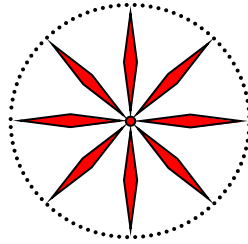


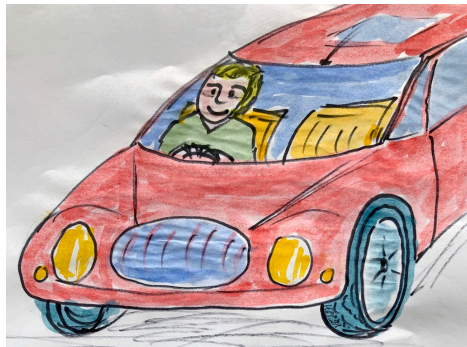
RAJA-YOGA-MEDITATION



SUMMARY FROM A SPIRITUAL, SCIENTIFIC AND RELIGIOUS POINT OF VIEW

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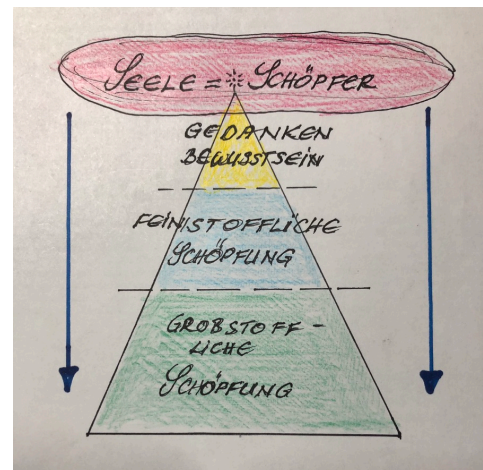
Spiritualisation is the essence of this teaching. Applied to us humans, this means: I am NOT the body, I am a spiritual being that uses a body as an instrument to communicate. In colloquial language, it is usually said: "I am the body and have



a soul (consciousness, spirit)" instead of the other way round: "I am the soul and have a body."

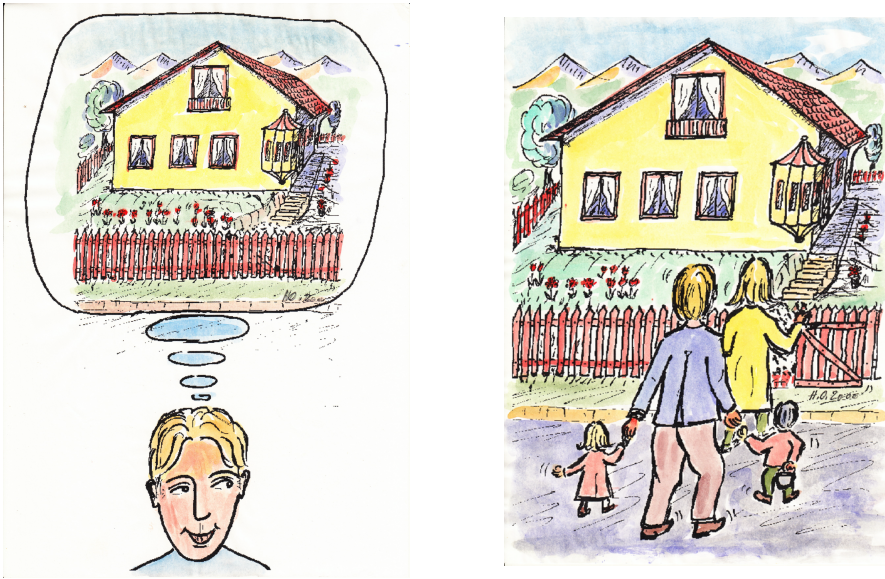
If cause (soul) and effect (actions through the body) are interchanged, this ultimately leads to a drop in energy. The metaphor of the driver and the car is a suitable comparison. If the driver thinks he is the car, it can't go well.

The order should therefore be correct: The soul with its consciousness and thoughts is the creator. The subtle creation follows from this. In the human body, it corresponds to the subtle energy fields. These "supply" the gross-material body energetically. Subtle matter is recognised in Far Eastern medicine, but hardly at all in Western medicine. The latter focuses primarily on the lowest gross material level.



The cause-and-effect principle is illustrated again with pictures from practical life:

THE **SOUL** / CONSCIOUSNESS **CREATES** – MATTER IS CREATED



So if the thought "I am building a house" is powerful enough, the house will ultimately be ready to move into after all the intermediate steps. That is creation.

The cause-and-effect principle also applies in nature, here using the example of a tree.

Like the seed -
so the fruits.

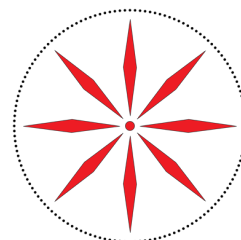


FRUITS - **EFFECT**

ACTIONS

THOUGHTS ARE
SEEDS - **CAUSE**

THOUGHTS ARE THE FIRST STARTING POINT FOR **TRANSFORMATION**. The illustration at the bottom left shows an overloaded consciousness. As a rule, we do not think too little, but too much. Most of these are useless and negative thoughts. They cost a lot of energy. Raja Yoga Meditation leads to essential and powerful thoughts – and to silence.



Terms for this process are e.g:

SICH SAMMELN/COLLECT - scattered energies (thoughts) are collected and brought into the essence. Imagine how much energy you have scattered more or less uselessly in many corners.

INNE-HALTEN/KEEPING INSIDE: Our focus or our consciousness is mainly directed outwards. But my happiness is on the inside. **Even if I experience beauty on the outside, it is and remains my INNER beauty that comes to RESONANCE on the INSIDE.** This sentence should be understood: If I seek beauty, happiness, etc. on the outside, I remain dependent on the outside. Disappointments are pre-programmed. If I avoid the diversions via the outside and focus directly on my inner beauty, my inner happiness through meditation, then I am directly accessing my inner source - without a diversion via the outside. This leads to **self-sovereignty**. This does not prevent me from sharing my happiness with others. On the contrary: By giving, I remain self-sovereign, independent and expectation-free.

KON-ZEN-TRATION is required for this. In a figurative sense, the term means being WITH (KON) THE CENTRE (ZEN) OF THE CIRCLE (TRATION). This is the FULLNESS that we have been looking for so much on the outside. And if we regain the inner fullness in a self-directed way, then we automatically also gain the physical outer fullness. This is a spiritual law (as within - so without).

I experience the **INNER FULLNESS** first and foremost through the **INNER SILENCE**. Some of the apparently lost inner treasures lie deep in the subconscious. A comparison: A stormy lake (a stormy consciousness) does not allow a deep view. When the lake (the mind) is completely still, I can look into its depths and discover hidden treasures.



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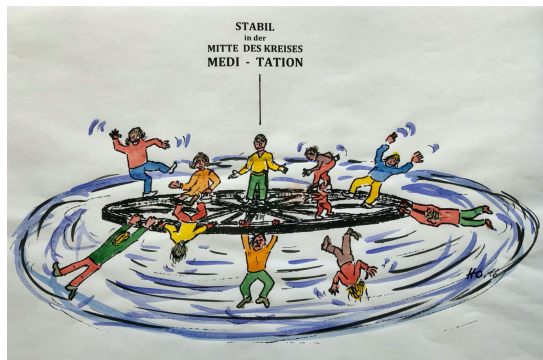
I have experienced this very practically as a remedial teacher with my students. During daily stillness exercises in connection with the "soul view" (the eyes are the windows of the soul), I was gradually able to feel the buried soul qualities of the students. In the end, the students had similar quality experiences to my own, as a result of which their self-awareness, personality stabilisation and performance increased significantly (see the article "Spirituality in practical application").

The experiences mentioned followed the important principle "**ENERGY FOLLOWS ATTENTION**". If I look at the positive, the positive grows; if I look at the negative, the negative grows. Even if hidden positive qualities of the students could only be sensed by me at first, observing the aforementioned energy law led to their appearance on the surface. And once they had been positively

reinforced, they came to practical life in the form of harmony and joyful and successful learning.

Now to the core elements of Raja Yoga meditation as a tool for transformation.

MEDITATION



Meditation is more or less **consciously looking INSIDE**, as I have successfully practised with my students without any special explanations. The word "meditation" itself refers to the original meaning: "medi" means one's own centre and "tation" refers to rotation, thus to the circle or circle of consciousness. Meditation therefore means finding the centre of the circle of cons-

sciousness. The original qualities of the soul are still present there - even if they are not readily accessible - although they are mixed with negativity. It is important to lift them, clarify them and make them available in life. These include **inner purity, inner peace, joy, love, power**, etc.

YOGA

However, introspection is only one half of the method. The second half is **YOGA**. Yoga here has nothing to do with hatha yoga, i.e. with physical exercises. It is a **spiritual yoga** and means the **spiritual-emotional connection with God**, the Supreme Soul, symbolised on the right by the star.



GOD, the Supreme Soul, is eternally in perfectly clear consciousness because he is never involved in the drama here on earth's stage. He always remains on the outside. Therefore, he never loses his energy, his knowledge of creation and his divine qualities. We human souls cannot pull ourselves out of the mire of suffering by our own hair. Therefore, when we are at our lowest point, God steps in as the all-important help. He patiently teaches us the necessary transformation knowledge. He also gives us the strength we need to acquire helpful concepts and free ourselves from false concepts. It is a purification process towards a clear divine consciousness that is free from any disturbance. The purified consciousness is the prerequisite for the re-creation of the whole earth. Selftransforma-

tion is ultimately the prerequisite for world transformation. This is explained in more detail in my essay on this channel and in my YouTube lecture "Creation in connection with the quantum field". But here are a few thoughts in advance:

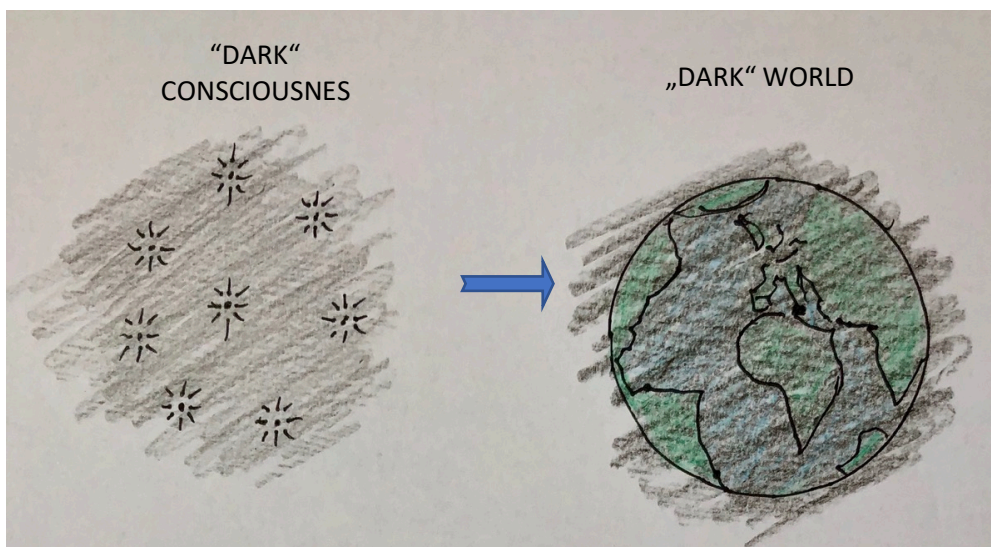
RAJA YOGA MEDITATION AND ASPECTS OF SCIENCE

THE STATE OF THE WORLD IS AN EXPRESSION OF THE TOTAL HUMAN CONSCIOUSNESS and the consciousness of all consists of the consciousness of the individual. Without GOD, the purification of human consciousness would not be possible. It is a question of global spiritual energy. To put it briefly: when the most powerful souls in the world have reached their highest level of purity, everything else, including the physical world, is subordinated to this purity and is also purified. No soul is lost in the process. More on this elsewhere, for example, in the aforementioned essay "Creation in connection with the quantum field."



God never intervenes directly in the physical creation in the sense of "hocus-pocus", as this would make him dependent on people and matter. Through his detachment, he remains outside and therefore absolutely sovereign. RATHER, GOD RENEWS HUMAN CONSCIOUSNESS AND THE RENEWED HUMAN CONSCIOUSNESS RENEWS THE WORLD. This is visualised by the following illustrations.

THE STATE OF THE WORLD IS AN EXPRESSION OF TOTAL HUMAN CONSCIOUSNESS



THE TRANSFER OF CREATION ENERGY FROM THE CONSCIOUSNESS TO THE PHYSICAL PLANE TAKES PLACE VIA THE QUANTUM FIELD, WHICH I ALSO CALL "THE DIVINE ENERGY FIELD".

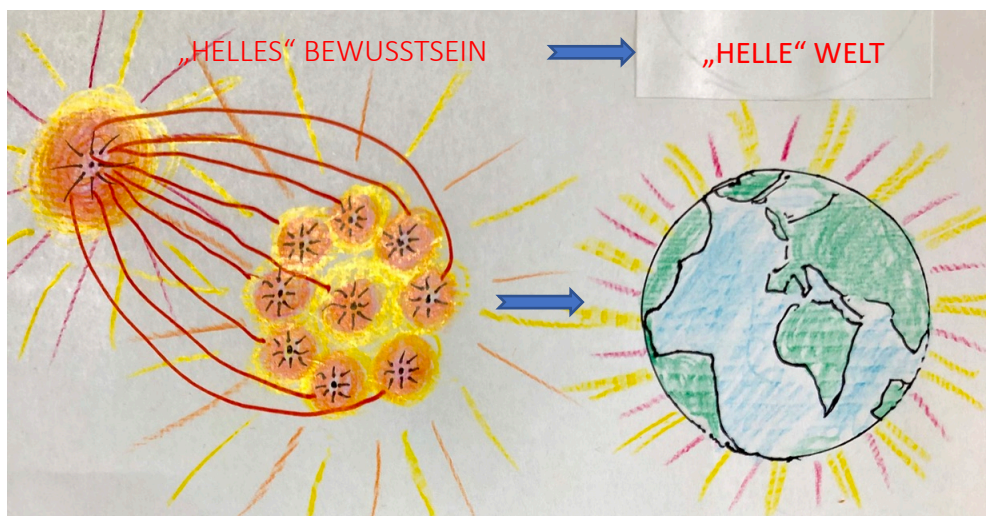
The content of this sentence is not esoteric bullshit, but has been known since the discovery of quantum physics.

SIDE NOTE:

THE ENERGY FIELD PERMEATES THE ENTIRE COSMOS, INCLUDING THE MATTER. THE ENERGY FIELD IS OFTEN CONFUSED WITH THE INDIVIDUAL PERSONALITY "GOD".

THIS IS WHERE THE CONCEPT THAT GOD IS "EVERYWHERE" COMES FROM. THE SCREENER ENERGY HAS MANIFESTED ITSELF IN THE CUPBOARD. BUT THAT DOES NOT MEAN THAT THE CARPENTER IS IN THE CUPBOARD.

THE HUMAN CONSCIOUSNESS IS THE LINK BETWEEN THE HIGHEST CONSCIOUSNESS (GOD) AND THE MATERIAL WORLD



RAJA YOGA MEDITATION IN THE CONTEXT OF RELIGIONS

Through MEDITATION, the method unites Buddhist introspection on the one hand. On the other hand, the term YOGA establishes the spiritual-emotional CONNECTION TO GOD; it refers to the monotheistic religions. Raja Yoga meditation is therefore not about either/or but about as well as. The method therefore combines the basic concepts of the world religions, namely introspection on the one hand and turning to God on the other.

ANOTHER RELIGIOUS ASPECT:

ALTHOUGH GOD PLAYS THE CENTRAL ROLE IN THE NEW CREATION, RAJA YOGA MEDITATION IS NOT A RELIGION IN THE USUAL SENSE OF WORSHIP, BUT IT IS IN THE SENSE OF THE ORIGINAL MEANING OF THE WORD

RE-LIGIO = RE-CONNECTION,
namely a) the reconnection with the original
pure soul core (introspection) and
b) with the help of the divine reconnection (YOGA).