

# TEACHINGS FROM THE HIERARCHY

## Monthly Teaching Letter for the dedicated student/seeker

Channeled through  
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### MEDITATION – UNLOCKING YOUR POTENTIAL

Channeled in Hawaii

We are going to be talking about meditation and it being the tool that's going to unlock all of your inner potential. So many of us are getting distracted and oftentimes disorientated in our self-discovery practices as we analyze the information that we acquire from the books we read, the lectures we attend and from the experiences that we have. We become a bit confused and are not 100% secure in our own intuitive, spiritual God-power-self. It's primarily due to our disjointed bodily functions, which are due to our disjointed emotional bodies. When we are disjointed in our emotional bodies, our sensory perception of those insights, which exist in our interior universe and are intensified and reflected in our exterior universe, is distorted. It's most necessary for us to make the effort to bring our emotional bodies into a sense of balance and neutrality. When the emotional bodies are balanced we can work more constructively with not only the interior revelations, but those exterior support systems which will help us to determine our actions in the outer dimensions which will be supportive in our self-growth. Many individuals have a great deal of difficulty in learning to control and to discipline their emotional body. This difficulty causes a great deal of disruption in their receptivity because they attach themselves to their emotional reactions as they react emotionally to the attitudes of those they find prevalent in their environments. They react emotionally to the attitudes of their co-workers, their chosen companions, their children, their parental influence, or just to their attachment to their social influence. The next difficulty in controlling our emotional bodies comes from our emotional feelings of inadequacy, limitation, and anxiety because we are not meeting our own emotional expectations. We're looking for someone or something else to meet those emotional expectations for us, whether that's a lover, approval from a co-worker, our social acceptance or parental encouragement. Or we feel inadequate, limited and anxious in our parental capacities and that we are not quite on top of the situations and that we have not given our very best to those particular situations we find prevalent in our outer environments.

So we have to be very much aware of what this emotional body is saying to us as we are preparing ourselves for this great journey into our self-discovery. Sometimes because of our emotional self-judgments and our self-comparisons, we find that we view meditation not necessarily as an opportunity but as a forced discipline. We feel that we've got to enter into meditation in order to be equipped to cope with the rest of the world and with our own personal desires for our spiritual well-being. So we enter into meditation emotionally out of balance because we feel that it's a "have to" rather than an opportunity. Each of you has to come to terms with how you emotionally feel about the simple discipline and practice of working with meditation and what you emotionally expect to acquire from meditation. You must also look at your attachments to the outer environmental conditions, which are reflections of your internal universal attachments, and start your process of detachment. You must start your process of severing from that outer stimulus, which exemplifies your interior imbalance, so that you can enter into a state of neutrality, emotionally.

The next body that we are working with as we enter into this journey is our mental body and its many gyrations as we encounter all of those attachments to the information that we've either read or exposed ourselves to in our spiritual quest. We will encounter all kinds of mental stimuli in our meditative states. Everybody, mentally as well as emotionally, believes that the moment they enter into meditation they should be bombarded by this fabulous information from the ascended masters. They believe that they have not mentally achieved that connection, that union with their inner God unless they are being bombarded by the ascended masters or those extraterrestrial beings that bring them these fabulous messages. They're waiting for messages about what's going to happen to the world, what's going to affect their mate, how they should turn the tables on their co-workers so that they prove to everyone how fabulously correct they are and how incorrect everyone else is. That's a marvelous thought process, but unfortunately it doesn't really lead you anywhere.

Then of course we have to deal with our mental interpretations of the attitudes of our co-workers, our bosses, the individuals we do business with, and our family members. Maybe our chosen mate didn't agree with our mental interpretation of a procedural happening that would affect the family union. So we are mentally disjointed, mentally frustrated and feeling mentally abused and misused because he/she hasn't necessarily mentally agreed with all of our communications. Or we are mentally affected by the kids who may believe that we are old fuddy-duddies and not in tune with our environment and don't really have the common sense to come in out of the rain. In these children's mind we've all of a sudden contracted Alzheimer's and they know so much better how life should be lived than we do. Oftentimes we are mentally attached to that and begin to doubt our own mental perceptions.

Then there are always the people in our social setting who think that we should think as they think and speak as they speak in order to be harmonious. Then of course we have to deal with our mental expectations that our brain should without the proper training be able to grasp everything that the ascended ones have whispered into our ear about how we are going to save the world. Of course it's our job - like with our emotions - to begin a process of severing, of distancing ourselves from those mental attachments, which are causing us disruptions, not only in our exterior universe but in our interior universe. I am talking about our exterior environments with all of their mentally disruptive stimuli as we say to ourselves: "Why do they talk to me like that? Why did they do that to me? Why can't they see how fabulous I am and how wonderful an opportunity they've got to be able to be in association with me," and so forth.

So as we prepare our meditations we have to start doing a mental distancing from our own comparative, competitive self-judgments. Surely we all know from the lectures we have attended that we should be instantly embraced in the arms of our beloved teacher. We all know that Yoganandaji should be sitting on top of our head whispering in our ear all of this fabulous information that is going to cause us to save the world. Or Lady Portia is sitting on our left shoulder whispering in our ear. Or perhaps we've been so blessed that we've got Jesus sitting on our right shoulder, and he is our mentor speaking in our right ear. Maybe we've got Melchesidek sitting on our shoulder or St. Germain or St. Jude or St. Thomas or St. Joseph or better yet St. Mary or the keeper of the keys or the keeper of the golden light, or Solomon or some other dignitary just sitting there waiting to whisper in our ear. I think we have to start doing a lot of mental detachment. Lots of people have got ten Rajneeshs sitting in their head whispering continuously, and if it's not Rajneesh it's Muktananda. If it's not Muktananda it is Satchidananda. If it's not this –ananda it's another –ananda who is sitting in their head giving them messages. We need to do a mental detachment as well as an emotional detachment and a severing from our expectations of what we should encounter in this journey into self-discovery.

Then of course we have the physical body to work with and we have been so attached to it for as many years as we've been in it. It's even become our only source of identity. I mean we are all women, and we are all men, you know. That's our source of identity, the body. We need to deal with all of those exterior stimuli, which promote interior recognition of where we have been insecure about this fabulous body identity. We might have to come to terms with having our interior universe shaken up a bit because we simply are not getting all of the exterior support from our co-workers, our boss, our family, our chosen mate, our children, and our social associations. We must come to terms with our own self-expectations and how we should be using this body as a

tool, not necessarily as a source of identity, with all of those educated predetermined expectations that are attached to body form. We must detach from our awareness

1. that we've got a shiver tickling our spine, which of course immediately means that kundalini is rising and that with kundalini rising we should be instantly enlightened.
2. that our foot just fell asleep and since our foot fell asleep it has to be St. Jude sitting on it to convey to us a great message.
3. that our abdomen, our solar plexus is pulsating and because we've got this pulsating solar plexus we absorbed all this negative energy that's trying to control us and to keep us stagnated in our process of self-discovery and meditation.
4. that our eyes start twitching and we get so attached to our twitching eye that we just simply know that Mother Mary is lifting our lid so that she can show us pictures of what to expect, so good old Mary is out there playing with our lid. We are not hearing her! We are not sensing her. We are imagining that she is telling us to divorce our husband, or that she is telling us to change our profession, that we are wasting ourselves in our profession and that our profession is the cause for all of our problems.
5. that we are swaying. What does it mean when I am sitting in my chair and I am swaying. I am twitching and I am swaying, but I am aware of it. When are they going to do something to me? I am swaying. I am moving this way. I am moving that way. Am I going to fall off this chair? Am I going to hurt my head? Am I going to go to an abyss? Is the devil going to get me? What's going on? My back hurts me, what's wrong here? I have this pain in my back when I am in meditation, when I am in connection with the universal consciousness. All I can feel is my back hurting me. My God, my rear end is aching; maybe that says something. Maybe my rear end is aching because Solomon is trying to rebuild me a better rear end." Yeah, for sure. We have all of this attachment and all of this body reaction.
6. that our muscles start twitching. We absolutely know that Melchesidek is doing a dance. He is dancing on all of our muscles, all of our meridians. St. Germain is playing with our throat chakra so that we can spit out materialization. (Seekers are all laughing)
7. that of course Yoganandaji is sitting on our head. He's got this feather and he is tickling out third eye and we can feel all this twitching because our third eye is twitching and we can see everything that's going on.

As a result, we find ourselves mentally and emotionally reconnected to this physical body and its limitations because we are attached to it. We haven't seen it as a tool to be used by the spirit, just as it is a tool to be used by us - the person of us - as we move through our evolutionary communications, encounters, and creations. We really need to start doing some detachment from our attachment to this body so that we can experience the many different frequencies of vibratory influence that will be stimulated both interiorly as well as exteriorly. That vibratory influence will support us in becoming the constructive instrument, which brings communication from those unseen dimensions for our greater enlightenment and for the enlightenment of the rest of humanity. Now let me give you a trick purpose. I have always believed that meditation was for the purpose of restoration and rejuvenation of all three of these tools that we must become master of in order for us to be able to effectively use our fourth body. Of course our fourth body is our spiritual body, which is not attached to the identifications of this physical assimilation of atom structure because it knows that this assimilation is temporal. It's here for now, for this moment, but it may not be here in the next moment and our spiritual body may be occupying another assimilation of atom structure to fulfill its purpose for existence on this earth planet. Our spiritual body is not necessarily attached to our mental factual informations because our spiritual mind is very greatly aware that the facts that are existing in our century, in our millennium and in our particular environment are only a basis upon which we discover actuality. Each recorded fact should lead us to actuality, not to mental stagnation.

So our spiritual mind is aware that this mental mind is only a springboard. Our spiritual mind is not attached to what was our mental experience yesterday, what was our mental interpretation of an encounter that may or may not have happened yesterday, a week ago, a year ago, a month ago, 6 years ago or many lifetimes ago. That's only a foundational basis to work from. So our spiritual mind isn't attached to all of that mental gyration that we enter into while trying to understand all the mental stimuli we encounter both exteriorly as well as interiorly. The spiritual mind only sees this (mental) mind as a tool to be able to communicate constructively with the (mental) minds that are in this limited action (of relating everything back to yesterday's awareness). That's why it is impossible for you to achieve clarity in your interpretation of the spiritual mind's insights and awarenesses as long as you are relating back to the mental stimuli that you've experienced in your past growth. Too many of you want to take everything back mentally to yesterday's mental, stimulated, encapsulated awareness. That was yesterday. It may be a foundation, but it must be expandable.

Too many of us have not yet accepted that we can meet our own mental expectations when we stop using them as a personal limitation. Anything in the spirit world is possible, only in our mental world things are impossible. Thank God for those few people who springboard from mentally conditioned and prepared consciousness into spiritual mind prepared consciousness and bring those innovations that we've become so accustomed to into being.

H.P. Blavatsky was one of them. In her detachment from the limitation of her culturally indoctrinated mental consciousness, socially indoctrinated mental consciousness, emotionally indoctrinated mental consciousness and all of her mental limitations and experiences she recognized that her mental mind had to become the reflective pool of her spiritual mind consciousness, which then brought the innovations into manifestation. And H.P. Blavatsky manifested materializations in form of the Hilarion, the El Moyra and of all the ascended masters as we recognize them now.

Thank God that Henry Ford detached from the limitation of the mentally prepared consciousness as he recognized that the wheel had much more value in transporting the form and brought one of the first cars into manifestation. Thank God for the mental dexterity of Albert Einstein. If he had been limited by his prepared mental consciousness from his generation, we would not have the innovations in science and physics that we have today. If it hadn't been for a few others that we can list we would not be enjoying the many benefits that we are living with now. But because they were mental explorers that were ready to detach from their factual limitation of identification, we now have and enjoy the opportunity of recognizing that each and everyone of us can achieve spiritual mind greatness if we learn how to detach from mental mind limitation.

Thank God there were those individuals who learned that the emotional body is a tool to grasp and to channel the universal emotional body. They brought into existence those innovations, those expressions of perfect unconditional love that we have read about, occasionally we've seen and on the rare occasion have allowed ourselves to feel when we have detached ourselves from our limited emotional preparations, comprehension and actions. That's what we are going to learn to do is to detach from our attachments to these three bodies and put our attachment onto this spiritual body, which knows no limitation. And our attitude for our meditation is going to be restoration and rejuvenation. As we activate that particular attitude, that discipline we are going to start setting up patterns, which will have a constructive effect on the re-education of all of our old memory cells, which contain resistance to our personal evolution from the control and manipulation of those three bodies.

Seeker: How do you do this detachment?

Jordan: Through a clear precise recognition that we are viewing things, feeling things and understanding things from a very limited standpoint and that there is a greater standpoint that we must take into ourselves before we can create a fact.

Seeker: So it's creating a new pattern and detaching from the old ones?

Jordan: It's creating new patterns, which take precedence over old patterns. We do not judge our old patterns as bad or as good. They just do not afford us our desired awarenesses. So we are going to ritually and methodically conquer our pattern-resistances.

Seeker: The visualization of the unification with the light figure that is used in guided meditations is one of those patterns?

Jordan: It's one of the tools because it's the interpreted, inspired densification of the possible journey that the individual can take, which brings them safely to a destination point in their personal receptivity to the communications from spiritual mind-body-emotion-consciousness.

Seeker: What about the feelings that come up from using that pattern? There are lots of feelings that are coming up.

Jordan: Those feelings usually are synonymous with areas of personally created identification and resistance that needs to be worked with in your interior universe so that you can see it active in your exterior universe. Self-doubt is one of them.

Seeker: I don't understand.

Jordan: You are talking about your sensory awareness which manifests when you have achieved that place of balanced contact with your inner spiritual self? (Seeker: Yes.) And, you want to know why the feelings. I am telling you that they usually reflect areas of unrecognized stagnation – or opportunity – which need to be activated in your interior universe, in your interior self-awareness so that they can then be reflected in your exterior universe.

Seeker: What if I feel peace for example? Then it's about projecting this peace outside?

Jordan: It's about projecting it outside and recognizing that in all of the static in the outer world there is peace.

Seeker: If I experience a lack of peace exteriorly, I do self-talk reminding myself of the peace that I did experience interiorly?

Jordan: Yes, and you also remind yourself to be aware - when you are attaching to the outer stagnation -, which of your bodies you are throwing out of balance because you have attached to the exterior reflection of no peace.

Seeker: If I notice the condition of the physical body, such as a blockage in the meridians, before I enter into meditation...

Jordan: You are going to detach from it with a lot of self-talk and a realization that your awareness of this physical blockage in one of your meridians is an old program of resistance to experiencing a non-blockage in your physical body.

Seeker: How about the karma that we come in with?

Jordan: Your spiritual body doesn't have any karma. The spiritual body is not going to be affected by the karma of your physical body. It is not going to be affected by your karma that's attached to your mental attachments to the physical body or your karma that's attached to the emotional attachments to your body, your mental perception and your emotional stagnation. Your spiritual body is that perfectly balanced force that exists inside of you, which can function in the spiritual outer universal dimensions bringing you those insights, those informations that can help you to balance out your karma and make it into a dharma. That's part of the benefit of entering into meditation as a form of restoration and rejuvenation so that you can function balancedly on this earth plane during the duration of this life span.

Seeker: In order to do this detachment, do I have to recognize the pattern of the unbalanced thoughts and feelings?

Jordan: Yes, you have to recognize them and assume your powerful position to render them non-influential in this inner journey that you are going to be making.

Seeker: I found that there are speaking patterns that always come up and then I think: "No, you should say it this way, you should feel this way." Is that the moment I can recognize, accept and release that pattern?

Jordan: And re-direct it. You can say: "Okay, this is not the time for me to analyze you. This is the time for me to simply recognize you, accept you, love you and redirect you so that you will not influence the direction, the assistance, the healing from my spiritual body."

Seeker: The universal emotional body and the universal mental body, are they a part of the spiritual body?

Jordan: Indeed they are. You can say that your spiritual body is your God body.

Seeker: Outside of unconditional love, does the spiritual body also contain feelings like joy and strength?

Jordan: Yes, of course, anything that you can encounter and recognize in your physical, mental and emotional bodies you can indeed experience in your spiritual body.

Seeker: But not fear and not anger?

Jordan: Why not?

Seeker: Because the spiritual body does not know fear and anger.

Jordan: The spiritual body knows everything, but balancedly. You are doing good and bad. I am not.

Seeker: But fear and anger is a limitation.

Jordan: Not necessarily. Anger can be used very righteously and very helpfully in assisting an individual to come to terms with their own stagnation, with their own self-destruction. I use it quite often.

Om Shanti.

(This teaching letter will be continued in No. 10/XIV.)