

Comes the Dawn

After a while you learn the subtle difference
Between holding a hand and chaining a soul.

And you learn that love doesn't mean leaning
And company doesn't mean security,

And you begin to understand that kisses aren't contracts
And presents aren't promises.

And you begin to accept your defeats
With your head held high and your eyes open,
With the grace of a woman, not the grief of a child.

You learn to build your roads
On today because tomorrow's ground
Is too uncertain for plans, and futures have
A way of falling down in midflight.

And after a while you learn that even sunshine
Burns if you get too much.
So you plant your own garden and decorate
Your own soul, instead of waiting
For someone to bring you flowers.

And you learn that you can readily endure,
That you really are strong

And you really do have worth
And you learn and learn ... and you learn

With every goodbye you learn.

Veronica Shorffstall, 1971

Contributed by Lisa Russell.

Meditation as Mediation is meditation, practised as an integral part of life and which guides our actions and decision making. We are all on a journey of self-discovery, and yoga links and joins all apparently disparate parts of our being into one harmonious whole; as we are all children of the Absolute and born out of an eternal life and intelligence.

That which links us all, is the life force or Absolute Intelligent Power, of which we are all modifications. All matter is a modification of power and many are under the illusion that the differences we see around us, the only reality, that has somehow miraculously appeared out of the void, as if by chance.

The fact of our own Intelligence; our own awareness is the key, because a non-aware, non sentient field of power could not suddenly give rise to knowing and intelligence. That which we call the Self or Soul is a solo zone of that Infinite field, that retains within it the original freedom prior to creation, and the freedom that we have, of choice, gives rise to the unique characterisations, and apparent differences that we see around us.

We can mediate with life from the storehouse of experience, in the "lower mind"; or choose the yogic way and respond from the Intuitive, or "higher mind". This latter, transcends the level of everyday thought and reaches into the intuitive or heartfelt, wherein resides Gods plan for mankind.

Every thought has an emotional or energy charge; therefore it requires a period of self discipline, commencing with Hatha Yoga, evolving to Meditation and Raja Yoga, to be able to differentiate between intuitive thought and serial thinking. The Intuitive Mind arises from the mind of the heart and listening to the spirit within. These thoughts often arise from feeling and what is often called a hunch, from which emerge new ideas. At this subtle level the new idea is spirit formulating, and is worthy of consideration.

Vivekananda in his Raja Yoga describes this creative spirit as Prana and as the Infinite manifesting energy of the universe; and herein is an important key. In that, if we are sufficiently 'Self Aware', we can be guided by the same manifesting intelligence that lies at the centre of our being.

Unfortunately there are limiting factors due to our own thought processes, whether conscious or sub-conscious, that obscures the intuitive response. The 'Quiet Mind' enables us to access 'The Higher Mind'; transcending the limitations of the mundane or 'Lower Mind'

Words convey meaning and give direction, and are particularly useful when meditating. The word 'Quiet' is one example, as it not only has different

associations for each one of us, but is also the outward expression of an inner reality, which when meditated upon puts us in touch with the essence, that it represents. A truly quiet mind puts us in touch with our essential nature, able to make decisions in the clear light of consciousness. Each time we meditate and reach the inner quiet that we seek, it is best committed to memory, so that the feeling and experience can be recalled during periods of stress.

The Self or Soul during quiet moments, feels much like the hub of a wheel around which life revolves; able to assess each moment; rather than rushing on blindly. The Intelligence at Centre is in the best position to guide life enhancing meditations; by learning to "Let" the intuitive response to become operative. Stress and the demands of the moment obscure the light and intelligence that resides within us all; hence the importance of the quiet Mind.

It is during moments of release, off "letting go" and becoming still, that the damaging effects of stress can be felt; and it is from the freedom of the still centre within, that the bodily, emotional and psychic needs can be met.

Regular short periods of meditation can be helpful in ensuring the health and well being of the body, by feeling from centre for the right response to the needs of the body. This may take the form of good feeling and appreciation to the body as a whole. Enjoying a period of Quiet and Peace, to allow the body time to recover; visualising and directing Prana to specific areas of the body.

There are two aspects to the 'Self'; one written with a small 's'; which is the self of the 'Lower Mind' and which organises itself and its responses around the five senses and animal nature; and the true or conscious 'Self', that intuits its responses from the creative mind of the eternal. This level of the angelic mind has to be developed through Faith and a belief in a Divine Nature that guides us all. Only constant practise will strengthen this belief, and learning to trust the response that arises from the heart of the Quiet Mind. (Gordon Smith, Founder Member)



(RGB free stock photos)

Healing as a True Art is having the ability to step away and discard the template that has led to the erroneous patterning of the body energy system; then stepping into another template more conducive to your well being. This side step is not unlike what happens to the butterfly when it leaves the embrace of the chrysalis and discovers the freedom for which it was always intended. Illness is the result of misdirection, not unlike the car, taking a wrong turning and ending up in a cul-de-sac; each wrong turn and misdirection, when eventually understood, adds to our body of learning and wisdom.

The free and the Dom hang together, the Dom or domed (enclosed), is always indicative of the direction in which the free lies. No matter how sluggish the condition, we can learn to feel through and into the free space beyond and sense the trouble free ideal and its underlying innocence. The painful twin often hangs like a cold wet blanket, and no matter how attached is this false representation of ourselves, we can learn to step out of its restrictive appendages and into the clear transparent form of our eternal nature.

We all have a perfect form within the heart of God, as has been envisaged from the start of time. It is the Self's timeless vehicle that is tested in time. Each decision made in the light of wisdom will strengthen and affirm this angelic form. We have to constantly re-affirm our inner face, the light within, untarnished by time caught blemishes. This then has to be reflexively affirmed moment by moment until the inner reality shines through. This is hard work and is only achieved through time by the choices we make. Each single life consolidates and establishes a world made by ourselves and which we have had to live through.

There are many subtle essences that blossom into form, and share their experience with each other, that float within the scent of blossom on the air and communicate instinctively, helped by the messenger bee, birds and insects. Human beings also need each other and also contribute to the life around us. We are all children of the space that surrounds us and it is space that gives rise to the world in which we live and space that provides the healing balm when things go wrong.

Disease is a distortion of the natural order and by making time daily, to step into the non-differentiated wholeness of inner space, will help the return to the perfect equilibrium associated with health and well being.

Many movements, like walking and running, we take for granted, yet they are all established will and had to be learned. The inner cause of most things starts from the smallest glimmer of inner perception starting a process that if continued becomes an established effect. This smallest glimmer arises from the space within. Meditation on 'Inner Space' starts with the mantra, neti, neti, "not this", "not this", and the letting go of all outer peripheral objects and tensions, until all that remains is the enjoyment of undifferentiated space. For healing, practise each day and experience the undifferentiated, become clear in heart, mind and body and let 'Space' refresh and renew all within.

Meditation on a healing garden can help bring us into contact with subtle essences conducive to health. The cool and calming green of leaves and plants, the loving essence of the rose and healing blue of the sky; for group healing, form a circle and within the still space in the centre, visualize your healing garden; let it grow out of the spirit and essence of healing. Let the essence and spirit of healing be felt within your inner space. Internalise each essence with the breath and let your own good feeling flow back into the circle. Finally become still and at one with a perfecting stillness, as all become as one.

Health and well being lay essentially with the Will, the Will to health and the True Will, lie essentially with God. That is the Intelligence and Power from which life becomes manifest. The choices we make are not always made out of necessity, or prompted by a particular feeling or desire. For health and a well toned or sound body we need to make decisions based on the harmony that lies within and not be pulled this way and that by each passing fancy, with its own private purpose. The purity of willed action that is consciousness initiating, cleanses the whole body, gradually returning it to a true sounding board and instrument of God. (Gordon Smith, Founder Member)

Extract from Louise L. Hay's book 'You can Heal your Life'

'Often what we think of as the things 'wrong' with us are only our expressions of our own individuality. This is our uniqueness and what is special about us. Nature never repeats itself. Since time began on this planet, there have never been two snowflakes alike or two raindrops the same. And every daisy is different from every other daisy. Our fingerprints are different and we are different. We are meant to be different. When we can accept this, then there is no competition and no comparison. To try to be like another is to shrivel our soul. We have come to this planet to express who we are.' (Submitted by Claudia Maranhao)