

**The Attainment of Perfect Freedom** is possible for us, but only if we from the innermost centre of our being, will to co-operate with the divine spiritual intelligence that is the creator and ruler of the universe in which we live. How are we to find the innermost centre of our being?

Today there is much talk of yoga meditation as a means of attaining deeper consciousness of our spiritual self, but in principle the methods of yoga meditation are not different from the meditation procedures of all serious religious persons in all major religions. "Yoga" means "union" of the human soul with its divine source. "Yoga" and "religion" have really the same meaning.

All meditation procedures follow generally the same course, and differ only in the form of language used to express them. First there is a withdrawal from the distraction of the outer world's things and events. Then follows a concentration of the inner consciousness on a chosen subject of meditation. Then follows the meditation process itself, a process in which we examine the interconnections of all ideas related to the chosen subject. Contemplation in a single comprehensive moment gathers these ideas together in a meaningful pattern, in a flash of insight which simultaneously places every element of our meditation in proper interrelationship and gives us a power of living adjustment which before our meditation was not possible for us.

Life is like a jig-saw puzzle, its pieces lying higgledy-piggledy in the box until we sort them out into their various patches of colour and tone and fit them together in their correct order. In their right arrangement we see a whole, meaningful picture, which when the pieces are jumbled randomly together, we could not see. Meditation is like the process of sorting out the bits of the puzzle into their related colours, tones and forms. Contemplation is the whole grasp of all these as the meaningful picture they represent.

In meditation we examine each part and look for its relation with other parts. This is a serial process, a one-by-one, then two by two etc., act of examination and comparison of all the parts of the puzzle. We look for similar colours, tones and forms, and gradually bring them together. At each stage we get some inkling of what a part of the pattern may represent. This meditation is a step-by-step process moving little-by-little towards the final stage in which, for the first time, we see the whole picture. The moment of seeing the whole picture is the moment of attainment of the state of contemplation. In this

state the step-by-step movement of ideas ceases, and the whole significance of all the parts of the puzzle is suddenly grasped in one single seizing. At this moment one attains enlightenment, and will never again be puzzled by the subject matter. A power is attained at this moment which enables us to adjust to life's demands in a way that was before impossible for us.

(Through the Bible 111, pages 101-103, Eugene Halliday)

## **Luther Standing Bear – Oglala Sioux Chief**

'Conversation was never begun at once, nor in a hurried manner. no one was quick with a question, no matter how important, and no one was pressed for an answer. A pause giving time for thought was the truly courteous way of beginning and conducting a conversation.

Silence was meaningful with the Lakota, and his granting a space of silence to the speech-maker and his own moment of silence before talking, was done in the practice of true politeness and regard for the rule that "thought" comes before speech.

There is a road in the hearts of all of us, hidden and seldom travelled, which leads to an unknown, secret place. The old people came literally to love the soil, and they sat or reclined on the ground with the feeling of being close to a mothering power.

Their teepees were built upon the earth and their altars were Made of earth. The soil was soothing, strengthening, cleansing And healing. That is why the old Indian still sits upon the earth Instead of propping himself up and away from its life giving Forces.

For him, to lie or sit upon the ground is to be able to think more Deeply and to feel more keenly. He can see more clearly into the mysteries of life and come closer in kinship to other lives about him.