



MEDITATION

The process of Meditation involves first becoming aware of and slowing down the endless parade of thoughts (often conflicting) barraging the mind. This bombardment of thoughts is called “thought drift”. These thoughts and underlying ideas are associated with the conditions and events which we experience in our lives. Hopefully, through the process of Meditation we may be better able to become more aware that:

1. Thoughts are things with a life of their own;
2. The thought patterns occupying our mind space may or may not be serving a higher purpose in our lives,
3. We are not, in essence, our thoughts; rather we are the Higher Self that perceives these thoughts; and
4. There is a Higher Reality beyond the mind and senses that the Higher Self yearns to reconnect with.

In advanced stages of Meditation one can stop thoughts completely and experience oneself as the Higher Self, devoid of the limitations of body and mind. This is called *Self-Realization*. At the highest stages of Meditation the consciousness of Higher Self merges with the Higher Intelligence; the meditator becomes a co-worker with the Higher Intelligence, expressing its essential qualities (while still living in the physical body).¹

It is not difficult to understand how such a process, if true and experienced can dynamically, 1) enhance a persons creativity and health, 2) reduce suffering and stress, and 3) enable heightened states of bliss, peace and the capacity to love. To understand how, it helps to grasp the cosmogony² of meditation.

¹ Eastern Mystics call this process “God Realization”

² Cosmogony: the study of the origin of the universe or of a part of it

The Two-fold Nature of Man and the Benefits of Meditation

A human being consists of “*hu*” (hummus/soil/earth) and “*man*” (the heavenly manna³). The *hu* is the mortal part of man’s being. The *man* is the immortal Higher Self. Or, a *person* consists of “*per*” - the earthly vehicle through which the “*son*” [higher self] expresses Itself. Or, an “*individual*” consists of the “*indivi*” [the indivisible, immortal part of one’s being] and the “*dual*” [mortal part of one’s being].

The ultimate object of Meditation is to still the shifting, changing mortal body/mind -- - the *dual* part of one’s being --- in order to access the immortal Higher Self. In the process one may access ideas and thoughts that can help resolve conflicts, meet needs and enrich goal achievement. In practice, “There is a great deal of evidence, both anecdotal and from empirical studies that Meditation has a wide number of benefits that are relevant to people at work today”.⁴

- Increased Productivity and Job Satisfaction
- Improved Relations at Work
- Improved Employee Health and More Positive Health Habits
- Increased relaxation and decreased stress at work
- Decrease in Stress Hormone
- Stress Reduction
- Deeper Level of Relaxation
- Improved Perception and Memory
- Broader Comprehension and Improved Ability to Focus
- Increased Creativity
- Development of Intelligence
- Decreased cholesterol
- Decreased likelihood of heart attack and stroke
- Increased Self-Actualization

These documented benefits of Meditation, including stress reduction, healing, and improved concentration are key factors for success in all material endeavors, let alone pursuit of higher “spiritual” objectives. And in pursuit of higher spiritual objectives, meditation done ‘universally’ can take you beyond the dogmas, doctrines and rituals of sectarian religion.

Qualities of A Universal Technique of Meditation

There are a plethora of Meditation techniques to choose from. I shall, according to my experience, explicate a simple basic universal technique the ultimate goal of which is to realize one’s Higher Self and unite it with a Higher Intelligence. (*The numerous practical benefits of Meditation which I detailed earlier, impressive though they may be, are merely some of the material ancillary benefits one accrues along the way*).

³ The Holy Spirit or “Word” or “logos”

⁴ “Meditation at Work, Benefits of meditating”; <http://www.Meditation-at-work.org/id14.htm>

Any Meditation technique with the above objective should entail some of the following attributes:

1. It should focus on enabling the practitioner to go within, with the purpose of experiencing consciousness that raises awareness to the Higher Self and Higher Intelligence;
2. It should enable one to shut down all the avenues through which the attention and consciousness is scattered ---i.e., the eyes, ears, nose, mouth, and two major excretory organs, therefore
3. It should be a silent Meditation without resorting to breath control, audible *mantras*, stimulation of *chakras*⁵ or other techniques and rituals or rites that keep the awareness in the senses, and for the same reason
4. It should not involve taxing body positions or postures which make it difficult for the elderly, the infirm or the young to perform.

Mastering advanced stages of the science of Meditation, like mastery of that of any discipline, is best facilitated by the guidance and assistance of one who has already achieved its end results. The truth is, in today's stressful world, we can not afford NOT to find the time to meditate. Paying attention to and ultimately stopping thought, while constantly returning the focus to ones center in Meditation opens us up to an infinite reservoir of wisdom, power and realization inside.

A Universal Technique of Meditation

Meditation is concentration to the extent of stopping all thought and becoming aware of the underlying reality of one's Higher Self and The infinite Higher Intelligence with which it is connected. In the Surat Shabd Yoga system of Meditation⁶ there are 3 main stages.

STAGES OF MEDITATION

1. *Repetition; remembrance*⁷: Here one withdraws attention from outside objects and concentrates it in the eye center, between and behind the eyebrows⁸ by repeating

⁵ "The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column"; "Chakras"; <http://www.sacredcenters.com/chakras.html>

⁶ "Surat Shabd Yoga"; *Wikipedia, the free encyclopedia* (http://en.wikipedia.org/wiki/Surat_Shabd_Yoga). "As a Sanskrit term, *surat* means "soul," *shabd* means "word" and *yoga* means "union." The term "word" means the "Sound Current," the "Audible Life Stream" or the "Essence of the Absolute Supreme Being," that is, the dynamic force of creative energy that was sent out, as sound vibration, from the Supreme Being into the abyss of space at the dawn of the universe's manifestation, and that is being sent forth, through the ages, framing all things that constitute and inhabit the universe.¹¹

⁷ Called "Simran" in Sanskrit

⁸ Commonly called the "Single Eye" or "Third Eye"

sacred names which represent the Higher Intelligence.⁹

2. *Contemplation*¹⁰: One fixes one's attention at the eye center until one becomes aware of melodious inner sounds¹¹
3. *Listening to the Inner Sound*¹²: One focuses attention on the inner sounds experienced in contemplation, until the consciousness is drawn up and in, beyond the mind to the source of the Higher Intelligence within. (**This is an advanced technique requiring the guidance of a Meditation expert.)

GETTING STARTED

Best Times:

The best times are between 3 a.m. and sunrise, when all is relatively quiet and peaceful, and when one is less likely to be disturbed. Or upon rising or just before going to bed are excellent times. In addition, one may take a few minutes at any convenient time of the day, if one can find a relatively quiet place.

Even while sitting on the toilet can be a good time to fit in a few minutes of Meditation. In fact, *Repetition* (repeating sacred names) can be practiced at any time during the day when one's complete attention is not required to perform a particular task---i.e., when out walking, jogging, on bus, train or plain, etc.¹³ It is also good to meditate for 2-5 minutes before making decisions, if you are in doubt or do not have immediate access to expert advice. Sometimes you can receive spontaneous insights.

PLACE:

Ideally one should designate a quiet, peaceful place in one's home in which to regularly meditate. After a while, as soon as one enters that space, one gets in the proper mood or frame of mind to meditate. Otherwise, brief Meditation can be practiced in a number of locations as cited above.

Duration:

Beginners may start with five minutes at a time, gradually increasing the length as one gains proficiency. Advanced meditators are known to sit for two and one half hours or more per day. The most advanced meditators no longer have to "sit" to meditate, as they have reached a stage wherein they are in a constant state of Meditation in which they routinely hear inside what is called, "Automatic Sound".

Posture:

⁹ Beginners can choose their own names; advanced students usually are provided names by a Master Meditator

¹⁰ "Dhyan" in Sanskrit

¹¹ Called the "Audible Sound Current" or "Celestial Music" or the "Word" or "Logos" or "Holy Spirit"

¹² Called "Bhajan" in Sanskrit

¹³ Reminds you of St. Augustine who implored man to "Pray without ceasing".

Sit with the spine straight and still, but relaxed, in a comfortable chair (or cross legged on a cushion on the floor for those who can do it). The object is to be able to sit for long periods of time without moving. The hands may rest on the lap or knees. Clothing should be loose and comfortable. Ideally, where possible, the stomach should be empty.

Repetition Of Sacred Names:

Choose one to five names which represent for you “sacred names” of the Universal Higher Intelligence (base on your “spiritual” beliefs). ** (When under the instruction of advanced adepts of Meditation, the student may be provided sacred names). These names are not and should not be “mantras”¹⁴. In this system of Meditation, no attempt is made to manipulate psychical or physical energy or chakras (ganglion).

When relaxed and sitting, gently close the eyes. Begin to inwardly and lovingly repeat (not chant) the sacred names, slowly and reverently with the “tongue of thought”--- i.e., silently within the mind. At the same time, notice or pay bare attention to whatever appears in ones sphere of awareness, straight ahead in the darkness with the eyes closed. No attention is to be paid to the breathing or any part of the body, and no words uttered out loud, because the object is to avoid any engagement of the physical senses.

WHAT TO EXPECT

Details of the advanced theory, practice and benefits of Meditation, and the role of a guide in achieving success are beyond the scope of this booklet. However, a general idea of what to expect in this system of Meditation may be helpful to those seeking guidance.

Repetition Of Sacred Names:

In the beginning a parade of thoughts may barrage the mind, and there may be a tendency to engage these thoughts. However, whenever any thoughts or twitches and itches arise, pay bare attention to them and simply return the attention to the repetition of the sacred names, while focusing attention straight ahead in the darkness at the eye center. This gives the mind something to do in order to eventually slow it down.

Apart from the drift of thoughts, one may notice complete darkness or lights and colors, the sun, the moon or stars. Whatever appears, the object is to keep bringing the focus back to the eye center via repetition of the sacred names. If any troubling or questionable images appear, keep repeating the sacred names, which should make them disappear. If this persists (which is unlikely) find/consult a master of Meditation to assist you, which is preferable even in the beginning, especially if one expects to progress to the advanced stages.

Contemplation:

¹⁴ “Mantras are psychically potent sound syllables capable of influencing the human system”; “Mantras”; http://www.sanatansociety.org/indian_music_and_mantras/sounds_of_tantra_mantras.htm

As one progresses in Meditation, one first loses all sensation of the body and the attention becomes fixed at the eye center, between and behind the eyebrows, inside. At this stage one may experience the melodious sounds---i.e., drum, flute, conch, bells, thunder, humming of bees, etc., and Radiant Lights which represent the “Word” or manifestation of the Higher Intelligence. (***Only pay attention to sounds coming from the right side or the eye center, as sounds coming from the left are considered to debasing*¹⁵.)

Listening To The Inner Sounds:

In advanced stages of Meditation the experiencing of inner sounds and radiant lights represents the divine “Yoga” or union with the Higher Intelligence, in the form of “Divine Revelations”¹⁶. These Revelations are the divine nectar that guides and protects the meditator in everyday life, in the process of realizing one’s divinity.

Hopefully as one progresses in Meditation one experiences a “taste of honey”---i.e., moments of bliss and inspiration, more mental clarity and concentration, more calmness and reduced stress, and a feeling of lightness. In order to perfect the process of Meditation and experience “Divine Revelations”, one is advised to seek the guidance of one who is an Adept at the practice. There’s an old Buddhist proverb which says, “When the student is ready the Master appears”, and a Chinese Proverb which says, “Teachers open the door, but you must enter by yourself.”¹⁷

FOR MORE INFORMATION, CONTACT:

Leonard Burg
Lburg@CentreWorldReligions.org
A Centre for the World Religions
<http://centreworldreligions.org/cms/website.php>
626 Riverside Dr, Suite 4-O
New York, NY 10031
(212) 283-7569

¹⁵ “Shabd is coming from neither the right side nor the left side; the Shabd is coming from above our head. But because we are in the habit of hearing the sounds from the right and left, that is why we say that the Shabd is coming from either the right or left.”; “The Sales Agents of God”; by Sant Ajaib Singh Ji;
<http://www.santji.allegre.ca/sbmag/sbm23-12/qa100280.html>

¹⁶ “yoga is the connection of the soul with its divine origin through revelations. Incessant or “uninterrupted” yoga refers to the stage of spiritual practice at which the connection with the stream of divine revelations has become constant so that it governs all actions of the person concerned”; “The Sacred Scriptures- A Shared Treasure, Circular Seven, January February 2001; <http://centreworldreligions.org>

¹⁷ “favorite quotes”; Julia Elaine Armstrong’s Art Gallery; <http://artdanz.com/quotes.html>

LEONARD H. BURG -- BRIEF BIOGRAPHY



Since 2001 Len Burg has been a representative of a living Saint, Sri Devendra Mohan Seroglou (Bhiaji), of Sant Kirpal Nagar Ashram in Sandila Hardoi India, and is authorized to give meditation instruction on His behalf. Bhiaji is successor to Sri Soami Divyanand Ji Maharaj (Soamiji), Who is founder of *A Centre for the World Religions (ACWR)* <http://centreworldreligions.org/>.



Soamiji and Bhiaji

ACWR is an international Interfaith Non-Governmental Organization (NGO) having official consultative status with *ECOSOC*, the economic and social council of the *United Nations*. It holds peace forums at the UN for UN delegates, staff, and NGOs, and promotes Meditation and interfaith dialogue focusing on comparative analysis of the sacred scriptures of diverse religions.

Since 1998 Len Burg, has worked actively as a *co-founder* of the USA branch of ACWR and has served as *Vice President and International Coordination Liaison*. And over the last 37 years, "Len" Burg has also worked professionally as an *international spiritual activist, holistic educator, and community program director*. He is also currently *Student Success Administrator* of the Office for Student Success at **Pace University**, NYC campus.

As a *Holistic educator*, beginning in the 1970's, Leonard learned natural healing techniques from many different indigenous healers. He has practiced as a *holistic consultant* in the Harlem, NY area, educating people on making transitions into more natural lifestyles. This has included teaching and demonstrating Acupressure/ Reflexology, massage therapy, guided fasting, and astro-cycology. His work culminated in the development of Soul Therapy™, a form of psycho-spiritual counseling. It was inspired by all of what he has learned in his professional career, including meditation, mysticism and cosmogony. And it represents an effort to infuse his mundane, professional work with the highest principles of universal, non-sectarian spirituality.

Mr. Burg's community experience includes over 30 years working in New York City and Harlem, as a *director of various community programs* serving children, youths and senior citizens, including the **Mini Institute** on the campus of City College, the **National Urban League Youth Division, East Harlem Interfaith** and other organizations. In his present position as *Student Success Administrator* at **Pace University**, Leonard facilitates university efforts to improve systems and processes that impact student services and affect student retention.

Mr. Burg is available for lecture/demonstrations in meditation, or Soul Therapy. To contact Mr. Burg call **212-283-7569**; email Lburg@CentreWorldReligions.org or Lburg.SoulTherapist@gmail.com; or write to **626, Riverside Dr., # 4-O, New York, NY 10031**.