

# MEDITATION - YOGA OF SPIRIT AND SOUL

Learn to meditate and discover yourself!

Meditation is an unique Method of Self Healing and Self Realization

*There is a dimension of human existence, which can not be revealed without meditation.* Mystics of all ages practiced meditation to train the mind and to explore higher dimensions of reality.

*Faith is in trouble.* Religions promise fulfillment only in the hereafter, because they don't pass no more actual knowledge that can be tested. In earlier times, however, was spoken of a divine face that one could attain "face to face".

*All human beings are able to achieve this higher consciousness.* «Meditation», the science of yoga, the 'Science of Union with God', gives us the chance to experience this connectedness still today at any time. Meditation brings forth the inner-denominational dimension of every religion, thus making a decisive contribution to world peace.

*Meditation for all practitioners makes the essential difference for their lives.* We are not who we think we are. Everything we feel, think and act is caused by intentions which bases on our thinking. Only when we are able to question our thoughts in the silence of our mind and thereby understand how we live and how we lead our daily life, we discover who we really are.

*The predominance of intellectual consciousness has brought us and our planet into an extremely threatening situation.* We can only overcome this condition, if we get rid of our ego structure and make a shift in consciousness. Meditation helps us to transform the materialism of our time into spirituality.

*Mystics have exceeded their rationality and ego structure long ago and discovered another level of consciousness.* They have concluded that this level is the relevant level of our humanness. Today, when many people achieve these transpersonal, transrational level of consciousness, we have a chance to avert future catastrophes.

*Meditation is a technique which frees the thinking analytical consciousness of his mental and emotional entanglements with itself and connects us with the original spirit, untouched by the fluctuations of the mind.* This thoughtless awareness enables us to recognize on a higher level of consciousness the full reality in a transcendent way.

Thoughts and feelings, guided by higher consciousness, form a marvelous instrument for a fulfilling life. The decisive factor is, to reconnect with this higher consciousness and to be guided by this thoughtless original mind and consciousness, instead of the analytical understanding and thought influenced feeling mind.

*Mystics, yogis and seers describe in consistent and corresponding documents and records her experience of this higher consciousness as «enlightenment and oneness with everything».* They explain this state as the ultimate and most desirable aim for all people, for which years of practice is worth.

## Yoga for the Body - Yoga for Spirit and Soul

«Hatha Yoga» with 'asanas' (body postures) and 'pranayama' (breathing exercises) helps us, to prepare our bodies for the practice of meditation, to center the mind and bring him to rest. Our life energy should flow freely. For this purpose our body must be stretched and expanded and has to be relaxed and pliable enough to sit quietly, concentrated and painless for a long time.

All yoga techniques over time wake up the healing primal energy, our sexual energy, the light energy ("Kundalini"=snakelike energy), which is able to sublimate duality. Meditation directs these electromagnetic life energy consciously into the higher subtle centres and capacitates us to gradually heal with this vital force body, mind and spirit profoundly and complete.

*Since Yoga for the Body has spread everywhere in the West, growing appreciation for Meditation, begins now to emerge, the "Yoga for Spirit and Soul":* More and more people use the opportunity to bring relief, relaxation and clarity in their stressful lifestyles, by learning through practice of meditation, to deal in a more effective way with their spirit.

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We all seek peace and harmony, but most of us lack of both. If we want to live in all situations in peace and harmony with ourselves and with our environment, it becomes necessary to address and convert our own negativity, in all its depth. We must rid ourselves of our fear and our selfishness and convert these forces.

*The "Golden Flower Meditation" from Peter Todesco is an ideal technique of consciousness for our time. As a scientific and pragmatic method it is highly targeted and efficient and brings together the practices of all spiritual traditions to an easy-to-learn method.*

## Prerequisites of a successful Meditation Technique

Three basic requirements are necessary:

### 1) Commitment, 2) Self-Control and 3) Search for Truth

- 1) *The first step is to align our intention at a target, which helps all beings to peace, vitality, joy and harmony and to commit our spirit to this goal.* This includes, of all thoughts and feelings to refrain which hinder this path and dedicate this goal, our vitality, our sexual energy and our consciousness.
- 2) *The second step serves the aim to attain mastery over our conscious thinking mind, which is the most important aspect of meditation.* For this purpose, the mind is trained to focus on only one object. The breath is considered as an ideal object for observation because the conscious mind through the awareness of breath comes to rest and thus we are able to connect again with the intuitive, original, thought-free mind.
- 3) *The third step is to gain insight into our own nature and to purify the mind.* The experience of one's own reality by observing the incessantly changing mind-psyche-body phenomenon that manifests itself in our body, is causing self-purification by self-observation.

There are two ways into Silence:

- a) *Consciousness Unification;* one with something, one with a focus, a word with the breath, his ego simply withdraw into a unit.
- b) *Consciousness Emptying;* accept anything that comes up in my mind, let go of everything.

As a spiritual prerequisite we need to integrate three concepts in our world view:

1. *All Encompassing Awareness:* It is essential to distinguish between the thinking mind and the original thought-free consciousness and the latter also to accept as fact. We humans have the ability and the duty to recover this original consciousness in meditation and to connect it to the omnipresence of the universal consciousness. Quantum physicists call this universal intelligence as the basis of creation, consciousness and matter has created from the same information and, ultimately, forms matter and holds together.
2. *Immortality Certainty:* Regular meditation practice helps us to recognize over time, «that our spiritual Self exists independently from the body and therefore is immortal», as the current near-death research proves convincing. With this «immortality certainty» meditation starts to develop their full force and effect, and a more complete consciousness arises.
3. *Subtle Light Body:* Our religions do not clearly enough indicate, that we ourselves have to create in meditation out of its rudimentary form, the subtle light and virtue body, which survives death. This helps us to improve the dying process and to stay conscious and capable of action in the after-death state. Even less is known, that this body has the important task already in this life, to support us in our mundane tasks, gifts and talents and perfecting.

By these requirements we recognize and consider the truth on the level of actual experience inside. This results in an ever-deepening understanding of the reality as it really is. Through regular exercise, it is possible to penetrate the seemingly obvious but superficial truth about the finer truths until we arrive at the ultimate truth of mind and matter.

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*Moreover, we can succeed to transcend matter and spirit and attain the truth beyond the conditional and relative. The complete liberation from all impurities of the mind, the cause of all suffering, fills us with happiness and peace.*

## Health, Happiness and Quality of Life - The Healing Power of Meditation

*One can gain no understanding, as long as one is constantly thinking. This only works, when we in silence learn to consciously let go of thinking. Pure Consciousness is something worthwhile to seek. Once we decided to achieve this heightened state of consciousness, its meaning will show. It is an experience that changes our lives in a completely positive direction.*

*Meditation is a state of mind in which the mind is focused on himself and relaxes free of thoughts in awareness of himself. The focus in meditation is at this original thoughtless consciousness and the attention is paid on the one who is aware of himself. It is a state of mind which exercises the real understanding of the self.*

If we explore the way to our Inner Self, we learn after a short time with regular practice, the benefits and blessings of a freer and clearer consciousness. Once the source is opened up, the miracles of life appear.

*If you train the mind, to free himself from his own thoughts, he becomes clearer and lighter, and great understanding becomes possible. The highest stage is reached when the thinking process stops and energy is moving free and consciously. This is referred to in Yoga as "Nirvana" or "Samadhi" (enlightenment).*

## The Silence beyond Silence, this incredible Presence

*In stillness we experience our true self and the transcendent reality of being.  
Silence is the main access to our essence, «the presence of our original mind».*

*Meditation is considered as supreme discipline of all therapies. Meditation gives us the ability to fully heal body, soul and spirit. In the meditative experience of oneness with all, the process of individuation is completed. Just a few conditions with the necessary discipline gradually a real life change for the better.*

*This awakening is like a breaking into the ever-present and never lost initial point of all being. He is interdenominational in its origin and older than all religions. All existing religions have integrated him under different names in one way or another.*

*Meditation is the true spiritual self-healing process, the ultimate therapy and healing method. It frees the conscious mind of his arbitrary and unnecessary restrictions by his mental entanglement with itself and makes the conscious human being to a "Partner of Creation". We should use the wisdom of yoga to ensure health, happiness and quality of life and to increase!*

Meditation is the greatest gift that you can make yourself and the world.

Peter Todesco teaches the «*Golden Flower Meditation*» in his "School of Meditation"

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