

A WESTERN SYSTEM OF MEDITATION AND RELAXATION FOR THE WESTERN MIND

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This booklet is designed for those who -are seriously seeking a way of becoming one with the limitless source of wisdom, energy and ins-piration which we have always known exists but have been unable to measure.

Human Cybernetics has helped many to further that search. It is realised that our particular Western systems of thought demand more than just simple acceptance.

This is a sincere effort to meet that demand and it is dedicated to all who join that search for Understanding, a practice that is now very much an essential in many lives.

George Hall

Meditation, has never attracted as much notice in the West as it is attracting today. In the East it has long been a part of the way of life since time immemorial. Perhaps the turmoil in the minds of many Western people today is the cause of the attraction. Many are seeking a way out of their turmoil, what they need is not a way out but a way into peace and immeasurable power. This they can have in the Western way.

Meditation in various forms from deepest silence through a reaching out by prayer, through becoming one with the Infinite, as an escape from the physical confines of a tense body moving in a tenser world has always been sought by those who were seeking enlightenment.

They should have realized that the way of enlightenment could not be reached by a Mind or Body that was tense.

It is this search for enlightenment that has justified meditation, but (and this is a very important but) it must not be used simply as an escape from the tense body trying to contend with the tensions that arise from the almost frenzied seeking for something that they desire but do not have, and thereby enmesh themselves in the reactions many people are enmeshed in.

The purpose of true meditation is not seeking the jewel in the heart of the lotus, but identifying oneself with the ALL that lies behind the personal mental- /physical prison wall which most humans allow to be formulated around them, thus shutting themselves off from the true source of all power, all peace, all love, all wisdom shutting themselves away from the true stream of Infinite Consciousness which is the gateway to the Undifferentiated Energy Source.

U.E.S. is the code term used to designate this fully recognised supreme source of energy that now concerns both the Philosophers and the Scientists who, having harnessed the electron, (one manifestation of U.E.S.) are prepared to see if mankind has a link to that source which will lift him to the plane of the Cherubim and Seraphim.

The use of these two terms does not imply that the degree of perfection attainable by mankind

is limited to that of the Cherubim, the second highest rank, but that the rank will do to start with.

Ultimately we should ascend to the rank of a seraph. The serious person who does not know what a seraph is assumed to be should look up the term in one of the better dictionaries.

We humans all belong to the order of the angels, only some fail to act like it!

Through meditation they will attain that realization.

What must be understood is that humans have a mental capacity that has evolved in the table of existence.

Some feel that meditation helps that evolution.

Some realize that a tense human blocks evolution.

They are right, for human and spiritual evolution depends upon relaxed thinking and relaxed doing. Consequently it appears that the unlocking of tensions is a part of the preparation for true meditation.

Can a Western consciousness secure that unlocking by a simple vocal and mental attainment, a man- tram, a psalm or a phrase of music?

It is unlikely because this Western consciousness must have conviction. Much more is required.

What is needed is to remove the constant questioning that goes on in most Western minds.

Facts are not so easily accepted by faith, in fact lack of faith is our weakest point. So, the approach must be a more studied one. One commences the meditation in the knowledge that what one is doing is a matter of TRUTH. Then 'The Way' will be easier to follow.

There is no need to make a great division between a Western and an Eastern consciousness but it is essential to know that there is such a division. Perhaps it is best stated by saying that the cultures of the East are much older, more settled, deeper and more inscrutable than is our Western culture.

Mentally speaking, the depth, breath and possibilities of a culture rules what a human is and can do, it rules the capacity to dissolve barriers and to ascend peaks.

Those concerned with the mental well-being of people know that barriers have to be dissolved before peaks can be ascended, that the richness available to humans cannot be realized until the barriers no longer exist. It was to find a way to dissolve and totally eliminate such barriers that ultimately led to the formulation of the Human Cybernetic System.

It was realised that the highest ultimate state of being could not be attained without that there was freedom from tensions and a use of intuitive faculties and that these were both

psychological in nature and should be dealt with as such.

This was and is Western thinking. We realize that the barriers exist, that they are of human making and that human building cannot be total in their presence. It is for this reason that we speak of a Western System of Meditation being required to meet Western needs and suggest that the highest effectiveness cannot be attained by just following age old Eastern customs.

Our Eastern friends must not feel that this is in any way a form of discrimination, nor is it racialism, but it does look at the facts. We are indebted to the East for so much, but we are born of Western blood in a different mold than our brothers and sisters from older cultures and must think out our own pathway to 'The Way'.

Meditation requires the coordination of the whole mental mechanism. That is both the non-physical mind and the intensely physical brain and central nervous system. These two, working in unison form the bridge between the Infinite Consciousness- which as previously mentioned we scientifically designate as U.E.S. and the sensory consciousness within the physical perception of man which is in the realm of the psychologist.

Because the, Western mind, governed as it is by cultures of only a few thousand years, is still in the questioning stage (in comparison to the Oriental mind with many thousands of years of established culture as its background) it erects a natural barrier to an infinite flow that it cannot measure or fully understand.

The Eastern mind does not have that barrier. The jewel in the heart of the lotus can be accepted in the rhythm of a mantram, thus it opens the channel. Unconsciously, the Western mind says 'What jewel? What is it like? Where is its heart? What is its function?'

Not in words of course but from that something that arises in the mind and presents a series of keys each of which must be turned correctly. These keys are turned by serious thought about the answers to these four automatic questions.

For this reason, adopting an unusual posture, which has to be learned, becomes a barrier between the self and the Infinite. That barrier is forged in Western minds by the sheer physical effort necessary to adopt a posture that is unusual.

Strangely it is easier to fall on one's knees (an attitude of supplication) because for two thousand years we Western people have engaged in prayer as our method of contacting the sublime in prayer as our method of union with the Supreme.

The Easterner is mentally geared to open the channel much more easily than Western people.

Having said this, what advice is given to the Westerner who would seek to meditate as a method of contacting the sublime, because people of the East and those of the West instinctively seek the Intuitive?

Prayer and meditation both have the same end purpose.

The best advice on this point was given by a Mid-Eastern teacher whose thinking has

dominated the West.

She said: `Enter thy closet and shut the door.'

That is what Western people must do if they would meditate.

Is there a physical door?

Can we actually locate it in the human anatomy?

Strangely there is, and we can locate it, it is the pathway of the nerves. When they are tense and jangled the door of the senses may not be closed. They remain open to physical sounds and distractions. The mind cannot centre on the innerness that is essential. Until the door is closed the sweet flow of the Infinite Presence cannot be felt. The fruits of meditation must be not only mentally realised but also physically felt.

The Infinite Presence can mentally and physically be felt as warmth that steals over the entire being, invades every cell, every neuron, bringing something that is not finite but is real, to lift up the deepest nature of the person concerned.

For this reason we link the act of meditation to the art of relaxation. They are the two parts of one totally complete experience.

Those who have studied Human Cybernetics will recall that in the last two of the Ten Foundational Needs, the use of the Intuitional Faculties and the Need for Total Relaxation of the Brain and Central Nervous System is noted. The former is what we seek in meditation, but in an unspoken seeking. The latter is the preparation of the channel or pathway that the intuitional facilities (the Power Immeasurable) uses to enter into the consciousness of one person.

Turning to the total structure of the personality we find in part sixty-six of the Human Cybernetic System (a very significant number) the State of Applied Freedom consisting of two p-factors, Freedom from Tension and Freedom from Barriers.

These two points make clear that meditation has a prerequisite if one is to attain what is truly attainable providing one follows the exact pattern. Relax then, all of the nerves and all of the brain. Relax every neuron from which the tissues of the Brain and Central Nervous System are formed. Thus we attain Freedom from Tensions.

Then comes Freedom from Barriers. Without this one cannot enter into the closet and there shut the door, and in so doing enter into the sublime.

Think for a moment how can one do so if the mind is concerned with angry thoughts, is gurgling with unforgiveness, avariciousness, lust, hate, envy, jealousy, fear, confusion, doubt and all the negativity they will breed in the chambers of the mind, filtering through to impede the channels of communication between a world that is finite and one that is infinite. In meditation we enter the infinite world.

Negative impulses, in their many degrees, are the barriers one must be free from, and it is in this regard that fundamental mental practices taught in Human Cybernetics play a vital role in the life of one who would use meditation as the 'open door' to totality of experience. It plays that part because a person who is expressing every one of the Seventy-Seven Essential Points becomes wholly positive and therefore dissolves the negative state. In doing so the barriers are eliminated.

So the Western way of meditation starts by releasing tensions, dissolving negatives, freeing the self from barriers and eliminating the effect of tensions and thus one may shut the door, and the closet becomes a temple, a temple of light, of power, of love and fulfillment.

Accepting this, how does one proceed?

The answer is simple. 'Be still and wait.'

Of course stillness cannot be total unless one's tensions are relaxed and in early stages this is a psychological-physical process, knowing that thought waves, mental commands, will remove tensions for a little while. Later, as a result of practice they will be relaxed for longer periods.

Eventually mental commands will need to be less specific, dissolving into the one command 'Brain and Nerves relax'. Note, here we are concerned only with the effect of relaxation on the meditative purpose and concerned only with the entry AFFERENTLY of the outer U.E.S. IMPULSES and their EFFERENT journey over nerves now peaceful, so they become inner impulses registering on the physical being of the person concerned.

So the brain and the nerves are called upon to relax. The order is simple. It follows the divine anatomical pattern until the last nerve filament has given up its tensions. Then, and only then, can they conduct the reality of this UNDIFFERENTIATED ENERGY to the last cell of physical tissue until both whole mind and entire body are infused with what the mystics called 'The Presence'.

It is that Presence that mankind needs to enable humans to function with infinite intelligence and power when dealing with purely mental and physical needs, to be able to achieve this is a great art, one of the principle fruits of meditation.

Therefore the process of relaxation of the brain and nervous system is taught. Once learnt it becomes a simple matter to maintain the Constant Freedom sought in the second State of Mind of the Personality Syndrome.

Then the fullness of Contemplation, Concentration, Imagination and Visualisation can be enjoyed and the mental mechanism helped to function as it was ordained to function. If it fails to do so, the individual life and its contribution to family, social and corporate life is lessened.

The mental mechanism can though be schooled through this method to function at its highest and cause the contribution of any human on the planet to be immense.

Often one who seeks to meditate asks: 'What should I seek? What should I ask for? How should I ask?'

The answer is simple — NOTHING — nothing except to enter the state of receptiveness.

Seek first the wholeness and whatever part of that wholeness you stand in need of shall be made available to you.

This is the 'Infinite Way'.

There is a particular approach to it for Eastern minds disciplined by countless years of culture, there is also a particular way for the Western mind, still struggling to relate itself to timelessness in a world yet unable to comprehend the timely exactitude of the Sun, the Moon, the Planets and all of the heavenly bodies that now have had manmade objects thrust into their path and subsequently absorb them in the timely nature of space.

Man's exploits in space have solved many of the questions for which an answer was needed.

More than anything else it has proved that there is timelessness far beyond that which we ever thought possible.

The same power which regulates the heavenly bodies can regulate a human. It is that power we reach out for in meditation.

Humans must learn that time does not stand still that the human mind needs to understand, accept and absorb the fact that there is a power immeasurable. This immeasurable power can play a part in the finer fulfillment of the human mind. It can become a part of human consciousness and be transmuted so its perfection is reflected in human actions.

When this is enacted by Western minds using entirely Western approaches, then the fruits of meditation will be available to Western lives.

Thanks be for doubt that ends with brighter light,
Thanks be for grief that lends great faith to life,
Bloomed not the barren ground spring was afar,
But when the sun went down behold, there shone a star.

The full process for total relaxation follows

THE RELAXATION PROCESS OF THE BRAIN & CENTRAL NERVOUS SYSTEM

This is an essential exercise for anyone who would secure the best results from meditation.

Sit comfortably in a chair. Do not lie down. Place feet firmly on floor. Sit upright, NOT

leaning against the chair-back.

Breathe deeply for a few moments to establish a simple breathing rhythm, taking in deep breaths, holding the breath for a few moments and then slowly exhaling ALL the air from the lungs.

Then focus your thought on each part of the brain and central nervous system one at a time.

Visualise those parts letting go of all tension.

Follow this system exactly:

BRAIN relax —

BRAIN relax —

BRAIN R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

Then proceed to the next part of the system in this order:

BRAIN FORE-BRAIN

Fore-Brain relax —

Fore-Brain relax —

Fore-Brain R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

BRAIN MID-BRAIN

Mid-Brain relax —

Mid-Brain relax —

Mid-Brain R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

BRAIN CEREBELLUM

Brain-Cerebellum relax —

Brain-Cerebellum relax —

Brain-Cerebellum R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

BRAIN STEM

Brain-Stem relax —

Brain-Stem relax —

Brain-Stem — R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

SPINAL CORD

Spinal Cord relax —

Spinal Cord relax —

Spinal Cord R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

PARASYMPATHETIC NERVES

Parasympathetic Nerves relax —

Parasympathetic Nerves relax —

Parasympathetic Nerves R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

NERVES & GLANDS OF MY THROAT NERVES OF THE HEART relax —

NERVES & GLANDS OF MY THROAT NERVES OF THE HEART relax —

NERVES & GLANDS OF MY THROAT NERVES OF THE HEART R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

NERVES OF MY SOLAR PLEXUS relax —

NERVES OF MY SOLAR PLEXUS relax —

NERVES OF MY SOLAR PLEXUS R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

NERVES OF MY SACRAL PLEXUS relax —

NERVES OF MY SACRAL PLEXUS relax —

NERVES OF MY SACRAL PLEXUS R-e-l-a-x

(Controlling the sexual system)

Say it slowly, drawing out the word 'relax'.

ENDOCRINE NERVES relax —

ENDOCRINE NERVES relax —

ENDOCRINE NERVES R-e-l-a-x

(The nervous system of each Endocrine Gland)

Say it slowly, drawing out the word 'relax'.

TOTALITY OF MY ENTIRE NERVOUS STRUCTURE relax

TOTALITY OF MY ENTIRE NERVOUS STRUCTURE relax

TOTALITY OF MY ENTIRE NERVOUS STRUCTURE R-e-l-a-x

Say it slowly, drawing out the word 'relax'.

Now relax totally and eyes closed 'see' a blank screen.