

# **A Brief Excerpt from [Transmission: A Meditation for the New Age](#)**

**By Benjamin Crème**

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**Transmission Meditation is really a combination of two yogas: Karma Yoga – the yoga of service, and Laya Yoga - the yoga of the chakras, the energies. This is the true yoga of the coming age. By taking part in Transmission Meditation, your evolution is propelled forward at an extraordinary rate, because of the potency of the spiritual energies sent through the chakras. The energies galvanize and activate the chakras as they pass through them. The Masters register the point in evolution of any individual by looking at the state of the chakras.**

**To take part in Transmission Meditation, you only have to hold your attention at the ajna centre. In practice you will find that the attention will not stay there. It will keep dropping to its usual level somewhere around the solar plexus. As soon as the attention drops and you become aware of that, you have to bring it back to the ajna centre. This is done by thinking, inwardly, the mantram OM. As soon as you think OM, you find that your attention automatically comes back to the ajna centre. While your attention is held at the ajna centre, a connection, or alignment is formed between the physical brain and the soul. The energies do not come from your soul. They come from the Masters, from the Kingdom of Souls. But they proceed from the soul level. While the alignment between the physical brain and the soul is kept, you are in the Transmission. As soon as your attention drops from the ajna centre, you are no longer taking part. As you think OM, the attention rises again, you are aligned. The**

**process is one of being aligned, for a moment not aligned, and then, once again, aligned, back and forth.**

**The easiest way to do Transmission Meditation is to join an already-existing group. If there is no group in your area within a reasonable distance, you can form your own group by joining with two other people. More people are more useful, but a basic group of three is a practical working group. If you have one group of three people, you have one triangle. The energy is triangulated, which potentizes it. If you have one more person, you have four triangles, which potentizes it more. If you have one more person, five, you have ten triangles - and so on, in arithmetical progression. The more people, the more triangles, the more powerful is the group. It is so powerful that in one year of correct, sustained Transmission Meditation you can make the same kind of advance as in 10, 15, or even 20 years of ordinary meditation. But the true, fundamental purpose of Transmission Meditation is service to the world. The world needs these energies from the Masters at the level that they can be absorbed and used. These are the energies that transform life on the planet.**