

## **Meditation**

Paul Solomon Reading 0101

Atlanta, Georgia, December 20, 1972

... It would be well, then, that all such students, such seekers who would come before this Source - or before any teacher or master on your plane - that rather than hear the words spoken at such time, that you would make self supremely sensitive - that is, be aware of the stillness, the closeness of the atmosphere, the environment that surrounds you at this moment. Realize that it is alive with those consciousnesses, those awarenesses, the very breath, the heartbeat, as it were, of the masters. They stand not in this temple, but in your presence.

Now you would ask for a word, a key, a realization, a teaching that would cause your eyes to be opened, that would cause the veil to be lifted. Now we would see, as with so many on your plane, that in the attempt to open the eyes there is the giving of energy to that that becomes the block. Or, that is, we would see in this manner, that there is built up an excitement, a stimulation, a feeling of pressing urgency, the opposite of that which is the true dimension that might be expressed as patience.

Now, if there would be in this moment the simple resting within, the turning to supreme silence, the looking beyond the body, there is within your grasp at this moment all knowledge. It is the beginning of wisdom to know, that any attempt at this moment to see or realize such knowledge is the reverse of the ability to do so; that is, as has been said so often, - the supreme instruction would be, - "Cease *trying*, and Be."

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