



MEDITATORS AND THE DIMENSIONAL SHIFT



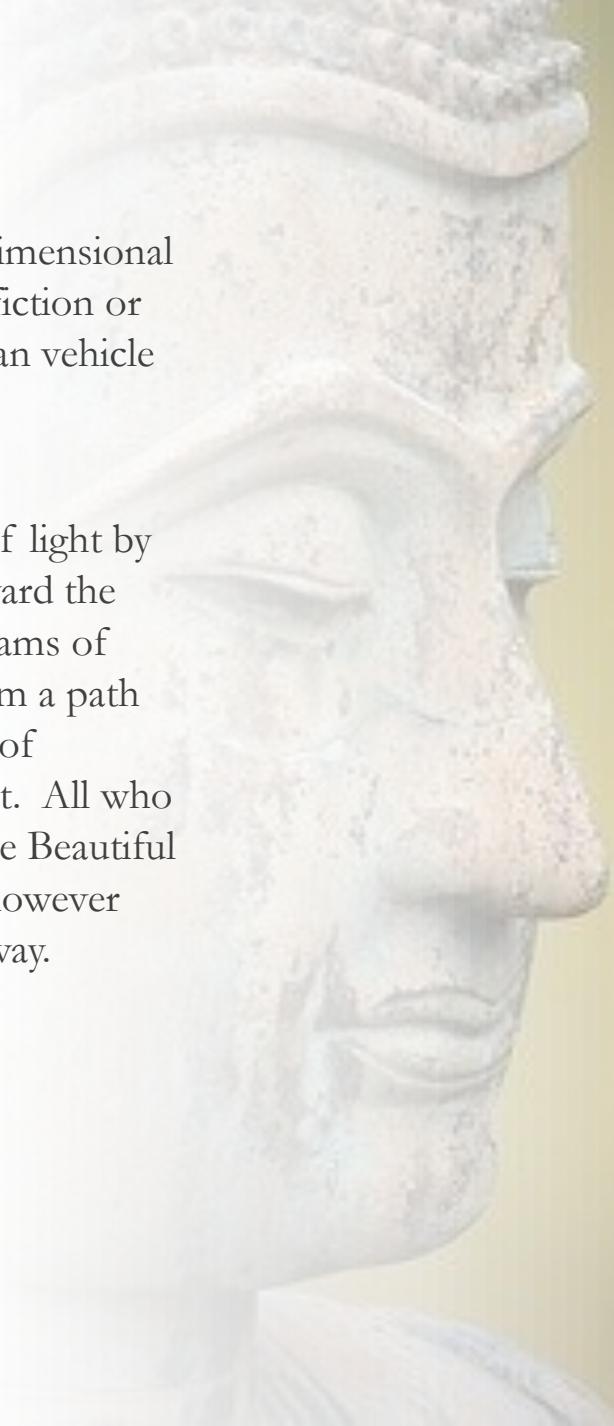
The shift in human consciousness is in truth a passage into subtler planes that begins upon awakening to the spiritual world. Serious meditators are pioneers of the dimensional shift. They learn how to use the mind to build a bridge in consciousness between material and spiritual worlds, extending the mind into spheres even more refined than the abstract realm of Enlightenment philosophers. Like the astronaut who leaves the earth and enters the seeming emptiness of outer space, the meditator leaves the earth and enters the emptiness of inner space -- before making the leap in consciousness to subtler realms.



The practice of meditation is opening the portal to the new world for growing numbers of people.

To meditate is to withdraw conscious awareness from the physical body and the sensory world and to enter the boundless world of consciousness and energy. It has been proven by science that meditation reduces stress and generates inner peace. Still largely unrealized is its evolutionary role in linking the incarnate human soul with its higher Self on the inner planes. When Self overlights self, the path of return to Spirit unfolds.





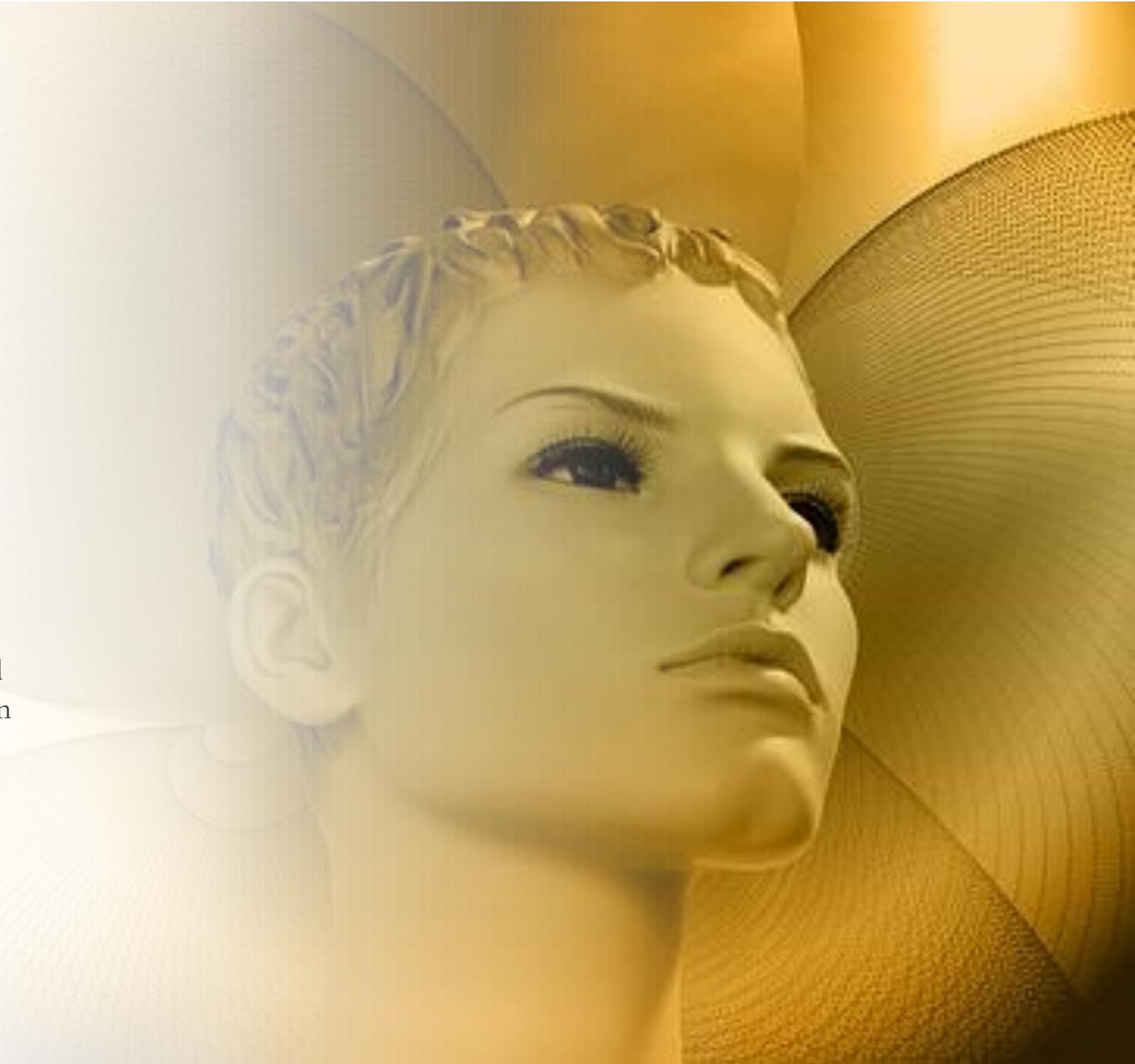
Noah's Ark for these times is an inter-dimensional craft. Unlike the spacecraft of science fiction or the craft that are called UFOs, the human vehicle for inter-dimensional travel is built of consciousness.

The meditator enters the subtle world of light by directing the light of consciousness toward the invisible realm of spirit. Individual streams of directed light are now combining to form a path of ascent by which the advanced guard of humanity will enter the new era of Light. All who are drawn to the Good, the True and the Beautiful will find their way into the new Earth, however meditators are consciously forging the way.



Meditation practices that filtered into the West from the East form the golden thread of this transition time.

Eastern religions paved the way for the shift in orientation from external to internal worlds. Esoteric principles have anchored this orientation through a deeper understanding of the higher potentials of the meditative mind. Beyond learning detachment from the world of matter and discovering the boundless mystical realm, the meditator's mind creates a steady and reliable conduit into higher realms where human beings can discover their role in fulfilling the divine purpose for our single planetary Life.





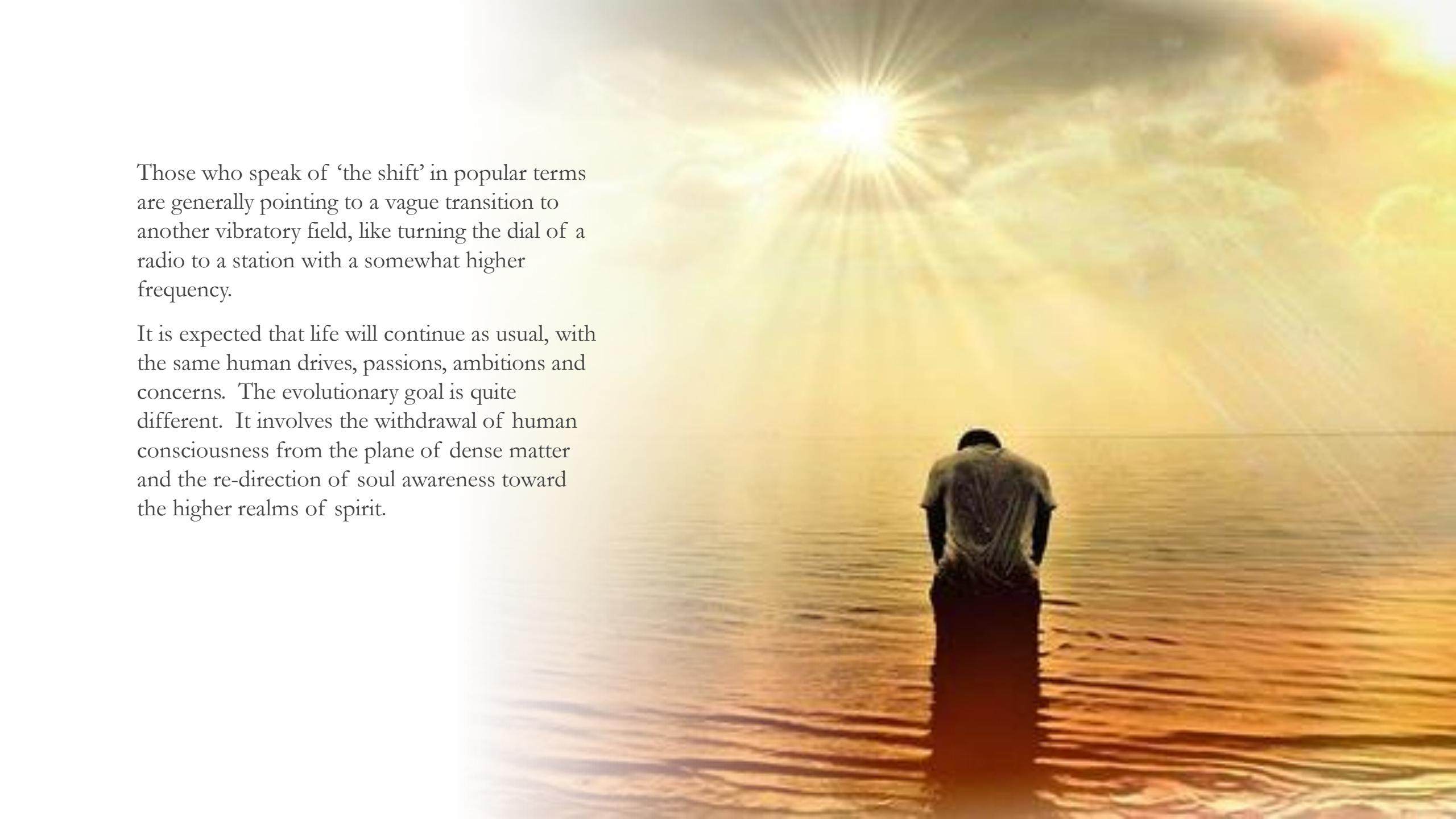
Humanity has been likened to the Prodigal Son, the youth lured by the glamours of sensual living who, after a long time spent revelling in them, finds them wanting. He becomes satiated with pleasures of the flesh and yearns for more.

Despite the shame he feels at having turned his back on his father in favor of transitory pleasures and meaningless pursuits, he gathers the will to reverse course and return to his father's home. The son is the Soul, lost to the Father during eons of time while distilling the fruits of experience in the vale of matter, the realm of endless suffering where the soul is born into awareness.

The Mother's world of matter nurtures the physical body of the Soul, the Christ child, until it awakens and realizes there is more to life and yearns to know the world of the Father.

This is the universal experience of spiritual seekers. The soul awakens to its Selfhood in the womb of the Mother (Matter) and ascends, through sequential stages of expanded awareness, to the world of the Father (Spirit). In earlier times this was the path of the isolated few; now it is the way of all those preparing to make this ascent together.



A photograph of a person standing in shallow water, facing away from the camera towards a bright, glowing horizon. The sky is filled with warm, golden light, and the water reflects this light, creating a peaceful and spiritual atmosphere.

Those who speak of ‘the shift’ in popular terms are generally pointing to a vague transition to another vibratory field, like turning the dial of a radio to a station with a somewhat higher frequency.

It is expected that life will continue as usual, with the same human drives, passions, ambitions and concerns. The evolutionary goal is quite different. It involves the withdrawal of human consciousness from the plane of dense matter and the re-direction of soul awareness toward the higher realms of spirit.

Meditation is the principle means of building the bridge from dense to subtle worlds. In the past, esoteric teachings tended to skirt an essential aspect of this process because of a lack of readiness on the part of humanity.

Often understated was the fact that assistance is always given to serious aspirants by members of the spiritual Hierarchy -- the perfected human beings who have entered the Abode of Light as Masters of Wisdom, where they oversee human and planetary evolution. For every sincere effort made to construct this invisible span of light there is corresponding aid from the Hierarchy of Light. Teachings have laid the emphasis on human effort to avoid glamours, distortions, and misconceptions that arise among early aspirants.





A common human misconception is that conscious contact with the spiritual kingdom can arise through prayer alone. Until quite recently, prayer has been seen by the race as the sole means of human-divine contact.

The radical shift within the new humanity involves the effort to consciously contact the light of the Soul -- the divine intermediary between ordinary awareness and that of the Spiritual Kingdom. The soul bridges that gulf by generating its own lighted substance and directing it toward the higher kingdom. Praying to the Divine is to spiritual childhood what creating the bridge to the Divine from one's own subtle substance is to spiritual maturity.

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