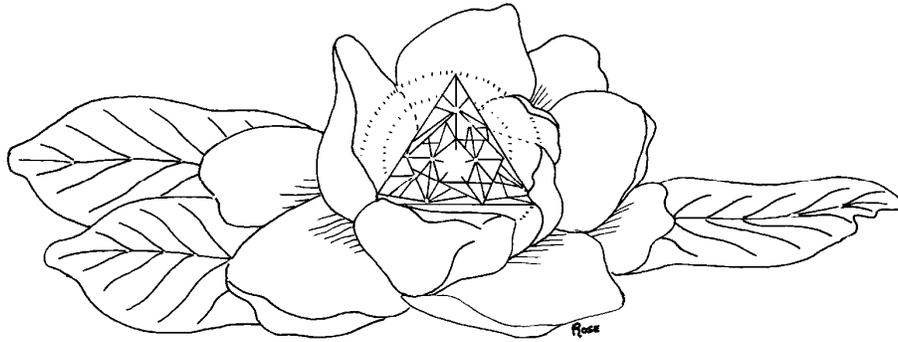


ThoughtLine

November 2008



To provide the training, the atmosphere, the companionship and service
opportunities necessary to
"link Hierarchical intent with human aspiration"

Arcana Workshops

Arcana Workshops is a non-profit tax exempt corporation and your donations are tax deductible.

Meeting Location:

3916 Sepulveda Blvd., Suite 107
Culver City, CA 90230

Mail Address:

P.O. Box 506
Manhattan Beach, CA 90267-0506

www.meditationtraining.org
webdisciple@meditationtraining.org
Phone 310-749-3585, 310-545-0910

✓ In this Issue *Meditation: The Engine of Change*

by Tom Carney

✓ Workshops/Classes Held At Arcana Workshops

Building the Lighted Way - Sundays @ 9:00 AM (Please Call)

Building the Lighted Way - Tuesday Mornings @ 10:30 AM (Please Call)

The Nature of the Soul – Tuesday Evenings @ 7:00 PM (Please Call)

✓ Up Coming Events

Community Meditation Gatherings

Scorpio, Wednesday November 12, 2008 @ 7:45 PM

Sagittarius, Thursday December 11, 2008 @ 7:45 PM

*Capricorn, Saturday January 10, 2009 @ 6:30 PM (Note: The early start time.

[This is an exact time meditation.](#))

*At Arcana Workshops, 3916 Sepulveda Blvd. Suite 107
Culver City, CA phone 310 545-0910, 310 749-3585*

**Group Meditation
New Moon Cycle Seed Thought**

October 27, 2008 through November 27, 2008

The Will of all of Us is merged into one powerful current. The dynamo of unity increases all energies. Not magic, but purified will sends into the world the command, "Let there be Light!" Supermundane I, 30

November 28, 2008 through December 26, 2008

But one should remember that cultivation of the will is the best aid for the attainment of illumination which, bursting into flame, shines like a torch and reveals the path. Supermundane III, 456

Meditation: The Engine of Change

If you know how to consciously and deliberately meditate, great. You either are or can be part of the solution. If you do not know how to meditate, It is time to learn!

As humanity moves ever deeper into the new scientific age of Aquarius and penetrates, finally, the higher, or more subtle dimensions of reality, there will be a growing stream of revelations concerning the nature of our world. It is these revelations which are generating the amazing changes in all of the known areas of life and in many of the forms with which we are familiar. My guess is that these changes will continue unabated and will eventually be of such magnitude that we can hardly imagine them.

This is not a way out or extreme notion. If we look back just a hundred years or so, say to 1903, we have the first controlled, powered airplane flight by the Wright Brothers on December 17, 1903. Who could foresee just 66 years later that a human being would walk on the moon? Another more current example: I can remember being really impressed with the 10 meg hard drive in my 2 floppy IBM P.C. circa 1982. Today, we have zoomed past megabytes to gigabytes and have now entered the unimaginable realm of terabytes, and that's not all. The size of these drives has become smaller and smaller weighing less and less and costing practically nothing. I paid \$500 for an 80 megabyte drive in 1986 or so. Today I can buy a 1 terabyte drive for \$139.

***Energy
Follows
Thought!
Revelation
Generates
Change!***

I mention these things not only to give easy to see examples of the dramatic nature of the changes we have been living though but of the increasing speed of the appearance of these changes in technology as well as in all other areas of life. The population of the planet, for example, has gone from 1.6 billion in 1900 to 6.7 billion today and is expected to reach 8.9 billion by 2050.

Significant changes in the appearance of the manifesting Life have occurred with, what seems to our myopic vision, a glacial slowness over the kalpas. However, even we can now see that over the past 3 or 4 thousand years there has been an undeniable acceleration in the rate of this change. (See Buckminster Fuller's *Nine Chains to the Moon*.) And, again, from our myopic point of view, in the past 300 years or so, the change rate has become startling, and in some cases, the population explosion and Global Warming, to name just two, even alarming.

This accelerating change or development is occurring in every aspect of life on the planet including the rarely considered area of consciousness and the technology we call meditation

It is this technology which is driving the acceleration of our expanding consciousness. When finally understood

for what it is, meditation will be seen to be the engine behind all evolutionary development on this planet.

I know, today, we still, by and large, do not see meditation as technology. This is because meditation, like all other things considered spiritual, has always been seen as non-material and therefore as non-scientific. In the pre Aquarian mindset, non-scientific mainly means non-dense physical which in turn means non-measurable or weighable or seeable by the available technological instruments. Still, as in all other aspects of the Great Unfolding, or evolution, we have been making great advances in the sensitivity of such apparatuses, and Humanity is rapidly approaching the point where the facts of the "physical" and therefore measurable existence of the etheric, astral and mental dimensions of substance within which we live and move will be undeniable.

In the meantime meditation training had been presented through various releases or thoughtform presentations of the Ageless Wisdom around the world cloaked in rather allegorical and metaphorical language, which for many reasons, has tended to reinforce the rather mystical and amorphous frame rather than the actual practical value of this human technology. However, in the past 100 years or so, much headway in this area has been made in the more modern presentations of the Ageless Wisdom which we have today. I have in mind the Teachings that were presented

through Alice Bailey, Lucille Cedercrans and Helena Roerich all of which have their origin within the Ashram of Synthesis.

Even though the technology we call meditation is being steadily moved out of the mystical amorphous realm where it has been for many thousands of years, as well as out of the so called esoteric realms, into an exoteric frame and a range of substance which can be or will shortly be measured and demonstrated as having always existed, there remains a very high and rigorous bar set

When finally understood for what it is, meditation will be seen to be the engine behind all evolutionary development on this planet.

for access to the inner workings and facts of this technology. In the Ages which precede this Age of the New Science, which we old esotericists call the Aquarian Age because it is occurring during that period of time when our system is passing though the zodiacal sign of Aquarius, only those who were willing to undergo the rigors of a highly disciplined focus leading to vertical expansions of consciousness were, and are today, actually able, so to speak, to "meditate". Besides the basic lack of the actual language to present the more esoteric or energy and force aspects of meditation, the reasons for all of the metaphorical and allegorical language, the "blinds" as well as the demanding and deep disciplines within which the teachings on meditation where and, to some degree still are, embedded, did and do have to do with the power that true meditation puts in to the hands of one who becomes adept at or "masters" it.

All of this remains true, in fact “more true”, if we can get that, today than ever. The understanding of what meditation is, how it works and how you “do it”, like all else in the Plan, has been accelerating at an astounding rate. Those individuals who are willing to let go of their previously learned, mostly mystical half truths and assumptions regarding this technology and venture into the scientific arena, are becoming ever more close to the ability to consciously and deliberately actually meditate that is move—by what appears to be magic because one cannot “see” with the dense physical sight what is happening—his or her will into form.

In *Nine Chains to the Moon*, Bucky Fuller coined the term *ephemeralization*. By this concept, he meant the process of doing more with less. He was referring to the power of evolving technology that was enabling man to constantly accomplish more of everything with less and less of anything. This process, Fuller held, is resulting in ever increasing standards of living.

Talk about doing more with less! One marvels at the leap from the megabyte to the terabyte, but consider meditation. Think of meditation as a non-material dense or “spiritual” software technology. The purpose of this software technology is to enable incarnated humans to access in full consciousness the higher dimensions of reality.

A skilled meditator can “call home”. This software runs on, or in, a dense, totally mobile or portable operating system that, when properly aligned or attuned is able

to bring the omnipresent but seldom realized unity of the dense physical planes with the non-dense dimensions of Life into the conscious awareness of the individual unit of Life we call a human being. You are there, and it is not a TV program.

That electro/biological operating system would be we, or what most humans think

Every one of us is equipped with the necessary “hardware” to run this software.

we are, our dense physical bodies. Every one of us is equipped with the necessary

“hardware” to run this software. The software programs are tiered, and one of the major objectives of the discipline and training in meditation is to create the correct alignment of the basic hardware to run ever more sophisticated and powerful levels of the software. Trying to run an advanced software program on an unprepared or ill prepared operating system leads to the same thing that it does on a regular dense computer. The system freezes or crashes. In the case of our operating systems, the equally unpleasant results could and sometimes do include insanity and death.

Well, the point here is that there have been some rather interesting and even startling accelerations in the understanding of meditation which have led to the development and use of new alignment techniques. For those who have developed the discipline and courage to access them, these new techniques have greatly enhanced or expanded the consciousness or “awareness reach”, into the higher dimensions of reality.

There is, of course, nothing that makes anyone who has begun to move into these new alignments superior, exclusive, entitled, special or more deserving than others. These kinds of attitudes or notions act as impediments to focusing on the higher realms of Life.

Motivation for the work that slips into attitudes of exclusivity and superiority generate various kinds of program malfunctions. The Teaching calls these malfunctions glamour and or Illusion. Basically, these terms are names for several basic kinds of alignment glitches. The majority of these malfunctions are the result of identification loss. They stem from an identification of the meditator with his/her equipment. One thinks that one is one's equipment; one becomes lost in the machine, so to speak. It is this loss of identification with the real, with the Light, our Spiritual Source, (You can see in this example just how limiting our language is as a medium for conveying the nature of reality.) and our immersion into a self deluding and separative identification with the unreal, temporal world of forms that has lead us into the world of desire and lies at the heart of all suffering.

This basic misplaced identification lies at the heart of every tragic hero in all of the world's literature and art. This condition generates what we think of as separative, exclusive and personal attitudes and causes an aberration in the primary identification of the Self. When these attitudes are present in the meditator, they cause a glitch or improper alignment

to occur in either the astral or mental dimensions of the equipment. The faulty alignment results in a shutdown of access to the internet service provider, what we refer to as the Soul. Literally!

These alignment glitches create a blockage to the vertical ascent and make it impossible for the consciousness to register the frequencies of the higher formless dimensions which require a disidentification with form and a realization of one's essential non-formed, spiritual nature. Identification of the self with the dense equipment or any psychological aspect of the self such as one's persona, position, power, fears, wishes, anything, act as a circuit breaker and inhibit or cut off access to the higher levels of consciousness. Consequently, the meditative efforts direct the consciousness of the seeker into various lower dimensional or horizontal pathways. These horizontal paths will in all probability temporarily satisfy the seekers desire, but they will eventually end up in some form of system crash. If persisted in over time, these system crashes will almost invariably involve what we call disease and psychosis.

Rigorous, unforgiving, that is no short cuts, discipline and training, which leads to the proper attunement and alignment of the equipment and opens up these higher levels of the software, eliminates any discordant sense of separative or exclusive existence. Individuals who have not sufficiently removed these hindrances from the alignment will be unable to

This basic misplaced identification lies at the heart of every tragic hero in all of the world's literature and art.

access the higher realms of possibilities and power.

Continued efforts to meditate within such an alignment only serve the separative illusion. Highly skilled meditators, even not so skilled meditators, can move their will into form. The issue is, of course, that their will is not in alignment with the overlighting Plan for the evolution of the planet. It is separated from the whole, and is productive of further separation and chaos. In place of the separative sense of superiority, the discipline, training and the resultant experience of the Higher Realms instills a kind of humility and sense of beauty that leads to an ever increasing sense of responsibility for all of humanity, all of Life actually, and an unavoidable urge to serve.

These rapidly accelerating changes in the technology of meditation are demonstrating in the relative levels of new awareness in millions and millions of individuals from all walks of life and from all corners of the globe. Today, for example, people universally are rejecting the age's old notion that humanity is childlike and needs wise kings and rulers to tell us what to do. People the world over are demanding government of, by and for the people. Another interesting example is the planet wide demand for what is called transparency.

Mostly we think of transparency in terms of government secrecy, and we demand open relations about what politicians are doing behind closed doors. This sense of the need for transparency and the willingness to be transparent is an aspect

of the growing sense of what we call group consciousness. It is a growing realization and awareness on the part of millions of individuals of the fact of the universal self, of the reality of the interconnectedness of all people as it replaces the separated and largely, hidden for protection self, of the pre Aquarian ages.

The control of present day institutions is largely in the hands of individuals with pre Aquarian consciousnesses who find transparency terrifying and are doing everything they can to eliminate such a thing. However, this new manifestation of transparency is not waiting for the controlling powers of today's institutions

People the world over are demanding government of, by and for the people.

to act. This new consciousness aspect is demonstrating daily on popular web sites like Face Book and the Google/Blogger site where

people post the details of their entire personality or form lives for anyone to see, and change them from day to day.

An additional aspect of this new consciousness is readily observable in almost any of the virtual reality games with which the younger and some older generations are involved on the internet. In many of these games, some of which are rather gory, the players create what are called avatars. This is a word which used to mean, among other things, the incarnation of a Hindu deity like Vishnu. Today, to almost anyone under 40 whom you might ask, this term refers to the electronic image of a created character that the player uses in the game. These characters or avatars can be quite psychologically complex and possess

many powers and skills as well as certain hang ups. They can be and are created and discarded or replaced by new creations at will. They are upgraded, (evolved) and pass tests, (take initiations) to gain new and more vast powers as a game progresses.

On various psychological levels, within both the virtual and real reality, a player identifies with these avatars. In terms of how the players see themselves moving through their “real” or non-virtual lives, there occurs a certain sense of identification transference from the virtual reality games to another level of game. That other level is the apparently “real” non virtual reality, the game we call daily living.

That other level is the apparently “real” non virtual reality, the game we call daily living.

Many of these people have hit on the realization that their “real life” is very much like a virtual reality game. They understand that in this “real” reality they are really not their avatars or their bodies. They understand that they make themselves with their will and that they can change what they are and what they do perhaps not as easily as they can change the virtual reality avatars, but the concept is clear. They are not their forms. Hence they are not that concerned with keeping them secret or hidden.

When the nuances and implications of this understanding become conscious and are consciously applied to life we have a modern form of meditation.

Many of these people are what we call alienated from society. This so called alienation in part stems from the preference to live in worlds of their own creation, where they understand the rules and are basically immortal. We think we need to rescue them when they represent the future. The present personality world in which we mostly live is, as we have been saying for eons, as virtual as the virtual reality games. It too is an illusion, and who is to say which is more gory?

The issue is to see that these kinds of developments are aspects of our accelerating consciousness expansion. The ancient mantra “From the darkness to the Light,

from the unreal to the Real and from death to Immortality.” comes poignantly to mind.

There are other very interesting and, once one recognizes them and thus creates a relationship with them, very obvious manifestations of this post Piscean consciousness which I keep calling group consciousness by which I mean a realization of the obvious interconnectedness and basic unity of Universe. With this growing awareness of their interconnectedness to all humans and, indeed, to all life, these individuals have a yearning an almost unavoidable urge to work for the common good and the general welfare even in the face of increased efforts on the part of the powers that support the Great Illusion of separation. Such men and women and indeed more and more and more children from all over the world are involved in this work, not for some political reason or as

the devotees of some ideology but because they were born with the incontrovertible understanding of the interconnectedness of all life, and they see themselves as a part of that greater good.

In the Teachings on meditation much is given regarding the demonstration of effective right meditation. It falls under the concept of Service which will, as I mentioned above, someday be seen as a science. ***What we have in the manifestation of group consciousness is Service in action, a momentous demonstration of the success of evolution.*** D.K. makes all of this very clear.

“Service can be briefly defined as the spontaneous effect of soul contact. This

contact is so definite and fixed that the life of the soul can pour through into the instrument which the soul must perforce use upon the physical plane. It is the manner whereby the nature of that soul can demonstrate in the world of human affairs. Service is not a quality or a performance; it is not an activity towards which people must strenuously strive, nor is it a method of world salvage. This distinction must be clearly grasped, or else our whole attitude to this momentous

Service is the outstanding characteristic of the soul.

demonstration of the success of the evolutionary process in humanity will be at fault. Service is a life demonstration. It is a soul urge, and is as much an evolutionary impetus of the soul as the urge to self-preservation or to the reproduction of the species is a demonstration of the animal soul. This is a statement of importance. It is a soul instinct, if we may use such an inadequate expression and is, therefore, innate and peculiar to soul unfoldment. It is the outstanding characteristic of the soul, just as desire is the outstanding characteristic of the lower nature. It is group desire, just as in the lower nature it is personality desire. It is the urge to

group good. It cannot, therefore, be taught or imposed upon a person as a desirable evidence of aspiration, functioning from

without and based upon a theory of service. It is simply the first real effect, evidenced upon the physical plane, of the fact that the soul is beginning to express itself in outer manifestation.” ***Esoteric Psychology II, P.124-5***

Tom Carney

Scorpio 2008