

## **Meditation**

Reading 9033. The Seven Terrace Meditation.

Is there a technique for me to make the Seven Terrace Meditation more real, or is there another meditation technique that would be more appropriate for me?

Now do understand that there are many meditation techniques, and there is not one or another that is better or more effective for an individual. They all simply are tools to the accomplishment of a particular purpose.

Yet you will find that one who will have a difficulty with this Inner Light Consciousness technique, this Seven Terrace, will also have difficulty with any other for this reason. The difficulty comes not with the particular method or expression of the tool, for these are only guiding steps, reminders of the steps to take in the preparation of the consciousness for meditation.

The difficulty here is two-fold. First, a difficulty in sufficient relaxation. Then, practice first deep relaxation using the tools of Comparative Relaxation, comparing relaxation with tension, the deliberate comparison of tension with relaxation, active relaxation, you see. And with possibly exercise first, even Asanas, yoga postures for the assistance in the relaxation process.

Beyond then, the difficulty with stress release. There is further for this one a difficulty in activating the imaginative or right hemisphere of the brain, the picking up of visualization, imagery, fantasy, for this one is rather focused in left brain, logical reality, and so much of that that has plagued the relationship, the life, has come from this programming of the mind, the consciousness, to dwell in the left brain.

There is a sense of imaginative flights of fancy and fantasy, day-dreaming, seen somewhat as laziness, as weakness, as childishness. These feelings from so early in life are difficult to overcome. Definitely should be time of practice of visualization, of fantasies, of entertaining the self with imagining relationships, partners, communications, until there is awakened within the self this greater ability to see, to visualize, to image, to relax. And through the relaxation to enter with the consciousness into a subtler, a separate reality, a beautiful place, a world that is first of fantasy, but through that doorway, a world of a greater reality in which one might meet the Source of self.

See it in that manner and do understand that it is discipline, daily practice, pursuing these goals that will break down the belief systems that have so prevented the greater development of these abilities to this time.

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