

SEED MEDITATION TWO: GRATITUDE FOR THE GREAT ONES

You withdraw your attention from the sense-organs. Eye-sight, hearing, touch, smell, and taste.

Your withdrawing your attention means that impressions are still entering and can be faintly recorded, but that you do not notice them, do not dwell on them, are not captivated by them.

You leave those sense impressions alone. You consider them uninteresting right now.

You withdraw your attention from desires and feelings. If there is any particular feeling, agitation or worry, you leave it alone in its own corner far away from the centre of your attention. You leave such things alone. You consider them uninteresting right now.

You withdraw your attention from imaginings, visualizations. You leave such things alone. You consider them uninteresting right now.

You withdraw your attention from automatic and mechanical thoughts. You leave such things alone. You consider them uninteresting right now.

You have now drawn your attention inwards from a big inner external world into a small, dense, inner internal world. This is the centre of your attention, where you decide yourself what to think and on what to reflect.

In this inner internal world you exist now as a centre of attention and presence.

There is still faint activity outside this inner internal world, but it decreases eventually, grows weaker, and calms down.

Stillness. Peace. Clarity. Quiet.

Self-consciousness.

Emptiness, empty of mechanical apparent selves.

Compassion with all living creatures.

Existence free from disturbance, where you think your own thoughts, self-initiated thoughts, not the mechanical thoughts of your envelopes.

Stillness. Peace. Clarity. Quiet.

Self-consciousness.

Emptiness, empty of mechanical apparent selves.

Compassion with all living creatures.

Here you can be a free, self-active, self-conscious being.

Here you can reflect on esoteric truths.

Here you can think long thoughts.

This is the forecourt of the abode of immortality.

Stillness. Peace. Clarity. Quiet.

Self-consciousness.

Emptiness, empty of mechanical apparent selves.

Compassion with all living creatures.

The long thought which you are now going to think is a thought of gratitude.

With gratitude in your head and your heart you reflect on the fact that divine beings in higher kingdoms have worked, and go on working, for you and all other human beings.

Thanks to their work, you, the monad, have been equipped with triads and envelopes so that you have been able to develop active consciousness.

An enormously slow and long process ever since the first faint beginning in the mineral kingdom, then dreamy in the vegetable kingdom, and functioning instinctively in the animal kingdom.

Then divine Augoeides have sacrificed themselves for you and all other people in having given us immortal souls, causal envelopes, making us human beings in the process.

Thanks to this gift, the causal envelope, you can be self-conscious.

With gratitude in your head and your heart you reflect on the fact that divine beings have worked and sacrificed themselves for you in this manner.

Since you have received this gift, the causal envelope, you are a causal being, a potential causal self. Your mission as a human being is to become an actual causal self.

Like all higher selves, the causal self is permanently self-conscious.

Every moment when you are self-conscious, every moment you remember yourself, you are a causal self, if only for a few seconds.

You can endeavour to effect such moments more often and make them last longer.

Moments of self-consciousness, of self-remembrance, can also be moments when you remember, with gratitude, who by their work and their self-sacrifice made it possible for you to be self-conscious.

With gratitude in your head and your heart you reflect on the fact that you have learnt these vital truths through the esoteric knowledge, which has been kept alive in mankind thanks to the self-sacrificing work of divine and superhuman teachers.

Without this knowledge you could never have understood the fact of consciousness development, what it means to you that you can develop consciousness to ever higher levels, that this development warrants the one enduring happiness, joy, and bliss.

This understanding is the reason for gratitude.

I leave you now for you to work by yourself at your own long thought of gratitude. I will return later.

Stillness. Peace. Clarity. Quiet.

Now this exercise is approaching its end. Your outer senses are now preparing to serve you again. Quietly, efficiently, calmly, harmoniously, and beautifully. And this is the end of the exercise.