



A Quick Guide to Meditation

Meditation is about quieting the mind (irrespective of external influences) and focusing on a single outcome. The outcome can be the solution to a problem, which I classify as contemplative meditation, sometimes called concentrated concentration, or concentration on a specific result,

i.e. communion with entities at higher energetic levels such as those identified in "The History of God".

Meditation itself should have a single desire, to commune with God, and to achieve this one should allow oneself to be free of the burden of extraneous thought. One way to achieve this is by the focus on a particular aspect of God by mentally speaking a mantra, such as "Om". Om being the Original Material created by the Origin, creating beings independent of the confines of their Source Entity and background energies that intersperse the whole of the Origin and the Source Entities. Therefore focusing on Om focuses on the Origin, which gains the attention of the Source Entity and the Origin.

The meditator should leave at least two hours from consuming food before meditation. The meditator should also find a quiet environment, where he/she can have no interruptions from family, friends, telephones etc. Be strict in your advice to family etc. That you do not want, or expect to be disturbed. Sit down on a straight backed armless chair, with hands palm uppermost and resting on the upper thigh. The eyes should be closed but the concentration should be on the third eye, that point in between the eyebrows. The breath should be monitored and deliberately slow, but not strained or uncomfortable to maintain. In fact, the focus can "be" the in and out of the breath itself if desired. Once focused as described, the mediator should chant Om, Om, Om and lengthen the ending on the Om to Ommmmnnn by using the tongue at the top of the mouth. Once a rhythm is created the vocalization of Om can be gradually reduced to being replaced by a mental reproduction of Om, whilst still concentrating on the third eye. From here onwards the meditator should start to imagine that they are part of Om, that they are Om, they are one with

Om, they are absorbed by Om, they become one with Om and God and the absolute (Source Entity and the Origin). Continue to monitor your breath and look out for thoughts that might stray into those little jobs that you think you need to do like shopping, servicing the car, cooking food, and re-focus. This is the hard part.

Start small in terms of meditation time in order to plan for success. Plan to start with 15 minutes and increase your meditation time by 5 minutes every couple of days. The great Yogi's can meditate all day and night but planning to achieve 2 x 1 hour meditations a day is achievable for most people.

Eventually after establishing a dedicated routine (this can take weeks to years so stamina and patience is of the essence) you may experience communion with that which is God, or at the very least experience bliss and well-being if not a level of high consciousness.





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After the meditation is completed dwell for a few minutes on the feeling of calm serenity you have achieved. Try to maintain this throughout your day. It will make the ability to achieving a calmer state easier in the next meditation.

Meditation should be practiced on a daily basis to establish the link with God and make it automatic.

In the appendix of "The History of God" I describe how to move up and down the frequencies by using meditation with a purpose based upon opening and closing the chakras for the lower frequency levels and using a mental lift for higher levels. That purpose being the lifting of the individuals frequency level and therefore the individuals level of perception as a result of elevating these personal frequencies. After many years of practice I established a permanent link, and am now able to access the level of consciousness required to commune with God without the rather mechanical methodology describe above. This has now expended to allow me to traverse the frequencies beyond our Source Entity and even to the edge of the Origins areas of self-awareness.

With dedicated meditation, the multiverse of the Source Entity (God), and the omniverse of the Origin (the absolute), is your oyster.

Guy Steven Needler

