HOW TO CONTACT YOUR INNER TEACHER

THERE IS A PATH which is the shortcut across the spirals of human evolution; it is that goal towards which the mass of humanity is moving slowly but surely, in the natural course of its evolution, but which will require many aeons before the majority, who are content to drift with the current, are able to attain it. The center of this spiral may, however, be reached in a vastly shorter time by treading consciously and sincerely that straight and narrow path which leads directly upward and inward.

When you have progressed to a certain point on this Path, you wi11 feel a great longing to know your own Higher Self better, and to contact it consciously. The Higher Self is your Real Self, the divine presence within you. It has been called by the Adepts of all ages and countries: The Great Man, The Superior Man, The Holy Guardian Angel, The Genius and many, many other names.

Contact with your Inner Teacher can only be made when you yourself are ready for it. That is, such contact must be achieved by following certain disciplines in your individual life. Like any other worthwhile attainment, this contact must be earned by one's own personal efforts. So it is, that the more one applies himself to the necessary disciplines, the greater will be the rewards.

You are, of course, consciously aware of your Outer Self--the body, the mind (or intellect), and the personality -- but in order to successfully contact your Inner Teacher it is imperative that you "go within" and develop a spiritual consciousness of the Real Self. In order to do this, all of the Outer Self (physical & mental) must gradually be stilled. If your body is crying for attention, it is most difficult to give attention to the Teacher within.

The intellect, being in reality a part of the Outer Man, can be a powerful hindrance to the disciple of truth who is sincerely trying to "find himself" and commune with the Higher Self. In most persons the mind is uncontrolled and unruly, pulling the individual this way and that way, making it extremely difficult, if not impossible for him or her to concentrate upon any one thing for very long. The thought activity of the mind has to be stilled; brought under complete control of the Will... for only then can you

become conscious of your Inner Teacher, and hear the Inner Voice speaking clearly within you.

This Inner Voice is not like the ordinary human voice; it is more like a delicate etheric "shimmer" that is perceived by your inner ears. Soft and soundless as a breeze, it speaks with a great clearness and force to your awakened Soul. It is really the voice of your Divine Self, speaking to its outer shell, teaching and guiding you along the path.

Every serious student of higher truth sooner or later comes to realize that there are certain definite steps on the path leading upward. These steps have been well established by the Masters and Adepts who have preceded us. The first step which is here recommended to you as essential for contacting your Inner Teacher is the balancing of the Physical Body:

BALANCING THE PHYSICAL BODY

How many persons are aware that their physical body is constantly out of balance? The physical body is the basis of our exercises, and the first step must be to equilibrate it. Try this experiment: Shake hands with someone; or reach out a long distance to pick up an object. Then extend both of your arms straight out in front of you with the fingers together and the palms flat and facing downward. Look at the finger tips. Are the fingers of one hand reaching longer than the fingers of the other hand? If so, perform the following practice and then check them again:

Extend the fingers of both hands, making certain that the fingers of each hand are all together (a flat smooth palm); then placing the hands in front of you, one palm facing up - the other down, overlap the fingers of the hands and curl the fingers so that each hand grips the other. Now place the interlocked hands straight over your head, and pull the hands out to the sides without losing your grip. Slowly drop the hands in front of your face, your chest, your abdomen, and your hips (still maintaining the sideways tension). Release the grip.

The physical body is now sufficiently balanced to proceed with the other practices. It is also a good idea to perform this practice immediately upon waking in the morning, even if you do not do any practices: it will help balance you for the entire day.

CLEANSING THE ETHERIC NERVES

As the vehicle of the Outer Man is the physical body, so the vehicle of the Inner Man is the etheric body, Both of these bodies have nervous systems, and since it is the etheric system of nerves that the Inner Teacher uses to transmit the energies and higher thought impulses to you, it is necessary to make sure there are no impurities in the etheric system.

Here is how to purify the etheric nerves: Sit in a Comfortable position with your back straight. Close the right nostril with your right thumb and breathe in through the left

nostril as much air as your lungs will comfortably hold. Then close the left nostril quickly with the right index finger, and without holding your breath, exhale through the right nostril. Inhale through the right nostril, close it and exhale through the left nostril. (This is one "time" or cycle.) This cycle should be performed a total of four times.

It usually requires about a month to purify the etheric nerves if you have never cleansed them before. This basic step is vitally important and should be practiced daily for at least 30 days. Do not be in a hurry, but perform this discipline faithfully and as carefully as you can. If it makes you light-headed, do only half as many repetitions as suggested; you will gradually become accustomed to this exercise and sill be able to do the required number.

THE MASTER BREATH

As a most valuable third step, the following Master Breath rhythm should be practiced daily until it is natural and automatic. A rhythmic breath is a great aid to personal harmony and makes it easier for you to control the mind during concentration. By your practice of this exercise you will gain greater ability to fix the mind's attention on whatever object you wish.

The full Master Breath is as follows: First, exhale all the air in your lungs by using

the abdominal, diaphragmatic, and chest muscles to squeeze the stale air out. Then, inhale for 7 seconds, pause for 1 second, exhale for 7 seconds, and pause for 1 second. This is balanced breath cycle having a sum total of 16 seconds.

It is well to begin each period of concentration by performing the Master Breath at least 3 times in order to establish its balanced rhythm in your body. Then, take your mind off your breathing, and let it be automatic and natural.

FIXING THE ATTENTION

Concentration means fixing your mind upon one object, and one object only; to merely think of this object is termed 'contemplation" or "Dharana." On the other hand, if you go beyond the stage of thinking about an object and actually become "at one" with its very nature and essence, then you are in "meditation" or "Dhyana."

Contemplation automatically leads into meditation when you practice correctly and are sufficiently persistent and determined. Here is why this is so: When you concentrate your attention on any one object, your mind becomes fixed and momentarily stilled; it is during this moment of complete stillness that your lower self is balanced, allowing your consciousness to merge with the object. It is also at this moment of stillness that your Inner Teacher is able to attune itself to your mind.

Your Inner Teacher is much wiser than any human, and when you gain an increased consciousness of the Higher Self it will instruct you personally, eventually leaving you with little or no need of any other teachers. However, much real effort and spiritual discipline is required before you attain to this goal in the fullest degree. Therefore, human teachers can be of real aid, provided they teach you how to "tune-in" to the spiritual energies of your Inner Teacher.

Since your Inner Teacher is really your own Higher Self, it would be most unwise, foolish, and dangerous to try to contact it for any selfish or ego-centered reasons. When one is egotistical, he or she thinks they already know it all, and such an attitude merely reinforces the Outer Self, thus preventing them from contacting any source of Wisdom from the Higher Self.

EXERCISES IN CONCENTRATION

These exercises should always be preceded by Physical Balancing, Cleansing Breath, and Master Breath. It has also been found helpful to "TUNE UP" the higher centers of the brain – the Pituitary & Pineal glands -- by energizing them in the following manner before doing any of the exercises in concentration:

ENERGIZING PRACTICE

Exhale all the air in your lungs, and then inhale deeply and slowly until your lungs are full; Cross your arms over your chest and wrap them around your sides until your palms are resting flat on your shoulder blades. Hold the breath while tensing your arms and jaw muscles. tensing with enough force to produce a gentle vibration in the nerves and muscles you are using. When you feel this vibration, open your mouth wide, and exhale quickly while you say, "TAH" Do this once only, correctly and do not hold the breath any longer once you feel the vibration.

A SPECIAL PRECAUTION

Concentration should be practiced very carefully and easily at first, as it is possible to mentally exhaust one's self through over-eagerness which Causes the mind to become tense. A tense mind causes the body to also tense up. Therefore, it is a good idea for the beginner to limit his concentration periods to 10 to 15 minutes at first, then relax, and vary the position of the body. These practices should, under no circumstances be performed while laying down; the spine must be erect to achieve the desired results.

These precautions will prevent physical tension and mental fatigue, and will keep your concentration periods pleasant. Should you experience any headache due to strain, it is suggested that you reduce the length of time of concentration.

FLAME IN THE HEART

Close your eyes and concentrate on a divine flame, or light, in your heart. Seek to merge yourself with that flame and become one with it. A more expanded consciousness of universal love is realized when one is faithful in meditating on this flame in the heart. You may see it as a pink, blue or white flame, and its fire is not necessarily hot; it may be cool!

THE BROW CENTER

Close the eyes and concentrate on the space between your eyebrows in the middle of your forehead. Hold your attention there's and pay no attention to any thoughts which may try to intrude. You will find that these extraneous thoughts will soon go away if you ignore them and keep your attention centered. With continued practice light will be seen in this region where you are concentrating; this indicates progress and is a sign that you quieted thought activity. At this point you may receive inspirational thought currents from the Inner Teacher, if you are listening intently within.

THE CROWN CENTER

Close the eyes and concentrate on the crown of the head, the area over the Pineal gland or Third Eye. This exercise when persisted in regularly, awakens the Inner Voice or Intuition and opens the mind to higher knowledge. You will also notice, as you persist, that ecstatic feelings are experienced...a sign that the higher centers of the brain are awakening and attuning to higher energies. As you concentrate upon the crown of the head you may, at certain times, see a light within. It may be the size of a dot, or it may appear as a star, an eye, or a heavenly vision. During your concentration always look for this inner light, and in due time it will come to you accompanied by mental illumination.

Listen also for the Inner Voice of your Inner Teacher to speak within you, instructing you and answering your questions. Do not try to analyze what is given to you or reason the matter out with your conscious intellect. Intuition is on a higher plane than intellect, for it is perception on a spiritual level. Therefore, you must make it your

purpose to cut off the outer brain thinking and simply listen to the Inner Voice of intuition.

In the above exercise it is advisable to turn your eyes upward slightly, with the eyelids closed. It is the Inner Eye which is seeing the crown of the head, not the physical eyes.

You may also concentrate upon any other organ of the body, visualizing it as strong and perfect if it is now weaker than it should be. In this way, changes for the better begin to take place in the cells of the weak organ and the general health improves .

There are many objects and abstract ideas you may concentrate upon but it is considered that the three centers, the heart, the brow, and the crown, are best for the purpose of contacting your Inner Teacher in the most direct manner and shortest possible time.

When performing these practices, it is best to be alone and in a quiet room where you are not likely to be disturbed. Before commencing the practices, it is wise to lightly sprinkle the great purifier - salt - in a circle around the room.

It is strongly advised that you do not discuss your practices or your results with anyone, except a person who has already performed these exercises for several months or years. In this way, the spiritual energies you contact will store up and assist you to form a stronger bond with your Inner Teacher For the beginning student to discuss his practices with a person of "lesser spiritual charge" is like draining a battery of its current, and the student fails to progress.

Meditate twice daily, for fastest results. The best times are before 6 A.M. and just before you go to sleep at night. At the beginning, start with 10 minutes per period and increase the time as you progress.

Before beginning any practices, it is an excellent idea to begin a journal or diary of your practices and results. Note in it the date, the time of day, what you did and what were the results. Try to avoid long philosophical discussions but concentrate on a careful , scientific chart of your progress. Note the state of your emotions, were you tired or wide-awake, what was the weather like and how did it affect you, and any other succinct information that you consider pertinent. Did you have any sudden flashes of intuitive insight? Did you feel the presence of your of your Inner Teacher? Be both brief and

comprehensive at the same time. As you progress on the Path of the Wise, a well-kept journal is a valuable asset.

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