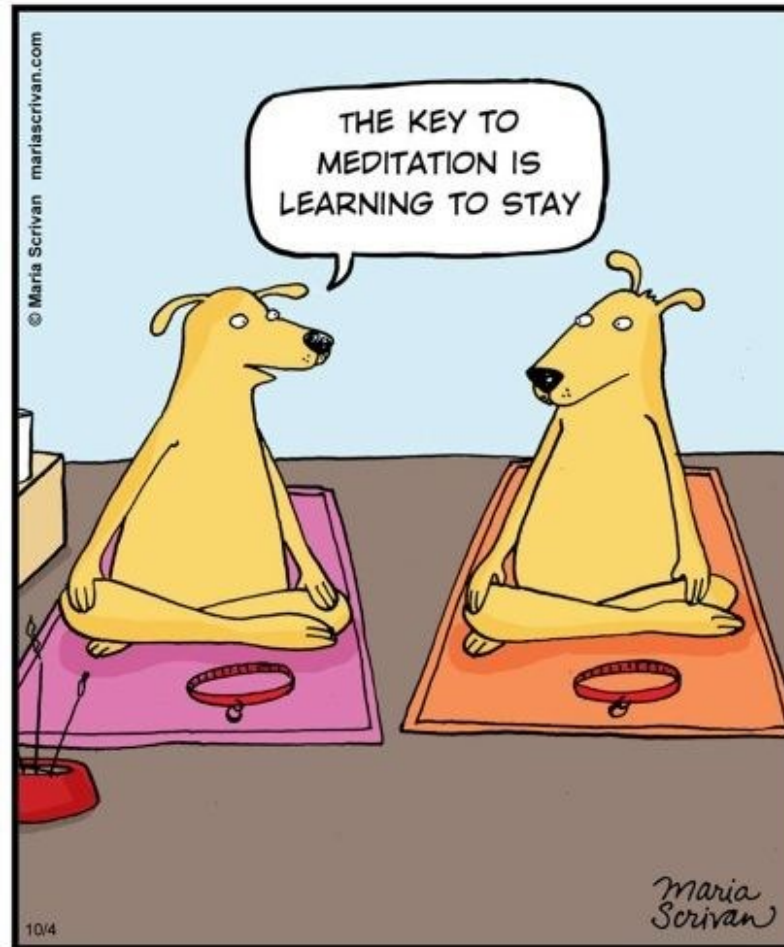


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Awakening Through the Spirit of Stillness and the Sounds of Silence



Awakening – From What? To What?

- Are we “awake” when we are dreaming?
- Why do we tend to remember our (physical) waking memories more easily?



Awakening – From one Part of Ourselves to Another

- Place all of your focus now on the palm of your right hand. Feel the skin, bones, blood circulating; feel your hand glowing with LIFE.
- Do this for 3 minutes with your very best level of concentration.



Awakening – From one Part of Ourselves to Another

- Now do the same thing but with the back of your left hand. Feel the skin, bones, blood circulating; feel your hand glowing with LIFE.
- Do this for one minute.
- Continue to focus on your left hand, but notice what has happened to your “feeling awareness” of and your memories of the experience while focusing on your right hand.



Awakening – From one Part of Ourselves to Another

- Now do the same thing but with your entire physical body. Feel the skin, bones, blood circulating; feel your entire body glowing with LIFE. For one minute.
- Notice how the feeling awareness of either or both hands is included in this whole body awareness.
- Feeling awareness and memory seem to be a function of choice and focus.



Awakening – How does the refinement of our chakras and the awakening to this unity field of consciousness come about?

- #1 Repeatedly present yourself to God as a willing receiver of these upgrades.

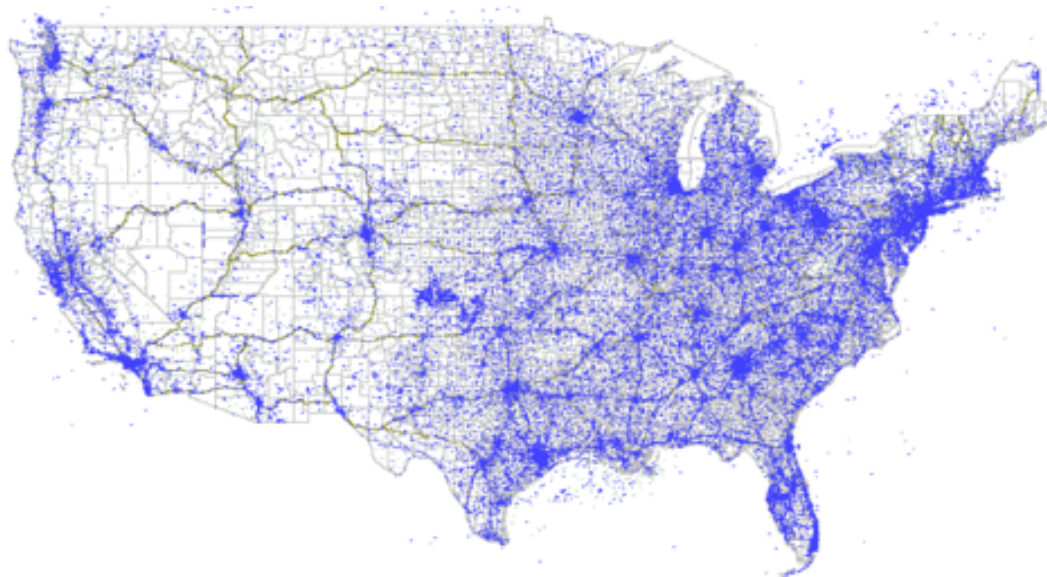
When you do this, the Holy Spirit brings about these changes in a way that is gradual and safe for you.

- #2 Practice often at using what you have learned in the Silence.



Awakening – Ponder the difference....

- **You can shift your view of “all the people in the world” as being:**
 - Many discreet dots on a map or...
 - Many energy being which all interpenetrate each other.
- Feeling the difference between these two views can help you quickly shift your awareness to a higher, more inclusive one when you desire. It has for me.



Awakening – Shifts in Awareness

- **Some of the changes people notice from awakening within their higher spiritual bodies:**
 - Increasing levels of intuition
 - Tactile feeling of “being very large” (within one’s higher spiritual bodies)
 - Sense of instantaneously “being there” without any sense of “travel”
 - Greatly heightened, visceral, sense of oneness with all life
 - Sense of being “above time” (and karma too...), time feels like a variable which you can work with and occupy—like bubbles.
- These are just a few of the more noticeable changes. There are many more and it just keep unfolding as you boldly step forth and participate.



Awakening – How does the awakening to this unity field of consciousness come about?

- #1 Repeatedly present yourself to God as a willing receiver of these upgrades.

When you do this, the Holy Spirit brings about these changes in a way that is gradual and safe for you.

- #2 Practice often at using what you have learned in the Silence.
- I can't emphasize #1 and #2 enough. For me, they are the bedrock of this topic.



#1 - Repeatedly present yourself to God as a willing receiver of this divine integration with all parts of yourself.



#2 - Practice often using what you have learned in the Silence.

- Just as a baby must practice using her new body, learning to navigate, to communicate and to accomplish what she sets out to do, each of us must practice in order to learn to effectively do the same (in meditation) from within our higher vehicles and in these higher octaves.
- The physics of space, motion, time, energy and communication is different in the higher octaves—you can feel like a fish out of water at times as you initially, instinctively use your physical body paradigms to navigate and operate there.



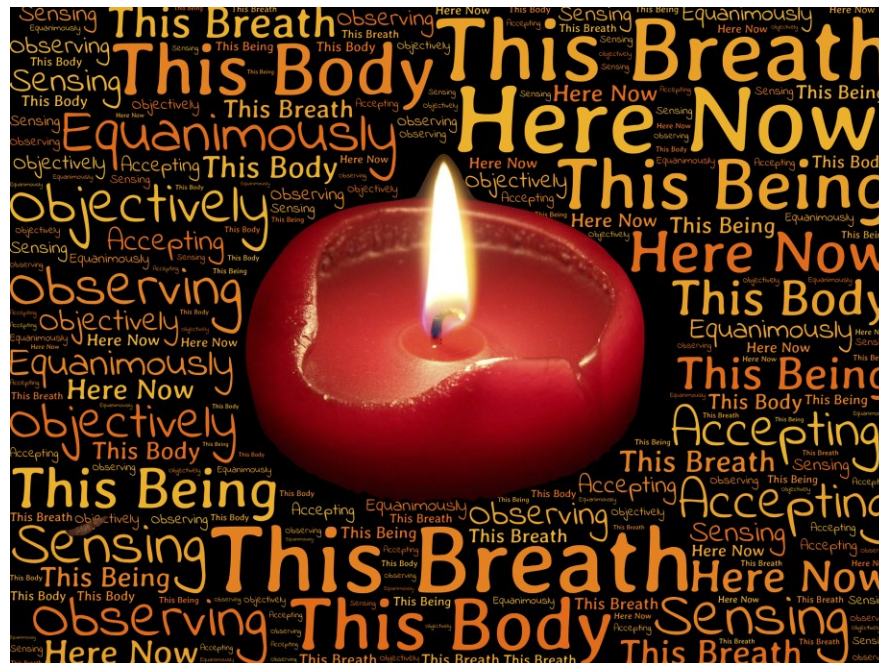
Stillness and Silence – Always, only “The Void”?

- Meditation practice can initially seem like a never-ending, never-anything-else-but-struggle to achieve internal stillness and silence.
- Some traditions almost seem to regard the achievement of “The Void” to be the goal and the whole point of all this.
- **What is the point of this (rather large) focus on stillness and silence?**



Stillness and Silence – Every moment connected in Stillness and Silence is Permanent, Forward Progress!!!

- When you are still and silent, your Higher Self is working to fully integrate all the parts of you. It's like nickels dropping into your bank and it adds up.
- When the lower bodies are busy, this integrative process is blocked—by you.
- It may seem disheartening that you become distracted and disconnected more than you'd like. Take heart! Every few moments spent connected makes it permanently easier to stay connected longer in the future.



Stillness and Silence – External and Internal Motion

- It's pretty easy to determine if we are physically sitting still and motionless. But there can be motion within the astral, mental and etheric bodies.
- The first step to reducing and eliminating this internal motion is to become aware of it. It's a little like “noticing that your hand is shaking” --acknowledging it, loving it and relaxing that part of you to steady it.



Stillness and Silence – External and Internal Motion

- While you gaze at the picture of the stones, observe and note any internal motion happening within you.
- After 2 minutes, describe in the chat (briefly), what kinds of motion you observed in your internal landscape.



Stillness and Silence – Breath and Motion

- First take several deep pranayama breaths. **During the following exercise pause for extended periods between breaths.**
- As before, while you gaze at the picture of the Lotus, observe and note any internal motion happening within you.
- After 2 minutes, describe in the chat (briefly), what you noticed during the time spent not breathing vs. the time breathing.



Stillness and Silence – Anchoring Yourself

- Motion, during meditation, can manifest as you drifting around in this inner space-somewhat like a butterfly in the wind or an object bobbing in the water-which can be distracting.
- One technique which helps me to stabilize myself is to select something or someone in the Heavenly realms, to reach out and moor myself to by a sustained, loving “touch”. Focusing on the tactile feeling of this touch helps me rapidly settle into stillness.



Stillness and Silence – Feel Stillness Deeply

- Feel the stillness.
- Accept that you are receiving amazing gifts of oneness each and every moment while you are within this space.
- These gifts are changing you a little more every moment.



Stillness and Silence – Listen Intently to the Silence

- Listen to the silence.
- Listen with a rapt attention which does not wish to miss the whisper of a miraculous, precious truth.



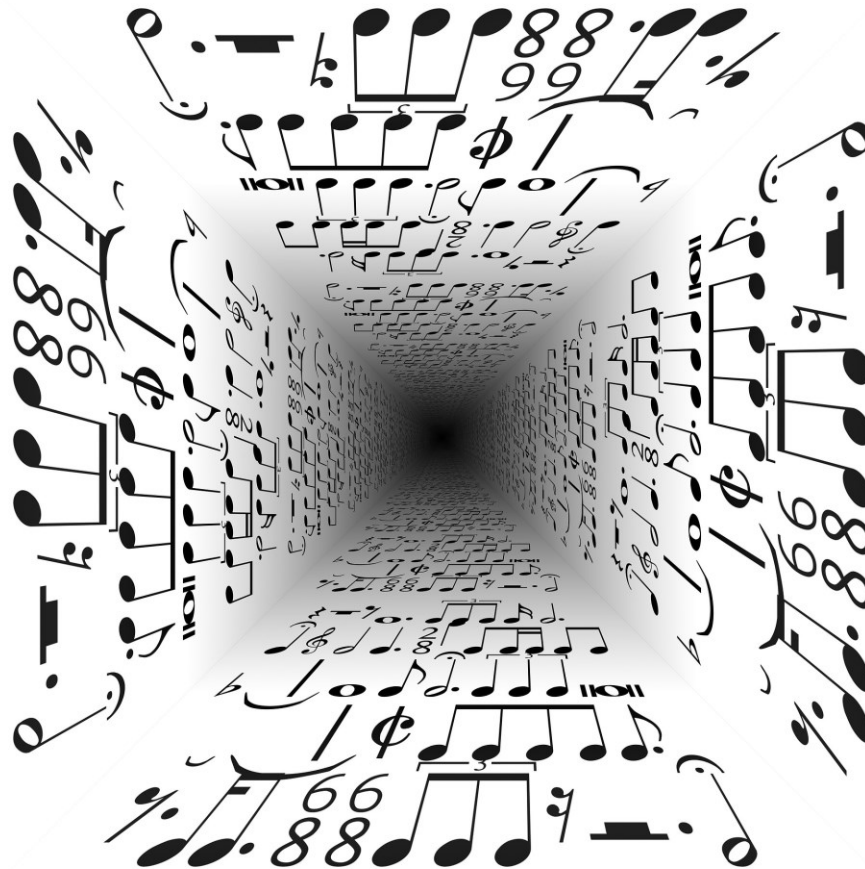
Stillness and Silence – Have You Heard the Aum?

- Listen to the silence long enough and you will hear the AUM of the Universe.
- When you hear the AUM you will know for sure that you have achieved a significant level of absorption.
- When you can feel and hear the AUM, practice entraining your chakras to that ocean of sound. Slip into the ocean.



Stillness and Silence – Octaves of Silence?

- As you attain integration with ever higher frequency celestial bodies, notice how silence becomes a symphony as each new octave becomes more and more familiar with each visit.



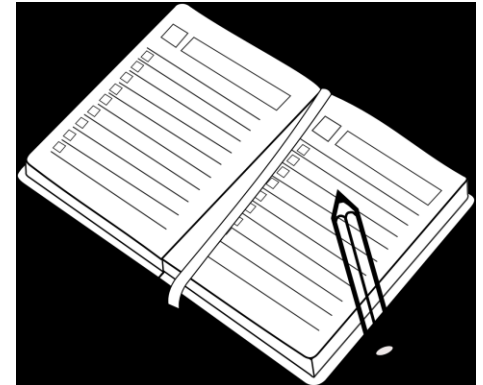
Consider adopting a particular time each day and imbibe the nectar of Stillness and Silence

practice



practice

practice



practice



Complete a Survey

Thank You

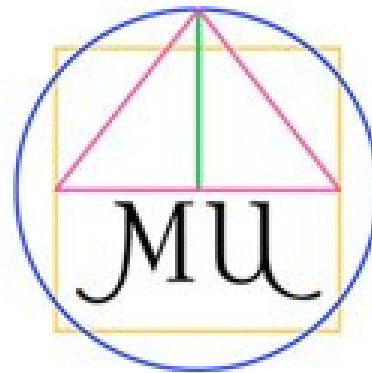
Boyd Badten

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The Hearts Center Creative Arts Team



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