

THE MEDITATION

Inverencial Peace! It is urgent to comprehend profoundly, the meditation's techniques. Today we will talk about the Illuminator Void.

Beginning this subject, I feel the obligation to explain directly, what I have verified by myself about the Illuminator Void. Those that are listening are already informed about the marvellous Law of Reincarnation, because in that law I fundament the following story:

When the second sub-race, of our actual great Aryan race, flourished in the ancient China; I was reincarnated there, then my name was Chou Li, obviously I was a member of the Chou dynasty. In that existence I became active member of the Order of Yellow Dragon, it is clear that in that order I could learn perfectly the Science of Meditation.

Even now comes to my memory that marvellous instrument called Aya-Acaparus that had 49 notes. We know what the sacred law of Heptaparaparshinokh is, that is to say, the Law of Seven; undoubtedly, the notes of the musical scale are seven. If we multiply seven by seven, we will get 49 notes in seven octaves.

The brothers had the meetings in the meditation room. We used to seat at the oriental stile, with crossed legs, putting the palms of the hand, the right over the left. We seated in circle in the center of the room, we closed our eyes, immediately we used to put a profound attention to the music that a brother played to the cosmos and us.

When the artist made vibrate the first note, it was in Do, all of us were concentrated, when he made vibrate the next note in Re, the concentration was more profound, we were fighting with the different subjective elements that we had within ourselves, we used to recriminate, to make them understand the necessity to be in absolute silence. It is good to remind my dear brothers, that those undesirable elements are the "I," the Ego, the myself, are like perverse entities that personify our errors.

When the note Mi was in vibration, we were penetrating in the third zone of the subconsciousness to confront the multiplicity of those diverse psychic aggregates that in disorder live within ourselves and that impede the quietude and silence of the mind; we used to recriminate and to understand them. When we achieved that, then we penetrated even more profoundly in the note Fa.

It is obvious that new fights appeared with that note, because to gag all those demons of desire it is not very easy, to obligate them to keep silence is not simple, but with patient we achieved it. In this form we used to continue with each one of the notes of the musical scale.

We made the same effort in a higher octave, so little by little we used to confront the different infra human elements that we carry within ourselves.

Finally we were successful in gagging them in the 49 levels of the subconsciousness, then the mind stayed quiet, in the most profound silence. That was the instant in which the Essence, the Soul, the most pure, escaped to experiment the Real, in that form we penetrated in the Illuminator Void, in that way made irruption in us the Illuminator Void, and living in the Illuminator Void we could know the Laws of Nature in themselves, as they are and not as they apparently are.

In this three-dimensional world of Euclid, are only known the causes and mechanical effects, not the natural laws in themselves. In the Illuminator Void they appear in front of us, as they really are.

We could perceive in that state, with the Essence, with the Superlative Senses of the Being, the things in themselves, as they really are. In the world of the physical phenomenon we only perceive the things as apparently are, angles, surfaces, but never a body in integral form, and the few that we perceive is brief.

Nobody could perceive what quantity of atoms has a chair, etc., but in the Illuminator Void we perceive the things in themselves, as a whole.

When we were submerged in the Grand Illuminator Void, we were able to listen the voice of the Secret Father, undoubtedly we were in the state that could be called bliss or ecstasy.

The personality stayed in passive state, seated in the meditation room; the emotional and motor centers, were integrated with the intellectual center creating a only and receptive whole. In that form the waves of the experiences that we were living in the Illuminator Void, that were circulating through the silver cordon, were received by the three centers: the emotional, intellectual and motor. When the Samadhi was concluded, we returned to our body, keeping the memory of all what we had seen and listened.

However I have to say you that the first thing that we have to leave in order to remain submerged for a long time in the

Illuminator Void, is the fear; the "I" of the fear has to be comprehended. We already know that its disintegration is made possible when we supplicate to the Divine Mother Kundalini in vehement form; she will eliminate that "I."

One day, does not matter when, been in the Illuminator Void, beyond the personality, the "I", the individuality, submerged in what we could call the NO, I felt that I was everything that has been and will be. I experimented the unity of the life free in its movement, then I was the flower, the crystalline river that flows in its bed of rocks singing in its language delicious things, I was the bird that goes to the inscrutable depths, the fish that delightfully swims among the waters, the Moon, the worlds. I was all what is, has been and will be.

Because of the myself, the feelings of the "I," I felt fear; I felt that I was being annihilated, that I was ceasing to exist as an individual, that I was everything except an individual, that the myself had the tendency to die forever. Obviously I felt an unspeakable fear and came back to my body.

New efforts let me get the irruption of the Illuminator Void, and again I felt confounded with everything. I had been ceased to exist as a person, as an individual, as an I. This state of consciousness was becoming more and more profound, so any possibility to exist was finishing, the individual existence had the definitive tendency to disappear forever. I could not resist any more, and I came back to my body. I could not resist a third attempt, and I returned to the form. Since then I know that in order to experiment the Illuminator Void, to feel the Tao in oneself, it is necessary to eliminate the "I" of fear. That is undoubtedly.

Among the brothers of the Sacred Order of the Yellow Dragon, the one that distinguished more was my friend Chang, today he lives in one of those planets of Christ, in which nature does not die and never changes, because there are two natures: the perishable, changing, mutable and the imperishable that never changes and is immutable. In the planets of Christ exists the eternal, imperishable and immutable nature.

Chang lives in one of those planets in which shines the Christ, he achieved the liberation several ages ago and lives in that far planet, with a group of brothers that with him also achieved the liberation.

So, I would like to teach the Seven Secrets of the Order of the Yellow Dragon, but with pain, I realize that the brothers are not prepared yet to receive it, and this is lamentable.

It is also truth that today it is not possible to use the 49 sounds of the Aya-Acaparus, because this musical instrument already does not exist. There exist many involutions from this instrument, but are different, do not have the seven octaves.

Involutions of this instrument are all the stringed instruments, violin, guitar, also the piano, etc. However, is possible to achieve the Illuminator Void with a simple and practical system that all the brothers can practice.

I will dictate the technique right now, pay attention, take seat at the oriental style with crossed legs, in this form. Because you are occidentals, this position is uncomfortable to you. So together and seated in a comfortable sofa (at the occidental style) open the palm of your left hand, and put the right over the left, that is to say, the back of the right palm over the left hand.

Relax the body the maximum possible and then inhale profoundly and very slowly. When inhaling imagine that the creative energy ascends through the spermatic channels to the brain. Exhale short and fast; when inhale pronounce the mantra HAM, when exhale the mantra SAH.

Undoubtedly you have to inhale through the nose and to exhale through the mouth. When inhaling mantralize the sacred syllable HAM mentally, when you exhale can vocalize the syllable SAH sonorously. HAM is written with the letters H A M, SAH is written with the letters S A H, the H always sound like J.

The inhalation has to be slow, the exhalation short and fast. Obviously the creative energy in everybody flows from the inside to outside, that is to say, in centrifugal form, but we have to reverse that order with the intension to achieve a spiritual transformation. Our energy must flow in centripetal form, from the outside to inside.

Undoubtedly if we inhale slowly, the creative energy will flow in centripetal form from the outside to inside; if we exhale short and fast then this energy will become each time more centripetal. During the practice you do not have to think in absolutely anything.

The eyes have to be closed, in our mind only will vibrate the HAM-SAH and nothing else. According you practice the inhalation, the inhalation will become more and more profound and the exhalation very short and fast.

The great Master of Meditation, reach the point in which the respiration become just inhalation and then (the breathing) is suspended. This turn to be something impossible to the scientists,

but it is real to the mystics, and in that state the Master achieve the Nirvi-Kalpa Samadhi or Maha Samadhi, it comes the irruption of the Illuminator Void. One falls in the Great Void in which nobody lives and where only is possible to listen the word of the Secret Father.

With this practice it is possible to achieve the Illuminator Void, but the requisite is not to think in absolutely anything, do not admit in the mind any thought, any remembrance; the mind has to be totally quiet inside, outside and in the center. Here even the most insignificant thought is an obstacle to achieve the Samadhi, the Ecstasy.

The science of meditation combined with the respiration produces extraordinary effects.

Normally people suffer of what is called "nocturnal pollutions," men and women have that problem, have erotic dreams, and if the "I's" copulate one with each other, the vibration pass through the silver cordon to the physical body and it comes the orgasm with lost of creative energy. This happens when the sexual energy flows from inside to outside in centrifugal form.

When the sexual energy flows from outside to inside, in centripetal form, the sexual pollutions finish; that is a benefit to the health.

Now, the Samadhi is achieved during the practice of meditation because the creative energies, flowing from outside to inside, impregnate the Consciousness and end up making it to leave the Ego and the body.

The Consciousness, liberated from the Ego, in absence of the Ego and outside of the physical body, undoubtedly penetrates in the Illuminator Void, receives the Tao.

If one eliminates the Ego of fear, of dread, will be able to penetrate in the Illuminator Void without any preoccupation, will feel that the individuality is been dissolved, will feel living in the stone and the rock, in the far start and in the singing bird of any world or planet, but will not feel fear, and if one does not feel fear finally will gravitate into his origin, transformed in Consciousness, in a creature terribly divine beyond good and evil; one will be able to stay in the Sacred Sun Absolute.

In that Sun, as a microcosmic star one will know the Mysteries of Universe, because it is good to know that the universe itself, all our solar system, exists in the Intelligence of the Sacred Sun

Absolute as an eternal instant. All the phenomena of nature are processed inside of an eternal instant in the Intelligence of the Sacred Sun Absolute, but if one feels fear will lost the ecstasy and will return to the dense form.

Dear brothers, you have to leave the fear. Undoubtedly, is not enough to say: "I will leave the fear;" there is the necessity to eliminate the "I" of fear. Yes, this defect only can be eliminated with the power of the Divine Mother Kundalini Shakty.

First, it is necessary to eliminate it, to understand it and then to invoke Devi Kundalini, our Divine Particular Cosmic Mother, to let her disintegrate the "I" of fear; only in this form one can submerge in the Illuminator Void in absolute form. Whoever achieve this, will gravitate in direction to the Sacred Sun Absolute and will know the wonders of the universe.

Our brothers have to practice the technique of meditation as we have given it; do not forget that the body has to be relaxed, that is indispensable. HAM-SAH is the Grand Breath, HAM-SAH is our Soul, HAM_SAH is also a mantra that transmute the creative energies. Meditation combined with tantrism is formidable, HAM-SAH is the key.

We know very well that the creative energy is useful to the Awakening of the Consciousness when is combined with the meditation. Undoubtedly, it takes out the Consciousness from the Ego and allow it to be absorbed in the Illuminator Void. Obviously the Illuminator Void is beyond the body, the affections and the mind.

In a meditation room in the orient, a monk asked to a Master: "What the Illuminator Void is?" The texts say that the Master kicked the stomach of the disciple, and that he fall fainted. Later the disciple Stood up and embraced the Master, "thanks Master I have experimented the Illuminator Void."

Many would say "absurd," but it is not; what happens is that in approaching the Illuminator Void appear a very special phenomenon. When a little chicken is ready to get

out of the eggshell, his mother help him pecking the eggshell, the small chicken keeps pecking with our help and goes out.

When somebody has matured, receives the help of the Divine Mother Kundalini; get out of the personality's eggshell and Ego in order to experiment the Illuminator Void. But is necessary to persevere in the meditation, the meditation has to be combined intelligently with the concentration and sleep; sleep and concentration produce the illumination.

Many esotericists think that the meditation should not be combined with the sleep of the body, but those that think in that way are mistaken because the meditation without sleep damages the brain. The sleep has to be used in combination with the meditation technique, it has to be a controlled sleep, a voluntary sleep, not a sleep without control, not an absurd sleep; it has to be sleep and meditation combined in intelligent form.

We have to mount on the sleep and not allow the sleep to mount on us, if we learn to mount on the sleep we have been triumphed; if the sleep mount on us, we have been failed. This technique allow our students to achieve the Samadhi, the experience of the Illuminator Void.

We have to practice daily. At what time? In the moment that we feel to do it, very specially when we feel sleepiness, then we can meditate.

If the disciples follow these indications one day will receive the Tao, they will be able to experiment the Truth.

Obviously there are two type of dialectics: the Rational and Intellectual Dialectic and the Dialectic of the Consciousness. During the Satori, it works the Dialectic of the Consciousness, then we understand everything through intuitions or through the words or symbolic figures, in the language of parables of the Christic Gospel, the alive language of the Superlative Consciousness of the Being.

In the Being, the Dialectic of the Consciousness always is faster than the reasoning.

A Zen monk was asked why Boddhidarma came from the west, his answer was: "The cypress is in the garden." Anyone could say: "that answer does not have any relation with the question," but it have it. It is an answer that comes before than the Dialectic of Reasoning, it comes from the Essence.

The Cypress, the tree of the life is everywhere, does not matter if it is in the orient or occident, that is the sense of that answer. In the Illuminator Void everything is known, through the direct experience of the Truth. The student will have to become familiar with the Dialectic of the Consciousness.

Unfortunately the power to formulate logical concepts even though it can be very brilliant and useful in all the aspects of the practical life, it is an obstacle to the Dialectic of the Consciousness.

I do not want with this to leave aside the formulating power of the logical concepts, because everybody need them in the practical life, but each faculty obviously has its particular orbit and is useful within it field, outside of its orbit is useless and harmful. Let us put the formulating power of the concepts in its orbit.

In the Samadhi or Pan-Samadhi or Meditation we have to capture, to experience the Dialectic of the Consciousness; that capacity will be developed according with the practice of the meditation.

The path of the profound meditation implicate very much patience, the impatiens never achieve the triumph. It is not possible to experiment the Illuminator Void meanwhile could exists impatience in us. The Ego of impatience has to be eliminated after been comprehended; this has to be understood clearly. If one does so, the Tao will be received, that is obvious.

Never could come to us the experience of the Real meanwhile the Consciousness remains trapped among the Ego; the Ego by itself is time, all that multitude of phantasmal elements are the myself, are just time.

The experience of the Illuminator Void is the antithesis, it is not related with the time, it is beyond the time and the mind. The time is the multiplicity of the "I," the "I" is the time, so the time is subjective, incoherent, awkward, heavy, does not have objective reality.

When one takes seat in a meditation room or just at home to meditate, when one wants to practice the meditation, has to forget the concept of time and to live in an eternal instant.

Those that meditate and are pendants of the watch, obviously do not achieve the experience of the Illuminator Void. If you would ask me how many minutes we have to spend daily to meditate, half an hour or one hour or two hours, will not be an answer because if somebody is in meditation and is pendent of the time, cannot experiment the Illuminator Void, because the Illuminator Void does not belong to the time.

It would be same that a bird that is trying to fly, but it has tied the paw to a stick, it could not fly, there would be an obstacle. In order to experiment the Illuminator Void we have to liberate ourselves from any obstacle. The important is certainly to experiment the Truth, the Truth is in the Illuminator Void.

When Jesus Christ was asked about the truth, the master kept a profound silence and when Sakyamuni received the same question, he

turned back and walked away. The truth cannot be described, it cannot be explained, each one has to experiment it by himself through the technique of meditation.

In the Illuminator Void we experiment the truth and that in itself, is an element that transform us radically. It is necessary the perseverance, to be tenacious. It can happens that in the beginning we will not achieve anything, but according with the pass of time, we will feel that we ware becoming more and more profound, and in this form any day it will make an irruption in our minds the experience of the Illuminator Void.

Undoubtedly, the Illuminator Void is the Holy Okidanok, the active Okidanok, omnipenetrant, omniscient, that emanates from itself; it is the Sacred Sun Absolute. Happy the one that could achieve the Illuminator Void in where not one lives, because it is precisely there where will experiment the Real, the Truth.

The perseverance is indispensable, it is necessary to work profoundly every day until the achievement of the final triumph. It is prodigious the experience of the Truth through the Meditation. When the Truth has been experimented one feels with strength to persevere in the work on oneself.

Brilliant authors have spoken about the work on oneself, about the "I," about the myself, it was correct what they have done, but they forgot something: the experience of the Truth.

Meanwhile one would not have experimented the Truth, one does not feel consoled, does not feel with enough forces to work on the myself, on the "I."

When one has really passed though that mystical experience, is different, nothing can stop the yearn of liberation, one will work intensively on oneself to truly achieve a radical transformation, total and definitive. Now you will understand my dear friends why the meditation rooms are indispensable.

Frankly, I feel sad when I see that even though I have written so much about meditation in different Christmas Messages, and even now in the South American and Central American countries do not exists meditation rooms, when it should exists. What has happened? There is indolence. Why does it exists? For lack of comprehension. It is indispensable to understand.

The poor intellectual animal mistakenly called man, needs encourage, needs something that could animate him in the fight, needs stimulus to the work on himself.

I know that the poor intellectual animal is weak by nature; is in a very disadvantageous situation. The Ego is so strong and the personality terribly weak that to leave him alone means that he will hardly able to walk.

He needs something that could animate him to work, needs an intimate help. This is possible only through the meditation. I do not want to say that everybody at once will experiment the Illuminator Void, obviously this experience is possible but there are different grades and the devotee can understand it each time better.

The intimate impulse of the Being will be lived through different experiences more or less clear; the day will come when he will have the best of the experiences, the direct experience of the Grand Reality; then he will receive the Tao.

Reflect about my words, it is not enough to listen, it is necessary to know to listen, this is different. "If any be hearer of the word and not a doer" says James in the General Epistle "he is like unto a man beholding himself in a glass and then goes his way." It is necessary to make the word within ourselves. It is not just to listen, the word has to be transformed in Flesh, Blood and Life, if the Radical Transformation is yearned. It is necessary to persevere.

INVERENCIAL PEACE

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