

MEDITATION OF THE TWO HEARTS

Illumination Technique or Meditation on the Two Hearts is a technique to achieve Buddic consciousness or Cosmic consciousness or illumination. It is also a form of service to the world because the world is harmonised to a certain degree by blessing the entire earth with loving kindness.

Meditation on the Two Hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or Buddic consciousness, it is necessary to fully activate the crown chakra.

The crown chakra when fully activated becomes like a cup. To be more exact the twelve inner petals open and turn upward like a cup to receive spiritual energies which are distributed to other parts of the body. The crowns worn by kings and queens are but poor replica's or symbols of the indescribable resplendent crown chakra of a fully developed person. The fully activated crown chakra is symbolised as the Holy Grail.

The crown chakra can only be fully activated when the heart chakra is first fully activated. The heart chakra is a replica of the crown chakra. When you look at the heart chakra, it looks like the inner chakra of the crown chakra, which has twelve golden petals. The heart chakra is the lower correspondence of the crown chakra. The crown chakra is the centre of illumination and divine love or oneness with all.

To explain what is divine love and illumination to an ordinary person is just like trying to explain what is colour to a blind man. The heart chakra is the centre of higher emotions. It is the centre for compassion, joy, affection, consideration, mercy and other refined emotions. Without developing higher refined emotions, how can one possibly experience divine love?

There are many ways of activating the heart chakra and crown chakra. You can use physical movements or Hatha yoga, yogic breathing techniques, mantras or words of power, and visualization techniques. All of these techniques are effective but are not fast enough. One of the most effective and fastest ways to activate these chakras is to do meditation on loving-kindness or to bless the whole earth with loving-kindness. By using the heart chakra and the crown chakra in blessing the earth with loving-kindness, they become channels for spiritual energies; thereby, becoming

activated in the process. By blessing the earth with loving-kindness, you are doing a form of world service. And by blessing the earth with loving-kindness, you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. That is the law!

A person with a fully activated crown chakra does not necessarily achieve illumination for he has yet to learn how to make use of the crown chakra to achieve illumination. It is just like having a sophisticated computer but not knowing how to operate it. Once the crown chakra has been fully activated, then you should have meditation on the light, on the mantra Aum, and on the gap between the two Aums. Intense concentration should be focused not only on the mantra Aum but especially on the gap between the two Aums. It is by fully and intensely concentrating on the light and the gap between the two Aums that illumination or Samadhi is achieved!

With most people, their other chakras are quite activated. The basic chakra, sex chakra, and solar plexus are activated in practically all persons. With these people, their instinct for self-survival, sex drive and their tendency to react with their lower emotions are very active. With the pervasiveness of modern education and works that require also the use of the mental faculty, the ajna chakra and throat chakra are developed in a lot of people. What is not so developed in most people are the heart chakra and the crown chakra. Modern education, unfortunately, tends to over emphasise the development of the throat chakra and the ajna chakra or the development of the concrete and the abstract mind. The development of the heart has been neglected. Because of this, you may encounter persons who are quite intelligent but very abrasive. This type of person has not yet matured emotionally or the heart chakra is quite underdeveloped. Though he is intelligent and may be successful, his human relationship is very poor, with hardly any friend and no family or broken family.

So by using the meditation on the two hearts, a person becomes harmoniously balanced. It means the major chakras are more or less evenly balanced and developed.

Whether the abstract and concrete mind will be used constructively or destructively depends upon the development of the heart. When the solar plexus is over developed and the heart chakra is under developed or when the lower emotions are active and the higher emotions are underdeveloped, then the mind would likely to be used destructively. Without the development of the heart in most people, world peace would be an unattainable dream. This is why the development of the heart should be emphasised in the educational system.

Persons below eighteen years old should not practice the illumination technique since their body cannot yet withstand too much subtle energies. This may manifest as physical paralysis in the long run. Persons with heart ailment should also not practice Meditation on the Two Hearts since it may result in severe pranic heart congestion. It is important that persons who intend to practice Meditation on the Two Hearts should practice self-purification or character building through daily inner reflection. Meditation on the Two Hearts not only activates the heart chakra and the crown chakra but also the other chakras. Because of this, both the positive and the negative characteristics of the practitioner will be magnified or activated. This can be easily verified by the practitioner himself and through clairvoyant observation.

PROCEDURE

1. Cleansing the Etheric Body Through Physical Exercise.

Do physical exercise for about five minutes. Doing physical exercise has a cleansing and energising effect on the etheric body. Physical exercises have to be done to minimize possible pranic congestion since this meditation generates a lot of subtle energies in the etheric body.

2. Invocation for Divine Blessing.

Invoking the blessing of one's Spiritual Guides is very important. Each spiritual aspirant has Spiritual Guides whether he is consciously aware of them or not. The invocation is required for one's protection, help and guidance. Without making the invocation, practising any advanced meditation technique could be dangerous. You can make your own invocation. The author usually uses this following invocation:

Father, I humbly invoke Thy divine blessing!

For protection, guidance, help and Illumination!

With thanks and in full faith!

3. Activating the Heart Chakra - Blessing the Entire Earth with Loving Kindness.

Press your front heart chakra with your finger your a few seconds. This is to make concentration on the front heart chakra easier. Concentrate on the front heart chakra and bless the earth with loving kindness. You may improvise your own blessing with loving kindness. The author usually uses this blessing:

BLESSING THE EARTH WITH LOVING KINDNESS

From the Heart of God,

Let the entire earth be blessed with loving-kindness.

Let the entire earth be blessed with great joy,

happiness and divine peace.

Let the entire earth be blessed with understanding, harmony, goodwill and will-to-good,

So be it!

From the Heart of God,

Let the hearts of all sentient beings be filled with

divine love and kindness.

Let the hearts of all sentient beings be filled with

great joy, happiness and divine peace.

Let the hearts of all sentient beings be filled with understanding, harmony, goodwill and will-to-good,

With thanks, So be it.

For beginners, this blessing is done only once or twice.

Do not overdo this blessing at the start. Some may even feel a slight pranic congestion around the heart area. This is because the etheric body is not sufficiently clean.

This blessing should not be done mechanically. You should feel and fully appreciate the implications in each phrase. You may also use visualisation. When blessing the earth with loving kindness, visualise the aura of the earth as becoming dazzling pink. When blessing the earth with great joy, happiness and divine peace; visualise people with difficult problems smiling. Their hearts filled with joy, faith, hope and peace. Visualise their problems becoming lighter and their faces lightening up.

When blessing the earth with harmony, good will and will-to-good; visualise people or nations on the verge of fighting each other reconciling. Visualise these people putting down their arms and embracing each other. Visualise them being filled with good intentions and filled with the will to carry out this good intention. This blessing can be directed to a nation or nations, a family or a person or group of persons. Do not direct this blessing on a specific infant or children because they might be overwhelmed by the intense energy generated by the meditation.

4. Activating the Crown Chakra - Blessing the Earth with Loving Kindness. Press the crown with your finger for several seconds to facilitate concentration on the crown chakra and bless the entire earth with loving kindness. When the crown chakra is fully opened some of you will feel something blooming on top of the head and some will feel something pressing on the crown. After the crown chakra has been activated, concentrate simultaneously on the crown and heart chakra, and bless the earth with loving-kindness several times. This will align the heart and crown chakra; thereby, making the blessing much more potent.>

5. To Achieve Illumination - Meditation on the Light, on the Aum and the Gap between the two Aums. Visualise a grain of dazzling white light on the crown or at the centre inside the head and simultaneously mentally utter the mantra Aum.

Concentrate intensely on the point of light, on the Aum and on the gap between the two Aums. When mentally uttering the mantra Aum, you will notice that the Aums are not continuous and that there is a slight gap between two mantras or between two Aums. Do this meditation for five or ten minutes. When the spiritual aspirant can fully concentrate simultaneously on the point of light and the gap between the two Aums, he will experience an "inner explosion of light". His entire being will be filled with light! He will have his first glimpse of illumination and his first experience of divine ecstasy! To experience Buddhic consciousness or illumination is to experience and understand what Jesus meant when he said: "If thine eye be single, thy whole body shall be full of light." (Luke 11:34) "For behold, the kingdom of heaven is within you." (Luke 17:21).

For some people, it may take years before they experience an initial glimpse of illumination or Buddhic consciousness. Others may take only months while others may take only weeks. To a few, they achieve initial expansion of consciousness on the first try.

When doing this meditation, the aspirant should be neutral. He should not be obsessed with results or filled with too many expectations. Otherwise, he will be actually meditating on the expectations or expected results rather than on the point of light, the Aum and the gap between the Aums.

6. Releasing Excess Energy. After the end of the meditation, the excess energy should be released by blessing the earth with Light, Love and Peace. Otherwise, the etheric body will become congested and the visible body will deteriorate in the long run because of too much energy. Other esoteric schools release the excess energy by visualising the chakras projecting out the excess energy and the chakras becoming smaller and dimmer, but this approach does not utilise the excess energy into constructive use.

7. Giving Thanks. After the end of the meditation, always give thanks to your Spiritual Guides for the divine blessing.

8. Strengthening the Visible Physical Body Through Massage and or More Physical Exercises.

After the end of the meditation, massage your body and do physical exercise for about five minutes. The purpose is to further cleanse and to strengthen the visible body since more used-up prana is expelled out of the body. This facilitates the assimilation of the pranic and spiritual energies; thereby, enhancing the beauty and health of the practitioner. Massaging and exercising after this meditation also reduce the possibility of pranic congestion or energy getting in certain parts of the body which may lead to illness. You can also gradually cure yourself of some ailments by doing exercises after doing "Meditation on the Two Hearts".

It is very important to exercise after the meditation; otherwise, the visible physical body will inevitably be weakened. Although the etheric body will become very bright and strong, the visible physical body will become weak because it will not be able to withstand the left over energy generated by the meditation in the long run. You have to experience it yourself to fully appreciate what the author has just stated.

Some of you have the tendency not to do physical exercises after this meditation but continue savouring the blissful state. This tendency should be overcome, otherwise, your physical health will deteriorate in the long run.

Sometimes when a spiritual aspirant meditates, he may experience unusual physical movements for a limited period of time. (Quaking or shaking.) This is quite normal since his etheric channels are being cleansed.

The instructions may seem quite long but the meditation is short, simple and very effective! It requires only ten to fifteen minutes excluding the time required for the physical exercises.

There are many degrees of illumination. The art of "intuiting" or "direct synthetic knowing" requires constant practice (meditation) for a long time. To be more exact, it requires many incarnations to develop facility in the use of this Buddhic faculty.

Blessing the earth with loving-kindness can be done in group as a form of world service. When done in a group for this purpose, first bless the earth with loving-kindness through the heart chakra then through the crown chakra then through both crown chakra and heart chakra. Release the excess energy after the end of the meditation. The other parts of the meditation are omitted. The blessing can be directed not only to the entire earth but also to a specific nation or group of nations. The potency of the blessing is increased many times when done in a group than individually. For example, when the blessing is done by a group of seven persons, the effect or potency is equal to more than one hundred persons doing it separately. Another way of blessing the earth with loving-kindness in group is through daily radio broadcast at an appropriate time with some or more of the listeners participating.

Just as healing can "miraculously" cure simple and severe ailments, the "meditation on two hearts," when practiced by a large number of people can also miraculously heal the entire earth; thereby, making the entire earth more harmonious and peaceful. This message is directed to readers with sufficient maturity and will-to-good.

There are other meditations more advanced than meditation on the two hearts. One of these more advanced forms of meditation is called Arhatic Yoga which is for the chosen few.

MEDITATION ON THE TWO HEARTS

1. To clean the etheric body, do exercise for about five minutes.
2. Invoke for divine blessing.
3. To activate the heart chakra, concentrate on it and bless the entire earth in loving-kindness.
4. To activate the crown chakra, concentrate on it and bless the entire earth with loving-kindness. Then bless the earth with loving-kindness simultaneously through the crown chakra and heart chakra.
5. To achieve illumination; concentrate on the point of light, on the Aum, and the gap between the Aums.
6. To release excess energy, bless the earth with light, love and peace.
7. Give thanks.
8. To strengthen the visible physical body; massage face and body, and do physical exercise for about five minutes.

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So be it!

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Let the hearts of all sentient beings be filled with understanding, harmony, good will, and will-to-good.

With thanks, so be it!