

ATMA VIDYA

*Uncovering the
Mystery of the Self*

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Chapter 53

Meditation & Exercise— *Toward The Essential Self*

These five steps followed in your meditation gradually train you how to act as a conscious and creative soul. It also reveals the path toward your essential Self.

Use the following steps in your meditation:

1. Alignment
 2. Elevation
 3. Stabilization
 4. Impression
 5. Radiation
1. First we are going to *align* our bodies. What does it mean to align our bodies? We are going to be physically, emotionally, and mentally very calm and serene.



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2. The second step is *elevation*. We are going to withdraw our consciousness from the physical, emotional, and mental realms and focus it in the light of the Soul. You can even visualize the light of the Soul flooding your mind.
3. *Stabilization* is a state of mental matter that does not create any reaction or agitation while the consciousness focuses itself there. Often the mental body rejects focus because of its power and frequency. The mental body fights against focus through its low thoughtforms, motives, and intentions. Stabilization is that state in which the focus of consciousness can use the mental body for new contacts or as an airfield to fly to higher realms.
4. *Impression* is possible only when the focus of consciousness is calm and magnetic for impressions coming from Higher Worlds. The state in which the focus of consciousness is capable of receiving impressions is a state of creative tension.
5. *Radiation* is the state in which the accumulated energy and impression in the focus of consciousness is creatively released into space through radioactive thoughtforms or currents of energy.

