

## **Meditation**

Paul Solomon Reading 0403. August 11, 1974

Question 1: What is needed or what can be done to heal this mental blocking? Would the colors that would keep my aura white be the key?

Answer 1: Yes, we have the body and the records. That that is being seen here as mental blocking might be said to occur within the self rather. Colors would help, of course. Would lift, lift, and would integrate the personality and ease such difficulties. And yet the difficulties come from the manufacture within the self or the insisting, the aggressive trying toward an answer, you see.

The blocking comes as described, using your own term here. Blocking occurs in this manner. As there is within the heart of this one a question, a need, a seeking, there is tendency to push toward that answer, to aggressively attempt to create, if you will understand, the mechanisms, the laws controlling the activity of the mind's use of the biological brain. You will find that the receptivity comes from rest.

It is well enough to hold in the mind a desire. But attempting to force that desire to bring its answer is not at all constructive and will produce blocks. It is the trying, the insisting, the pushing. When a time of relaxing or releasing the resistance would allow that the answers would come and would flow.

You have here a soul attempting to take great strides and very impatiently attempting to storm the Kingdom of God rather than allowing that Kingdom to settle peacefully. Already in existence within the life, you see. It is the aggressiveness, the pushing, the impatience that produce the block. The block is not at all there from higher planes or from inner planes, you see. The door opens inward, and leaning against the door to push toward the answer will keep it tightly closed. In these manners do the blockages come. A bit of relaxing (needed here). If this soul would first learn patience, all the other things would be added.

Then realize that there is as much time in this lifetime as is needed for the accomplishment of the lifetime. And there need be no rush toward the Kingdom. He has already set a place apart for thee, and it is secure.

Then simply be that tool, but let Him do the work.

Question 2: Concerning meditation and eating. Occasionally I'm blocked with waste products that are unpleasant to my conscious mind. How can this be eliminated?

Answer 2: This mind is very sensitive to the creation of excess and the appearance of it; the mind very often becoming aware of those symbols that are set about. In seeing these symbols, in seeing such as waste, there is the feeling of revulsion within and the feeling that these are coming from negative influences attempting to discourage me.

If there would be the view taken in this manner: that these come rather as warnings, attempting to set limits about me that I take in only those things that are greatest, that are purest for the self. And when I

step here or there or across that line into that that would produce only waste rather than benefit, that symbol of waste is set before me so that I am warned. See it then as a positive indication.

Question 3: Concerning the kundalini, how can I increase the vibrations so that it is piercing my centers once again? What force would bring it through the centers not yet pierced?

Answer 3: Here again, the same warning as has been given. We have before us in this one a soul that is crying out. And its need to be released from such forces as oppress ever from about.

There is a soul here, an Intelligence, a Christ in this one that would manifest through the quiet. Attempting to force open those centers, as has been done, has already brought damage here, so that there has been, from time to time, the effect of temporary possession, keeping this one from evolving, from developing in the best manner possible.

Set aside these then, the attempts to pierce or open these centers. And rather work on the developing of the centers until their opening becomes quite natural to their state of development, you see. Otherwise the piercing at this time, at this level, will leave such as could not be closed or could not be controlled. Rather develop. Allow that the centers mature and that the opening will come quite naturally.

Now for this one, the assistance might come in this manner: that you use those periods of meditation with that of radio-active appliance charged with gold chloride. Connecting those contacts with the right wrist, the left ankle. Then the following reversing, so that then contact is on right ankle and left wrist. Now during those periods of meditating, and should be forty-five minutes to an hour each time of total quietness within the self, do not allow that the mind should image great things for the self, of power or desires for self, or anything that in any manner could be construed as selfish ambition or desire for gain. But rather let those periods be of peace. And let the words from the lips ever be, "I give myself empty, humbly, as a tool into the hands of Christ."

Seeking not to be a great man, but merely a tool, a lump of clay to be reshaped. Allow then that the Father work with you in this time. If you would be a great one, then become His servant and pliable in His hands that He might use. And allow this period of time to heal the self. And those centers, those chakras, the gland centers will develop well enough during these times if you give the self the opportunity.

Question 4: Where can I get the protection from the forces that work in relation to the borderland, they keep trying to make me marry against my will?

Answer 4: Give thanks always for the forces that would pull in that direction. That force, that need, that expression that seems to draw the self toward marriage is the higher self, the soul of self, attempting to complete itself. Feeling empty, feeling among those separated from the Father. Those urges toward marriage are rather the soul in itself crying out for the marriage with the lamb or with the Christ.

Then ever in those times invite the self to be completed as a soul. Not by the taking on of a soul mate on this plane, but making the soul mate the Christ of higher forces. And see the self already as married. And

it would be well enough that you would purchase a ring to that effect and marry the self toward the purpose in this time. And see that as the committal.

Question 6: How can I find favor with higher beings so that I can return to the Jewell area in my dreams? I must be conscious and have more control over my dream state behavior, and allow the higher and brighter colors.

Answer 6: Yes, this will happen naturally through these periods of meditation with the radio-active appliance that will allow you to integrate the self. And with the release of the trying so hard, allow the self a rest. You've entered into a period of time where such is needed. Not pushing so hard. Allow, wait on the Lord. Allow that these will come, and you'll be lifted to these states. Will occur quite naturally.

Question 7: Are my desires to do aura readings coming from my high regard of Divine Love for Beings like the Master of Masters. Will I apply the Law of One so well? Am I pure enough in motive to learn how to do aura readings?

Answer 7: Could well be. But let's not be diverted by a single practice such as this. Can work and spend some time toward the development of it. And would be done in this manner.

That there be placed about those who would come for the study, a screen of black, an absorptive black, behind that person to be studied, and to each side and above. Having only one opening. That is as if there were a room or a stage having black walls and ceiling and floor. The person to be studied then, placed in the center. Should be viewed then, through glass stained with designing solution as has been described. And you will begin to become more aware of the aura by viewing in such a manner. Having understood, having seen, having viewed in such a manner, the eyes become more sensitive until soon the screen will not be necessary and that ability to view will be developed with the eyes themselves. A greater awareness will come. Will take some practice. Many weeks, viewing each day. Thirty minutes or more each day of practice.

Now having not these instruments to work with, do as well as you can by providing a dark back drop and looking at a central point. Each day for a period of twenty to thirty minutes, practice seeing the aura until these feel full. Focus on the central point, not allowing the eyes to look here or there as the aura begins to develop. The holding on to that point, you will find the aura developing around the person and the abilities developing with the eyes to see and be aware of such.

Question 8: How can I better my projections to the astral and later on in the entry to the Causal World?

Answer 8: Better let these sit for a time. There will be a time as you can drain the self away from the physical by emptying the toes, the feet, and the ankles, on up, you see. Drawing the vital energy from the base of the self up through the highest part of the self, and leave as it were, through the crown, draining the vital energy away with the thoughts. Practice this until each day you are able to bring the vital energies a little higher. You may test this by feeling of those portions of the limbs from which vital energy has been drawn. And test for temperature drop, for these will be colder, lighter in color as the

vital energy is drawn away. Practice until you can cause the feet to become cold. Then the ankles, the knees and so on, until all vital energy be drawn from the body. Connected only by the silver cord.

Enter into the hands of the Master Creator, and travel with him, ever dedicating the self to His purpose. Let us set these aside for a while however, and work now on those levels of meditative experience, and the dreams, and that state of prayer. Give the self some thirty days at least of daily treatment with the radio-active appliance until there is the settling within. A calming influence and a greater power, a greater hold on self. And eliminating those influences that have attempted possession. Would do well that this one bring the self to osteopathic treatment for the adjustment of the spine here. To eliminate possibilities, eliminate opening, especially in the dorsal and cervical openings that might allow for the penetration of negative influences. Let these be better settled. Get these treatments and make the self stronger for this period of thirty days or slightly longer. And then we may practice these techniques of projection and entering into Causal Planes. Will find these coming automatically with the development anyway.

We are through with this Reading for now.

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