transpersonal level, but now she slowly realizes that a insight and healing is possible here, in this regard it was hitherto unknown in its scheme."

**Sankara Saranam**, American author with a great deal of knowledge and years of experience in the spiritual disciplines of the East, shows in his book named "*God without religion*" that God can be experienced without Religion. Many mystics from all countries and times testify the same fact with their work and writings. In Taoism philosophy and religion are closely linked and instead of an omnipotent deity there is the 'original principle of creation'.

**Deepak Chopra**, American physician and bestselling author says. "*Meditation is a technique of progressive quieting the mind that leads up to the point where the mind reaches "complete silence" meditation started with the intention to have a spiritual experience, leads to very deep experiences.*

*Many spiritual traditions considered this "place of peace" as "realm of the soul or the spirit", "which transcends the mind". Meditation techniques were originally developed by the great wisdom traditions to convey a spiritual experience."*

## 1. MEDITATION IS ACTUALLY VERY SIMPLE:

1. REVERSE THE LIGHT - *Turn the senses inwardly* (circulation of light) «*Backward-Flowing Method*» (rear up / front down) *circulating the energy along the "microcosmic orbit" (Governor / Functional channel / acupuncture meridian) and collect in the navel and nourish.* (»STOPPING«)

2. MIRRORING THE LIGHT - *The Universal Light of Creation enters and flows through the 3rd eye and crown and down to the pelvic ground - reflect or revolve it in the opposite direction (back down / front up)* (»SEEING«) (*The «"Golden" Flower Meditation» is named after the color of the inner light.*)

(Explanation and Pictures to this Scheme see PDF «*Meditation Handbook*» and «*Technical Explanation*»)

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»REVERSE THE LIGHT – SILENCE OF THOUGHTS«  
»up the back« »down the front«

»MIRROR THE LIGHT - SEEING THE LIGHT«  
»down the back« »mirror«

»SILENCE & LIGHT« »SUBTLE HEARING & SEEING« »WATER & FIRE«

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## 2. KRIYA YOGA (1.) & GOLDEN FLOWER (2.)

### GENERAL

«Many roads lead to Rome, but only one leads to God.»

There are many ways of spiritual development, **but ultimately all of them lead to the direct ascent of our electromagnetic life energy, the light-energy and serpent power «Kundalini»** (consisting of prenatal life energy, sexual energy and consciousness) **up the spine to connect with God on the third eye and the crown point.**

*This subject is interpreted the same way in the New Testament. John the Evangelist compares the "Exaltation" of Christ with the uplifting of the bronze serpent through Moses and let Jesus say:*

**«The Son of Man must be lifted up as Moses lifted up the serpent in the desert.»** (John 3:14).

*Whoever believes in the "Elevated Son of Man", according to the fourth Evangelist comes by his faith "from death to life", just as the Israelites by the sight of the brazen serpent remained preserved "before physical death". This is the "transformation from man's child to God's child," from the "body centered being" to the "spirit connected (god related) being".*

**Vivekananda**, a Hindu scholar has said in the **First World Parliament of Religions 1893** in Chicago:

*«India as "Mother of Religion" has influenced all scripture, spiritual traditions and their methods and techniques. India is the "cradle of spirituality and religious devotion", the "rootedness of the human being in the true spiritual values of life.»*

Jesus said: **«Happy are those aware of their spiritual needs.»** (Matthew 5: 3).

*Consciousness manifests in us as mind and emotion, as reason and feeling, as wisdom and love. After our birth, after having created our bodies, this original consciousness power sleeps at the base of the spine. We are able to awake it again by our "innermost heart," through our consciousness and our life force, by cleaning heart and mind of the karmic slag. The spiritual development of man requires the purification of the heart from the troubled to the perennial, from the devotional to the pure heart.*

**«When in meditation we look into ourselves where the question "Who am I?" points, over time the Golden Light (of the Golden Flower) will shine in the darkness.»**

*All diseases have the cause in our innermost spiritual heart, in the inner human being, his thoughts and desires. King Solomon wrote in a manuscript:*

**«Keep thy heart with all diligence; for out of it are the issues of life.»**

**»EXERCISE 3«:** "Let an «Inner Smile» arise and shine like a sun in your heart!"

*«Perhaps you will notice a change in your energetic field and in your emotional feeling, enhancing it by an outer smile, the sensation will become even stronger.»*

**"The heart holds a secret that is greater than all the secrets of all the cultures of all mankind. The spiritual paths and mystery schools keep in the innermost core a heart space only accessible to initiates.**

**»The heart and the self are one.«**

It is the «spiritual heart» the middle, the innermost self. It is the center, where-in takes place the personal transformation and the upper and lower chakras (energy centres) connect. At the same time it makes the transition point into the transcendent areas.

**«The heart excludes nothing, it learns through touch.»**

*Modern science confirms the usefulness of this approach, since we send out a fine electrical signal with each heartbeat. The "Katha Upanishad," testifies to the highly effective heart meditation with the statement:*

**»If all nodes in the heart are cut, then a mortal becomes immortal.«**

*If we reach stillness of mind and thought, we change the brainwaves to another frequency. If in meditation "the head falls in the heart" we go beyond the first two of the four now measurable frequencies of alpha and beta and move into delta and theta frequencies."*

**Thomas Young** – Welcome to the heart

## (1.) KRIYA YOGA

(1) The «Yoga Sutras of Patanjali» constitute «one of the two main manuals of meditation».

**Kriya Yogi Patanjali** (said to have officially lived around 200 BC) with its **198 Yoga Sutras** laid the «**foundation of all yoga systems**». (1.) In the first two sutras stated:

**«Yoga is the cessation of (identifying with) the fluctuations (arising within) consciousness ('Chitta').»**

»Chitta« (consciousness) denotes the «innermost heart» or emotional energy as a comprehensive term for the mind (spirit). (When the fluctuations of the mind comes to rest, ...)

**«Then the Seer (meditator) abides in his own true (immortal) form.»**

## (2.) GOLDEN FLOWER

(2.) The second equally important Meditation Handbook has been known in the West as «The Secret of the Golden Flower» or «Das Geheimnis der Goldenen Blüte» (Chinese: "The book of consciousness and life"):

«**Lao Tse / Boganathar**» founder of Taoism and founding father of the tradition which brought forth the «**Golden Flower**», comes from the same Kriya Yoga tradition as "Patanjali", his major work "**Tao Te Ching**" is regarded as a subtle instruction for meditation, as well as the much older, not coming from him oracle book "**I Ching**".

«**The Yoga of Siddha Boganathar**» written by the renowned Indian philosopher **T.N. Ganapathy**, characterizes historically and philosophically the influences and connections of the of Kriya Yoga with *Chinese Buddhism* and *Taoism*, with *Christianity* and *Islam*:

**Kriya Yogi "Siddha"«Boganathar/Bogar»** (said to have officially lived from the 3rd to the 5th century and is also referred to as the «discoverer of the elixir of immortality») claims to have traveled the whole world, and visited Jesus rendering his respect.

*Boganathar* describes that he acknowledged the intellectual achievements of Jesus and his disciples as *Samadhi* (enlightenment and liberation) and reported similarly about Mohammed. According to his Tamil palm leaf records «*Boganathar*» traveled in earlier times to *China* and founded there the *Chinese schools of meditation*. On returning to *India* crossing the border under the name of **Lao Tse** he has left the **Tao Te Ching** as *Philosophy of Taoism*. *Boganathar* says he lived 12'000 years in foreign countries.

**These connections between India and China relate to a particular extent to the Method and Teachings of "Golden Flower" which I am presenting here to you. In the «Meditation of the Golden Flower» the Teachings of Kriya Yoga and Taoism are taught as a cohesive unit.**

**Wang Chongyang**, in the summer of 1159 at the age of 48 years met in a tavern the two Immortals; **Zongli Quan** and **Lü Dongbin** (Lu Dongbin) (also called **Lü-zu** (Lu-zu), who is considered the Founder of the Golden Flower) and was instructed by them in the "inner alchemical teachings of Taoism».

*Wang Chongyang*, in turn, harmonized subsequently the Northern and Southern **School of Complete Reality**, the northern school was aligned to celibacy, the southern school quite fixated on sexual techniques. *He created thereout a very gentle, harmonizing and healing "tantric" meditation method.*

Around 1692 this text was outlined for first time in a written form and appeared in the West in 1928 (version of *Liu Hua Yang* 1794) as a German translation by **Richard Wilhelm** with a foreword by his friend **Carl Gustav Jung** and world-renowned in consequence of its English version.

The recognized American sinologist **Thomas Cleary** published based on Chinese original texts in 1991 a brilliant New English Translation and provided it with many helpful comments. 2012 and 2013 further two valuable English translations appeared which I translated to German and which can be requested from me.

### 3. SPIRITUALITY

**Meditation gives us the opportunity to meet our invisible self and to dissolve forever the illusion of separateness through oneness with everything.**

To live spirituality means to connect with the Infinite and Eternal, the Divine in ourselves, our innate nature. Extended consciousness is equally directed inwards and outwards. If we reconnect body, mind and soul to their wholeness, liberating us from all limitations, this oneness in the long term can completely heal our bodies.

*«Faith alone can spend the soul no permanent place in heaven, we must live now on earth in fellowship with God. People on earth become angels. Where we are breaking off our development in the hour of death, we have to start again in a new incarnation. Same as in sleep, we are after death the same as before.» – Paramhansa Yogananda*

#### THE THREE SPIRITUAL EMERGENCIES:

1. »SELF-REMEMBERING« We should always remember that we are one with God, that we are God's children.
2. »TRANSFORMING SUFFER« and »PRACTICING FORGIVENESS« completely present in the »HERE AND NOW« seeing the »ILLUSION OF THE UNIVERSE«.
3. »CREATION OF AN IMPERISHABLE SUBTLE ENERGY- AND LIGHT-BODY«

***The cause of all problems and diseases lies in the heart.***

The first separation of the oneness with All, was the separation from our creative divine energy.

*There are only two basic emotions: «Love and Fear»*

*«Love connects» – «Fear separates»*

***«If ever should be an original sin, it would be the separation of wholeness, the Divine.»***

But separation is still an integral part of the whole, since this creation, was built as a perfect universe.

*With each separation we feed the fear and we move away from the Divine.*

*With every connection we nourish the love and we get closer to the divine.*

Quantum physics proves this wholeness concept irrefutably, thus confirming the basic concept of religion: »Everything is a whole and is related to everything.« On mathematical physical basis, this results in the metaphysical rule of life of the ancient Yoga Masters:

***«Treat all living beings as if their lives were your own.»***

The systems theorist **Ervin Laszlo** says in **"The Whispering Pond": A Personal Guide to the Emerging Vision of Science** (Element Books, 1996): *"The precise tuning of the physical universe for the parameters of life forms in their precision builds a remarkable series of coincidences, where even the slightest deviation from would mean a specified value, the end of all life."*

It would take an unimaginably large number of precise coincidences expressed mathematically: a number with 80 zeros (10 raised 10 raised 80), in other words, at least as many coincidences as elementary particles exist in the universe. - *"Serendipity of this magnitude exceeds credibility."*

*This shows, that without a «targeted inherent intelligence» creation and thus life in general never on a random basis could arise. The universe is not the result of a random combination of subatomic particles and vibration forces. There must be an inherent leading intelligence intentionally have worked out to create our wonderful world. «Blind forces never can create in themselves well-structured things.»*

**«Spirit as the only existing substance could only create something out from itself.»**

*The invisible is always the origin of the visible. The visible is never the source of the invisible, the reverse does not work neither in nature nor in us. Like the olive oil is hidden in the olive, the ubiquitous vibrant spirit is hidden in the vibrating matter. Whether we call this invisible Universal Intelligence GOD or TAO, does not really matter:*

**"Tao has no name. The nameable Tao is not the Tao."**

#### 4. DIFFICULTIES AND OBSTACLES OF MEDITATION

##### PSYCHOLOGICAL FACTORS

**«Spirituality is ego-renouncement.»**

*Keyword: «You must change your life!» On the spiritual path we have to clean up our lives and dispose of our inherited waste. But this can often cause very drastic psychological and physical effects.*

At this milestone, it may be helpful to have a teacher or a confidant person, who has knowledge about these processes and can help one to get through this process without damage and dissolve the old fateful entanglements and embossing.

##### SEXUALITY AND THE CREATIVE KUNDALINI ENERGY LIGHT

*The healing primordial-energy «Kundalini» can accelerate our development as creative power of consciousness dramatically and raise our human quality to the highest level, it leads us ultimately to enlightenment, oneness and perfect health. Sexual energy is a most precious good, which we should use very responsibly. Our bodies are biologically designed for enlightenment.*

When we look at our modern religions, we meet the same problem, which in Taoism took their dispute in the Schism of the two "Schools of Complete Reality", the Northern, celibate School and the Southern School, strongly focused on sex techniques. The extremes of these two schools have originated as synthesis the «tantric and very gently running meditation method» of the «Golden Flower», that all people can apply in every life situation.

*The «Golden Flower Meditation» makes available a method that does not require extreme discipline and no violent practices and can therefore be practiced by everyone. »Procreativity, the creative energy, is not to be trifled with however.« In Tantric traditions and in the teachings of the «Golden Flower» sexuality nevertheless can be lived further actively and in partnership.*

*We should use our sexual energy for higher purposes and not only for short-term pleasure. If we connect in the tantric sexual embrace with the light-energies of our partner, in the long-term this is more auspicious and lustful as a rough and passionate sexual encounter. In his Banquet "Symposion" Plato named this light energy «Eros».*

*It's about gradually increasing the organic quality of sexual union on a more subtle level, so that we can share our energy as a gift regardless of the energy of the partner (rather than voluntary resignation, loss or robbery).*

**Buddha statues in tantric union symbolize this higher discipline of spiritual-sexual union.**

*It doesn't need complete renunciation. The man renounces the ejaculation and the woman adjusts her menstruation and neither of them must therefore abstain from orgasm. Profound spiritual transformation, however, requires appropriate self-discipline and self-control of living.*

**The sexual energy is a precious resource, with which we should deal responsibly.** *Most people are not aware of, that everything connected to the power of consciousness in his triple form of spirit, soul and body, as power of consciousness, vitality and sexual energy, develops an incredible power. For the sexual energy the old Taoists speak of the symbolic effectiveness factor of 10,000!*

*The final union with God, and the steps leading to this union are the same for all. Through regularly meditation, we obtain a new birth in Cosmic Consciousness. The path on which the soul is freed from the bondage of the mortality-awareness of the body is the same straight «Way of the Spine», the soul used to descend from Spirit into Body and Matter.*

***This becomes possible if we use our sexual energy to awaken our higher energy centres.***

***This is Yoga, the science of God-union.***

*A sensitive topic!*

*And certainly one of the reasons why the West is struggling with real meditation.*

Most ancient traditions made the beginner little courage and said that it takes a lot of time and extremely disciplined practice (often spoke of a whole life or more) until we can experience progress in meditation. They therefore requested accordingly binding monastic commitments which we can rarely accept today or want.

*In accordance with the "doctrine of the Golden Flower" and convinced from my own experience, I can assure you that the so-called «**Foundation of Hundred Days**» is sufficient to induce a subtle change with great potency, after which no one has to convince you anymore.*

***«Hundred Days of regular meditation practice, 20-30 minutes daily and you will know it.»***

*(If you practice once a week, you need a maximum of three years, daily practice reduces the time to 3 1/3 months.)*

In my view humanity today is ripe for a **«fundamental spiritual change in their global community»** and many spiritual seekers and teachers of wisdom, men and women are working to develop appropriate methods.

## 5. LUCK

If I were to ask you why you're here, what would you like to see or what are you looking for and I could collect your answers and read the most common general statement, then the answer would most probably be:

**«HAPPINESS»!**

***Maharishi Mahesh Yogi in his first book "The Science of Being and Art of Living" says:***

***«Those who do not achieve lasting happiness,  
missed their purpose of life.»***

The masters or «*Siddhas*» (*perfect beings*) who developed the *Kriya Yoga* answer the question of happiness with a mnemonic as equation:

***»Happiness is equal to Discipline!«***

*Fortune corresponds to the self-discipline that we apply!*

**»EXERCISE 4 «:** *»Please ask yourself what is your «biggest heart's desire» and answer spontaneously!«*

*Then check if your answer is an «outer target».*

*If this is the case, I can guarantee you a failure rate of nearly 100%!*

*After all, you proceed as normal, «You make a plan for how you will achieve this goal, and put this plan into action!» - This can not work because your «subconscious» is not included, which is «a million times more powerful as your will and your mind»!*

*However if you have chosen to target an «inner state», this way you will definitely have success. If you have chosen an outer target, then just ask yourself «what kind of feeling would result from reaching your outer goal» and exactly this feeling is your innermost heart's desire! **Alex Loyd – The Loving Code***

*Good luck with the implementation, you can only win because:*

**«Luck means eternity»**

When we ask ourselves **«What do I want?»**, this question aims indeed to the deepest desires of our heart which are hidden beyond mind and ego. But before we find out what we really want, we have to ask ourselves **«Who am I?»**. This question leads us into the **«center of our spiritual heart»**, the **«heart of our soul»** and thus to the existential question:

**«Where did I come from?»**

If we answer these questions with our living life, by doing as we think and speech (walk your talk) we nourish and cultivate the impulses of the heart and thus shaping a meaningful life in fulfillment of our destiny.

**Simply put, it's about «being connected with our true self in every situation of life»  
and to live and act out from this bond according to our determination.**

This **connectedness with our essence, the «divine spark»** can be maintained and deepened efficiently and sustainably with the **«Golden Flower Meditation»**.

**Who doesn't know who he is, cannot think for themselves.** To think about our personal identity and the reality in which we live, is a goal in which we first *have to learn self-love, which does not depend on the eyes of others.* External goals never lead to inner satisfaction and therefore give no luck. *But if you've found your inner goal, your search will be successful with very guaranteed!*

**»Discipline means becoming aware, aware of "what we are" and learn to distinguish from "what we are not".«**

Back to the initially posed question:

## 6. WHY SHOULD WE AT THE PRESENT TIME MEDITATE IN THE WEST?

**Chade-Meng Tan**, former employee at Google and now author and trainer for Google, has created one of the most successful courses for personal development called **»Search Inside Yourself«**. A very simple and effective meditation technique that has emerged from his efforts in contributing to world peace:

**»Actually, it's just something we have to do,**

*but there is one thing in three parts to cultivate this is one thing:*

**"Inner Peace", "Inner Happiness" and "Compassion"!**«****

Between these three parts there is a relationship:

**»Compassion is not sustainable if it is not based on inner happiness. Inner Happiness is not sustainable if you do not have Inner Peace, and so there is a linear relationship.«**

**»Thus, to cultivate happiness and compassion out of "inner peace", that is it!**«****

**»A single cause, very easy! If you have inner peace and from within you are lucky, you can get sympathy upright. And if everybody cultivates compassion, this creates the conditions for world peace.«**

That answers the question why we should meditate in the West today:

**»BECAUSE IT IS THE BEST THING YOU CAN "DO" FOR YOURSELF,  
FOR THE WORLD AND FOR THE SAKE OF ALL BEINGS.«**

Therefore, we should use the old yogic knowledge to secure health, happiness and quality of life and to increase and ensure that we can peacefully and harmoniously live together on this planet and relearn to take care the resources in and around us.

**The "Golden Flower Meditation" can make their special contribution to this!**

Again and again in times of crisis, the **«Golden Flower Meditation»** as **«method of mental clarification»** has revived, due to the **«rapidity with which this method can awaken 'awareness of hidden resources in the mind'.**»

The doctrine of the Golden Flower is a «*distillation of the inner psychoactive elements in ancient spiritual classics*», it describes a «*natural way to mental freedom*» practiced in China for many centuries.

In "*The Secret of the Golden Flower*" it says in chapter 1, section 7:

***"First establish a firm foothold in daily activities within society.  
Only then can you cultivate the reality and understand the essence."***

I would like to ask you herewith to participate as a "*more vigilant and contributing citizen*" in a "*life-enhancing manner*" to this society and their improvement. This is part of a «*grounded spirituality*» as the *doctrine of the "Golden Flower"* passes.

The Taoists in China preserved and protected their independence through all times, that was the reason that they never set up an organization and passed their teachings rather secretly.

**Richard Wilhelm**, wrote in the introduction to his translation of "*The Secret of the Golden Flower*" that the former Taoist associations of his time (1926) in complying with these teachings, accepted followers of all five world religions (Confucianism, Taoism, Buddhism, Islam, Christianity and Judaism) without requiring the surrender of their faith.

The practical goal of the «**Golden Flower Meditation**» is to bring forth experience, not hammering doctrines. This is the reason why people of other religions or people without religion were able to take advantage of these psychoactive technologies without destroying their own cultural identity.

***Meditation reconnects the meditators to their original consciousness and vitalizes  
«what is not limited by birth and death and not by time and space».***

The point of meditation is to understand, «**what holds the world together in its innermost folds**», and «**to live these findings in the real world**» and not to distance themselves from it.

*Yoga, Meditation and Ayurveda are no Health or Wellness Products. Behind these three complementary methods is a millennia-old understanding of body, mind and spirit:*

***«Spirituality without Transformation is Imagination»***

«Breathlessly rushing through life and occasionally to practice some mindfulness, how does that get along with these classical methods, which teach us to grasp the meaning of our existence? The once self-evident commitment to self-refinement has been replaced with the call for egoistic self-realization.

Our longing for abundance of life should be satisfied by Wellness. Yoga and meditation will help us to come to ourselves, so that the pressure to perform is still to endure! Has this any future or is it already death preparation for the current living situation?

"To feel a little better", thanks to meditation, is just a change or conversion of the already known behavior and ways of life, and thus the preoccupation with the past or old (outdated) thought contents. Thus there can be no essential transformation. *Only meditation helps us to achieve this transformation.*

Without knowledge about the spiritual attitude of the ancient Yogis and Taoists *my statements are interpreted as "philosophy" or "pictorial description"*. However, those who seriously engages with the practice of meditation, will recognize that nothing is further from the truth, as to regard the life-practical instructions of ancient Taoists as "*yogic*" or "*alchemical philosophy*".

Even **Carl Gustav Jung** *has succumbed to this temptation and has interpreted in his foreword to text of the "Secret of the Golden Flower" as "alchemical philosophy" and therefore can not capture the essence of the meditation technique. But he rightly warned not to underestimate our own roots of Christianity and easy take on foreign theses without adjustment.*

***However, it has especially to do with the text of the "Golden Flower" that the understanding of these instructions «without their own meditation practice» can not open up.***

Despite his great achievements in the scientific understanding of the soul, the great psychoanalyst C.G. Jung has never engaged in **the classic meditation as "methodical technique to clarify the mind"**, though he had the opportunity.

I therefore ask you for appropriate openness to my theories and explanations. "Please try to use your critical mind also against your own prejudices"! Ask yourself how far, what has been said, could be implemented (perhaps against your first impulse of thought).

Only when we reach silence within us, which is free of thoughts and images, we are able to look **«behind the mirror»**, the world of our self-created pictures and thoughts. But then we see **«face to face»**. Like Alice in Wonderland, we capture the world behind the mirrors, the filters of our perception.

The here presented «Golden Flower Meditation» helps us like no other method to move towards that goal in **«immediate directness»**. To enable this **«free view»** is the main goal of meditation.

All real meditation instructions have their starting point in **«energetic facts»**, thereby they also can be **«verified»**. The ancient **Taoists** and the early **Kriya Yogis** have proven to be **realistic** and **pragmatic researchers** who also repeatedly added contemporary innovations.

Since I first read this exceptional text, I strive, according to the doctrine of the Golden Flower and in the same tradition as my predecessors, **to free the «Golden Flower Meditation» from any dogma and mystery**.

My **Instructions** for the **«Golden Flower Meditation»** must therefore be expressly understood as **«verifiable, practical, physical, energetic, emotional and spiritual experienceable facts and circumstances»**.

These techniques must cause **«certainty and confirmation by experience»** to prove adaptable for each individual and as for all understandable and implementable method. I see myself in good company with many trusted spiritual teachers who all of them consistently classify **«The Secret of the Golden Flower»** as a very important text of ancient wisdom.

**Bruce Frantzis**, American «line holder for Tai Chi, Chi Gong, Martial Arts, Taoist energy work and meditation» says:

*«It is time that we awaken spiritually. Behind all the general effort to feel a little less bad and using Yoga, Meditation and Ayurveda for dissolution of stress or to cure the diseases caused modern life, is the core issue of spirituality.»*

*«The state of the world can be simply described as follows: We have all the means to change all the nonsense that goes right to the big world problems (overfishing of the oceans, global warming, and what we else threatened) may be changed, but what we lack is:*

***The spirit and wisdom within us that let us see that human life has a purpose and a task with which it is connected and that we have the power to introduce ourselves and to change the world,***

*what we lack is;*

***The bridge between the ancient knowledge and modern nonsense.***

*Information and technology are no substitute for true knowledge and wisdom.*

***«Learning meditation is one of the most important decisions that you can make during your lifetime.»***

*Whether you are eight years old or eighty, the decision to meditate regularly starts in motion an accelerated process of spiritual unfoldment. Just understanding what prevents you from being happy is not enough. Learning meditation enables you to change the deepest substructures of your mind and soul so that you have a way to be happy.*

***Meditation can be defined as the process of releasing any blocked energy that is attached to any thought. Meditation is the ability to let go and change the structure inside of you.***

***«What we practice we are. The Taoist techniques are definitely a part of this ancient knowledge and wisdom that the world needs today.» (Bruce Frantzis)***

**Unquestionable «certainty of immortality» that arises not before and only from the experience of meditation, is the "philosophical background" of this doctrine.** Except near death experiences, this certainty can paradoxically only be obtained in the practice of meditation. Therefore, on the one hand **«meditation practice»** is the prerequisite for understanding this technique, which on the other hand, gradually produces a **"philosophy of our soul"**.

A philosophy who describes this *«ineffable and indefinable something which is called "soul"»* and who enables us to integrate their *«continuity beyond birth and death»* existentially into our daily lives and also create a mental recognition of this fact, I name it **«philosophy of immortality»**.

***In short; You must begin to practice Meditation,  
if you want to understand in all its depth  
what I try to tell you here!***

## 7. PHILOSOPHY OF IMMORTALITY

*The «Philosophy of Immortality» poses the basic unavoidable question; what is the «meaning of life»? Only then when we are reconnected to the immortal within ourselves recognising our spiritual plan and begin to live out of this source; will we be able to contribute to this world.*

*Meditation can only be truly understood in the context of such a «Philosophy of Immortality». Only on the basis of their self-generated «certainty of immortality» meditation unfolds its full force and effect.*

Each person, confronted existentially with his own **mortality** knows that this situation presents him the key issues of his life, the questions: **Wherefrom?, Why? and Whereto?**

The question of **«what awaits us after death»** has always been the *"central theme of all religions"*. Over the years an increasing number of neurologists and other doctors of academic medicine have started to take the *«near-death experiences and reports»* of their patients seriously and to recognise them as such.

***«The soul exists even without body and lives on as a  
continuum of awareness and perception  
in the after death state».***

Man insists and is convinced in general, that he is a raw body substance, although every day the contrary it is proven to be true: Every night during sleep, **"the little death"**, he stops identifying himself with his physical body, and is reborn as invisible consciousness.

***«Sleep reminds of what is beyond the sleep state, the state of the soul.»***

The transitory life would be unbearable without at least a *"unconscious contact with the soul"*, made possible through sleep. Our soul is made of *«immortal material»*, this material is an invisible fine material substance. We have to use this vessel (our raw body substance) in order to create a *«subtle astral body»*.

***Our senses are solely trained to perceive the «materiality of all things»***

We only "see" the light on objects *which resists the light*; we "touch" only that which *materially resists*; we "hear" only that which *sound waves transmits (in the material atmosphere of the earth) through the medium of air or water*. But without **"RAW BODY SUBSTANCE"** or *material media* we "see", "touch" and "hear" **NOTHING**.

***Nevertheless, everything consists of indestructible Energy.***

*The «energetic and subtle fine material dimensions» are the precondition that enable us to live in the material world, despite modern techniques we can make only partially and at the edge of their phenomena visible and comprehensible.*

*There were and there are people that can perceive this reality in a comparable clarity, to how we perceive the raw matter.*

In ancient times such people were called **"seers"** (many of them was blind). This description applies even nowadays for those who **"see with the third eye"** and for all *"enlightened masters and teachers"* of the past and present.

All of the known gurus of the present known to me and also many advanced scientists without clairvoyancy, impart the same unmistakable message,

**«The whole creation is consciousness»**

**"OUR CONSCIOUSNESS CREATES THE WORLD FROM SPACE AND TIME"**

We constantly create time, although there is no time in this form. Past and future do not exist in the absolute sense: what we keep in our minds as *the past is a memory of the earlier (past) "now"* and the future is a *projection of the same past*. Learning to live *«in the presence of "now"»* is the *«active part of meditation»* and is not to be confused with *«timelessness and motionlessness in silence»*.

One has to find ways of grasping the **«Presence within the here and now»** and to continue it. We are human beings who have been given the privilege to overcome time by attentively focussing on the present.

Connecting us with our own *energy of life, sexual energy and consciousness* und with the *«seven subtle energy centres of the spine»* we overcome time, because we enter *«the timeless realm of the "chakras", the centres of "Kundalini" which are immortal.»*

**«Time does not exist for the higher Centres», this is the meaning of the word «Immortality».**

*There is only one time in which life occurs: "The Now" - The "Present"!*

**«The time factor»** is a particularly important *«lynchpin and turning point»* in meditation and a not easily surmountable obstacle. With regular practice we have to take care, not to stick at the experience of *"time- and boundlessness"*. In order to master everyday life a *«loose balance between "time structure" and "timelessness"»* should be maintained.

The Congress **"Meditation & Science"** which has taken place every 2 years, since 2010, in Berlin, had as it's theme in 2014: **"In Search of Lost Time"** and **"How we can find the lost time during meditation"!** This is the decisive advantage of a regular meditation practice:

**«We are winning time!»**

Illness and death poses for us *«spiritual questions»* about our *«life plan»* and our *«individuality»* as our *«inherent essence and innate nature»*. The psychoanalyst *Carl Gustav Jung* explained individuation in the sense of *«self-evolution»* and *«self-perfection»*.

**Ultimately, spirituality is ego-dissolution, self-transcendence, the transcendence of mind and fear.**

*The old personal "I" has to die at all three levels, body, mind and spirit, so that the «lights can be changed».*

*Only when the old personal "I" has died, «our divine nature» appears, the «true I», the «I AM».* To follow this path, is *«the last and ultimate goal of individuation»*, the *«union of the individual self with the cosmic divine Self»*.

*The «Golden Flower Meditation» accompanies this process in a particularly gentle and harmonious way without any loss of our identity. Only when we are permanently connected with our innermost self, our true nature, we learn who we really are and we can make our contribution as a "Partner of Creation" and as "Gods sons and daughters". From this connectedness we learn the «secret of life and death»:*

**«Love and knowledge are the basis of our existence»**

**«Feeling and learning are the meaning of life.»**

*Through regular practice; we shape and console our «fine material being».* After some time and with regular and disciplined practice we recognise, with our bodily senses and without a doubt *«that our Spiritual Self exists independently from our body and is therefore immortal».*

Within this is the meaning and the purpose of our human existence: **«Living unconditional love and vivid immortality»**. This insight effectuates great relief and profound peace.

**«The secret of life and death is immortality!»**

Do you remember the many fairy tales where *the little wise old man* appeared with *herbs or an elixir of life drink*, with which «eternal life» can be attained. The alchemists in the middle ages searched for the «*philosopher's stone*», the «*elixir of life*», with which metals could be refined. of the Middle Ages sought the, the, which also can refine metals.

*The transformation from lead into gold*, must not become the main objective, otherwise one will suffer the *fate of Midas*, he lives long but *cannot enjoy looking forward to anything because he only sees the material aspects*.

The fewest people, who practice *Ayurveda* know that this art of healing is defined by "*longevity to the point of immortality as a medical objective*". We find longevity also in the Bible (Adam 930 years and Methuselah 969 years), Tibetan records even speak of earlier usual, much longer life spans of 80,000 years as lifespan of a normal person ages.

The issue here is not remaining in the body form for as long as possible but "*level of quality of life*". The better, smarter and wiser we live, the more joy and fulfillment we get and thereby live to be so much older. The aim lies in the *quality of life* but the result can manifest itself in *longevity*.

The issue here is not '*remaining in the body form for as long as possible*' but the «*level of quality of life*». The better, wiser and more prudently we live, the more pleasure and fulfillment we get and thereby live to be so much older. The *objective* lies in the *quality of life* but the result can manifest itself in *longevity*.

Important here is especially the «*certainty that there is a life after death and that life knows no end*» because without reincarnation there can be no justice in the occurrences of fate.

## 8. THE LONGING FOR A LIFE IN PARADISE

Since I started to study the writings of the *Scriptures of the Golden Flower* and since I have adopted and explored these instructions in meditation, I interpret the biblical story of the "*Banishment from Paradise*" as a "*guide to peaceful heavenly life*". If you have followed my thoughts up until now; the question of the "*primeval sin*" is shed in a completely new light.

Our thoughts are the «*apples from the tree of knowledge*» and by «*calming our thoughts we turn back to the paradisiacal state of "primordial consciousness"*», which signifies a condition and not a place. And also here we find again the

### «*promise of immortality*»

The dilemma between "*intellectual consciousness*" versus "*primary consciousness*" lies in the constellation of our birth: *The banishment from paradise is already takes place at the moment of our birth*, because from this moment on «*our mind*» takes form as the «*lower awareness*» out of the substance of the «*higher primordial consciousness*».

**«So if we want to return to paradise, we only have to calm our thoughts and reconnect ourselves with the original thoughtless consciousness!»**

**... actually quite easy or what do you think about?**

*We in the West understand the "Eating from the (supposed) tree of knowledge" as the "original sin", but at the same time we rate our intellectual knowledge higher than the true knowledge of "thoughtless spirit", which according to the "Golden Flower" enables the return to the paradisiacal state of immortality . We see this spiritual conflict, at the beginning of life, as "sin in the sense of inherited guilt of Adam".*

*The East, however, emphasizes the «inherent nature of God, the Buddha nature of man» and speaks from the «birthright of enlightenment and salvation from suffering». This only then makes sense if we recognize our "true immortal nature".*

*We have to abandon the idea, to heal people only on the physical level, this can never fully succeed. As I said at the beginning:*

**«Meditation is the supreme discipline of all healing methods and the only medicine that can cure anything for ever.»**

C.G. Jung knew about this already and therefore wrote: "*I never had a patient over 35 years, the real problem would not have been that of a "lack of transcendency", a missing of "connection with transcendency" and would not be healed, if this connection was not found again.*"

*Today we recognize that healing is much more than just physical healing, even more than a psychological healing that this requires also an inner orientation and a spiritual connection if the person really wants to be healthy.*

The **«Golden Flower Meditation»** is, as far as I know, the most efficient and most direct method to experience the carried out blessings of regularly meditation practice.

I know of no other systematic description other than what **Patanjali** already summarised about two thousand years ago in very clear and simple language.

***I can warmly recommend this method with complete conviction.***

*As an additional impulse I would urge you to take to heart the advice of Alois Maria Haas, Professor of German literature and German medieval mysticism from the University of Zurich, with which he answered the question as how one should approach mysticism:*

***"You have to read and study the scriptures again and again!"***

Even the rebellious Zen masters knew the ancient scripts and classical writings and cited them often!

With this an important remark: There are only three countries and languages, who know a word for meditation; India **"Dhyana"**, China **"Chan"** and Japan **"Zen"**. From this one can conclude that only these three cultures have developed a deeper understanding of these techniques.

"According to ancient transmissions of yoga science, there was long time ago, more than 40 000 years ago, a golden age of mankind. At that time the knowledge of yoga techniques was widespread. It has been applied everywhere to enhance and secure health, happiness and quality of life. This era lasted very long, until about 26 000 years ago began its decline under the influence of war and natural disasters. The yoga techniques splintered into schools that had only partial knowledge. For a long time, yogis, seers and scholars withdraw to the the protection of the Himalayas. Only recently followers of these traditions try to bring this knowledge back to life and to integrate it into the everyday life of people living with.

**Satya Singh** – The Kundalini Manual

"Our religions promise ourselves fulfillment only beyond the grave because they nowadays do not have knowledge that can be tested, but the ancients spoke of a divine face that can be acquired "face to face", while we still dwell in the body. The religion that does not exclaim: "I am now so provably how water wets and fire burns; test me, that ye be like gods", one has to distrust. Their representatives are prophets of darkness "..

**George William Russell - A. E.** – The Candle of Vision

*The "School of Meditation» not at least I founded to develop and deepen this culture here. People who have found their inner peace, make an invaluable contribution to society at large and beyond that; to the world.*

*If we're talking about the Age of Aquarius, we should also try to create the conditions for us to return to a golden age again. The conditions are absolutely ideal today. We have as much information available as long gone and we largely live in free societies on this earth. Therefore, we should use the old yogic knowledge to secure health, happiness and quality of life and to increase and ensure that we can live together in peace and harmony on our planet and ensure sustainably our resources.*

*The «Blossoming of the Golden Flower» brings out the inner dimension of each religion and thus makes an elementary interdenominational contribution to world peace . This addresses the «healing of the world», which can only take place when people find one another at a superior level of truth.*

The **«Golden Flower Meditation»** awakens the *«limitless potential»* of the *«universal human being»*. Thus, it overcomes all obstacles of personal and cultural differences, but preserves the richness of one's own individuality.

Spirituality is living within «Here and Now». *Spirituality has nothing to do with faith.*  
Spirituality is a way of life. It's about the way we live and how we conduct our daily lives.

***«Meditation is the greatest gift you can give yourself and to the world.»***

Do not hesitate to contact me, I am looking forward to  
a common meditation and our exchanges on these topics.

With kind regards  
Peter Todesco

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