

## **Transcendental Meditation, Silva Mind Control, Scientology, Eckankar and Cosmology**

Paul Solomon Reading 0741

Q. Certain organizations state as their goal to get one in touch with your higher selves. Would you comment on the efficiency of Transcendental Meditation, Silva Mind Control, Scientology, Eckankar and Cosmology, or other meta-physical organizations here that are best suited for spiritual, psychic advancement.

A. To briefly reflect on each of these of concern here, only these comments: Transcendental Meditation, making use of a very potent and effective technique. This simplified technique extracted from a surrounding set or cosmology of techniques that would be better used as a whole, that is, a separated technique that needs to be used with other understandings. That is, the technique itself will only remove stress and tension and focus the mind or consciousness on a particular point, which is well as an introduction to meditation.

Should, however, be used with attunement to a particular purpose, a statement of ideal, goal, focusing on a particular place, a point, a focus of higher mind. Leaves off, then, the development of the spiritual self, the development of character, the development of so much as needs to accompany the use of mantra meditation. Only a partial technique. As far as it goes, very well, but certainly should be used with spiritual attunement, dedication, application of the self.

As to Mind Control, the techniques are well and could well be developed by those stable in personality and aware of, focused upon a God ideal, a central ideal of Creative Force; mental and without focusing purpose or ideal on a particular place.

Scientology, as you know it, might best be expressed of the left hand force, or dark forces and for most people quite destructive, as is Cosmology.

Now, there are quite a number of techniques about you that might be used for the development of consciousness and mind, and for most, especially those strong in identity both with self, in appreciation of self as an aspect of God, and one having made contact with the Divine, may develop the self by experiencing and expressing, learning of the many different techniques.

For most in contact with God, having the birth, the experience of a relationship with the highest within, can experience, touch upon, taste of all these things for the reason that those as would be dangerous or misleading would then be rejected by the highest that is within, having it developed.

Let the beginning then be in the self, to find that ideal as stated, to state the ideal. Do very well to read, to study, to be familiar with the studies that are called 'A Search for God', from the Cayce source. This understanding of the ideal then provides a basis of ground work that you might study or become informed of all these as have been mentioned. The study of the work, CHRIST IN YOU, THE IMPERSONAL LIFE, these will provide the basis, the groundwork.

The Inner Light Consciousness ideal, according to these records, for the development of the psychic centers, the spiritual identity of self and the beginnings of spiritual growth as can be continued, then, through contact with the highest that is within. These are the methods and the best as should be followed.

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